



# FAMILY PLANNER



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

2025-2026





# THANK YOU !

**This family planner is offered free of charge thanks to the financial support of the MRC des Collines-de-l'Outaouais.**



**Hi! I am Rico the inclusive fox of the Collines-de-l'Outaouais !**

Rico loves to play tricks !  
He's hidden in the following pages of this family planner.

**Can you find him ?**

**Count carefully:** how many times do you see Rico in total ?



1- Activity with Madame Chocolat

2- Gardening activity with the Village Nourricier de Masham

3- Tourtiere making and cookie decoration activity

4- Halloween party at the Mashado

5- Gardening activity with the Village Nourricier de Masham and the CHSLD

6- Outdoor event with the H2O Station

7 - Media Food Drive for the Grenier des Collines

8 - Early Childhood Week





La Table de développement social des Collines-de-l'Outaouais (TDSO) 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

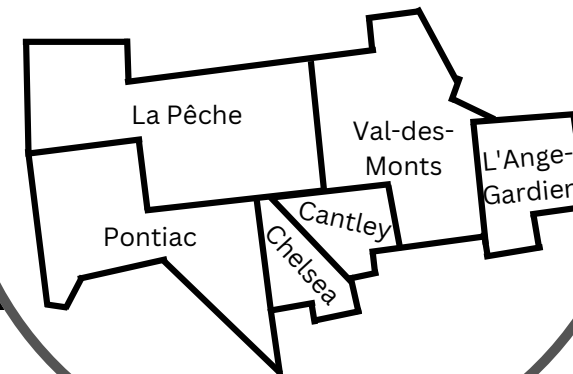
Phone number : 873 655-TDSC (8372)

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

Facebook: @Table de développement social des Collines-de-l'Outaouais

## Territory

### Les Collines-de-l'Outaouais



To view the resource map,  
scan the QR code:



### Vision

In 2026, the TDSO will have contributed to the cohesion of the various communities, the reduction of socio-economic disparities on its territory and the creation of dynamic and caring environments.

### Mandate

- Promoting and defending the interests of social development
- Fostering the development of concerted actions by all stakeholders
- Creating spaces for communication and dialogue
- Consolidating and diversifying resources

### Fields of Action

- Social capital
- Individual and collective capacities
- Living conditions
- Local services

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, school, municipal, etc.

Gathering of members

### Youth Commission

- Full development of 6-17 y.o.
- Academic perseverance and educational success
  - Parenthood
  - Early interventions



### Living environment Commission

- Reducing social inequalities
- Healthy lifestyle habits
  - Housing
  - Local services



### Food safety Commission

- Access to healthy food
- Capacity building
- Management and utilization of food surplus
- Organizational and political changes



● ● ● =  
Working committees

Executive board



# OUTREACH WORKERS

## of des Collines-de-l'Outaouais

An outreach worker establishes direct connections with members of the community to support them, encourage their participation, and guide them to the resources appropriate to their needs.



### For families

#### Outreach worker - Ressources Contact des Collines

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

(873) 655-8372

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



### For young people aged 14 to 25

#### Proximity worker

CJE-Carrefour Emploi des Collines

1 (877) 770-2435, ext. 233

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



### For the agricultural community

#### Farmer wellness worker

Écoute Agricole

(873) 455-5707

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



### For senior citizens

#### COISVS\* East region (Val-des-Monts, Cantley, L'Ange-Gardien)

Des Collines Senior's Services

1-(855) 662-4637, ext. 244

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

#### COISVS\* West region (La Pêche, Chelsea, Pontiac)

Des Collines Senior's Services

1-(7855) 662-4637, ext. 246

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

\*Community Outreach Initiatives  
for Seniors in Vulnerable Situations



## Outreach workers can help you find resources according to your needs!

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







# The municipalities of the MRC des Collines-de-l'Outaouais and their libraries

## L'Ange-Gardien

**Municipality of L'Ange-Gardien**  
municipalitedelangegardien.com  
(819) 986-7470

**Bernard-Lonergan Library**  
181, Joseph Street (Buckingham)  
(819) 595-7460

## Cantley

**Municipality of Cantley**  
cantley.ca  
(819) 827-3434

**Cantley Municipal Library**  
8, River Road  
(819) 827-6616

## Chelsea

**Municipality of Chelsea**  
chelsea.ca  
(819) 827-1124

**Chelsea Library**  
100, Old Chelsea Road  
(819) 827-4019

## La Pêche

**Municipality of La Pêche**  
villelapeche.qc.ca  
(819) 456-2161

**Wakefield Library**  
38, de la Vallée-de-Wakefield Road  
(819) 459-3266

**Ella-Matte Library**  
5, Principale Ouest Road  
(819) 456-2627

**Lac-des-Loups Library**  
275, Pontbriand Road  
(819) 456-3222

## Pontiac

**Municipality of Pontiac**  
municipalitepontiac.com  
(888) 455-2401

**Quyón Library**  
12, Saint-John Street, C.P. 143  
(819) 458-1227

**Luskville Library**  
2024, 148 Road  
(819) 455-2370

## Val-des-Monts

**Municipality of Val-des-Monts**  
val-des-monts.net  
(819) 457-9400

**Poltimore Sector Library**  
2720, Principale Route  
(819) 457-4467

**Saint-Pierre Sector Library**  
24, du Parc Road  
(819) 457-1911

**Perkins Sector Library**  
17, du Manoir Road  
(819) 671-1476



## Childcare services

### L'Ange-Gardien

**CPE Le Lièvre et la Tortue**  
cpelievreetlatortue.ca  
(819) 986-7286 (Vol-à-voile)  
(819) 281-7286 (Bouleaux)  
(819) 617-6279 (Mary)

### Cantley

**CPE Aux Petits Campagnards**  
auxpetitscampagnards.net  
(819) 827-5477  
**Garderie Imagine des Collines**  
garderieimagine.ca  
(819) 607-4440  
**Garderie éducative LiliBellules**  
garderielilibellules.wixsite.com/enfant  
(819) 607-0995

### Pontiac

**CPE l'Univers des Bambinos**  
universdesbambinosuniverse.com  
(819) 455-9697

### La Pêche

**CPE L'Éveil de la nature**  
cpeleveildelanature.com  
(819) 456-4447  
**Bureau coordonnateur L'Éveil de la nature**  
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  
(819) 457-2298 (St-Pierre)  
(819) 671-1222 (Perkins)

### Chelsea

**CPE Aux nids des petits**  
(819) 778-2971  
**CPE Maison Montessori de Chelsea**  
gw.micro-acces.com/cpe-chelsea/publique/Accueil.aspx  
(819) 827-0787

