



# Family Planner 2026-2027

from the Table de développement social des Collines-de-l'Outaouais





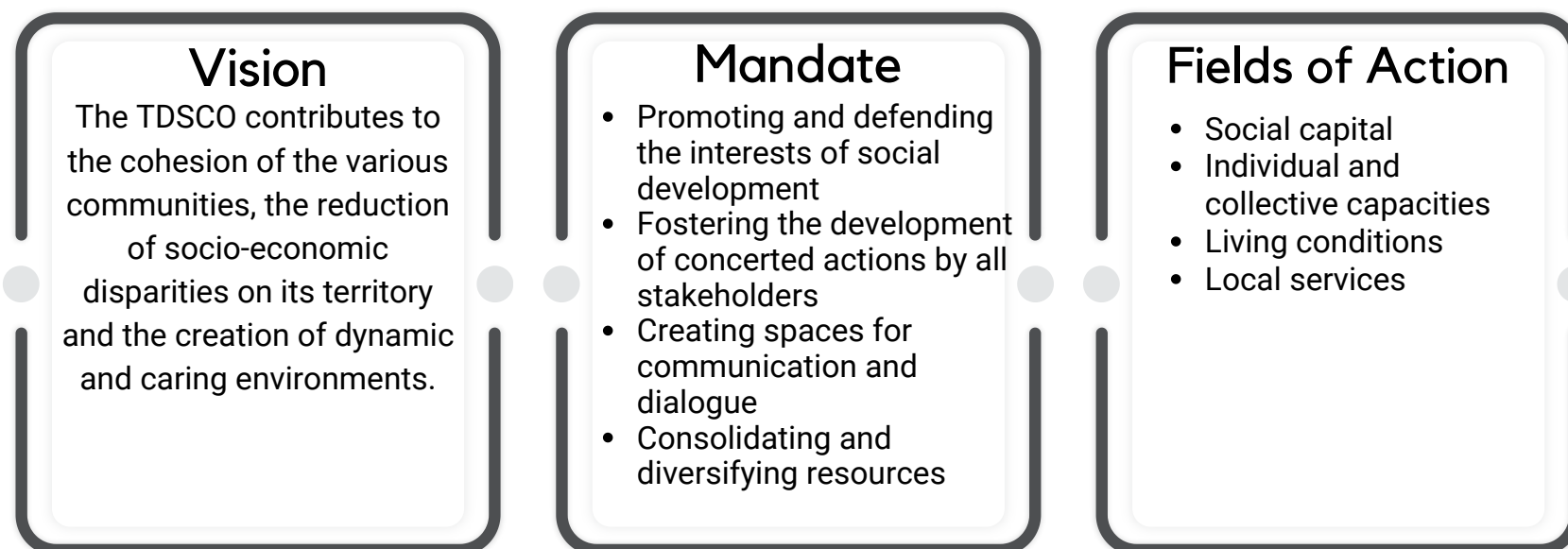
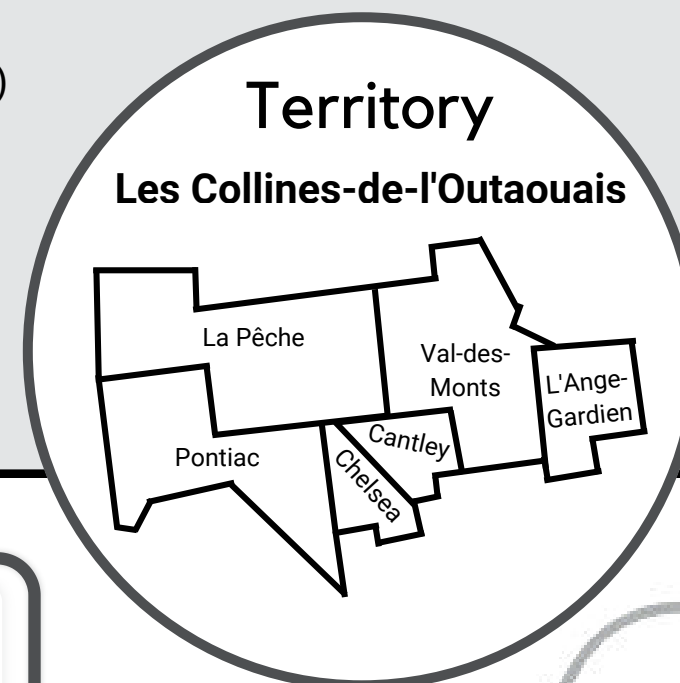
La Table de développement social des Collines-de-l'Outaouais (TDSCO) is a group of multi-sector partners who work together to create, in an innovative and structured way, winning conditions to meet the social development challenges of local communities.

Mailing Address: 1694 montée de la Source | Cantley (Quebec) | J8V 3H6

Phone number: 873 655-TDSC (8372)

Website: [www.tdsco.org](http://www.tdsco.org)

Facebook: TDS.Collines



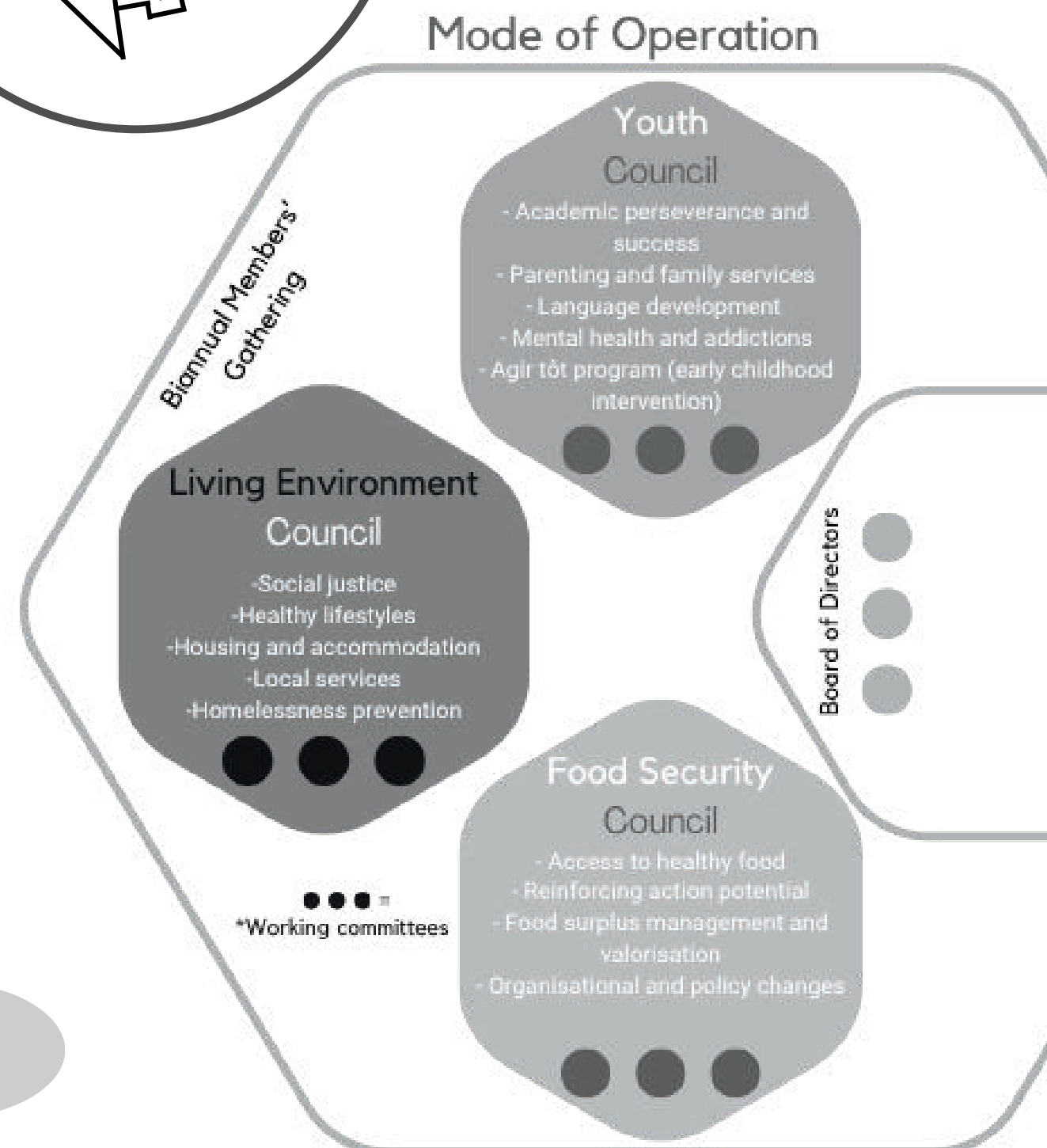
**Our actions influence, directly or indirectly, more than 50,000 citizens!**

### Our partners

- About 100 members are representatives of organizations, elected officials and citizens
- More than 50 representative organizations work on social development within the MRC des Collines-de-l'Outaouais in various sectors: community, health and social services, education, municipal, etc.



The information contained in this family planner is provided for informational purposes only. Despite the care taken in its preparation, typographical errors or omissions may be present. The TDSCO is not responsible for the direct or indirect consequences that may result from the use of this data.



# THANK YOU !

This family planner is offered to you free of charge thanks to the support of our financial partners.

Imprimerie  
**du Progrès.ca**  
Printing

*Tim Hortons*

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 **OUTAOUAIS  
VERY GREEN**



 **PHYSIO  
DES COLLINES**

895, Riverside, suite 101, Wakefield QC, J0X 3G0  
(819) 456-1133  
www.phtdc.com • info@phtdc.com



# The outreach workers of des Collines-de-l'Outaouais



## For families

### **Outreach Worker - Ressources Contact des Collines**

*Table de développement social des Collines-de-l'Outaouais*

873-655-8372 ext. 2

[ressources@tdsco.org](mailto:ressources@tdsco.org)

## For the prevention of homelessness

### **Homelessness Prevention Worker**

*Table de développement social des Collines-de-l'Outaouais*

873-655-8372 ext. 3

[intervention@tdsco.org](mailto:intervention@tdsco.org)



## For young people aged 14 to 25

### **Social Youth Worker**

*CJE-Carrefour Emploi des Collines*

1-877-770-2435, ext. 233

[interventions@tonceec.ca](mailto:interventions@tonceec.ca)



## For the agricultural community

### **Farmer Wellness Worker**

*Écoute Agricole*

873-455-5707

[tr.ouataouais.ouest.ea@gmail.com](mailto:tr.ouataouais.ouest.ea@gmail.com)



## For senior citizens

**East region Outreach Worker** (Val-des-Monts, Cantley, L'Ange-Gardien) *Volunteer Action Centre - des Collines Senior's services*

1-855-662-4637, ext. 244

[itmav@servicesauxaines.org](mailto:itmav@servicesauxaines.org)

**West region Outreach Worker** (La Pêche, Chelsea, Pontiac)

*Volunteer Action Centre - des Collines Senior's services*

1-855-662-4637, ext. 246

[itmav-ouest@servicesauxaines.org](mailto:itmav-ouest@servicesauxaines.org)



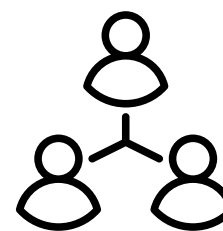
## For English speakers

### **Coordinator**

*Connexions Resource Centre*

819-557-0615

[e\\_jutras@centreconnexions.org](mailto:e_jutras@centreconnexions.org)



## What's an outreach worker?

A outreach worker connects directly with community members to support them, encourage their participation, and refer them to suitable resources based on their needs.

