



Raphaëlle Hérroux, 8 ans



Félix Monette, 12 ans



Kristina Bacon, 4 ans



Jessica Meunier, 31 ans

Family Planner 2024-2025

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



Thank you!



This family planner is offered free of cost to you with the financial support of the MRC des Collines-de-l'Outaouais.

Thank you to everyone who entered our drawing competition.

Congratulations to the four winners featured on the cover:

- Kristina Bacon, age 4
- Raphaëlle Héroux, age 8
- Félix Monette, age 12
- Jessica Meunier, age 31

Each won a \$25 gift card to Trouvailles de la Colline thrift store. Many thanks to Maison le Ricochet for its generosity!

A special thank you to the members of the working committee:

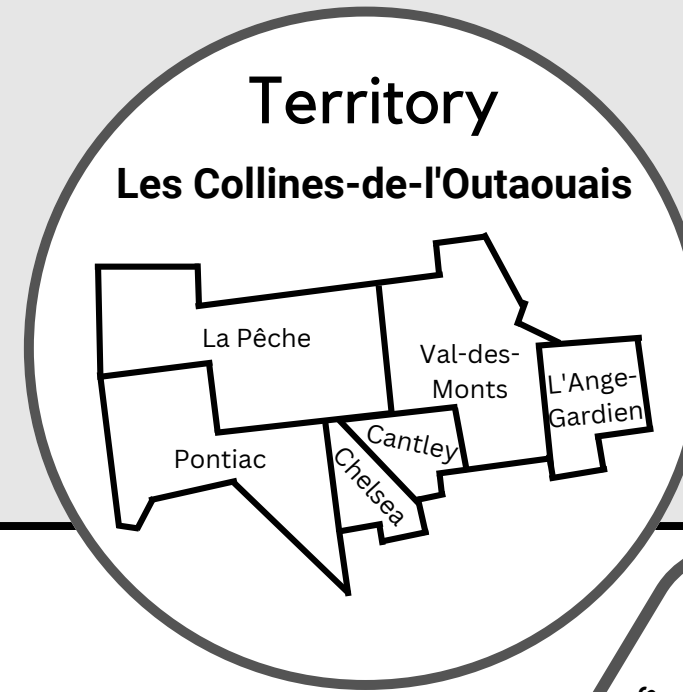
- Connexions Resource Centre
- CISSS de l'Outaouais
- CJE-Carrefour emploi des Collines
- La Maison des Collines
- Des Collines Seniors' Services
- Table de développement social des Collines-de-l'outaouais





La Table de développement social des Collines-de-l'Outaouais (TDSOCO) 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
 Facebook: @Table de développement social des Collines-de-l'Outaouais