## Schools

### L'Ange-Gardien

**École des Grands-Pins**  
des-grands-pins.csscv.gouv.qc.ca  
(819) 986-4135

### Cantley

**École de L'Orée-des-Bois**  
oreedesbois.cssd.gouv.qc.ca  
(819) 503-8088  
**École de la Rose-des-Vents**  
rosedesvents.cssd.gouv.qc.ca  
(819) 503-8090  
**École Sainte-Élisabeth**  
ste-elisabeth.cssd.gouv.qc.ca  
(819) 503-8024

### Chelsea

**École du Grand-Boisé**  
grandboise.csspo.gouv.qc.ca  
(819) 503-8807  
**École Montessori de Chelsea**  
montessorichelsea.ca  
(819) 827-2784  
**Chelsea Elementary School**  
chelsea.westernquebec.ca  
(819) 827-0245

### La Pêche

**École secondaire des Lacs**  
deslacs.csspo.gouv.qc.ca  
(819) 503-8810  
**École au Cœur-des-Collines**  
coeurdescollines.csspo.gouv.qc.ca  
(819) 503-8809  
**Wakefield Elementary School**  
wakefield.westernquebec.ca  
(819) 459-2373

### Val-des-Monts

**École L'Équipage**  
equipage.cssd.gouv.qc.ca  
(819) 503-8022  
**École du Sommet**  
sommet.cssd.gouv.qc.ca  
(819) 931-2303  
**École de la Colline**  
colline.cssd.gouv.qc.ca  
(819) 503-8020  
**Poltimore Elementary School**  
poltimore.westernquebec.ca  
(819) 457-2335

### Pontiac

**École de la Vallée-des-Voyageurs**  
valleedesvoyageurs.csspo.gouv.qc.ca  
(819) 503-8808  
**Onslow Elementary School**  
onslow.westernquebec.ca  
(819) 458-2375





## Youth ressources

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

mashado.ca

(819) 456-1100

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

facebook: maison de jeunes  
Val-Jeunesse

### **La Source des jeunes**

lasourcedesjeunes.net

(819) 607-0871

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

toncec.ca

(819) 457-4480

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

wakefieldyouth.ca

(819) 459-3531



## Health

### **CLSC**

Cantley: (819) 459-1112

(option 5, followed by option 1)

Chelsea: (819) 459-1112

(option 5, followed by option 2)

La Pêche : (819) 459-1112

(option 5, followed by option 3)

Val-des-Monts : (819) 459-1112

(option 5, followed by option 4)

### **CHSLD des Collines sector**

(Sainte-Cécile-de-Masham)

819 459-1112 (option 4)

### **Wakefield Memorial Hospital**

cisss-outaouais.gouv.qc.ca

819 459-1112 (option 1)

### **Bras Outaouais**

lebras.qc.ca

1-877-376-BRAS / 376-2727



## For the whole family

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

facebook: Maison de la famille l'etincelle

(819) 456-4696

### **Quyon Family Center**

facebook: Maison famille Quyon

(819) 458-2808

### **Ressource Contact (Outreach worker)**

tdsco.org/projets/soutien-aux-familles

(873) 655-8372

### **Western Quebec Literacy Council**

wqlc.org

(888) 647-3112

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

crfo.ca

(819) 457-4066

### **Centre Mérédith**

centremeredith.ca

(819) 827-0055

### **Connexions Resource Centre**

centreconnexions.org

(819) 557-0615

### **Familles d'abord**

famillesdabord.com

(819) 463-4500



## Services for seniors

### **Solidarité de L'Ange-Gardien**

solidaritedelangegardien.com

(819) 986-7470

### **Des Collines Senior's Services**

servicesauxaines.org

(819) 457-9191

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

cagavl.ca

(819) 281-4343





## Wellness

### **La Lanterne**

lalanterne.org  
(819) 456-4896

### **Maison Le Ricochet**

maisonlericochet.com  
(819) 456-4230

### **Maison Libère-Elles**

maisonlibere-elles.ca  
(819) 827-4044

### **Beacon Network**

tdsco.org/projets/les-éclaireurs  
(819) 593-1875  
(873) 655-TDSC (8372)

### **Écoute Agricole**

ecouteagricole.com  
(438) 354-2476

### **Impact Rivière-**

### **Gatineau**

(877) 449-3077

## 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: vnourricier masham  
(873) 655-TDSC (8372)

### **Le Grenier des Collines**

legrenierdescollines.com  
(819) 457-1010

### **Potager Partagé Wakefield**

facebook: potager partage wakefield

## Employability and immigration

### **Carrefour Emploi des Collines**

toncec.ca  
(877) 770-2435

## Others

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

(819) 665-3819

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

(819) 457-4444

## Housing

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

ohoutaouais.ca  
(819) 568-0033

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

ohoutaouais.ca/je-cherche-un-  
logement/service-d-aide-a-la-recherche-de-  
logement  
(819) 568-2433

## Transportation

### **Transcollines**

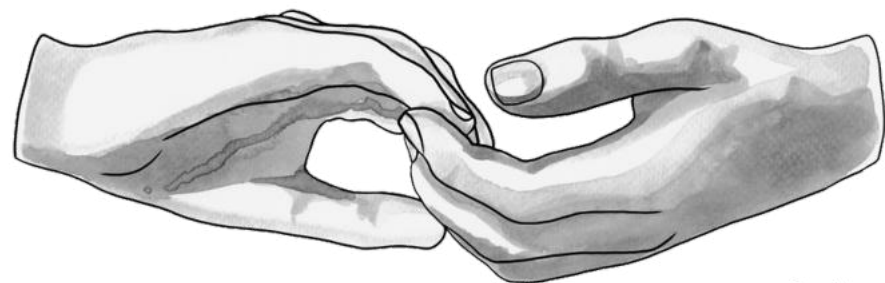
transcollines.ca  
(819) 456-1114

### **TransporAction Pontiac**

transporaction.com  
1 (877) 648-2227



*MAINTenant*



*ensemble*

Everyone has the power to act against domestic violence.

Call, report.

(819) 459-2422, ext. 3333

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



MAISON  
*Libère-Elles*

## 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

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



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

Québec



### What is the Volunteer Heroes quiz ?

The Volunteer Hero 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 !

FIND OUT WHO IS YOUR  
VOLONTEER HERO BY  
DOING THE QUIZ !

SCAN THE QR CODE TO  
DISCOVER WHERE TO  
VOLUNTEER !

# Volunteer Hero quiz



BACK TO SHCOOL 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 family living in Les Collines.

## Fix lines 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 Gabrielle-Roy
-  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

**Cantley • Chelsea • La Pêche • Val-des-Monts**

*available 7 days a week* Sunday to  
thursday : 5 h 30 to 22 h 30 Friday  
and saturday : 5 h 30 to midnight

**Pontiac**  
Monday to friday :  
6 h 30 to 18 h 30

## 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 leaving 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 change)
- ✓ Plan to have cash for the TAD (some vehicles are not equipped for card payment).