**The outreach worker can help you find resources  
tailored to your needs!**

Family support, food services,  
information on social services, access to enriching  
activities, and much more!



## Municipalities

### L'Ange-Gardien

**Municipality of L'Ange-Gardien**

[municipalitedelangegardien.com](http://municipalitedelangegardien.com)

819-986-7470

#### **Bernard-Lonergan Library**

181 rue Joseph (Buckingham)

819-595-7460

### Cantley

**Municipality of Cantley**

[cantley.ca](http://cantley.ca)

819-827-3434

#### **Cantley Municipal Library**

6 impasse des Étoiles

819-827-6616

### Chelsea

**Municipality of Chelsea**

[chelsea.ca](http://chelsea.ca)

819-827-1124

#### **Chelsea Library**

100 chemin Old Chelsea Road

819-827-4019

### La Pêche

**Municipality of La Pêche**

[villelapeche.qc.ca](http://villelapeche.qc.ca)

819-456-2161

#### **Wakefield Library**

38 chemin de la Vallée-de-Wakefield

819-459-3266

#### **Ella-Matte Library**

5 Route Principale Ouest

819-456-2627

#### **Lac-des-Loups Library**

275 chemin Pontbriand Road

819-456-3222

### Pontiac

**Municipality of Pontiac**

[municipalitepontiac.com](http://municipalitepontiac.com)

888-455-2401

#### **Quyón Library**

12 rue Saint-John, C.P. 143

819-458-1227

#### **Luskville Library**

2024, route 148

819-455-2370

### Val-des-Monts

**Municipality of Val-des-Monts**

[val-des-monts.net](http://val-des-monts.net)

819-457-9400

#### **Poltimore sector Library**

2720 route Principale

819-457-4467

#### **Saint-Pierre sector Library**

24 chemin du Parc

819-457-1911

#### **Perkins sector Library**

17 chemin du Manoir

819-671-1476



## Health

## The main facilities in your local services network



- Des Collines CHSLD: 819-449-1112, ext. 334455



- Chelsea CLSC: 1 844-966-6632
- Val-des-Monts CLSC: 1 888 966-6633
- La Pêche CLSC: 1 888 966-6634
- Cantley CLSC: 1 888 966-6631



- Wakefield Memorial Hospital and CHSLD

If you need help or need to be directed to the right service,  
please call 811

Option 1: Speak to a nurse

Option 2: Speak to a psychosocial worker

Option 3: I need a consultation, but I don't have a  
family doctor

[cisss-outaouais.gouv.qc.ca](http://cisss-outaouais.gouv.qc.ca)



Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais  
Québec

### L'Ange-Gardien

#### **CPE Le Lièvre et la Tortue**

[cpelievreetlatortue.ca](http://cpelievreetlatortue.ca)

819-986-7286 (Vol-à-voile)

819-281-7286 (Bouleaux)

819-617-6279 (Mary)

### Cantley

#### **CPE Aux Petits Campagnards**

[auxpetitscampagnards.net](http://auxpetitscampagnards.net)

819-827-5477

#### **Garderie Imagine des Collines**

[garderieimagine.ca](http://garderieimagine.ca)

819-607-4440

#### **Garderie éducative LiliBellules**

[garderielilibellules.wixsite.com/enfant](http://garderielilibellules.wixsite.com/enfant)

819-607-0995

### Chelsea

#### **CPE Aux nids des petits**

819-778-2971

#### **CPE Maison Montessori de Chelsea**

[gw.micro-acces.com/cpe-chelsea/publique/Accueil.aspx](http://gw.micro-acces.com/cpe-chelsea/publique/Accueil.aspx)

819-827-0787

### La Pêche

#### **CPE L'Éveil de la nature**

[cpeleveildelanature.com](http://cpeleveildelanature.com)

819-456-4447

#### **Bureau coordonnateur L'Éveil de la nature**

[cpeleveildelanature.com](http://cpeleveildelanature.com)

819-456-4447

### Val-des-Monts

#### **Garderie de la Forêt Enchantée**

819-671-8778

#### **CPE La Cigale et la Fourmi**

[cigale-fourmi.ca](http://cigale-fourmi.ca)

819-457-2298 (St-Pierre)

819-671-1222 (Perkins)

### Pontiac

#### **CPE l'Univers des Bambinos**

[universdesbambinosuniverse.com](http://universdesbambinosuniverse.com)

819-455-9697

## Schools

### L'Ange-Gardien

#### **École des Grands-Pins**

[des-grands-pins.csscv.gouv.qc.ca](http://des-grands-pins.csscv.gouv.qc.ca)

819-986-4135

### Cantley

#### **École de L'Orée-des-Bois**

[oreedesbois.cssd.gouv.qc.ca](http://oreedesbois.cssd.gouv.qc.ca)

819-503-8088

#### **École de la Rose-des-Vents**

[rosedesvents.cssd.gouv.qc.ca](http://rosedesvents.cssd.gouv.qc.ca)

819-503-8090

#### **École Sainte-Élisabeth**

[ste-elisabeth.cssd.gouv.qc.ca](http://ste-elisabeth.cssd.gouv.qc.ca)

819-503-8024

### Chelsea

#### **École du Grand-Boisé**

[grandboise.csspo.gouv.qc.ca](http://grandboise.csspo.gouv.qc.ca)

819-503-8807

#### **École Montessori de Chelsea**

[montessorichelsea.ca](http://montessorichelsea.ca)

819-827-2784

#### **Chelsea Elementary School**

[chelsea.westernquebec.ca](http://chelsea.westernquebec.ca)

819-827-0245

### La Pêche

#### **École secondaire des Lacs**

[deslacs.csspo.gouv.qc.ca](http://deslacs.csspo.gouv.qc.ca)

819-503-8810

#### **École au Cœur-des-Collines**

[coeurdescollines.csspo.gouv.qc.ca](http://coeurdescollines.csspo.gouv.qc.ca)

819-503-8809

#### **Wakefield Elementary School**

[wakefield.westernquebec.ca](http://wakefield.westernquebec.ca)

819-459-2373

### Pontiac

#### **École de la Vallée-des-Voyageurs**

[valleedesvoyageurs.csspo.gouv.qc.ca](http://valleedesvoyageurs.csspo.gouv.qc.ca)

819-503-8808

#### **Onslow Elementary School**

[onslow.westernquebec.ca](http://onslow.westernquebec.ca)

819-458-2375

### Val-des-Monts

#### **École L'Équipage**

[equipage.cssd.gouv.qc.ca](http://equipage.cssd.gouv.qc.ca)

819-503-8022

#### **École du Sommet**

[sommet.cssd.gouv.qc.ca](http://sommet.cssd.gouv.qc.ca)

819-931-2303

#### **École de la Colline**

[colline.cssd.gouv.qc.ca](http://colline.cssd.gouv.qc.ca)

819-503-8020

#### **Poltimore Elementary School**

[poltimore.westernquebec.ca](http://poltimore.westernquebec.ca)

819-457-2335



## Youth

### **Maison de jeunes Le Mashado**

[mashado.ca](http://mashado.ca)

819-456-1100

### **Maison de jeunes Val-Jeunesse**

Facebook : maison de jeunes Val-Jeunesse

### **La Source des jeunes**

[lasourcedesjeunes.net](http://lasourcedesjeunes.net)

819-607-0871

### **CJE-Carrefour Emploi des Collines**

[toncec.ca](http://toncec.ca)

1-877-770-2435

### **The WAY (Wakefield Activities for Youth)**

[wakefielddyouth.ca](http://wakefielddyouth.ca)

819-459-3531

## Transportation

### **Transcollines**

[transcollines.ca](http://transcollines.ca)

819-456-1114

### **TransporAction Pontiac**

[transporaction.com](http://transporaction.com)

1-877-648-2227

## Family

### **Maison de la famille l'Étincelle**

Facebook : Maison de la famille l'Étincelle

819-456-4696

### **Maison de la famille de Quyon**

Facebook: Maison famille Quyon

819-458-2808

### **Ressource Contact (Agent de proximité)**

[tdsco.org/projets/soutien-aux-familles](http://tdsco.org/projets/soutien-aux-familles)

873-655-8372 ext. 2

### **Western Quebec Literacy Council**

[wqlc.org](http://wqlc.org)

888-647-3112

### **Centre de Ressourcement pour la Famille de l'Outaouais (CRFO)**

[crfo.ca](http://crfo.ca)

819-457-4066

### **Centre Mérédith**

[centremeredith.ca](http://centremeredith.ca)

819-827-0055

### **Centre de Ressources Connexions**

[centreconnexions.org](http://centreconnexions.org)

819-557-0615

### **Familles d'abord**

[famillesdabord.com](http://famillesdabord.com)

819-463-4500

## Prevention

### **BRAS Outaouais**

[lebras.qc.ca](http://lebras.qc.ca)

1-877-376-BRAS / 376-2727

### **Homelessness Prevention Worker (TDSCO)**

[tdsco.org](http://tdsco.org)

873-655-8372 ext. 3

### **Les éclaireurs**

[tdsco.org](http://tdsco.org)

873-655-8372 ext. 1

## Seniors

### **Solidarité de L'Ange-Gardien**

[solidaritedelangegardien.com](http://solidaritedelangegardien.com)

819-986-7470

### **Volunteer Action Centre - des Collines Senior's services**

[servicesauxaines.org](http://servicesauxaines.org)

819-457-9191

### **Centre Action Générations des Aînés de la Vallée-de-la-Lièvre**

[cagavl.ca](http://cagavl.ca)

819-281-4343

## Wellness

### **La Lanterne**

[lalanterne.org](http://lalanterne.org)

819-456-4896

### **Maison Le Ricochet**

[maisonlericochet.com](http://maisonlericochet.com)

819-456-4230

### **Maison Libère-Elles**

[maisonlibere-elles.ca](http://maisonlibere-elles.ca)

819-827-4044

### **Beacon Network**

[tdsco.org](http://tdsco.org)

873-655-8372

### **La Maison des Collines**

[lamaisondescollines.org](http://lamaisondescollines.org)

819-459-1233

### **Écoute Agricole**

[ecouteagricole.com](http://ecouteagricole.com)

438-354-2476 (organisation)

873-455-5707 (Farmer wellness worker)

### **Impact Rivière-Gatineau**

877-449-3077

### **Maison D'INGRID**

[maisondingrid.com](http://maisondingrid.com)

873-636-3979

## Housing

### **Office d'habitation de l'Outaouais (OHO)**

[ohoutaouais.ca](http://ohoutaouais.ca)

819-568-0033

### **Housing Search Assistance Service (SARL)**

[ohoutaouais.ca/je-cherche-un-logement/service-](http://ohoutaouais.ca/je-cherche-un-logement/service-d-aide-a-la-recherche-de-logement)

[d-aide-a-la-recherche-de-logement](http://ohoutaouais.ca/je-cherche-un-logement/service-d-aide-a-la-recherche-de-logement)

819-568-2433

## Employability

### **CJE-Carrefour Emploi des Collines**

[toncec.ca](http://toncec.ca)

1-877-770-2435

## Others

### **Société de Saint-Vincent de Paul de Cantley**

819-665-3819

### **Société de Saint-Vincent de Paul de St-Pierre de Wakefield**

819-457-4444

### **Droits-Accès de l'Outaouais**

[droitsacces.com](http://droitsacces.com)

819-777-4746

## Food services

### **Maison de la famille l'Étincelle (Popote roulante et anti-gaspi)**

Facebook : Maison de la famille l'Étincelle

819-456-4696

### **Village Nourricier de Masham**

Facebook : Le Village Nourricier de Masham

873-655-8372

### **Le Grenier des Collines Food Bank**

[legrenierdescollines.com](http://legrenierdescollines.com)

819-457-1010

### **Escouade Zéro-Gaspi des Collines**

(Le Grenier des Collines)

Facebook : Escouade Zéro-Gaspi des Collines

### **Potager Partagé Wakefield**

Facebook : Potager Partagé Wakefield

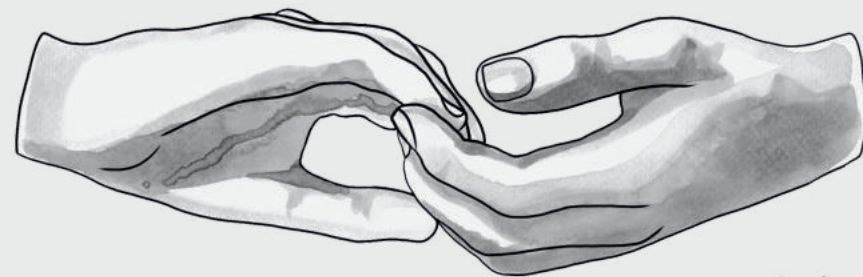
Community Garden

### **Petit Café de Cantley**

Facebook : Petit Café de Cantley

819-827-3334

MAINTenant



ensemble

Everyone has the power to act against domestic violence.