Vision

In 2026, the TDSOCO 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

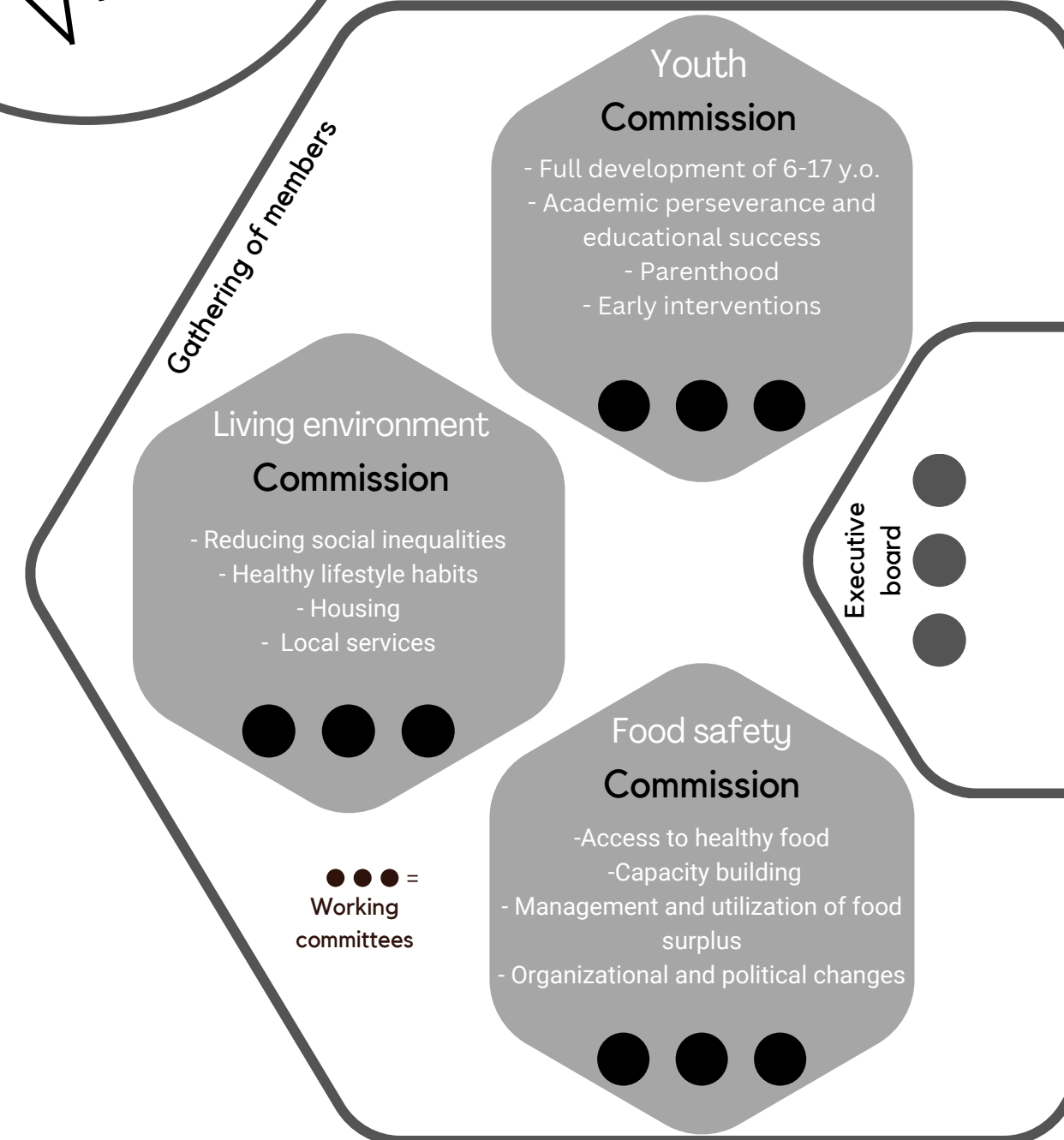
Fields of Action

- 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.



Ressources Contact des Collines

Cantley * Chelsea * L'Ange-Gardien * La Pêche * Pontiac * Val-des-Monts

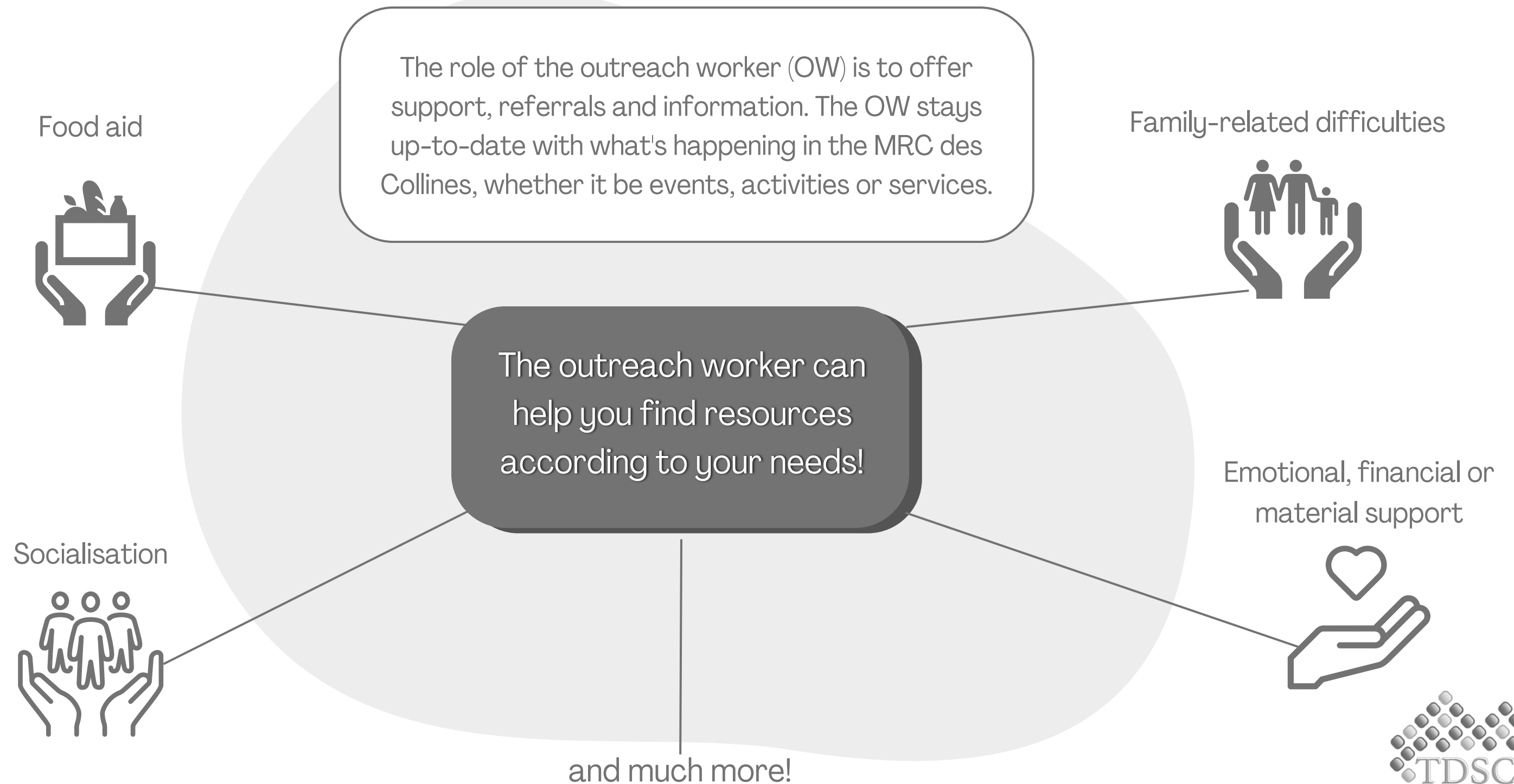
To contact the outreach worker:

Phone number: 873 655-8372

E-mail: ressources@tdsco.org

Website: www.tdsco.org

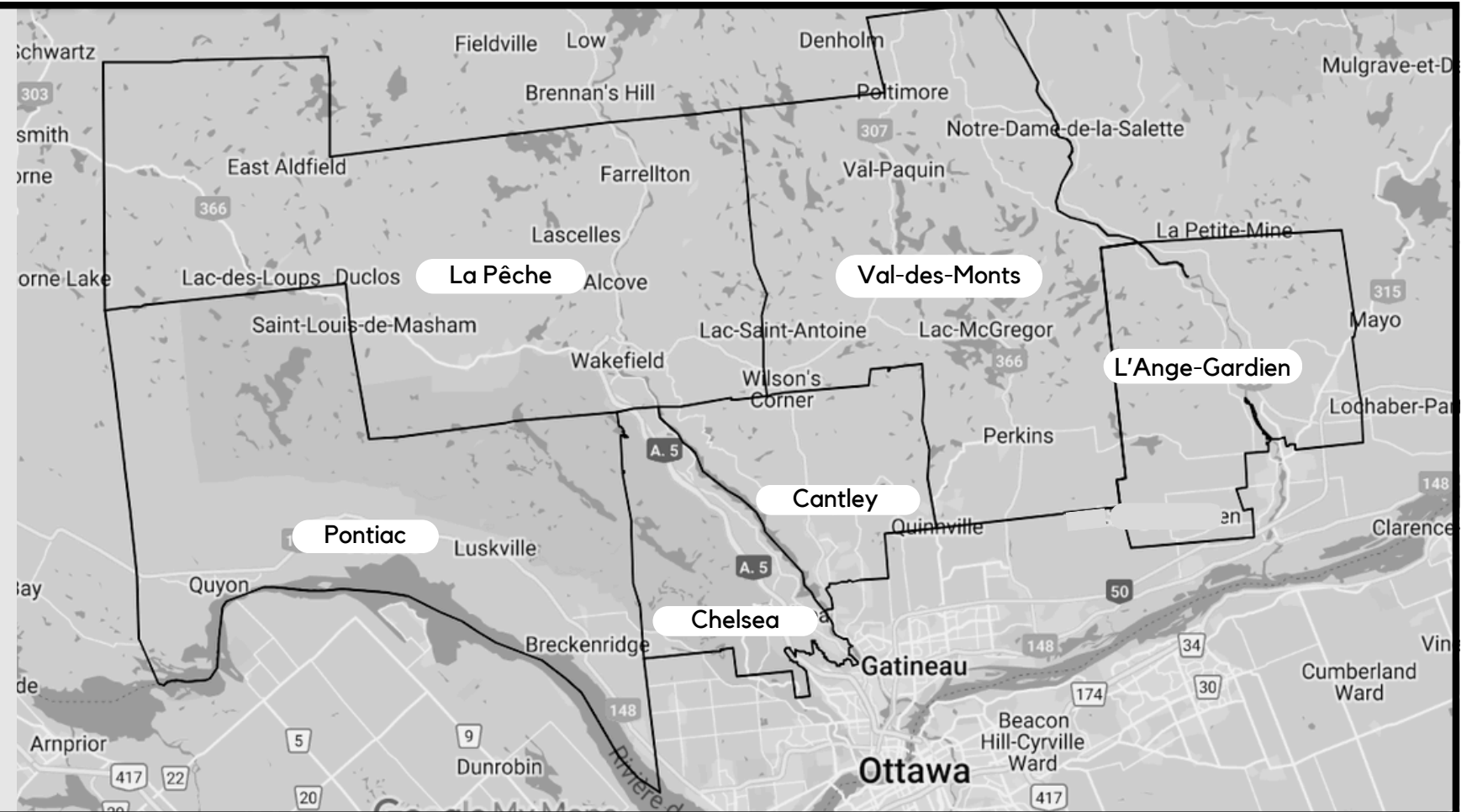
Facebook: Ressources des Collines



Les Collines-de-l'Outaouais region

The Regional County Municipality (MRC) of Les Collines-de-l'Outaouais includes six municipalities:

- L'Ange-Gardien
- Val-des-Monts
- Cantley
- Chelsea
- La Pêche
- Pontiac



The organizations listed in the family planner are in service of the residents of Les Collines-de-l'Outaouais. These organizations contribute to strengthening the social fabric and quality of life for local residents. Their sustained commitment in areas such as education, health and social services helps make Les Collines-de-l'Outaouais a great place to live, work, and actively engage with the community.