# September 2025



Events calendar



= Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1-866-567-4036	1  Labour Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21  World Alzheimer's Day	22  Autumnal equinox	23	24	25	26	27
28	29	30  National Day of Truth and Reconciliation Day	 	<b>For families</b> <i>Outreach worker - Ressources Contact des Collines</i> Table de développement social des Collines-de-l'Outaouais (873) 655-8372 <a href="mailto:ressources@tdsco.org">ressources@tdsco.org</a> 		

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

Its mission is to respect the physical, emotional, spiritual, and cultural needs of each resident by providing a warm and welcoming environment. Staff accompanies them with respect, gentleness, and attention so that these individuals feel well surrounded, up until the end.

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



(819) 459-1233



La Maison des Collines



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



LA MAISON DES COLLINES

Garage sale to fundraise for La Maison des Collines



Notes:

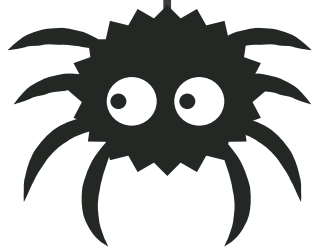
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Volunteer recruitment and recognition activity



Services aux **Aînés**  
des Collines  
Des Collines **Seniors'** Services

At **des Collines Senior's Services**, the well-being, autonomy, and fulfilment of senior citizens are emphasized by developing initiatives and services for their benefit.

Several services are offered such as in-home respite care, support groups for caregivers, assistance with outdoor maintenance, social activities, and much more.

At **Des Collines Senior's Services**, we weave connections. Every gesture matters to provide senior citizens with a daily life filled with dignity, autonomy, and joy.



(819) 457-9191 ou 1 (855) 662-4637



Services aux Aînés des Collines







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






# October 2025


 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div><b>For young people aged 14 to 25</b> <b><i>Proximity worker</i></b> <i>CJE-Carrefour Emploi des Collines</i> 1 (877) 770-2435 poste 233 <a href="mailto:interventions@toncec.ca">interventions@toncec.ca</a></div>			1  National Seniors Day	2	3	4
5  World Teachers' Day	6	7	8	9	10	11
12	13  Thanksgiving	14	15	16	17  International Day for the Eradication of Poverty	18
19	20	21	22	23	24	25
26	27	28	29	30	31  Halloween	<div></div>

**La Maison de jeunes Le Mashado** is a safe and inclusive space for young people aged 6 to 17 in La Pêche.

The organization promotes the well-being of the young people in its community through activities, workshops, and interventions. To have fun, be active, and meet other young people, **Le Mashado** is here !

 (819) 456-1100

 La maison de jeunes - Le Mashado

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

Notes:

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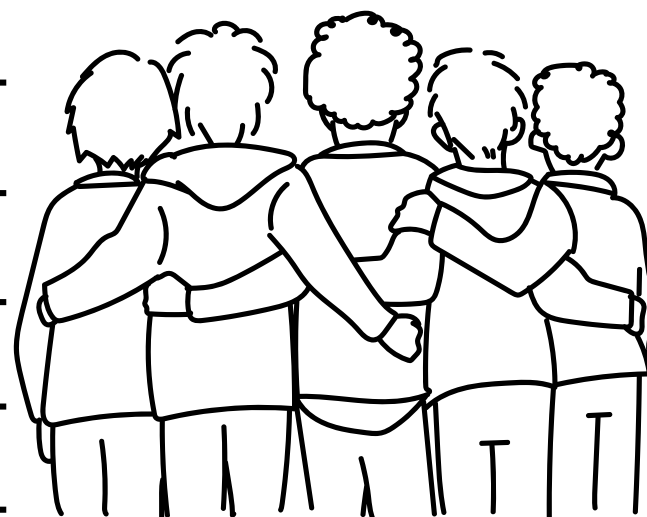
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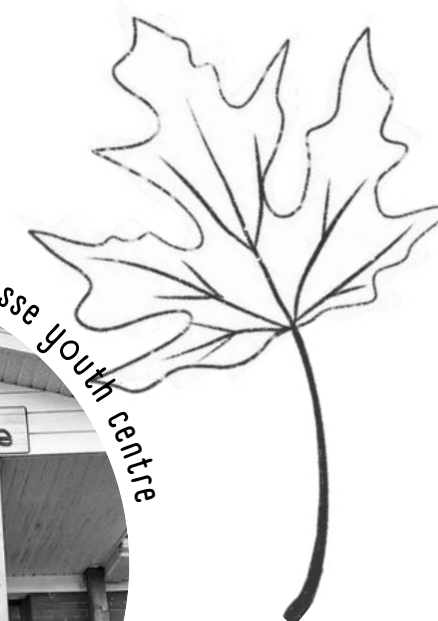
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Youth from Le Mashado in front of their minivan




The establishment of the Val-Jeunesse youth centre




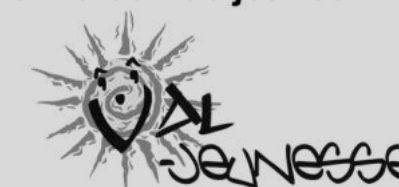
**La maison de jeunes Val-Jeunesse** in Val-des-Monts is a place for young people aged 8 to 17. It's a place where you can pursue your passions while having fun with other young people your age.

We have two service points: our facilities at **1, chemin St-Joseph** are open from Wednesday to Saturday from 6 PM to 9 PM. We are also present at the community center of Parc Thibault as well as at the gymnasium of l'école de la Colline **24, du Parc Road every Saturday from 2 PM to 5 PM.**

La maison de jeunes

 (819) 457-4693




 Maison de jeunes Val-Jeunesse





# November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 	<div><div></div><div><b>For senior citizens</b> <b>COISVS* East region</b> (Val-des-Monts, Cantley, L'Ange-Gardien) Des Collines Senior's Services 1-(855) 662-4637, ext. 244 <a href="mailto:itmav@servicesauxaines.org">itmav@servicesauxaines.org</a></div></div> <div><b>COISVS* West region</b> (La Pêche, Chelsea, Pontiac) Des Collines Senior's Services 1-(855) 662-4637, ext. 246 <a href="mailto:itmav-ouest@servicesauxaines.org">itmav-ouest@servicesauxaines.org</a></div>					1
2       End of daylight saving time	3	4	5	6	7	8
9	10	11   Remembrance Day	12	13	14	15
16	17	18	19	20   Universal Children's Day	21	22
23      30	24	25	26	27	28	29



**Familles d'abord** commits to providing a safe and caring space where every family, regardless of their background, can find educational resources, practical advice, and emotional support, thus promoting their overall well-being and personal and family development



(819) 463-4500



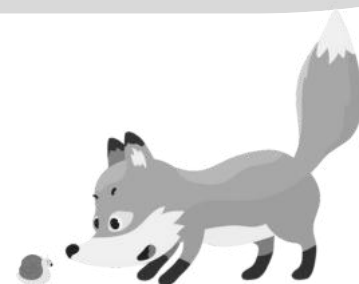
Familles d'abord



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



**Cantley - Val-des-Monts**



Notes:

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Christmas decoration making



**La Maison de la famille l'Étincelle** is a gathering place for all families in La Pêche. Warm and welcoming, it is open to everyone. People go there to play, learn, have fun, and spend quality time together. **La Maison de la famille l'Étincelle** offers a range of services and activities that enhance the quality of life for families.