Call, report.

819-459-2422, ext. 3333

or

819-827-4044 (24/7 hotline)

[ensemble@mrcdescollines.com](mailto:ensemble@mrcdescollines.com)



MAISON  
Libère-Elles

A big thank you to the **Val-Jeunesse** youth center for organizing and leading the creation of this collective artwork, made by young people during the 2026 Saint-Jean Baptiste in Val-des-Monts and featured on the cover page of this family planner!



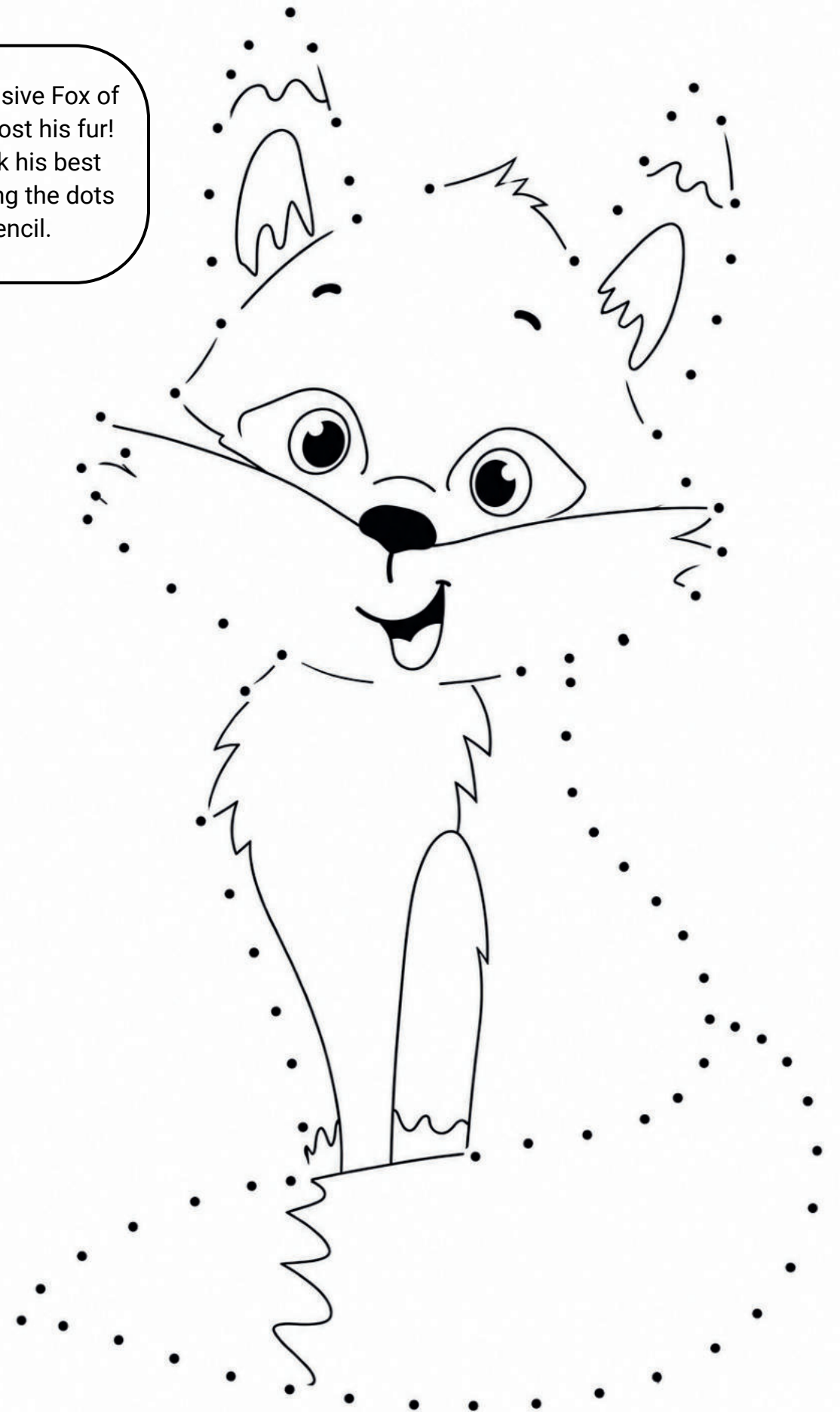
### What is the Volunteer quiz ?

The Volunteer quiz is a fun quiz that helps you discover your volunteer profile. Depending on the volunteer hero assigned to you, you will receive a list of community organizations that could benefit from your superpowers! Scan the QR code to take the quiz.

# Volunteer quiz



**RICO**, the Inclusive Fox of the Hills, has lost his fur!  
Help him look his best again by tracing the dots with a pencil.



## BACK TO SCHOOL WITH TRANSCOLLINES

# Welcome aboard our blue buses

### Services for the whole family

Transcollines offers you various collective transportation options providing great autonomy due to schedules adapted to the realities of the families living in the MRC des Collines-de-l'Outaouais.

### Fixed-line service

Nine corridors are served in the areas of Cantley, Chelsea, La Pêche, Pontiac and Val-Des-Monts by buses with fixed schedules and stops.

Check the schedules and the routes here : [transcollines.ca/me-deplacer](https://transcollines.ca/me-deplacer)

Main educational institutions served:

-  Cégep de l'Outaouais - campus Gabrielle-Roy
-  CÉGEP Heritage College
-  Collège Nouvelles Frontières
-  Centre Asticou
-  Collège Saint-Alexandre
-  Polyvalente Nicolas-Gatineau

### On demand service (TAD)

A reservation service, with flexible schedules and virtual stops closer to your home, is now available in the areas of Cantley, Chelsea, La Pêche, Pontiac, and Val-des-Monts.

#### Schedules of TAD

*available 7 days a week*

**Sunday to Thursday** : 5:30 a.m. to 10:30 p.m.

**Friday and Saturday** : 5:30 a.m. to midnight



#### Beneficial pricing

On-demand service is offered at the same rate as fixed-line service! Monthly passes are also valid for this service.

#### How to book

1. Download the Transcollines app.
2. Indicate your starting point and your destination.
3. Select the date of your journey (booking possible between 1 hour and 30 days in advance).
4. Select the departure time.
5. Specify the number of passengers.
6. Select the best route for you.
7. Confirm your reservation.
8. Be at the stop at the time indicated by the system.

All the details about the on-demand service : [transcollines.ca/alademande](https://transcollines.ca/alademande)

### Adapted service

A door-to-door service intended for people with disabilities who cannot use regular public transport.

### Backup service

An additional service provided when travel needs cannot be otherwise fulfilled.

All the details about our services : [transcollines.ca](https://transcollines.ca)

## Tips for a stress-free start to the school year

- ✓ Book your TAD several days in advance for more availability.
- ✓ Be at the stop at least 5 minutes before leaving.
- ✓ Prepare your Transcollines card and your receipt before boarding.
- ✓ Have the exact change (Drivers do not give back change).
- ✓ Plan to have cash for the TAD (some vehicles are not equipped for card payment).



# September 2026



Map of Local Resources



= Public holiday according to the CNESST

| Sunday | Monday                          | Tuesday                  | Wednesday                                           | Thursday                                                                                                                                        | Friday | Saturday |
|--------|---------------------------------|--------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------|
|        |                                 | 1                        | 2                                                   | 3                                                                                                                                               | 4      | 5        |
| 6      | 7<br><br>Labour Day             | 8                        | 9                                                   | 10                                                                                                                                              | 11     | 12       |
| 13     | 14                              | 15                       | 16                                                  | 17                                                                                                                                              | 18     | 19       |
| 20     | 21<br><br>World Alzheimer's Day | 22<br><br>Autumn equinox | 23                                                  | 24                                                                                                                                              | 25     | 26       |
| 27     | 28                              | 29                       | 30<br><br>National Day for Truth and Reconciliation | The month of September is brought to you thanks to the financial contribution of <b>Imprimerie Du Progrès!</b><br><br><i>Thank you!</i><br><br> |        |          |



**Connexions Resource Centre** supports the English-speaking community of the Outaouais by facilitating access to health and social services. Through its programs, webinars, events, and information and referral services, Connexions accompanies individuals and families at every stage of their journey.

By promoting collaboration with local organizations and advocating for well-being, inclusion, and civic participation, Connexions contributes to building a stronger, more informed, and better-connected community.

Need information or support? **Connexions** is here to help.

-  819-557-0615
-  ConnexionsResourceCentre
-  [www.centreconnexions.org](http://www.centreconnexions.org)



Notes:

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The services of **CJE-Carrefour Emploi des Collines**, offered free of charge, are aimed at people aged 14 to 99 to support you at every stage of your journey.

- Support for 14-35 year-olds to feel good about their lives, find their path, and develop their autonomy;
- Support towards employment and integration;
- Study-career guidance;
- And more!

**CJE-CEC** comes to meet you!

Learn more by contacting the organization or visiting in person!

-  1-877-770-2435
-  CJE-Carrefour Emploi des Collines
-  cjecec



**Draw a Halloween monster**

Name : 

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Super power : 

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Type of creature : 

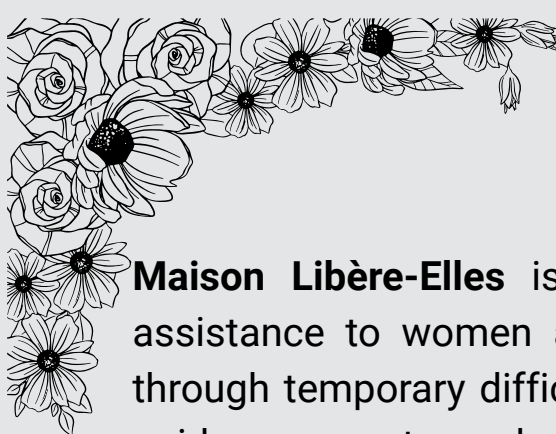
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# October 2026

 = Public holiday according to the CNESST

| Sunday                                                                                                                                                                    | Monday                           | Tuesday | Wednesday | Thursday                          | Friday | Saturday                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|---------|-----------|-----------------------------------|--------|----------------------------------------------------------------|
| <div>The month of October is brought to you through the financial contribution of the <b>Daoud family Tim Hortons</b>.</div> <div>Thank you!</div> <div>Tim Hortons</div> |                                  |         |           | 1 <div>National Seniors Day</div> | 2      | 3                                                              |
| 4                                                                                                                                                                         | 5 <div>World Teachers' Day</div> | 6       | 7         | 8                                 | 9      | 10                                                             |
| 11                                                                                                                                                                        | 12 <div>Thanksgiving Day</div>   | 13      | 14        | 15                                | 16     | 17 <div>International Day for the Eradication of Poverty</div> |
| 18                                                                                                                                                                        | 19                               | 20      | 21        | 22                                | 23     | 24                                                             |
| 25                                                                                                                                                                        | 26                               | 27      | 28        | 29                                | 30     | 31 <div>Halloween</div>                                        |



**Maison Libère-Elles** is a support and shelter house that offers free assistance to women and their children experiencing violence or going through temporary difficulties. In a safe and caring environment, the team guides women towards better well-being and greater autonomy.