Municipalities of Les Collines-de-l'Outaouais

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 Road West
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, route 148
819 455-2370

Val-des-Monts

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

Poltimore sector Library
2720, Principale Road
819 457-4467

Saint-Pierre sector Library
24, du Parc Road
819 457-1911

Perkins sector Library
17, du Manoir Road
819 671-1476





Resources Directory



Phone number: (873) 655-TDSC (8372)

Website: www.tdsco.org

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

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

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

La Pêche

CPE L'Éveil de la nature

cpeleveildelanature.com
(819) 456-4447

The Coordination Office L'Éveil de la nature

cpeleveildelanature.com
(819) 456-4447

Pontiac

CPE l'Univers des Bambinos

universdesbambinosuniverse.com
(819) 455-9697

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)

Schools

École L'Équipage

equipage.cssd.gouv.qc.ca
(819) 503-8022

École Montessori de Chelsea

montessorichelsea.ca
(819) 827-2784

École au Cœur-des-Collines

coeurdescollines.csspo.gouv.qc.ca
(819) 503-8809

École de L'Orée-des-Bois

oreedesbois.cssd.gouv.qc.ca
(819) 503-8088

École de la Colline

colline.cssd.gouv.qc.ca
(819) 503-8020

École de la Rose-des-Vents

rosedesvents.cssd.gouv.qc.ca
(819) 503-8090

École de la Vallée-des-Voyageurs

valleedesvoyageurs.csspo.gouv.qc.ca
(819) 503-8808

École des Grands-Pins

des-grands-pins.csscv.gouv.qc.ca
(819) 986-4135

École du Grand-Boisé

grandboise.csspo.gouv.qc.ca
(819) 503-8807

École du Sommet

somet.cssd.gouv.qc.ca
(819) 931-2303

École Sainte-Élisabeth

ste-elisabeth.cssd.gouv.qc.ca
(819) 503-8024

Chelsea Elementary School

chelsea.westernquebec.ca
(819) 827-0245

Onslow Elementary School

onslow.westernquebec.ca
(819) 458-2375

Poltimore Elementary School

poltimore.westernquebec.ca
(819) 457-2335

Wakefield Elementary School

wakefield.westernquebec.ca
(819) 459-2373

École secondaire des Lacs

deslacs.csspo.gouv.qc.ca
(819) 503-8810

Centre d'éducation des adultes La Pêche

ceapo.csspo.gouv.qc.ca
(819) 771-2503, ext. 5

Youth resources

Centres Jeunesse De L'Outaouais (Les)

425 Bd la Vérendrye E, Gatineau
819 643-4399

Centre de protection de l'enfance et de la jeunesse de Buckingham

112 Rue Church, Gatineau
819 281-0110

Centre de protection de l'enfance et de la jeunesse de l'avenue Gatineau

54 Av. Gatineau, Gatineau
819 246-3458

CLSC et centre de protection de l'enfance et de la jeunesse de l'Outaouais

105 Bd Sacré-Coeur, Gatineau
819 771-6631

La Source des jeunes

lasourcedesjeunes.net
819 607-0871

Maison de jeunes Le Mashado

mashado.ca
819 456-1100

Maison de jeunes Val-Jeunesse

facebook.com/maisondejeunesValJeunesse

The WAY (Wakefield Activities for Youth)

wakefielddyouth.ca
819 459-3531

Transportation

Transcollines

transcollines.ca
819 456-1114

TransporAction Pontiac

transporaction.com
1 877 648-2227

For the whole family

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

crfo.ca

819 457-4066

Centre Meredith

centremeredith.ca
819 827-0055

Connexions Resource Centre

centreconnexions.org
819 557-0615

Familles d'abord

famillesdabord.com
819 463-4500

Maison de la famille l'Étincelle

facebook.com/Maisondelafamilleletincelle
819 456-4696

Maison de la famille de Quyon

facebook.com/MaisonfamilleQuyon
819 458-2808

Maison Papillon

maison-papillon.org
613 292-0569

Ressources Contact (Agent de proximité - TDSCO)

tdsco.org
873 655-8372

Western Quebec Literacy Council

wqlc.org
888 647-3112

Housing

Office d'habitation de l'Outaouais (OHO)

ohoutaouais.ca
819 568-0033

Service d'aide à la recherche de logement (SARL)

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

Services for seniors

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

cagavl.ca

819 281-4343

Intervention SAVA

maltraitance.org
1 888 489-2287

Solidarité de L'Ange-Gardien

solidaritedelangegardien.com
819 986-7470

Des Collines Seniors' Services

servicesauxaines.org
819 457-9191

Health and wellness

Le Bras Outaouais

lebras.qc.ca

1-877-376-BRAS / 376-2727

Écoute Agricole

ecouteagricole.com
438 354-2476

Impact Rivière-Gatineau

877 449-3077

La Lanterne

lalanterne.ca
819 456-4896

La Maison des Collines

lamaisondescollines.org
819 459-1233

Maison Le Ricochet

maisonlericochet.com
819 456-4230

Maison Libère-Elles

maisonlibere-elles.ca
819 827-4044

Prévention du suicide

1 866 277-3553

Multiservices

Carrefour Emploi des Collines (CJE-CEC)

