



Activity Registrations Adult Sector Winter / Spring 2023

Here is the programming offered to the Adult Sector for the Winter and Spring 2023 session. In this document, you will find information to register for activities as well as a summary description of each of these activities on our calendar.

Programming

Trait d'Union Outaouais offers weekly activity programming for groups taking place from Wednesday to Sunday. Activities aim to stimulate personal development, autonomy within the community, social and professional skills as well as leisure activities.

For whom?

- Persons aged 21 and up who no longer attend school, as well as adults from 18 to 20 who attend a post-secondary school.
- Persons who wish to take part in activities must be members of TUOI and must have renewed their membership for the current year.

When?

The " winter / spring 2023 " session begins on January 20th and ends on June 9th, 2023.

How to register?

- Registration will take place from November 21st to 27th, 2022.
- You must complete the form available on our web site (www.traidunionoutaouais.com).
- The form will be available as of November 21st at 6 p.m.

Those who do not have access to the Internet, or who are less familiar with technology, may make an appointment during the registration period to complete their form at TUOI offices with the help of one of our employees. Please contact the reception at 819-595-1290 ext.23 to schedule a meeting.

Fall Programming 2022 – Adult Sector

* Certain activities are reserved for participants with an autistic or Asperger profile.

*See details in the descriptive text before registering, as the activity may not be intended for you.

	Wednesday	Thursday	Friday	Saturday
AM	ART	Micro-business « Operation Snack »	Volunteering 3R Québec	Group activity *Autistic profile
PM	Drop in		Drop in	
Evening	ATELIER (In French only)		Club social *Asperger profile	

Overnight respite

- January 20 to 22
- February 17 to 19
- March 17 to 19
- April 28 to 30
- May 26 to 28

Activities description

Socio-professional Development and Autonomy

<p>Micro business « Operation Snack »</p> <p>Thursday from 9 a.m. to 3 p.m.</p>	<p><i>Open to all</i></p> <p>The micro-enterprise is a small culinary business. Participants are involved in all steps of the process. They plan the menu for the week and buy the food, prepare it and sell it.</p> <p>The micro-enterprise team establishes prices, does the promotion and the accounting. Compensation (symbolic amount) will be given to participants every two weeks.</p> <p>The activity allows participants to develop work routines and acquire several socio-professional skills, such as organisation, initiative, relationships with others, etc.</p>	<p>Address: 109 Wright Street, Gatineau</p> <p>Free activity</p> <p>Dates: January 26th to June 1st.</p> <p>→ <i>Participants must be able to meet hygiene rules of the MAPAQ.</i></p> <p>→ <i>Participants must also be able to actively take part in the activity and be productive.</i></p>
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<p>Volunteering</p> <p>Friday from 10 a.m. to 12 p.m.</p>	<p><i>Open to everyone</i></p> <p>*You will need to make a choice between the two proposed schedules. You cannot attend both.</p> <p>Volunteering environments allow participants to develop works routine and acquire several socio-professional skills such as organisation, initiative, relationships with others, etc. while contributing to achieving the organisation’s mission. An educator from Trait d’Union accompanies participants in their learning and proposes challenges to help them learn and progress.</p>	<p>Address: 3R Québec, 297 Notre Dame Street, Gatineau.</p> <p>Free activity</p> <p>Dates: January 20th to June 2nd.</p> <p><i>*Since the activity is held within the community, participants must be able to respect social distancing measures and hygiene rules. They must also wear a mask.</i></p>
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<p>Atelier</p> <p>Wednesday 6 to 8 p.m</p>	<p>Do you want to discuss concepts related to employability? This series of workshops is designed for you.</p> <p>**Offered in French only**</p>	<p>Address: 109 Wright Street, Gatineau</p> <p>Free activity</p> <p>Dates: - To be confirmed</p>
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Leisure Activities Component

<p>Group activities</p> <p>Saturday from 10am to 4 pm</p>	<p><i>Autistic profile</i></p> <p>Fun activities will be proposed, at our facilities, based on participants’ interests. Given that it is impossible to travel by car with participants, no community outings will be offered. Nearby outdoor activities could, however, be added to the programming based on participants’ interests and on the weather (walks, library, etc.).</p>	<p>Address: To be confirmed</p> <p>Free activity</p> <p>Dates: January 21st to May 27th.</p>
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<p>Social Club – Leisure activities</p> <p>Friday 6:30 to 8:30 pm</p>	<p><i>Asperger profil</i></p> <p>Outings in the community, according to participants' interest</p> <p>*Safety, social distancing and hygiene measures of the different community setting must be respected.</p>	<p>Address: At Trait d'Union facilities for the first meeting. In the community after that.</p> <p>Cost: Each participant must have, in hand, sufficient amount of money to pay on his/her own.</p> <p>Dates: January 20th to June 2nd.</p>
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Other

<p>Drop in</p> <p>Wednesday and Friday from 1 to 4 p.m.</p>	<p><i>Open to everyone</i></p> <p>Drop-ins offer free-style programming where participants can explore various activities using materials available at TUOI. They may also bring materials from home to work on personal projects. This informal environment allows for meetings and exchanges among participants, as well as the option to discuss their individual needs with educators to find means and resources to meet these needs.</p>	<p>Address: 109 Wright Street, Gatineau</p> <p>Free activity</p> <p>Dates: January 20th to June 2nd.</p>
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Overnight Respite (14 and over)

- Educators offer activities aimed toward community living (meal prep, cleaning, personal hygiene...) with free time and a bit less structured activity.
- For people with autism over the age of 14, all profile, living in **their natural family**.
- Once a month, from Friday evening to Sunday afternoon.
- Prior to participation, families must be available to fill out an extensive questionnaire to help our team to assess the participants' need.
- At 200 Robert-Wright (Aylmer sector).
- No fees.
- Dates:
 - January 20-21-22
 - February 17-18-19
 - March 17-18-19
 - April 28-29-30
 - May 26-27-28

Assigning Spaces

Spaces will be assigned based on our space management policy (available on our web site).

We will assign spaces among all registrants, in a fair manner, based on the demand and the level of support and coaching required for each individual.

Activities will be prioritized based on people who will complete the form within the allocated time.

REGISTRATIONS WILL NOT BE ACCEPTED AFTER THE REGISTRATION PERIOD.

Process follow-up

After the registration period, the coordination team will meet to create groups in a manner that respects age groups and participants' needs while maximizing the service offer.

Parents will receive confirmation of dates provided, via the contract and by mail, before December 15th, 2022.

We look forward to hearing from you!

The Coordination Team
under the supervision of

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