Among the activities offered: workshops for parents and children, discussion groups, games, family support, and even help to have winter clothes.

**La Maison de la famille l'Étincelle** is here to provide a caring environment for every family member.




(819) 456-4696






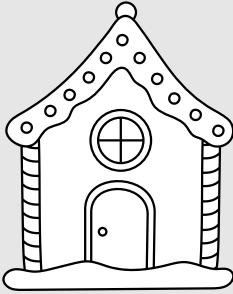


Maison de la famille l'Étincelle



# December 2025

 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 International Volunteer Day	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 Winter Solstice	22	23	24	25 Christmas	26	27
28	29	30	31	 	  	



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, Principale East Route, Masham, J0X 2W0 (**Maison de Jeunes Le Mashado**)
- 34, de l'Église Road, Val-des-Monts, J8N 0K4 (**Le Grenier des Collines**)
- 693, Riverside Drive, Wakefield, J0X 3G0 (**Church of the Good Shepherd**)
- 1074, Clarendon Street, Quyon, J0X 2V0 (**Quyon Family Centre**)
- 24, Shouldice Soad, Rupert, J0X 1A4 (**Rupert Community Centre**)

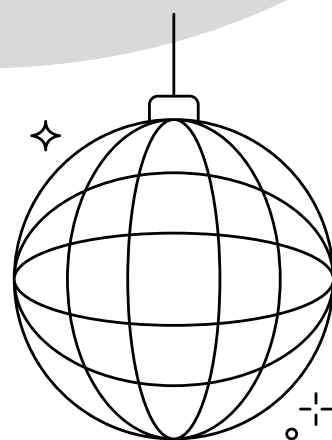
Notes:

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**La Maison de la Famille l'Étincelle**, located in La Pêche, also offers free anti-waste days when it receives food donations. Follow their Facebook page to know the upcoming dates and not miss anything!



Maison de la famille l'Étincelle



Need food or material assistance ?


**La 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.



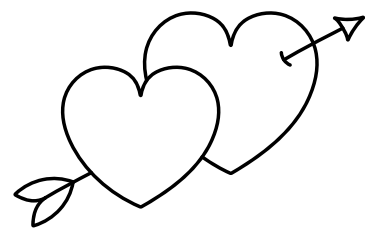
(819) 665-3819



# January 2026

 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div><b>For the agricultural community</b> <i>Farmer wellness worker</i> Écoute Agricole (873) 455-5707 <a href="mailto:tr.outaouais.ouest.ea@gmail.com">tr.outaouais.ouest.ea@gmail.com</a></div>			<div></div>	<div><div>1</div><div>New Year's Day</div></div>	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



Are you looking to take care of yourself and others while being at the heart of your community ?

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

To register for a free training session or to get more information, contact us !



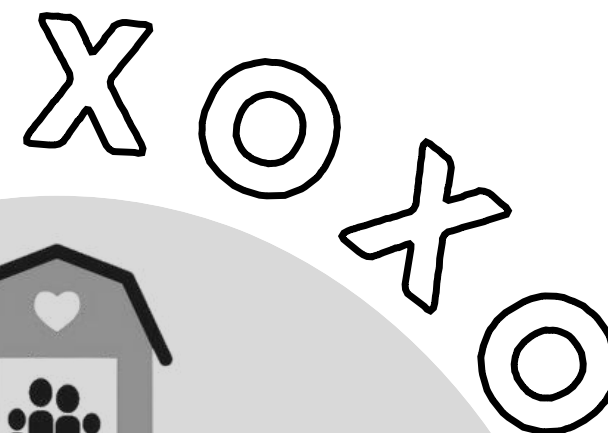
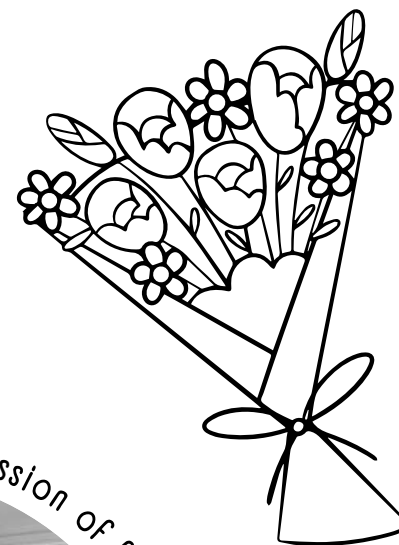
(873) 655-8372



[www.tdsco.org/projets/les-éclaireurs](http://www.tdsco.org/projets/les-éclaireurs)



Training session of futur beacons



**Écoute Agricole** is tasked with promoting mental health and providing psychosocial support services and proximity assistance to the agricultural community.

The support, listening, and accompaniment services are:

- Free
- Confidential
- Bilingual
- Adapted to your agricultural reality

Interventions can be done remotely or at the farm!

Need someone to talk to ?

Don't hesitate to contact the worker in your area !

Farmer wellness workers



(873) 455-5707



Audrey Arcand Écoute-Agricole



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

Notes:

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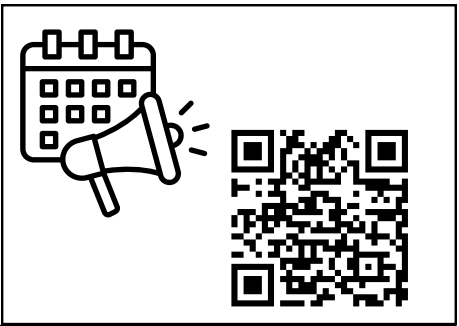
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# February 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Groundhog Day	3	4	5	6	7
Suicide Prevention Week						
8	9	10	11	12	13	14 Valentine's Day
15	16	17	18	19	20	21
Hooked on School Days						
22	23	24	25	26	27	28



The mission of the **Centre de ressourcement pour la Famille de l’Outaouais (CRFO)** is to support families and contribute to their well-being by creating a conducive environment for exchange and mutual assistance.

It also offers respite and rejuvenation by allowing contact with nature, oneself, and others in a warm, safe, and inclusive environment.