toncec.ca

877 770-2435

Société Saint-Vincent de Paul de Cantley

819 665-3819

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

819 457-4444

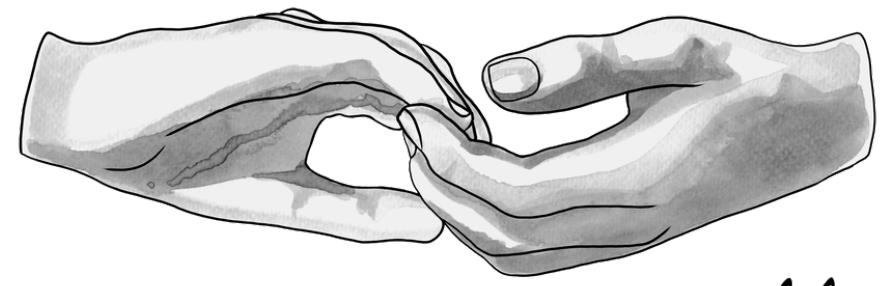
If you see the annotation **(FR/EN)** next to an organization in the next pages, it means they offer bilingual services.

To view the resource map,
scan the QR code





MAINTenant



ensemble

Everyone has the power to act against domestic violence.

Call, report.

819-459-2422 ext. 3333
ensemble@mrcdescollines.com



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-ouataouais.gouv.qc.ca

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

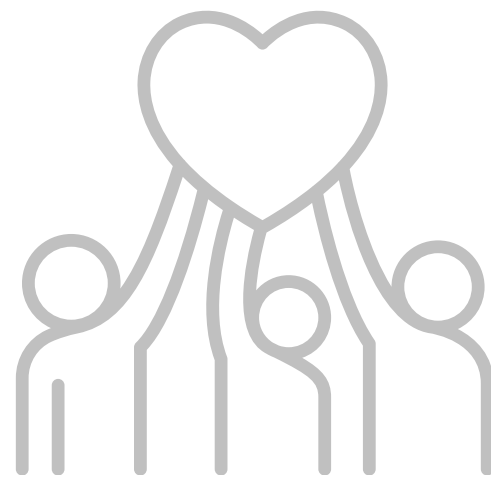
Even more resources!

Watch the discovery capsules from 19 organizations in our region.
Learn more about their services and mission.



Our discovery capsules feature the following community organizations:

- Connexions Resource Centre
- Centre de ressourcement pour la famille de l'Outaouais
- CJE – Carrefour Emploi des Collines
- Des Collines Seniors' Services
- Famille d'abord
- La Lanterne
- La Source des Jeunes
- La maison de jeunes le Mashado
- Le Grenier des Collines
- Maison Libère-Elles
- Quyon Family Centre
- Maison de la famille l'Étincelle
- Maison des Collines
- Maison le Ricochet
- Maison de jeunes Val-Jeunesse
- Petit Café de Cantley
- Solidarité de L'Ange-Gardien
- Table de développement social des Collines-de-l'Outaouais
- Transcollines



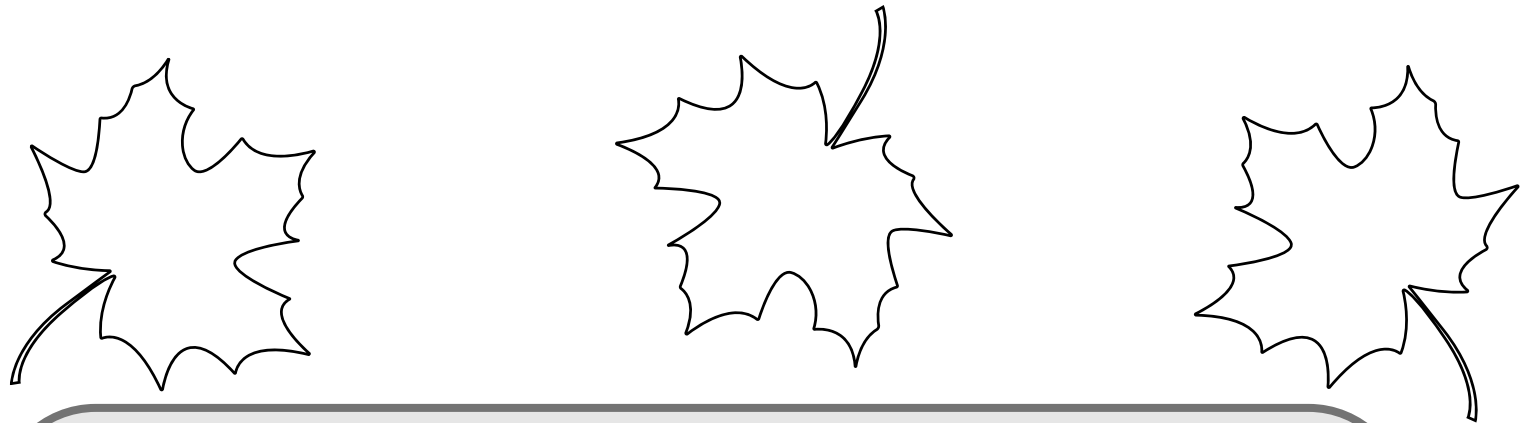
Scan the QR code to access our YouTube channel:



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

or type our name in the search bar at www.youtube.com

September 2024



Notes:

Is your little one starting kindergarten?