Among the services offered: the ELLES group for women who have experienced domestic violence, ELLES Café meetings to break isolation, the summer day camp Better Together for young people aged 9 to 12, as well as awareness workshops and informational booths tailored to different environments.

Learn more about the services and activities by visiting the website or following the organization on Facebook and Instagram.

-  819-827-4510
-  Maison Libère-Elles
-  [www.maisonlibere-elles.ca](http://www.maisonlibere-elles.ca)



Notes:

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**La Maison d'INGRID's** mission is to offer assistance and shelter services to women victims of domestic violence and their children.

A team is present at all times, day and night, including weekends, to provide shelter, support for mothers and their children, listening and support services, as well as violence prevention activities.

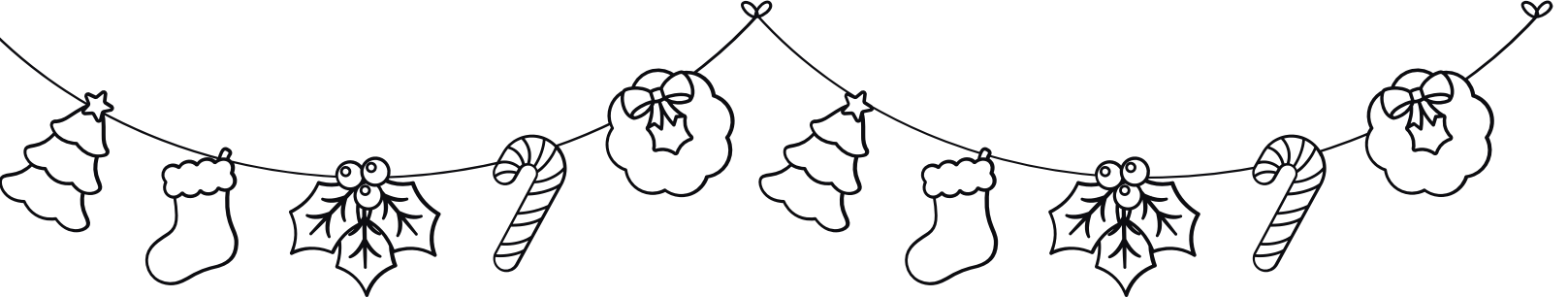
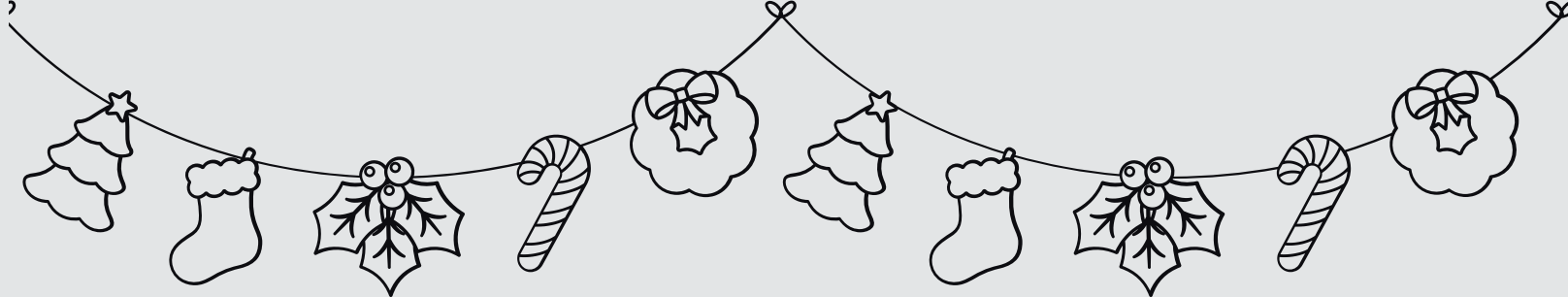
All services are **free, confidential, and available at all times.**

-  873-636-3979
-  Maison d'INGRID
-  [www.maisondingrid.com](http://www.maisondingrid.com)



# November 2026

| Sunday                                                                      | Monday                                   | Tuesday | Wednesday                                                                   | Thursday | Friday                                 | Saturday |
|-----------------------------------------------------------------------------|------------------------------------------|---------|-----------------------------------------------------------------------------|----------|----------------------------------------|----------|
| 1<br><br><br><br><br><br><br>Return to standard time                        | 2                                        | 3       | 4                                                                           | 5        | 6                                      | 7        |
| 8                                                                           | 9                                        | 10      | 11<br><br><br><br>Remembrance Day                                           | 12       | 13                                     | 14       |
| 15                                                                          | 16                                       | 17      | 18                                                                          | 19       | 20<br><br><br><br>World Children's Day | 21       |
|                                                                             | Early Childhood Week (November 16 to 22) |         |                                                                             |          |                                        |          |
| 22<br><br><br><br><br><br><br><div></div>                                   | 23                                       | 24      | 25                                                                          | 26       | 27                                     | 28       |
|                                                                             |                                          |         | 12 Days of Action to End Violence Against Women (November 25 to December 6) |          |                                        |          |
| 29                                                                          | 30                                       | 1       | 2                                                                           | 3        | 4                                      | 5        |
| 12 Days of Action to End Violence Against Women (November 25 to December 6) |                                          |         |                                                                             |          |                                        |          |



The **Grenier des Collines** provides food assistance in the form of grocery packages and emergency aid. Home delivery service is available.

**Hunger deserves to be fed!**

If you would like to get involved as a volunteer and help achieve the organization's mission, get in touch!

-  819-457-1010
-  Le Grenier de Collines - Banque alimentaire
-  [www.legrenierdescollines.com](http://www.legrenierdescollines.com)



Do you know that there are several **community fridges** in the territory of the MRC des Collines-de-l'Outaouais ?

But what is a community fridge ? A community fridge is a refrigerator accessible at all times and to everyone, usually installed in a public or community location.

You can drop off food that you don't want to waste, or take some if you need it.

Here is where you can find them:

- 77 route Principale Est, La Pêche, J0X 2W0 (**Maison de jeunes Le Mashado**)
- 24 chemin Shouldice, La Pêche, J0X 1A4 (**Rupert Community Centre**)
- 275 chemin Pontbriand , La Pêche, J0X 3K0 (**Maison de la famille l'Étincelle**)
- 693 chemin Riverside, La Pêche, J0X 3G0 (**Church of the Good Shepherd**)
- 34 chemin de l'Église, Val-des-Monts, J8N 0K4 (**Le Grenier des Collines**)
- 1074 rue de Clarendon, Pontiac, J0X 2V0 (**Maison de la Famille de Quyon**)
- 152 chemin Old Chelsea, Chelsea, J9B 1J3 (**Dépanneur M&R**)

Notes:

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Need food or material assistance ?

The **Société Saint-Vincent de Paul de Cantley** is here to support you! Offering caring and discreet support, our team is ready to assist the citizens of Cantley during difficult times.

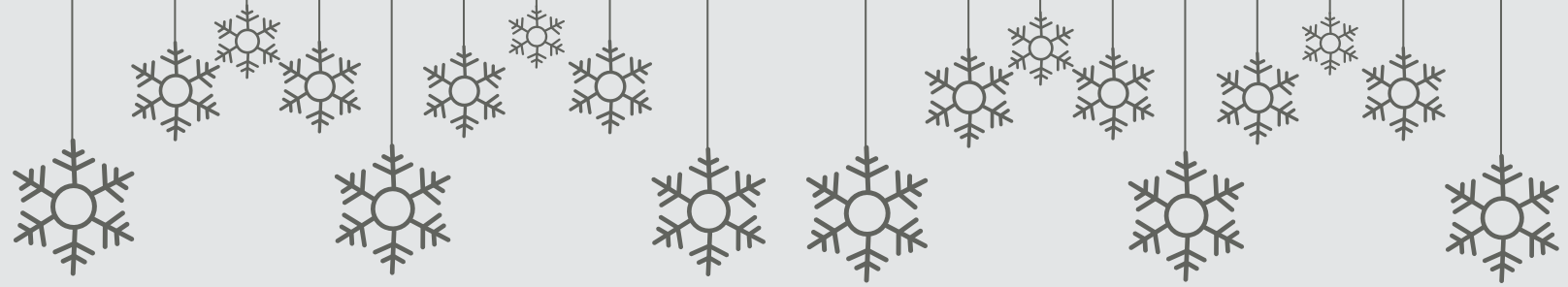
-  819-665-3819



# December 2026

 = Public holiday according to the CNESST

| Sunday                                                                                                                                                     | Monday | Tuesday | Wednesday                                                                                                                                                                    | Thursday                 | Friday                                                                                                                                                         | Saturday                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| Keep an eye out for the various initiatives set up for the Media Food Drive.<br><br><a href="http://www.guignolee.ca/en/home">www.guignolee.ca/en/home</a> |        | 1       | 2<br>  | 3                        | 4                                                                                                                                                              | 5<br><br>International Volunteer Day |
| 6                                                                                                                                                          | 7      | 8       | 9                                                                                                                                                                            | 10                       | 11                                                                                                                                                             | 12                                   |
| 13                                                                                                                                                         | 14     | 15      | 16                                                                                                                                                                           | 17                       | 18                                                                                                                                                             | 19                                   |
| 20                                                                                                                                                         | 21     | 22      | 23                                                                                                                                                                           | 24<br><br>Christmas Eve  | 25<br><br>Christmas                                                                                                                                            | 26                                   |
| 27                                                                                                                                                         | 28     | 29      | 30                                                                                                                                                                           | 31<br><br>New Year's Eve | The TDSCO is celebrating its 10 <sup>th</sup> anniversary this month!<br> |                                      |

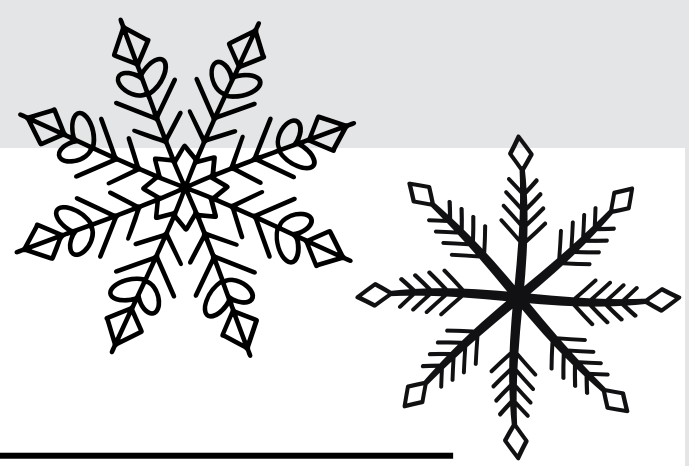


Proud of its community roots, the **Petit Café de Cantley** offers Cantley residents a warm and friendly place, conducive to interaction and civic engagement.