In 2025-2026, the **CRFO** will reinvent itself with a new program of activities for families that will be ready by September 2025 ! Follow our Facebook page and our website or sign up for our newsletter to find out all the details.



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



Participants of the 2024 AGM



A few attendees of La Lanterne



**La Lanterne** is an organization dedicated to valuing individuals living with intellectual disabilities and raising community awareness of their needs.

We fulfill our mission through activities that promote the development and autonomy of individuals: artistic workshops, gentle gymnastics, social outings, and employment intergration workshops.

Notes:

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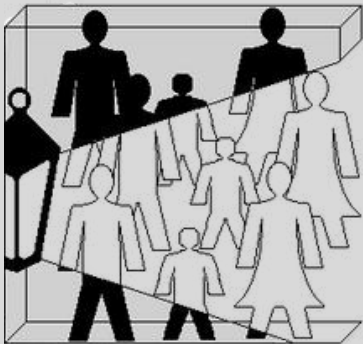
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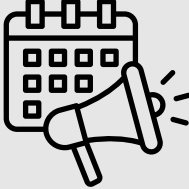

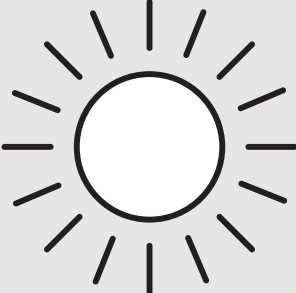



- (819) 456-4896
- La Lanterne
- [www.lalanterne.ca](http://www.lalanterne.ca)





# March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
March break (CSSPO, CSSD, CSSCV and WQSB)						
8  Start of daylight saving time  International Women's Day	9	10	11	12	13  National Positive Mental Health Promotion Day	14
15	16	17  St. Patrick's Day	18	19	20  Spring Equinox	21
Quebec Intellectual Disability Week						
22	23	24	25	26	27	28
29	30	31		 	 	



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

A team is available at all times, day or night, including weekends, to offer accommodation, 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.

-  1 (844) 636-3977
-  Maison d'INGRID
-  [www.maisondingrid.com](http://www.maisondingrid.com)



Notes:

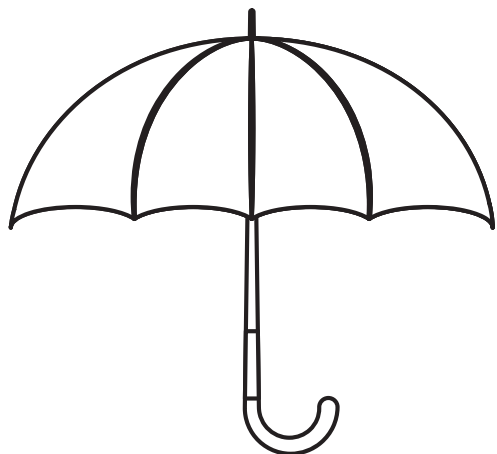
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The **Maison Libère-Elles** offers free specialized help and housing to women and children victims of domestic violence. It provides comprehensive support for their physical, emotional, and social recovery. You are always welcomed in a calm and safe environment.

The **Maison Libère-Elles** offers a variety of community outreach services to know how to help a person who is a victim of violence. The services of the **Maison Libère-Elles** are free! A summer camp for young people aged 9 to 12 is organized in July 2026.

A closed door can conceal fear. At the **Maison Libère-Elles**, we open the door to courage and freedom, because every woman deserves to live in safety.

-  (819) 827-4044
-  [www.maisonlibere-elles.ca](http://www.maisonlibere-elles.ca)
-  Maison Libère-Elles

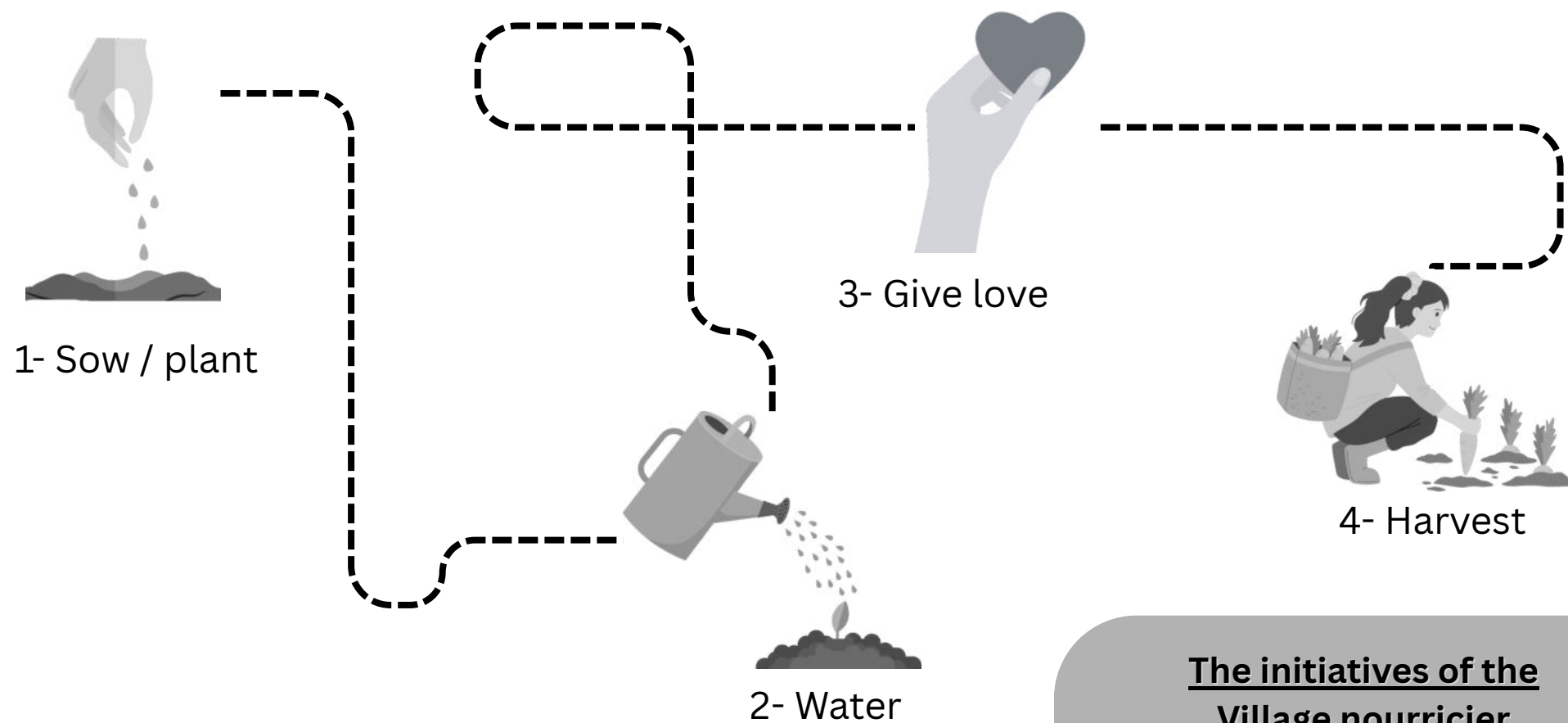


# April 2026



● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><div><div>For families</div><div><b>Outreach worker - Ressources Contact des Collines</b></div><div>Table de développement social des Collines-de-l'Outaouais</div><div>(873) 655-8372</div><div><a href="mailto:ressources@tdsco.org">ressources@tdsco.org</a></div></div></div></div>			1	2	3	4
5	6	7	8	9	10	11
Easter	Easter Monday					World Parkinson's Day
12	13	14	15	16	17	18
19	20	21	22	23	24	25
			Earth Day			
26	27	28	29	30	May 1st	<div><div></div></div>
National Volunteer Week (from the 25th to the 1st of May)						