To help you support your child's **first school transition (FR/EN)**, we offer a range of tools on our website:

tdsco.org/soutien-aux-familles-2/coalition-transition-scolaire


Phone number: 873 655-8372

Website: tdsco.org


E-mail: projet-transitions@tdsco.org

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



 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labour Day	3	4	5	6	7
8	9	10	11	12	13	14

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	<p>Throughout the year, La Source des jeunes (FR/EN) offers homework help sessions, cooking workshops, and other thematic activities that appeal to everyone! These activities are free and open to youth aged 8 to 17, promoting an enriching and enjoyable environment for all participants.</p> <p>Phone number: (819) 607-0871 Website: lasourcedesjeunes.net Facebook: La Source des jeunes E-mail: info@lasourcedesjeunes.com</p>				

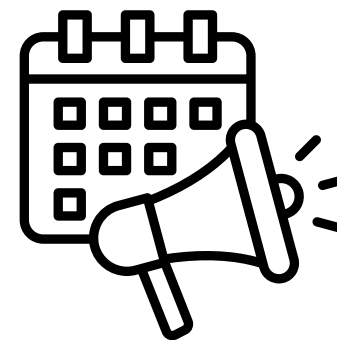
Look no further! **Le Carrefour Emploi des Collines (CJE-CEC) (FR/EN)** is your essential ally for:

- Increasing employability
- Facilitating immigrant integration
- Supporting youth in their professional and personal projects
- And much more!

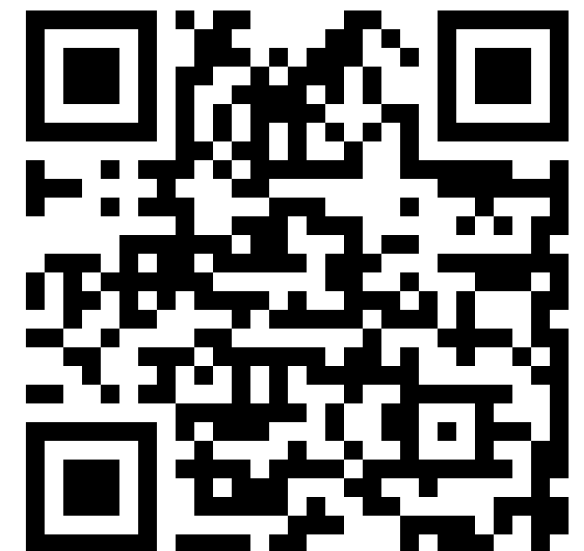


Phone number: (819) 457-4480 **Website:** toncec.ca

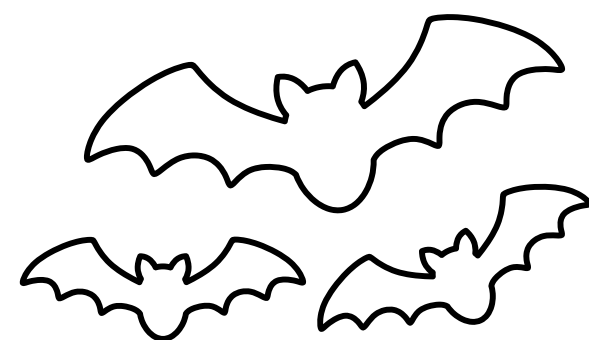
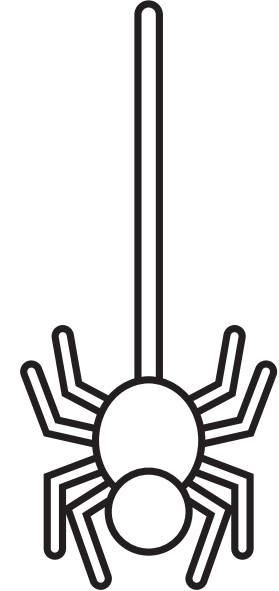
Facebook: CJE-Carrefour Emploi des Collines **TikTok:** toncec



To find out about events happening in your neighbourhood, scan the QR code or visit tdsco.org/en/calendar



October 2024



Notes:


At **Des Collines Seniors' Services (FR/EN)**, our mission is to promote the well-being, independence, and growth of older adults in the *MRC des Collines-de-l'Outaouais* by developing initiatives and services tailored to their needs.

Phone number: (819) 457-9191 or 1 (855) 662-4637
Facebook: Services aux aînés des Collines
Website: servicesauxaines.org
E-mail: info@servicesauxaines.org



● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A PLACE FOR CITIZENS! Two events not to be missed in November. More information at www.tdsco.org		1 National Seniors Day	2	3	4	5
	Week against School Violence and Bullying (from the 30th of September to the 4th of October)					
6	7	8	9	10	11	12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14 Thanksgiving	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	<p>Le Réseau d'Éclaireurs (FR)  promotes positive mental health! Become an Éclaireur by registering to the various training sessions we offer.</p> <p>Phone number: (819) 593-1875 / (873) 655-8372 Website: tdsco.org/projets/les-éclaireurs E-mail: Alexandre.Gingras@ssss.gouv.qc.ca</p>	

Are you seeking a welcoming, creative, and lively environment to make a difference in your community? Reach out to the **Petit Café de Cantley (FR/EN)** team via email today and let us extend a warm welcome to you!