It is a place where one can enjoy carefully selected local products, thus supporting the local economy while fostering a welcoming and inclusive atmosphere.

 819-827-3334

 Petit Café de Cantley



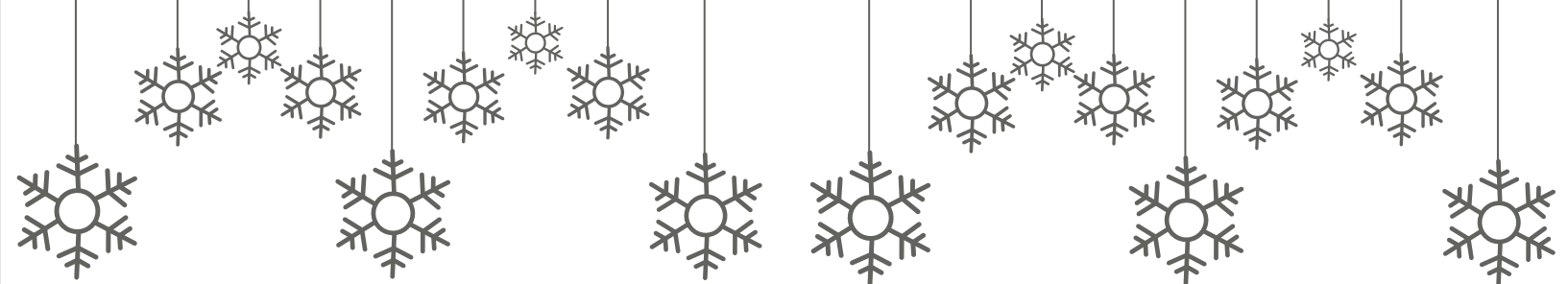
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**La Maison le Ricochet** is a non-profit community organization created in 1990. It serves the population of La Pêche, Cantley, Chelsea, and Val-des-Monts. The organization offers rehabilitation and social and professional reintegration services to individuals dealing with mental health issues, with or without addiction.

**The desired impact of Maison Le Ricochet:**

A successful recovery for people with mental health problems, thanks to accessible, innovative, and quality services in a dynamic environment. These services also provide tangible assistance to a vulnerable population, complementing other existing community services.

 819-456-4230

 Maison le Ricochet

 [www.maisonlericochet.com](http://www.maisonlericochet.com)



*My wishes for 2027*

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# January 2027

 = Public holiday according to the CNESST

| Sunday                                                                                                                                                                                                           | Monday | Tuesday | Wednesday                                                                           | Thursday                                                                            | Friday                           | Saturday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------|----------|
| Plan your children's spring break by exploring the day camps offered by various organizations in your area! A great opportunity for them to be active, have fun, make new friends, and create precious memories. |        |         |  |  | <div>1</div> <div>New Year</div> | 2        |
| 3                                                                                                                                                                                                                | 4      | 5       | 6                                                                                   | 7                                                                                   | 8                                | 9        |
| 10                                                                                                                                                                                                               | 11     | 12      | 13                                                                                  | 14                                                                                  | 15                               | 16       |
| 17                                                                                                                                                                                                               | 18     | 19      | 20                                                                                  | 21                                                                                  | 22                               | 23       |
| 24 <div>31</div>                                                                                                                                                                                                 | 25     | 26      | 27                                                                                  | 28                                                                                  | 29                               | 30       |

Are you looking to take care of yourself and others while being at the heart of your community? Consider joining the **Beacon Network**!

By becoming a **beacon**, you will learn to recognize signs of stress and distress in others, providing them valuable support by referring them to appropriate resources.

To register for a free training session or to get more information, get in touch!

 873-655-8372  
 [www.tdsco.org](http://www.tdsco.org)



Notes:

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**Écoute Agricole**'s mission is to offer a frontline listening and support service to individuals from the agricultural sector who are experiencing psychosocial issues.

Do you want to make a difference in the agricultural community? Become a sentinel! **Écoute Agricole** invites you to participate in the sentinel training, which will equip you to recognize suicidal signs and behaviors among the agricultural clientele and guide them towards appropriate support resources.

For more information, please visit the website or contact your local farmer wellness worker!

 873-455-5707  
 Audrey Arcand Écoute-Agricole  
 [www.ecouteagricole.com](http://www.ecouteagricole.com)



Notes:

**Are you going through a difficult time?**

The suicide prevention hotline 1-866-277-3553 offers compassionate, free, and confidential support to anyone experiencing distress.

Available 24/7, throughout Quebec.

***You are not alone.***

**Need help?**

24/7

1 866 277-3553



Chat  
Informations  
Tools

suicide.ca



Suicide prevention centers

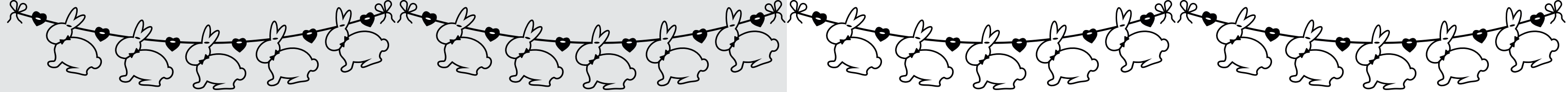
Text: 53 53 53



**DareToTalkAboutSuicide.com**

# February 2027

| Sunday                                                                            | Monday                                                                                                                                                                                                                                                                                                                                      | Tuesday            | Wednesday | Thursday                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                   | Saturday                                                                                  |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
|  | 1                                                                                                                                                                                                                                                                                                                                           | 2<br>Groundhog Day | 3         | 4                                                                                                                                                                                                                                                                                                                                                    | 5<br> | 6<br>  |
| 7                                                                                 | 8                                                                                                                                                                                                                                                                                                                                           | 9                  | 10        | 11                                                                                                                                                                                                                                                                                                                                                   | 12                                                                                       | 13<br> |
| Suicide Prevention Week                                                           |                                                                                                                                                                                                                                                                                                                                             |                    |           |                                                                                                                                                                                                                                                                                                                                                      |                                                                                          |                                                                                           |
| 14<br>Valentine's Day                                                             | 15                                                                                                                                                                                                                                                                                                                                          | 16                 | 17        | 18                                                                                                                                                                                                                                                                                                                                                   | 19                                                                                       | 20<br> |
| 21                                                                                | 22                                                                                                                                                                                                                                                                                                                                          | 23                 | 24        | 25                                                                                                                                                                                                                                                                                                                                                   | 26                                                                                       | 27<br> |
| 28                                                                                |  <p><b>For families</b><br/><b>Outreach Worker - Ressources Contact des Collines</b><br/><i>Table de développement social des Collines-de-l'Outaouais</i><br/>873-655-8372 ext. 2<br/><a href="mailto:ressources@tdsco.org">ressources@tdsco.org</a></p> |                    |           | <p><b>For the Prevention of Homelessness</b><br/><b>Homelessness Prevention Worker</b><br/><i>Table de développement social des Collines-de-l'Outaouais</i><br/>873-655-8372 ext. 3<br/><a href="mailto:intervention@tdsco.org">intervention@tdsco.org</a></p>  |                                                                                          |                                                                                           |



At the **Maison de la famille L'Étincelle**, we support parents, toddlers, and older children with a humane and caring approach.

Workshops, meetings, games, listening... Each service is designed to offer a space where families feel welcomed, equipped, and supported.

*Because a little spark can light up an entire day.*

Need a helping hand, a moment to breathe, or activities for your children?  
The **Maison de la famille L'Étincelle** is a vibrant place where families find concrete support, accessible resources, and a caring community.

*Here, we grow together, one exchange at a time.*

-  819-456-4696
-  Maison de la famille l'Étincelle
-  [coordo@maisonetincelle.ca](mailto:coordo@maisonetincelle.ca)



**La Source des jeunes** is dedicated to listening to the needs of youth aged 8 to 17. A welcoming meeting place, led by caring and committed adults, provides support and guidance tailored to their needs and questions.

The organization promotes the physical and mental health of young people while encouraging autonomy, well-being, and the development of critical thinking.

A variety of physical, cultural, artistic, and recreational activities, along with community projects, encourage youth participation and engagement within the Cantley community.

-  819-607-0871
-  La Source des jeunes
-  [www.lasourcedesjeunes.net](http://www.lasourcedesjeunes.net)



Notes:

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List of activities for spring break :

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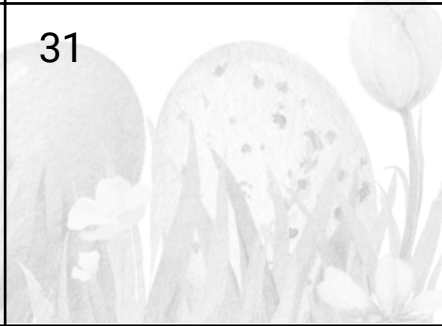
# March 2027



= Events Calendar



= Public holiday according to the CNESST

| Sunday                                                                                                                                                             | Monday                                                                                                     | Tuesday                                                                                    | Wednesday                                                                                   | Thursday                                                                                                                                                                                                                                                                                        | Friday                | Saturday                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------------------------------------------------------|
|   | 1                                                                                                          | 2                                                                                          | 3                                                                                           | 4                                                                                                                                                                                                                                                                                               | 5                     | 6                                                                  |
| Spring break (CSSPO, CSSD, CSSCV and WQSB)                                                                                                                         |                                                                                                            |                                                                                            |                                                                                             |                                                                                                                                                                                                                                                                                                 |                       |                                                                    |
| 7                                                                                                                                                                  | 8<br><br>International Women's Day                                                                         | 9                                                                                          | 10                                                                                          | 11                                                                                                                                                                                                                                                                                              | 12                    | 13<br><br>National Day for the Promotion of Positive Mental Health |
| 14<br><br>Start of Daylight Saving Time                                                                                                                            | 15                                                                                                         | 16                                                                                         | 17<br><br>Saint Patrick's Day                                                               | 18                                                                                                                                                                                                                                                                                              | 19                    | 20<br><br>Spring equinox                                           |
| 21<br>                                                                           | 22                                                                                                         | 23                                                                                         | 24                                                                                          | 25                                                                                                                                                                                                                                                                                              | 26<br><br>Good Friday | 27                                                                 |
| 28<br><br>Easter                                                                 | 29<br><br>Easter Monday | 30<br> | 31<br> |  <div>For the agricultural community<br/><b>Farmer Wellness Worker</b><br/>Écoute Agricole<br/>873-455-5707<br/><a href="mailto:tr.outaouais.ouest.ea@gmail.com">tr.outaouais.ouest.ea@gmail.com</a></div> |                       |                                                                    |

**La Maison des Collines** is a palliative care center for the people of the Outaouais region. It is a welcoming place where dignity is at the heart of the final moments.

Its mission is to respect the physical, emotional, spiritual, and cultural needs of each resident by providing a warm and welcoming environment. It supports them with respect, gentleness, and great attention so that each resident experiences being deeply cared for until the end.

The work of **La Maison des Collines** is made possible thanks to the help of the community. Whether through a donation, volunteering, or participating in its fundraising activities, every gesture helps keep the care free for families.

Beyond care, **La Maison des Collines** offers bereavement support services, awareness activities, and resources for caregivers.

