



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Room Banque Scotia 204	9:30 AM to 11:30 AM Maternity-Vitality Group activity for pregnant women		9:30 AM to 11:30 AM Maternity-Vitality Group activity for pregnant women	9:30 AM to 11:30 AM Self-care workshop for mothers Every 2 weeks	9:30 AM to 11:30 AM Self-care workshop for mothers Every 2 weeks	9 AM to 12 PM Move to grow Parent-child motor skills workshop Children 0 to 5 years old Call to reserve
Room Sandoz 215	9:30 AM to 3 PM A time for you/A time for me Stimulation for children with special needs 2 to 5 years	9:30 AM to 12 PM 1-2-3 Go I grow up Parent-child 3 to 5 years old	9:30 AM to 3 PM A time for you/A time for me Stimulation for children with special needs 4 to 5 years (schooled)	9 AM to 12 PM A time for you/A time for me Stimulation for children with special needs 2 to 5 years		10 AM to 12 PM Expecting baby in couple Creation, relaxation, discussion Childcare available Once a month
Room Jamp Pharma 216	10 AM to 12 PM Support Group for Parents of children with special needs (every 2 weeks)	9:30 AM to 12:30 PM A safe place to grow for children 2 to 5 years old	9:30 AM to 12:30 PM A safe place to grow for children 2 to 5 years old		9:30 AM to 4 PM A safe place to grow for children 2 to 5 years old	
Room McKesson 218	9:30 AM to 12:30 PM Drop-off Daycare		9:30 AM to 12:30 AM Drop-off Daycare	9:30 AM to 12:30 AM Drop-off Daycare		
Room Ikea 217			9:30 AM to 12 PM Preparation for school Children from 3 to 5 years old	9:30 AM to 11:30 AM Coffee Break (every 2 weeks)	10 AM to 12 PM Let's talk about babies Open Parent-child workshop 0 to 2 years old Call to reserve	
Chalet at Painter Parc (Chameran)		9:30 AM to 12 PM Preparation for school Children from 3 to 5 years old	9:30 AM to 12 PM 1-2-3 I grow up Parent-child 3 to 5 years old			Pregnancy follow-up Are you pregnant? Are you going through a difficult moment? Call us!
Room McKesson 218	1 PM to 4 PM Open activity Parent-child 0 to 5 years old. Call to reserve		1 PM to 3 PM Let's talk about babies Parent-child workshop 0 to 12 months Call to reserve	1 PM to 3 PM Let's talk about babies Parent-child workshop 0 to 12 months Call to reserve		1 PM to 5 PM Outdoor adventure for children 6 to 9 years old
Room Sandoz 215	9:30 AM to 3 PM A time for you/A time for me Stimulation for children with special needs 2 to 5 years		9:30 AM to 3 PM A time for you/A time for me Stimulation for children with special needs 4 to 5 years (schooled)	4 PM to 6:30 PM Girls club girls from 8 to 10 years old	9:30 AM to 4 PM A safe place to grow for children 2 to 5 years old	
Room Ikea 217			Homework Help Parent-child		Homework Help Parent-child	
Chalet at Painter Parc (Chameran)		Homework Help Parent-child		Homework Help Parent-child		

THRIFT SALE: Every other Wednesday from Sept 23rd. REGISTRATION: call Monday preceding from 8:30am 514-333-8989 ext 521. **Only with appointment.**

CONSULTANT 0 TO 5 YEARS OLD: Need help? To put you in touch with all the resources of the neighborhood, call Nathalie at 514-333-8989 ext 538 or Sinddy at ext 534

Workshops description

-  **Let's talk about babies**
Open to all – Parent and baby 0 to 12 months
CALL TO RESERVE every Tuesday from 3pm-4pm at 514-333-8989 ext 323 with Camille
A time to gather together to share your parenting experiences. Sharing, games and tips.
-  **Let's talk about babies, Open**
Open to all- Parents and children 0 to 2 years
CALL TO RESERVE every Friday from 8:30am-9:30am at 514-333-8989 ext 323 with Camille
A time to exchange and play with your child.
-  **Move to Grow**
Open to all –parents and children 0 to 5 years old
CALL TO RESERVE every Friday from 1:30pm-2:30pm at 514-333-8989 ext 537 with Marie
Play, move together and meet other families in our well-equipped gross-motor room.
-  **Open activity parent-children**
Open to all- Parents and children 0 to 5 years old
CALL TO RESERVE every Monday from 11am-12pm at 514-333-8989 ext 521 with Esther
Come play at la Maison de l'enfance in a stimulating place for your child.
-  **A time for you/A time for me**
Registration required- children from 2 to 5 years old
Stimulating group activity for children with special needs, respite for parents.
-  **A safe place to grow**
Registration required–children from 2 to 5 years old.
Stimulating early learning activities for kids whose parents are new refugees to Québec or waiting for their status.
-  **1-2-3 Go I grow up**
Registration required–parent and children 3 to 5 years old
Workshop around the stimulation of early numeracy skills to prepare for school.
-  **Preparation for school**
Registration required- Children 3 to 5 years old
The children develop their abilities related to a successful start to school.
-  **Baby loan equipment**
Material help for future parents subject on equipment available.

-  **Drop-off daycare**
Registration required
The children flourish in our stimulating environment adapted to their needs while parents attend some well-deserved break.
-  **Girls club**
Registration required- girls from 8 to 10 years
A time after school to do some homework while staying active all enjoying together.
-  **Outdoor adventure**
Registration required- children from 6 to 9 years old
A time to play outside and discover the nature.
-  **Homework help**
Registration required- parent and children
Help with homework for children and their parents.
-  **Self-Care Workshop for mothers**
Registration required – mothers and children 0 to 5 years old
Mothers chat, take care of themselves and learn to feel good about themselves while children participate in fun learning activities.
-  **Maternity-Vitality**
Registration required-pregnant women
A time for creativity, a space to relax, to discuss, to listen, to respect and to share your unique experience.
-  **Expecting baby in couple**
Registration required
Workshop in couple to better welcome baby. To share your experiences to live a fully pregnancy and childbirth. Once a month.
-  **Support group for parents of children with special needs**
Registration required
Parents who have children with special needs open up and share their experiences.
-  **Coffe Break**
Registration required – every two weeks
A special moment around a coffee between parents to share and exchange. A drop-off daycare will be available



You have children ages 0 to 5?
You would like your child to participate in fun learning activities workshops and meet friends their own age?
You would like to meet other parents?

**Come to the
Maison de
l'Enfance!**

**A Wide Range of
free activities!**






Information & registration



514-333-8989 ext 521

1159 Sainte Croix avenue, 2nd floor
In the back of the parking lot of the
CLSC of Saint Laurent
Buses 121 and 171

-  Without registration
-  Dates to be determined
-  Information to come-Late start