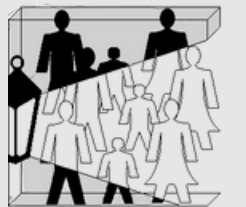


Phone number: (819) 827-3334

E-mail : petitcafecantley@gmail.com

Facebook: Petit Café de Cantley

La Lanterne (FR/EN) is an organization dedicated to empower individuals living with intellectual disabilities and raise community awareness about their needs. We fulfill our mission through activities that promote personal development and autonomy.



Phone number: (819) 456-4896

Facebook: La Lanterne

Website: lalanterne.ca

November 2024



Notes:

La Maison Libère-Elles (FR/EN) provides specialized support and accommodation for women and children who are victims of violence, ensuring comprehensive assistance for their physical, emotional, and social recovery in a safe and nurturing environment.



Phone number: (819) 827-4044
Website: maisonlibere-elles.ca
Facebook: Maison Libère-Elles

● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Christmas baskets season is approaching! Donate non-perishable food products and little surprises to brighten up the holidays for those in need. Find out more from the organizations in your area.</p> <p>If you're in need of food aid at this time of year, contact the TDSCO (FR/EN) outreach agent who will be able to guide you.</p> <p>Phone number: 873 655-8372 E-mail : ressources@tdsco.org Facebook : Ressources Contact des Collines</p>						1	2
3	4	5	6	7	8	9	
<p>End of daylight saving time</p> <p style="text-align: center;">The National Francophone Immigration Week</p>							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11 Remembrance Day	12	13	14	15	16
17	18	19	20	21	22	23
Early Childhood Week (from the 18th to the 24th of November)						
24	25	26	27	28	29	30
12 Days of Action Against Violence Towards Women (from the 25th of November to the 6th of December)						
National Addiction Awareness Week						

Le Centre de Ressourcement pour la Famille de l'Outaouais (FR/EN) supports families and enhance their well-being by creating a conducive environment for sharing and mutual support. Providing respite and rejuvenation by facilitating contact with nature, self-reflection, and interaction with others in a warm, safe, and inclusive environment.



Website: crfo.ca

Phone number: (819) 457-4066

Facebook: CRFO - Centre de Ressourcement pour la Famille de l'Outaouais

Transforming a lemon into a volcano:

Materials needed:

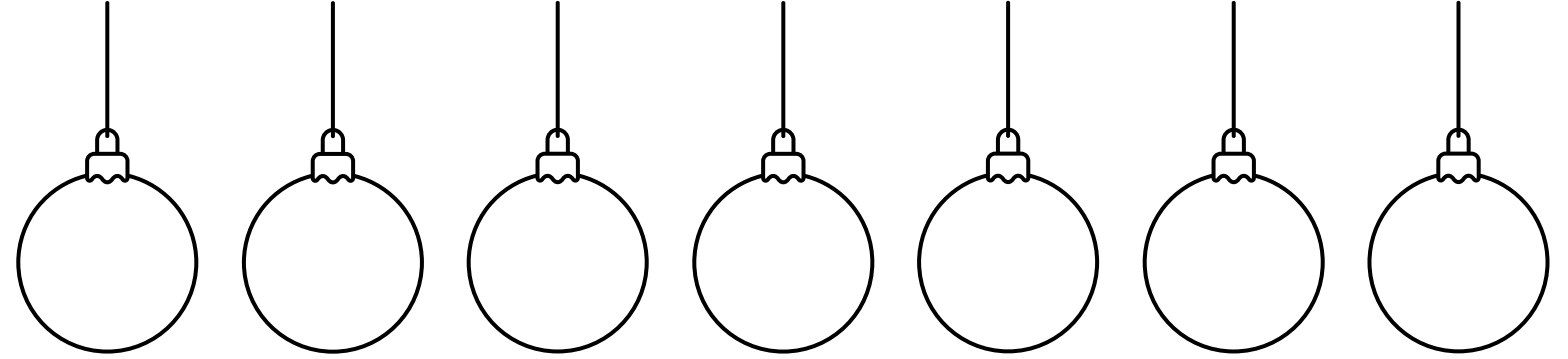
- One lemon
- Red food coloring
- Baking soda
- One spoon
- One plate
- A small knife (handled by an adult)
- Dish soap
- A little bit of water

Instructions:

- Ask an adult to slice off the top of the lemon;
- Scoop out the inside of the lemon using a spoon;
- Add 5 drops of food coloring;
- Add a spoonful of baking soda; Add a few drops of dish soap;
- Stir the spoon inside the hole;
- Add a bit of water;
- Observe.



December 2024



Notes:

Do you know about end-of-life palliative care offered at **La Maison des Collines (FR/EN)**? Palliative care, like a guiding star, supports the sick and their loved ones through the darkness of night, so they can navigate this journey together.