 819-459-1233

 La Maison Des Collines

 [www.lamaisondescollines.org](http://www.lamaisondescollines.org)



Notes:

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**Volunteer Action Centre - des Collines Senior's services** is looking for volunteers who want to get involved with seniors in the region.

Whether you have a few hours a month or a week to offer, your contribution can make a real difference in your community.

Several volunteer opportunities are available according to your interests, skills, and availability, with mileage reimbursement.

To become a volunteer, contact the organization by phone or by email at: [projets@servicesauxaines.org](mailto:projets@servicesauxaines.org).

 1-855-662-4637, ext. 243

 Centre d'action bénévole - Services aux aînés des Collines

 [www.servicesauxaines.org](http://www.servicesauxaines.org)



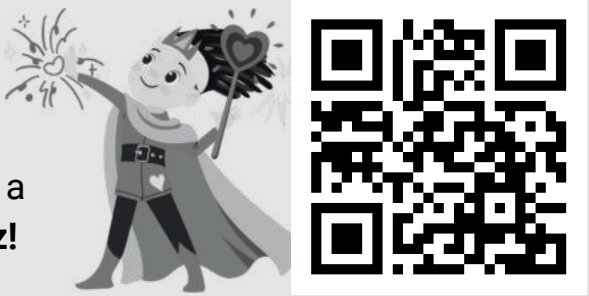
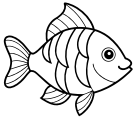
**CENTRE D'ACTION  
BÉNÉVOLE**  
*Services aux aînés des Collines*

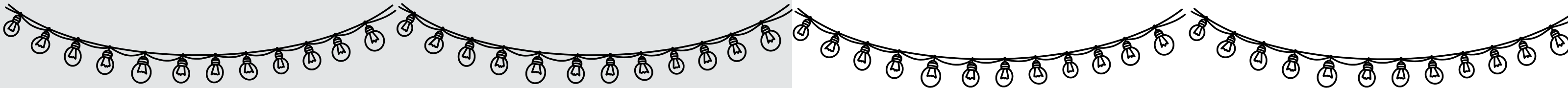
**Here are a few ideas for celebrating Earth Day:**

- Donate your surplus food to a food sharing fridge;
- Lend a hand at a community garden;
- Donate clothes you no longer wear to a nonprofit thrift store (p. 39);
- Prepare a recipe using ingredients from a zero-waste grocery store;
- Use public transportation for the day;
- Support a social enterprise that adopts eco-friendly practices.



# April 2027

| Sunday                                                                                                                                                                                                                                                                                                                              | Monday | Tuesday | Wednesday                          | Thursday                                                                                                   | Friday                              | Saturday                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------|---------------------------------------------------------------------------------------|
| <p>Do you want to get involved in your community, but don't know where to start?</p> <p>Take the Volunteer Heroes quiz to discover your superpower and see a list of organizations that need you. <b>Scan the QR code to take the quiz!</b></p>  |        |         |                                    | 1 <br><br>April's fools | 2<br><br>World Autism Awareness Day | 3                                                                                     |
| 4                                                                                                                                                                                                                                                                                                                                   | 5      | 6       | 7                                  | 8                                                                                                          | 9                                   | 10                                                                                    |
| 11                                                                                                                                                                                                                                                                                                                                  | 12     | 13      | 14                                 | 15                                                                                                         | 16                                  | 17                                                                                    |
| 18                                                                                                                                                                                                                                                                                                                                  | 19     | 20      | 21                                 | 22<br><br>Earth Day                                                                                        | 23                                  | 24                                                                                    |
| Week of Volunteer Action                                                                                                                                                                                                                                                                                                            |        |         |                                    |                                                                                                            |                                     |                                                                                       |
| 25                                                                                                                                                                                                                                                                                                                                  | 26     | 27      | 28<br><br>National Day of Mourning | 29                                                                                                         | 30                                  |  |



**WHAT IS “BACK TO SCHOOL” PROGRAM?**

This program, funded by Centraide Outaouais, aims to help low-income families purchase school supplies for their children at reduced prices.

**HOW TO PARTICIPATE?**

You must sign up according to the registration guidelines provided by one of the participating organizations, adhering to the deadlines announced when the initiative is launched.

Here are the local organizations participating in the program:

- **Maison des jeunes Le Mashado**
- **La Source des Jeunes in collaboration with La maison de jeunes Val-Jeunesse**
- **Maison de la famille de Quyon**

Check these organizations’ Facebook pages for the necessary information and registration details.



Notes:

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This project aims to bring together residents and local actors around food related issues, food security, and gardening by establishing collective practices. Its main goal is to strengthen social ties, encourage mutual aid, and promote greater food autonomy for the entire community.

Through concrete and progressive actions, the **Village Nourricier de Masham** seeks to build a sustainable food system based on solidarity, inclusion, and respect for everyone.

**The Village Nourricier de Masham is a project by citizens for citizens.**

-  873-655-8372
-  Le Village Nourricier de Masham



The **Maison de la Famille l’Étincelle**, located in La Pêche, also offers free food on anti-waste days.

Follow their Facebook page to find out the upcoming dates and make sure you don’t miss anything.

-  Maison de la famille l’Étincelle



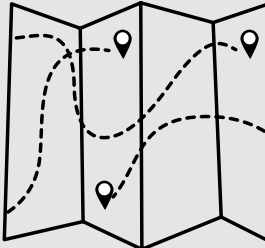
May 2027

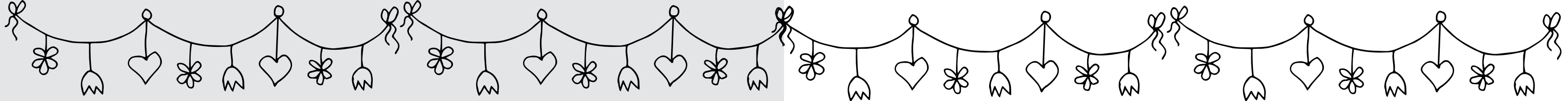


## Map of Local Resources



= Public holiday according to the CNESST

| Sunday                                                                                                                                                                                                                                                                    | Monday                                               | Tuesday | Wednesday                                                                           | Thursday                                                                            | Friday                                                                              | Saturday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|---------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------|
| <div>Summer vacation is fast approaching!</div> <div>Take advantage of it to discover the day camps offered by various organizations in your area! It's a great opportunity for your child to be active, have fun, make new friends, and create wonderful memories.</div> |                                                      |         |  |  |  | 1        |
| 2                                                                                                                                                                                                                                                                         | 3                                                    | 4       | 5                                                                                   | 6                                                                                   | 7                                                                                   | 8        |
| National Health and Fitness Day                                                                                                                                                                                                                                           |                                                      |         |                                                                                     |                                                                                     |                                                                                     |          |
| 9                                                                                                                                                                                                                                                                         | 10                                                   | 11      | 12                                                                                  | 13                                                                                  | 14                                                                                  | 15       |
| Mother's Day                                                                                                                                                                                                                                                              |                                                      |         |                                                                                     |                                                                                     |                                                                                     |          |
| Quebec Family Week                                                                                                                                                                                                                                                        |                                                      |         |                                                                                     |                                                                                     |                                                                                     |          |
| 16                                                                                                                                                                                                                                                                        | 17                                                   | 18      | 19                                                                                  | 20                                                                                  | 21                                                                                  | 22       |
|                                                                                                                                                                                                                                                                           | International Day Against Homophobia and Transphobia |         |                                                                                     |                                                                                     | World Day for Cultural Diversity for Dialogue and Development                       |          |
| 23                                                                                                                                                                                                                                                                        | 24 Patriot's Day                                     | 25      | 26                                                                                  | 27                                                                                  | 28                                                                                  | 29       |
| 30                                                                                                                                                                                                                                                                        | 31                                                   |         |                                                                                     |                                                                                     |                                                                                     |          |



**L'Escouade Zéro-Gaspi des Collines** collaborates with volunteers to collect surplus vegetables from local farms. The harvests are shared equitably between the volunteers, the farm, and the food bank Le Grenier des Collines, or other community organizations.

During the summer season, they offer solidarity vegetable baskets to households in the MRC des Collines-de-l'Outaouais.

- Do you have a farm and want to use the Escouade's gleaning service?
- Would you like to become a volunteer and participate in the harvests or vegetable distributions?
- Would you like to sign up for the solidarity basket program?

Write to L'Escouade Zéro-Gaspi des Collines!



Summer is the perfect time to discover, have fun, and take on new challenges!  
**Le Mashado** offers a varied summer program for young people aged 10 to 17:

- Sports activities;
- Outings;
- Creative projects;
- and opportunities to socialize in a safe and stimulating environment.

It's also the return of our Youth Cooperative (CIEC), which allows young people to develop their autonomy, sense of responsibility, and team spirit through concrete projects.

To find out about the program, visit the website!

 819-456-1100

 la maison de jeunes - Le Mashado

 [www.mashado.ca](http://www.mashado.ca)



Notes:

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**Chocolate-Covered Frozen Bananas Recipe**  
Insert small wooden sticks into banana halves, roll them in melted chocolate, then in coconut. Then place them in the freezer.

A refreshing and delicious snack!

[www.jaimefruitsetlegumes.ca](http://www.jaimefruitsetlegumes.ca)



# June 2027

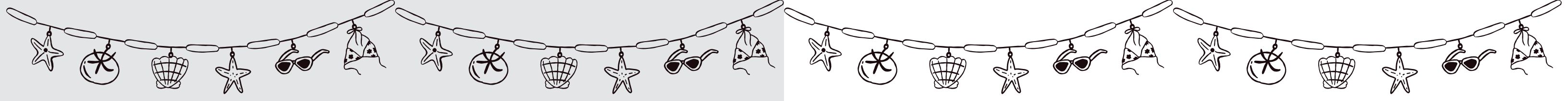


= Events Calendar



= Public holiday according to the CNESST

| Sunday                                                                                                                                                             | Monday                                                                            | Tuesday                                              | Wednesday | Thursday                                                                                                             | Friday | Saturday |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------|--------|----------|
|   |  | 1                                                    | 2         | 3                                                                                                                    | 4      | 5        |
| 6                                                                                                                                                                  | 7                                                                                 | 8                                                    | 9         | 10                                                                                                                   | 11     | 12       |
| 13                                                                                                                                                                 | 14                                                                                | 15<br><small>World Elder Abuse Awareness Day</small> | 16        | 17                                                                                                                   | 18     | 19       |
| 20<br><small>Father's Day</small>                                                                                                                                  | 21<br><small>Summer Solstice<br/>National Indigenous Peoples Day</small>          | 22                                                   | 23        | 24<br><small>Saint-Jean-Baptiste Day</small>                                                                         | 25     | 26       |
| 27                                                                                                                                                                 | 28                                                                                | 29                                                   | 30        | Happy Saint-Jean Baptiste Day!  |        |          |



The **Centre de ressourcement pour la famille de l’Outaouais (CRFO)** is a welcoming place where families can recharge, build connections, and support one another in an inclusive, warm, and safe environment. By fostering a connection with nature, with oneself, and with others, the CRFO contributes to the well-being of families in the region.

Throughout the year, the **CRFO** offers a variety of programs: family celebrations, community cooking sessions, coffee and chat gatherings, outdoor activities, respite care for families with special needs, queer retreats, “Kids in the Forest” programs, and much more.

Check out the full program schedule, sign up for activities, and subscribe to the newsletter so you don’t miss a thing!

-  819-457-4066
-  Centre de ressourcement pour la famille de l’Outaouais (CRFO)
-  [www.crfo.ca](http://www.crfo.ca)



Notes:

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Are you between 8 and 17 years old? Come visit the **Val-Jeunesse** youth center!

