

Summer 2023 Session Registration- SERVICES FOR ADULTS

Program

This summer, Trait d'Union Outaouais will be offering a weekly program of group activities that will take place from Monday to Friday. These activities will focus on the participants' personal development, on developing their independence in the community as well as developing their social and professional skills.

Who can register?

- The summer adult services are for participants over the age of 21 and for youth between 15 and 20 years old who have level 1 ASD (Asperger).
- Those who wish to participate in these activities must have renewed their membership for 2023 (to be renewed in May 2023).

When can I register?

- Registration for the summer session will take place **from April 3rd to April 9, 2023**
- The summer session **will start on July 3rd and end on August 11, 2023**

Summer 2023 - Program

Here is the summer 2023 adult's program.

Registration is by activity (unlike daily or continuous registration) and each activity is offered for 6 consecutive weeks.

You will find a summary description of each of the proposed activities in the appendix.

The details of the schedules as well as the information related to transport will be transmitted in the service contract.

	Lundi	Mardi	Mercredi	Jeudi		Vendredi
AM	Biking	Art (\$)	Swimming	Hiking <i>*Aspi profile</i>	Micro-entreprise « Opération Snack »	Micro-entreprise « Tissus et toutous »
	Volunteering	Volunteering	Microentreprise « Opération Snack »			
PM		Outdoor activities	Drop in	Outdoor activities		Social activities <i>*autism profile</i>
		Cooking class (\$)	Social activities <i>* Aspi profile</i>			Workshop : Home and life skills development
Evening				Club social <i>*Aspi profile</i>		Club social <i>*Aspi profile</i>

How do I register?

To register for this year's summer program, **you must fill out the online form on our website** (www.traitudunionoutaouais.com) which will be available starting April 3rd at 6 pm. You can then select activities that you might be interested in.

Those of you who do not have access to the Internet or who are less familiar with these technologies can make an appointment during the registration period to complete the registration form with the support of one of our employees. Please contact our administrative assistant at 819-595-1290, ext. 23 to make an appointment.

Please take note that **spaces are limited**. It is therefore important to register during the allotted period.

After registration

Following the registration period, the Trait d'Union Outaouais team will meet to allocate the places based on requests, the level of support and supervision required for each participant, their fields of interest as well as their personal objectives.

Priority for activities will be given to those who will have submitted their complete forms online within the allotted period. However, if there are some spots still available, they will be offered to those who submitted their form after the registration period.

*** Please note that priority will be to those who wish to register for the entire summer period (6 weeks) in order to promote greater stability, optimize the management of places and create a greater sense of belonging to the group.

Afterwards, a contract will be sent to you. You will have to sign it and either send it back or bring it to us to finalize your registration.

For more information regarding this subject, please do not hesitate to contact us : adultes@traitudunionoutaouais.com

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Activities Description:

Socio-professional skills and personal autonomy

ACTIVITY	DESCRIPTION
<p>Volunteering</p>	<p>Volunteering allows participants to contribute to the mission of the organization. Volunteering allows participants to develop a work routine and acquire several socio-professional skills, including organization, initiative, relationships with others, etc.</p> <p>Responsibilities and chores may vary: sorting of donations, labelling, boxing, cooking, etc.</p> <p>Past collaboration includes: Gite Ami, 3R Québec, Aylmer Food Center, La Soupe populaire de Hull.</p>
<p>Microentreprise « Opération Snack »</p>	<p>Operation Snack is a small culinary business. Participants are involved in all stages of the process. They plan the menu for the week, purchase food, prepare recipes and sell products. In addition, Operation snack's team sets prices, promotes their products and are even in charge of business accounting. A (symbolic) remuneration will be given every two weeks to the participants involved.</p> <p>Produces are sold in the community in collaboration with Microentreprise « Tissus et toutous »</p> <p>The activity allows participants to develop a work routine and acquire several socio-professional skills, including organization, sense of initiative, relationships with others, etc.</p>
<p>Microentreprise « Tissus et toutous »</p>	<p>Tissus et Toutous is a small business that creates animal toys from recycled fabrics. Participants will be able to participate in several tasks including sorting, cutting, measuring, braiding ...</p> <p>Toys will be sold in the community in collaboration with "Opération Snack" Micro business.</p> <p>The activity allows participants to develop a work routine and acquire several socio-professional skills, including organization, sense of initiative, relationships with others, etc.</p>
<p>Cooking class (\$\$)</p>	<p>This activity allows participants to develop cooking skills, increase their recipe repertory and have greater independence in the realization of their meal. Several culinary skills will be taught through dynamic workshops led by educators. A special project will be built throughout the session.</p> <p>Participants will be able to cook together simple recipes that they will taste on the spot and then be able to reproduce them at home.</p> <p>10\$ per day (to cover the cost of the ingredients)</p>

Volet social et loisirs

Activités	Descriptifs
Cycling club	By joining this club, you will learn more about biking, rules, bike paths... Each week, you will ride on the bicycle path. ***Participant have to bring their own bike and helmet.
Indoor swimming	Going swimming with TUOI's staff for supervision. Location to be confirmed
Art (\$)	The art program will allow participant to work on various individual artistic projects through various artistic media Cost : 10\$ per day
Outdoors activity at Leamy Lake	Swimming in the lake, walking, water sports (dinghy, kayaks, pedal boats, are offered at the park). The participants will be able to do these activities with TUOI's staff or volunteers. Two activities are planned during the week. You can only register to one of them, please specify your preference in the registration form.
Hiking	This activity focuses on socialization and exercise. In addition, it allows participants to discover various walking trails in the area. *Meeting point may vary weekly according to the chosen trail
Social Activities and Game Night (Aspie profile)	Social outings are great opportunities to socialize and develop friendships. The program also helps participants become familiar with different businesses and recreational places to visit in the community. In order to promote self-determination, participants select activities according to their interests at the first meeting. *Meeting point may vary weekly according to the activities
Social Activities	Social outings are great opportunities to socialize and develop friendships. The activity also helps to become familiar with different businesses and recreational places to visit in the community. In order to promote self-determination, participants select activities according to their interests.

Others

Drop-In	<p>The drop-in offers free time where participants can explore various activities using materials available at TUOI. They can also bring material to work on personal projects. The informal environment allows meetings and exchanges between participants as well as the opportunity to discuss with educators their individual needs in order to find ways and resources to meet them.</p> <p>Participants must be able to meet their basic needs and take care of themselves.</p>
Workshop : Home and life skills development	<p><u>Objectives:</u> The activities aim to broaden participant's knowledge and autonomy by putting in practice daily, weekly or monthly tasks to be carried out in our household.</p> <p><u>Profile:</u> We are targeting teens and young adults who want to learn to be more independent at home.</p> <p>The participant must be able to understand and follow the instructions and actively participate in the workshops.</p> <p>The participant must choose for himself to want to participate in these workshops.</p>