Notes:

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### The initiatives of the Village nourricier


- Community fridge at the Mashado
- Gardening bins infront of Le Ricochet
- Gardening bin at the Mashado
- Gardening bin infront of Des Collines Senior's Services/Transcollines
- Gardening bins at the building La Pêche
- future garden in Central Park



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

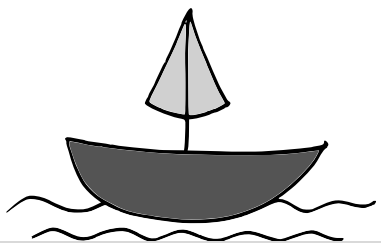
 Le Village Nourricier de Masham



# May 2026

 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Scan the QR code to access the form:</div> <div></div> <div>Help us prepare the 4th edition of the family planner by answering the questions in the form!</div> <div></div>				<div></div> <div></div>	1	2 <div>National Sports and Physical Activity Day</div>
3	4	5	6	7	8	9
10 <div>Mother's Day</div>	11	12	13	14	15	16
Family Week (from the 11th to the 17th of May)						
17	18 <div>National Patriot's Day</div>	19	20	21 <div>World Day for Cultural Diversity</div>	22	23
24 <div>31</div>	25	26	27	28	29	30




**Solidarité de L'Ange-Gardien** is here to help you with your outdoor work year round!  
We can assist you with: landscaping in the garden or yard, storing patio furniture, raking leaves, stacking firewood, clearing driveways of snow, and more !

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



- You can work solo or in pairs with a friend.
- You are doing a good deed while having fun.
- You are making a gesture that makes a difference in the life of a senior citizen or a vulnerable person.

Don't wait to get involved, contact us !

 (819) 986-7470, ext. 322

 Solidarité de L'Ange-Gardien



Notes:


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**The CJE-Carrefour Emploi des Collines** is your main ally to improve your employability and facilitate your integration as an immigrant.

**The CJE-Carrefour Emploi des Collines** support youth in the area with their personal and professional projects !

Need a striking resume that will set you apart ?  
Our team of experts helps individuals aged 14 to 99 create a tailored resume and much more!

 (819) 457-4480

 Carrefour Emploi des Collines


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









# June 2026



 = Public holidays according to the CNESST

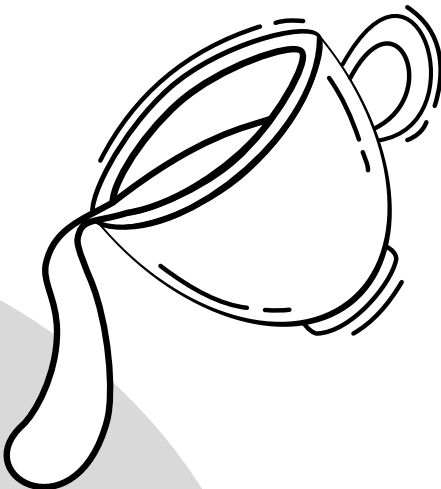
Sunday	Monday	Tuesday	Wednesday	Tuesday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15  World Elder Abuse Awareness Day	16	17	18	19	20
21  Summer Solstice  Father's Day	22	23	24  Saint-Jean-Baptiste Day	25	26	27
28	29	30	 	 <div><b>For young people aged 14 to 25</b> <b>Proximity worker</b> CJE-Carrefour Emploi des Collines 1 (877) 770-2435, ext. 233 <a href="mailto:interventions@tonceec.ca">interventions@tonceec.ca</a></div>		



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

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

-  819 827-3334
-  Petit Café de Cantley
-  petitcafecantley@gmail.com

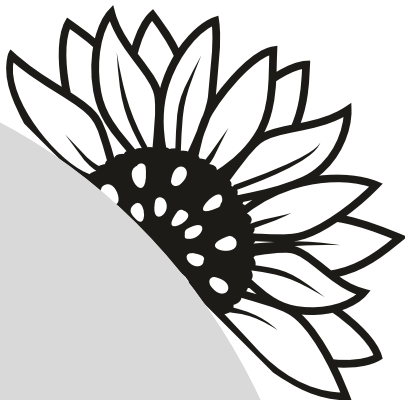


The volunteer team of the Petit Traiteur



Notes:

A first harvest for solidarity baskets





**L'Escouade Zéro-Gaspi des Collines** collaborates with volunteers to gather surplus vegetables from farms in the region.


Do you have a farm and want to use our gleaning service? Would you like to become a volunteer and take part in the harvests? The harvests are shared fairly between the volunteers, the farm, the food bank Le Grenier des Collines and other community organizations.


During the summer season, we provide free vegetable baskets every two weeks to 120 households in the MRC des Collines-de-l'Outaouais.

To sign up for this program, contact us!

-  Escouade Zéro-Gaspi des Collines
-  escouade.zerogaspi@gmail.com

# July 2026

 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div><b>For the agricultural community</b> <i>Farmer wellness worker</i> <i>Écoute Agricole</i> (873) 455-5707 <a href="mailto:tr.outaouais.ouest.ea@gmail.com">tr.outaouais.ouest.ea@gmail.com</a></div>			<div>1</div> <div>Canada Day</div>	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	<div></div>





**La Source des jeunes** has the mission of being attentive to the needs of young people aged 8 to 17. We offer a meeting place led by responsible adults who are available to meet their needs and answer their questions.

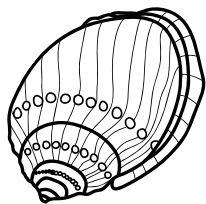
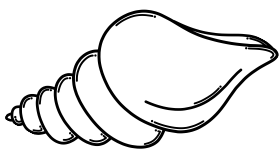
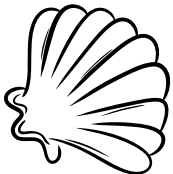
Our organization aims to promote the physical and mental well-being of young people, their autonomy and the development of their critical thinking skills.