It's a place where you can meet other young people, participate in various activities, carry out your projects, and simply have a good time in a welcoming and respectful atmosphere.

A relaxation area, various workshops, board games, sports, air hockey tables, billiards, ping pong, artistic creations, special projects, musical instruments, community involvement... there's always something to do!

And if the activity you'd like to do doesn't exist yet, come talk to us: here, your ideas matter!

**Where:** 1-1 chemin Saint-Joseph, Val-des-Monts  
**When:** Open from Wednesday to Saturday, from 6 P.M. to 9 P.M.

 [Maison de jeunes Val-Jeunesse](#)

Discover **TÉO Courant**, a platform offering a multitude of educational and fun activities to enjoy with your family!

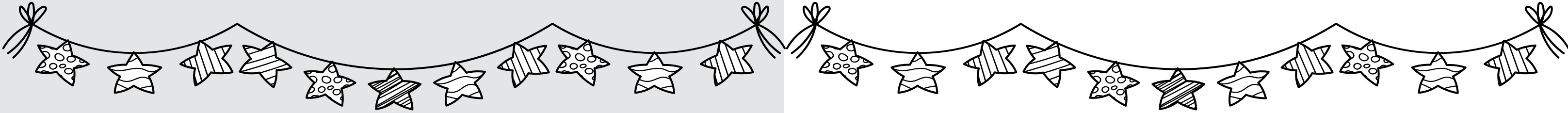
Visit the **Table Éducation Outaouais** website or scan the QR code to explore all the activities.



# July 2027

 = Public holiday according to the CNESST

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Monday        | Tuesday       | Wednesday     | Thursday                           | Friday        | Saturday      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------------|---------------|------------------------------------|---------------|---------------|
| <div>Complete this logical sequence:</div> <div></div> |               |               |               | <div>1</div> <div>Canada Day</div> | <div>2</div>  | <div>3</div>  |
| <div>4</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <div>5</div>  | <div>6</div>  | <div>7</div>  | <div>8</div>                       | <div>9</div>  | <div>10</div> |
| <div>11</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <div>12</div> | <div>13</div> | <div>14</div> | <div>15</div>                      | <div>16</div> | <div>17</div> |
| <div>18</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <div>19</div> | <div>20</div> | <div>21</div> | <div>22</div>                      | <div>23</div> | <div>24</div> |
| <div>25</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <div>26</div> | <div>27</div> | <div>28</div> | <div>29</div>                      | <div>30</div> | <div>31</div> |



**La Lanterne's** mission is to support individuals living with intellectual disabilities as well as their families. By working to reduce social inequalities, the organization promotes their development, inclusion, and access to a better quality of life. La Lanterne aspires to build a community where everyone has the opportunity to reach their full potential and to be a reference in terms of support, social integration, and positive change.

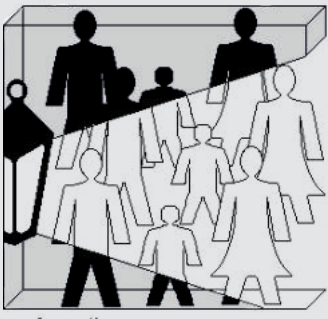
**La Lanterne's** day center currently has openings to assist and support people living with intellectual disabilities and/or autism spectrum disorder, as well as their families.

Get in touch!

 819-456-4896

 La Lanterne

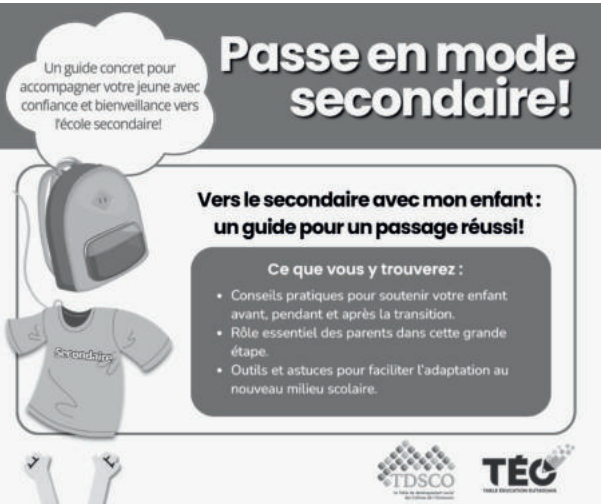
 [www.lalanterne.ca](http://www.lalanterne.ca)



School transitions can be stressful for both children and parents. That's why the Preschool Transition and Secondary School Transition Committees of the **TDSCO** have developed educational capsules to answer the many questions you might have.

These capsules are published weekly (in French only) on the **TDSCO's** Facebook page. Follow us to never miss out on these valuable resources!

 TDS.Collines



Notes:

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Rémoulade Recipe

Ingredients

- 1 large celeriac
- Juice of 1 lemon
- 1 bunch flat-leaf parsley (optional)
- 2 tablespoons mayonnaise
- 2 tablespoons Dijon mustard
- ½ cup olive oil
- 1 tablespoon capers (optional)

Steps

- Peel and grate the celeriac
- Chop the parsley
- In a bowl, mix all the ingredients
- Season with salt and pepper to taste



Recipe from l’Escouade Zéro-Gaspi des Collines

# August 2027

| Sunday | Monday | Tuesday | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Thursday                      | Friday | Saturday |
|--------|--------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|--------|----------|
| 1      | 2      | 3       | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 5                             | 6      | 7        |
| 8      | 9      | 10      | 11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 12<br>International Youth Day | 13     | 14       |
| 15     | 16     | 17      | 18                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 19<br>World Humanitarian Day  | 20     | 21       |
| 22     | 23     | 24      | 25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 26                            | 27     | 28       |
| 29     | 30     | 31      | <div>For senior citizens</div> <div></div> <div><div><b>West region Outreach Worker</b><br/>(La Pêche, Chelsea, Pontiac)<br/>Volunteer Action Centre -<br/>des Collines Senior's services<br/>1-855-662-4637, ext. 246<br/><a href="mailto:itmav-ouest@servicesauxaines.org">itmav-ouest@servicesauxaines.org</a></div><div><b>East region Outreach Worker</b><br/>(Val-des-Monts, Cantley, L'Ange-Gardien)<br/>Volunteer Action Centre -<br/>des Collines Senior's services<br/>1-855-662-4637, ext. 244<br/><a href="mailto:itmav@servicesauxaines.org">itmav@servicesauxaines.org</a></div></div> |                               |        |          |

**Solidarité de L'Ange-Gardien** is here to help you with your outdoor work in any season! Volunteers can assist you with landscaping the garden or yard, storing patio furniture, raking leaves, stacking firewood, shoveling driveways, and much more!

Do you want to help within your community?  
Think about the AIDE-MOI! service from **Solidarité de L'Ange-Gardien**.

- You can work solo or in pairs with a friend;
- You do a good deed while having fun;
- You make a difference in the life of a senior or a vulnerable person!

Don't wait to get involved!

 819-986-7470, ext. 322

 Solidarité de L'Ange-Gardien



**Familles d'abord** is committed to providing a safe and caring environment where every family, regardless of its background, can find educational resources, practical advice, and emotional support. We promote overall well-being with personal and family fulfillment.

 819-463-4500

 Familles d'abord

 [www.famillesdabord.com](http://www.famillesdabord.com)



**Cantley - Val-des-Monts**

Notes:

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**Lunchbox Tips**

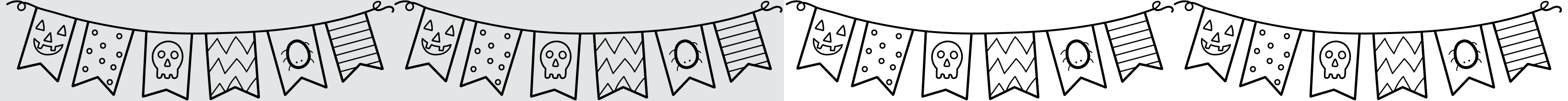
- Your child’s lunchbox should ideally contain vegetables or fruit, grain products, and protein-rich foods.
- It’s a good idea to always have certain foods on hand at home to make your life easier and help you out in a pinch (legumes, tuna, eggs, pasta, frozen fruit, etc.).
- Involving your child in preparing their lunch makes them feel proud and makes them more eager to eat it.

[www.naitreetgrandir.com](http://www.naitreetgrandir.com)

# September 2027

 = Public holiday according to the CNESST

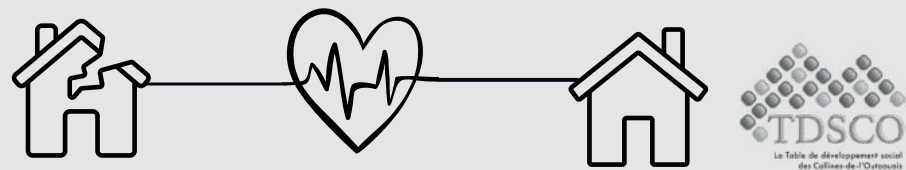
| Sunday                                                                                                                                                                                                                                                                        | Monday                             | Tuesday | Wednesday | Thursday                                                | Friday                                                                                                                                                                                           | Saturday |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|---------|-----------|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
|  <div>For English speakers<br/><b>Coordinator</b><br/>Connexions Resource Centre<br/>819-557-0615<br/><a href="mailto:e_jutras@centreconnexions.org">e_jutras@centreconnexions.org</a></div> |                                    |         | 1         | 2                                                       | 3                                                                                                                                                                                                | 4        |
| 5                                                                                                                                                                                                                                                                             | <div>6</div> <div>Labour Day</div> | 7       | 8         | 9                                                       | 10                                                                                                                                                                                               | 11       |
| 12                                                                                                                                                                                                                                                                            | 13                                 | 14      | 15        | 16                                                      | 17                                                                                                                                                                                               | 18       |
| 19                                                                                                                                                                                                                                                                            | 20                                 | 21      | 22        | 23 <div>Autumn equinox</div>                            | 24                                                                                                                                                                                               | 25       |
| 26                                                                                                                                                                                                                                                                            | 27                                 | 28      | 29        | 30 <div>National Day for Truth and Reconciliation</div> | <div>Subscribe to the <b>TDSCO</b> newsletter so you don't miss out on any of our local initiatives!</div>  |          |



The **homelessness prevention worker** is there to help vulnerable individuals by guiding them to improve their situation through personalized support.

Working closely with partners from the Table de développement social des Collines-de-l’Outaouais (TDSCO), the caseworker informs individuals about available resources, facilitates their access to appropriate services, and provides follow-up support throughout the process.

-  873-655-8372 ext. 3
-  Prévention Itinérance des Collines
-  [www.tdsco.org](http://www.tdsco.org)



Notes:

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**Ressources Contact des Collines**, a project of the TDSCO, aims to connect, through a **outreach worker**, individuals seeking resources and guidance towards services tailored to their needs, such as:

- family support;
- food services (emergency aid, collective kitchens, workshops, etc.);
- information on social services;
- access to enriching activities;
- preparation for kindergarten entry;
- job search assistance;
- socialization;
- and much more!