To achieve this, we offer physical, cultural, artistic, and playful activities as well as a variety of projects that encourage young people's involvement in the Cantley community.

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






Card game at the park



**Aire ouverte** helps young people address their health and well-being, respecting their pace and values, by providing quick, timely support and personalized guidance.

Meetings can be held in person or virtually, based on availability. It's quick, free, and confidential. Staff can even come to you!



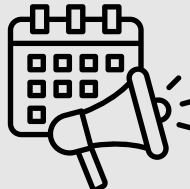
A resource designed specifically for the youth of des Collines, by the youth of des Collines!

-  (819) 966-6220
-  Aire ouverte Outaouais
-  [www.cisss-outaouais.gouv.qc.a/aireouverte](http://www.cisss-outaouais.gouv.qc.a/aireouverte)

Notes:



# August 2026

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



**Le Grenier des Collines** is the food bank of the MRC des Collines-de-l'Outaouais. They offer grocery formulas and emergency food assistance. A home delivery service is also available.

*Hunger deserves to be fed!*

If you would like to get involved as a volunteer to help the organization achieve its mission, contact them!



LE GRENIER DES COLLINES



(819) 457-1010



Le Grenier de Collines - Banque alimentaire



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

Notes:

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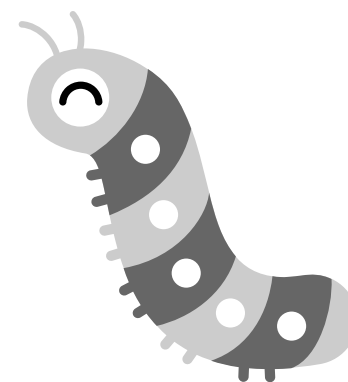
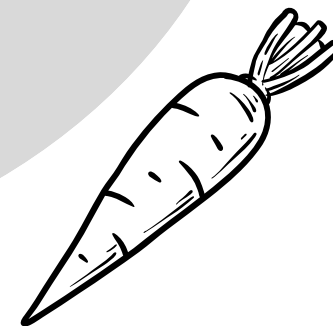
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Winner of the Moisson Outaouais Impact Certificate



Itsy Bitsy Tots Playgroup



Centre de ressources

**connexions**

Resource Centre

Discover **Connexions Resource Center** Your local hub for English-language health and social services in the Outaouais!

At **Connexions**, we support individuals, families, and caregivers with resources, activities, and guidance to promote well-being at every stage of life.

Some of the activities we offer:

- Senior wellness activities
- Information sessions on caregiving health and community services
- Games club for elementary school-aged children on the spectrum or with special needs

Need help finding the right service?

We respond to inquiries and offer personalized referrals to help you access the resources and support you need.



(819) 557-0615



Connexions Resource Centre



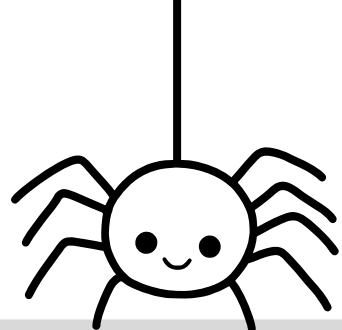
[www.centreconnexions.org](http://www.centreconnexions.org)



# September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7  Labour Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21  World Alzheimer's Day	22  Autumnal equinox	23	24	25	26
27	28	29	30  National Day for Truth and Reconciliation	 <b>For families</b> <b>Outreach worker - Ressources Contact des Collines</b> Table de développement social des Collines-de-l'Outaouais (873) 655-8372 <a href="mailto:ressources@tdsco.org">ressources@tdsco.org</a>		



At the **Maison le Ricochet**, we dedicate ourselves to improving your overall quality of life through our comprehensive rehabilitation and reintegration services.

Our services:

- a day center with a varied program
- a community thrift store
- a carpentry workshop
- an electronic recycling service
- 3 residences
- as well as several workspaces.



(819) 456-4230



Maison le Ricochet



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



Notes:



**BRAS Outaouais** designs, develops, and promotes community initiatives aimed at improving the quality of life of people in the Outaouais region who are affected by HIV/AIDS, are at risk of sexually transmitted and blood-borne infections (STBBIs) or who use psychoactive substances.

Beyond the activities and services offered, the team and members are committed to a democratic and inclusive movement that promotes equality, social justice, and the ongoing revitalization of our society.



1 877 376-2727




Bras Outaouais




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

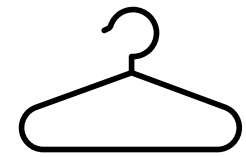


# October 2026

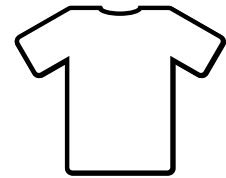
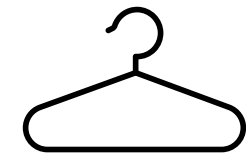
 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div><b>For young people aged 14 to 25</b> <b><i>Proximity worker</i></b> <i>CJE-Carrefour Emploi des Collines</i> 1 (877) 770-2435 poste 233 <a href="mailto:interventions@tonceec.ca">interventions@tonceec.ca</a></div>			 	1  National Seniors Day	2	3
4	5  World Teachers' Day	6	7	8	9	10
11	12  Thanksgiving	13	14	15	16	17  International Day for the Eradication of Poverty
18	19	20	21	22	23	24
25	26	27	28	29	30	31  Halloween





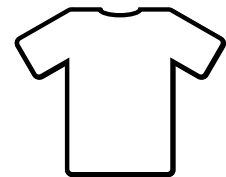
# The thrift stores in your area



## RECYK-T-FRINGUES

**1694, montée de la Source (307), Cantley**

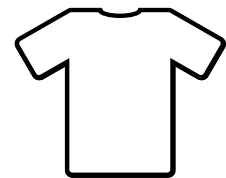
EVERY WEDNESDAY FROM 1 PM TO 7 PM



## LES TROUVAILLES DE LA COLLINE

**8, de la Beurrerie Road, La Pêche (Masham)**

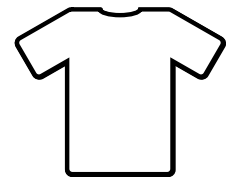
FROM WEDNESDAY TO  
SATURDAY FROM 11 AM TO 4 PM



## FRIPERIE CÔTE DU VILLAGE

**1, St-Joseph Road, Val-des-monts (Perkins)**

MONDAY, WEDNESDAY, FRIDAY AND  
SATURDAY FROM 10 AM TO 3 PM



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

**34, de l'Église Road, Val-des-monts (St-Pierre)**

MONDAY TO FRIDAY FROM 12 PM TO 3 PM AND  
SATURDAY FROM 9 AM TO 3 PM

Notes:

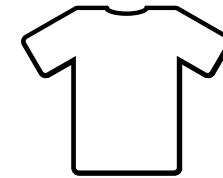
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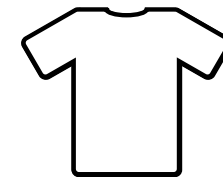
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## CHELSEA FRIPERIE QUASI NEUF

**212, Old Chelsea Road, Chelsea (Old Chelsea)**

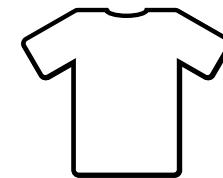
CHECK THE FACEBOOK PAGE FOR SCHEDULES



## LA MAISON DE LA FAMILLE DE QUYON

**1074, Clarendon Street, Pontiac (Quyon)**

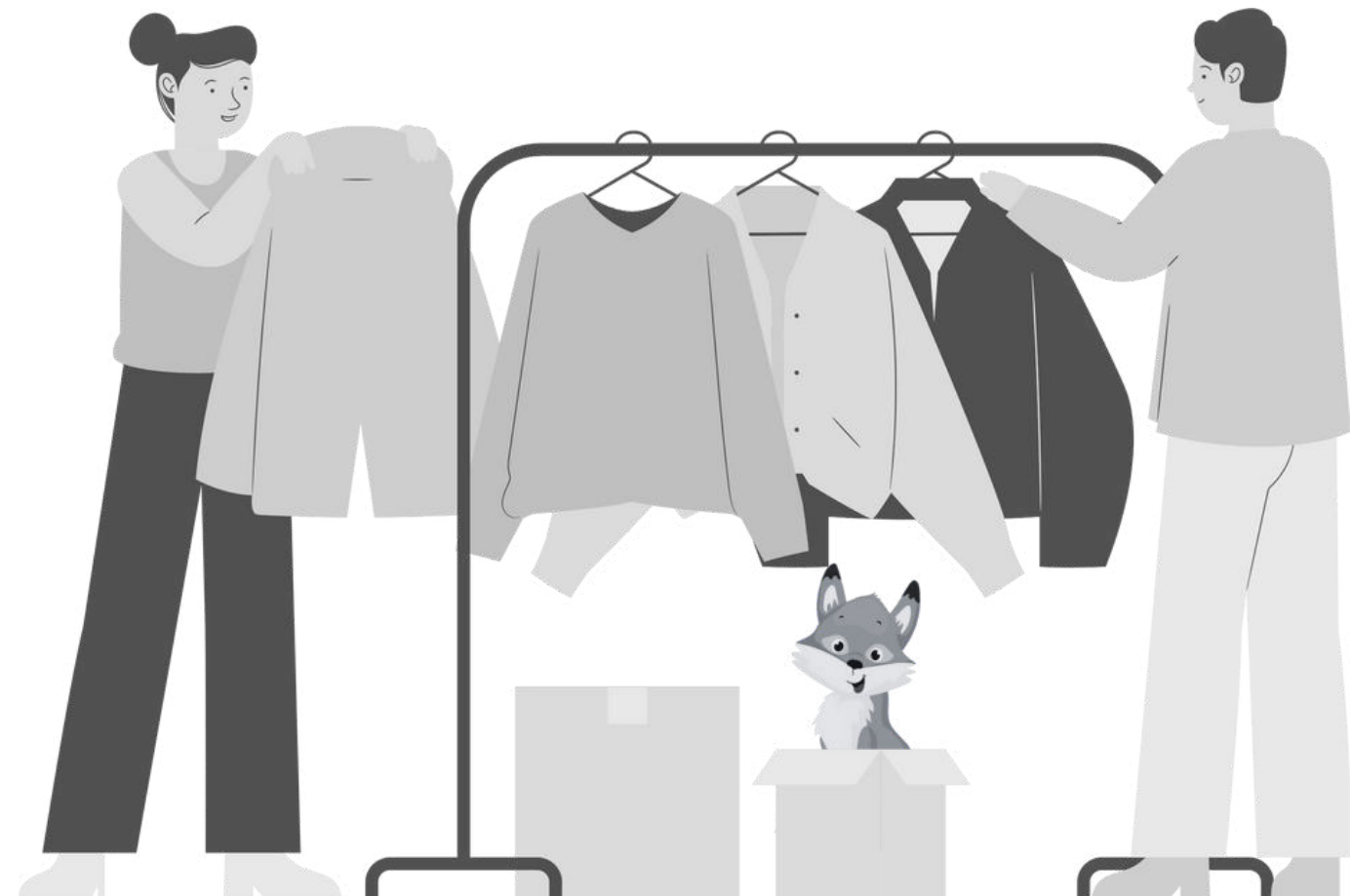
MONDAY AND WEDNESDAY FROM 9 AM TO 4 PM



## TRÉSORS DE RUPERT TREASURES

**24, Shouldice Road, La Pêche (Rupert)**

WEDNESDAY FROM 12 PM TO 4 PM AND FROM 6:30 PM TO 8:30 PM  
SATURDAY FROM 12 PM TO 4 PM



# November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  End of daylight saving time	2	3	4	5	6	7
8	9	10	11  Remembrance Day	12	13	14
15	16	17	18	19	20  Universal Children's Day	21
22	23	24	25	26	27	28
29	30	 	 <div><b>For the agricultural community</b> <i>Farmer wellness worker</i> Écoute Agricole 873 455-5707 <a href="mailto:tr.outaouais.ouest.ea@gmail.com">tr.outaouais.ouest.ea@gmail.com</a></div>			



Do you want to discover inspiring projects that are making an impact in your community? Go check out the **TDSCO YouTube channel!**

You'll find short and dynamic videos showcasing engaged organizations, passionate people, and ideas that truly make a difference.

It's a great way get 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 access our  
YouTube channel:**



Notes:

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**What is the TDSCO?**

**La Table de développement social des Collines-de-l'Outaouais (TDSCO)** is a non-profit organization that brings together individuals and organizations collaborating to address social issues in the region.

Through councils and working committees that focus on various social development issues, partners undertake collective projects to improve the quality of life of citizens of the MRC des Collines-de-l'Outaouais.


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


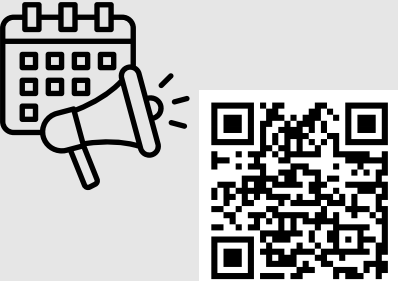




# December 2026



 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5  International Volunteer Day
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21  Winter Solstice	22	23	24	25  Christmas	26
27	28	29	30	31	Rico appears 17 times in total!	