-  873-655-8372 ext. 2
-  Ressources Des Collines
-  [www.tdsco.org](http://www.tdsco.org)

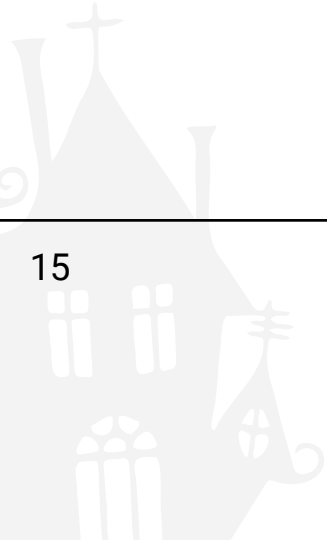
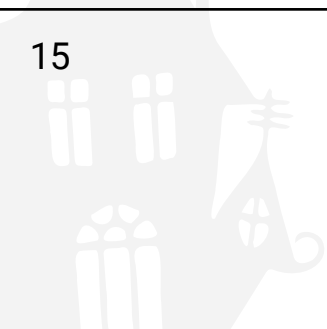
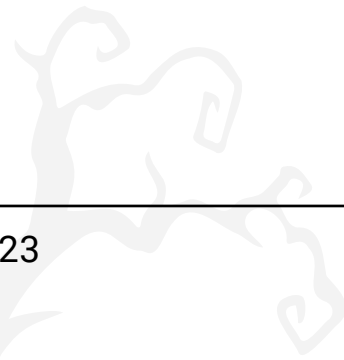
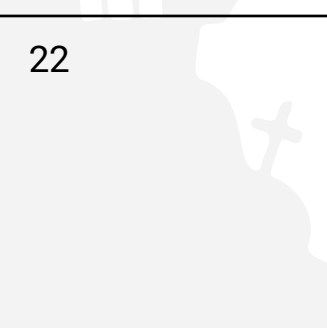
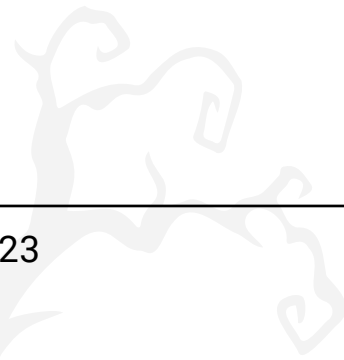
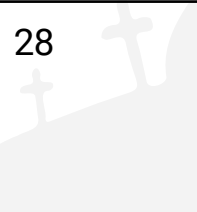
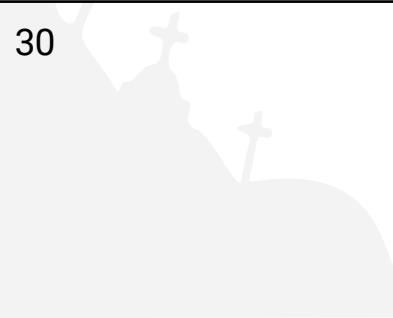


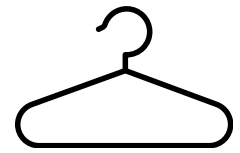
**Zero-Waste Tips - Halloween Candy**

1. Use a ready-to-bake cookie mix, such as Pillsbury, or your own homemade cookie dough recipe.
2. Roll the dough into balls and top them with leftover Halloween candy.
3. Bake them right away according to the package directions, or freeze the dough balls in an airtight container, separating them with parchment paper. Then, whenever you’re craving a fresh-from-the-oven cookie, just bake as many as you’d like!

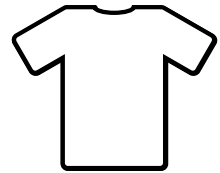
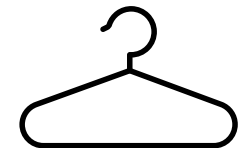
# October 2027

 = Public holiday according to the CNESST

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Monday                     | Tuesday                          | Wednesday                                                                                | Thursday                                                                                 | Friday                                                                                                                | Saturday                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|----------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| <div><b>Budget-Friendly Halloween Costume Ideas:</b></div> <div><div><ul style="list-style-type: none"><li>Wednesday Addams (black dress, braids)</li><li>Charlie (red-and-white striped sweater, beanie)</li><li>Tourist (flower print shirt and camera)</li><li>Scarecrow (shirt, straw hat, makeup)</li></ul></div><div><ul style="list-style-type: none"><li>Mime (black and white clothes, makeup)</li><li>Athlete (uniform already owned)</li><li>Zombie (old, torn clothes and makeup)</li><li>Pirate (bandana, white shirt, cardboard eye patch)</li></ul></div></div> <div></div> |                            |                                  |                                                                                          |                                                                                          | 1 <div>National Seniors Day</div>  | 2     |
| 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 4                          | 5 <div>World Teachers' Day</div> | 6                                                                                        | 7    | 8                                 | 9     |
| 10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 11 <div>Thanksgiving</div> | 12                               | 13  | 14   | 15                                | 16  |
| 17                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 18                         | 19                               | 20                                                                                       | 21  | 22                               | 23  |
| 24 <div>Halloween 31</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 25                         | 26                               | 27  | 28  | 29                                                                                                                    | 30  |

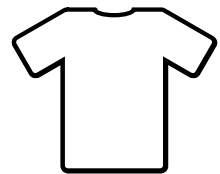


# The thrift stores in your area



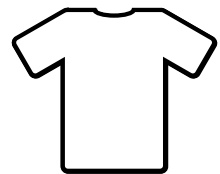
## RECYK-T-FRINGUES

CJE-Carrefour Emploi des Collines  
**1694 montée de la Source, Cantley**  
EVERY WEDNESDAY FROM 9 A.M. TO 7 P.M.



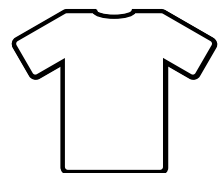
## LES TROUVAILLES DE LA COLLINE

Maison Le Ricochet  
**8 chemin de la Beurrerie, La Pêche**  
FROM WEDNESDAY TO  
SATURDAY FROM 11 A.M. TO 4 P.M.



## FRIPERIE CÔTE DU VILLAGE

**1 chemin St-Joseph, Val-des-Monts**  
MONDAY, WEDNESDAY, FRIDAY AND  
SATURDAY FROM 10 A.M. TO 3 P.M.



## LE COMPTOIR DE ST-VINCENT DE PAUL DE ST-PIERRE DE WAKEFIELD

**34 chemin de l'Église, Val-des-Monts**  
MONDAY TO FRIDAY FROM 12 P.M. TO 3 P.M. AND  
SATURDAY FROM 9 A.M. TO 3 P.M.

Notes:

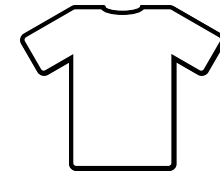
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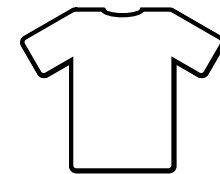
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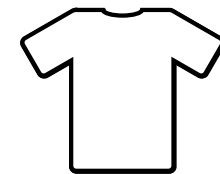
## CHELSEA FRIPERIE QUASI NEUF

**212 chemin Old Chelsea, Chelsea**  
CHECK THE FACEBOOK PAGE FOR SCHEDULES  
Facebook: Chelsea Friperie QUASI NEUF



## LA MAISON DE LA FAMILLE DE QUYON

**1074 rue Clarendon, Pontiac**  
MONDAY AND WEDNESDAY FROM 9 A.M. TO 4 P.M.

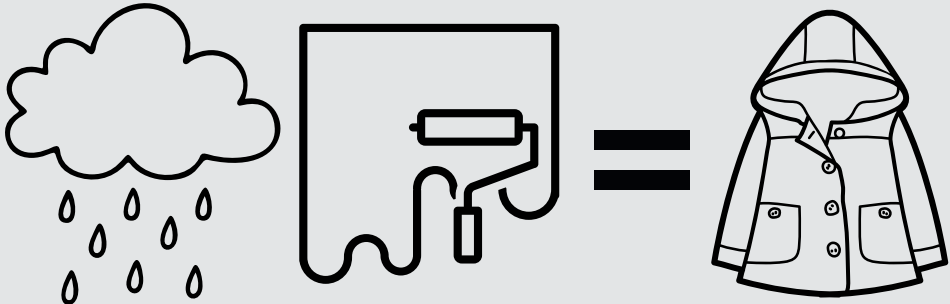


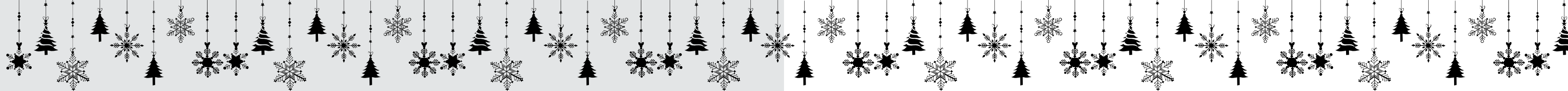
## TRÉSORS DE RUPERT TREASURES

**24 chemin Shouldice, La Pêche**  
WEDNESDAY FROM 12 P.M. TO 4 P.M. AND FROM 6:30 P.M. TO 8:30 P.M.  
SATURDAY FROM 12 P.M. TO 4 P.M.



# November 2027

| Sunday                                                                            | Monday | Tuesday | Wednesday                                                                                                                                       | Thursday                  | Friday | Saturday                       |
|-----------------------------------------------------------------------------------|--------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|--------|--------------------------------|
|  | 1      | 2       | 3                                                                                                                                               | 4                         | 5      | 6                              |
| 7<br><br>Return to standard time                                                  | 8      | 9       | 10                                                                                                                                              | 11<br><br>Remembrance Day | 12     | 13                             |
| 14                                                                                | 15     | 16      | 17                                                                                                                                              | 18                        | 19     | 20<br><br>World Children's Day |
| 21                                                                                | 22     | 23      | 24                                                                                                                                              | 25                        | 26     | 27                             |
| 28                                                                                | 29     | 30      | <div>Rébus</div> <div></div> <div>Answer</div> <div></div> |                           |        |                                |



Want to discover inspiring projects happening in your community?  
Check out the **TDSCO** YouTube channel!

There, you'll find videos on a variety of topics, including discovery capsules that showcase dedicated organizations, passionate people, and ideas that are truly making a difference.

It’s a great way to stay informed, get inspired, and maybe even find your place in a project that resonates with you. Subscribe, share, and discover how you can make an impact!

Scan the QR code to visit our YouTube channel:



**What is the TDSCO?**

**The Table de développement social des Collines-de-l'Outaouais** (TDSCO) is a nonprofit organization that brings together individuals and organizations working collaboratively to help improve living conditions throughout the community.

Through commissions and working committees that address various social development issues, the partners carry out collective projects to improve residents’ quality of life.

 873-655-8372

 TDS.Collines

 [www.tdsco.org](http://www.tdsco.org)



Notes:

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Part of the **TDSCO** team at its Special Strategic Planning Grand Gathering in June 2026.

# December 2027

 = Events Calendar

| Sunday                                                                                                                                                 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|-----------|----------|--------|----------|
| Keep an eye out for the various initiatives set up for the Media Food Drive.<br><a href="http://www.guignolee.ca/en/home">www.guignolee.ca/en/home</a> |        |         | 1         | 2        | 3      | 4        |
| 5                                                                                                                                                      | 6      | 7       | 8         | 9        | 10     | 11       |
| 12                                                                                                                                                     | 13     | 14      | 15        | 16       | 17     | 18       |
| 19                                                                                                                                                     | 20     | 21      | 22        | 23       | 24     | 25       |
| 26                                                                                                                                                     | 27     | 28      | 29        | 30       | 31     |          |

Keep an eye out for the various initiatives set up for the Media Food Drive.

[www.guignolee.ca/en/home](http://www.guignolee.ca/en/home)

The media food drive