Phone number: (819) 459-1233
Website: LaMaisonDesCollines.org

Facebook: La Maison Des Collines
E-mail: info@lamaisondescollines.org

● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
12 Days of Action Against Violence Towards Women						
8	9	10	11	12	13	14

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
15	16	17	18	19	20	21 Winter Solstice	
22	23	24	25 Christmas	26	27	28	
29	30	31	<p>Need a hard-hitting resume that will make you stand out from the crowd? Carrefour Emploi des Collines (CJE-CEC) (FR/EN) is here to help! Our team of experts will help you create a customized resume that showcases your skills and achievements. Contact us today to land your dream job! * <i>We're on the move for you!</i></p> <p>Website: toncec.ca Phone number: (819) 457-4480 Facebook: Carrefour Emploi des Collines TikTok : toncec</p>				

Find volunteer opportunities that match your interests and skills, and help organizations find motivated volunteers through the **Je bénévole** platform.

Are you looking for a volunteer opportunity that allows you to get involved in a cause you care about?

Join our community to make a difference in the world around you!

E-mail: info@fcabq.org

Facebook: Jebenevole.ca Outaouais **Website:** Jebenevole.ca Outaouais_

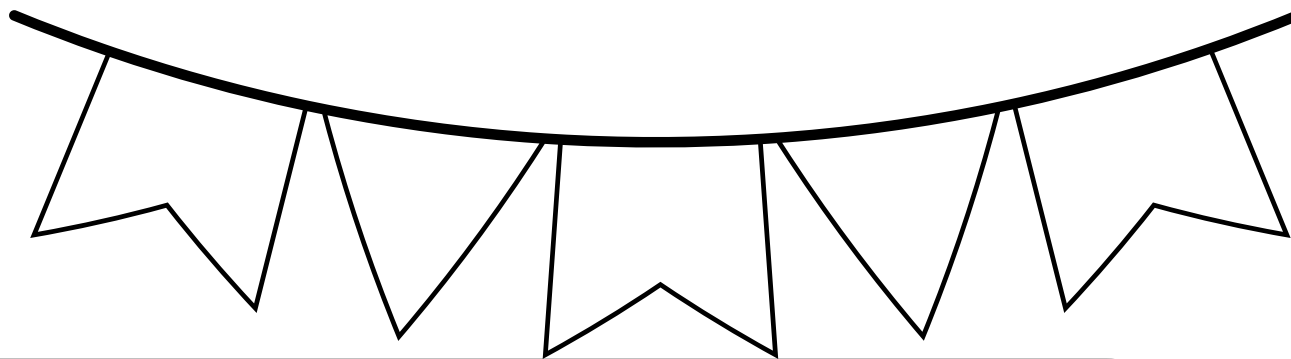
Why support **The Media Food Drive (FR/EN)?**

- Your donations will help provide food baskets, clothing, and other essential resources to families in need.
- This initiative brings together people from all walks of life for a common cause.
- Every contribution helps bring a smile and some comfort to those going through difficult times.



Website: guignolee.ca **Facebook:** La guignolée des médias

January 2025



Notes:

At **La Maison le Ricochet (FR/EN)**, we are dedicated to enhance your overall quality of life through our comprehensive rehabilitation and reintegration services. Our commitment also includes ongoing support for your loved ones, because your well-being is our top priority. Join us and discover how we can help guide you toward a more positive and fulfilling future!

Phone number: (819) 456-4230


Website: maisonlericochet.com

Facebook: Maison le Ricochet



● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>La maison de jeunes Val-Jeunesse (FR/EN) aims to be a vibrant meeting place for youth in the Val-des-Monts community, offering a diverse range of stimulating and educational activities throughout the year.</p> <p>Facebook: Maison de jeunes Val-Jeunesse</p>	<p>La maison de jeunes</p>	<p>1</p> <p>New Year's Day</p>	2	3	4	
5	6	7	8	9	10	11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Béatrice Groves 

Connexions Resource Centre (FR/EN) offers services in English, such as:

- Workshops on parenting and child language development;
- Let's Play & Talk kits for families with children under 5;
- Information on health and social services available in the Outaouais region.



Phone number: (819) 557-0615

Website: centreconnexions.org

Facebook: Connexions Resource Centre

Want to help in your community?

Think of the AIDE-MOI! service from **Solidarité de L'Ange-Gardien (FR)**.

- You can work solo or partner-up with a friend
- You do a good deed by having fun
- You make a difference in the life of a senior or vulnerable person.

Don't wait to get involved, contact us!



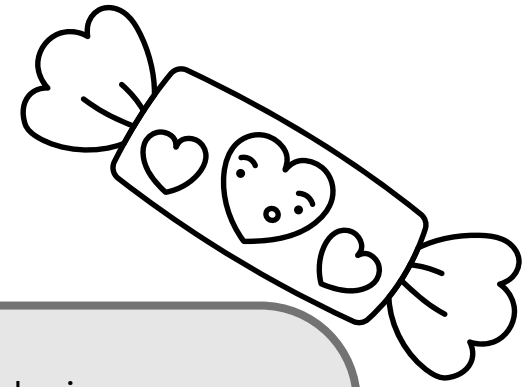
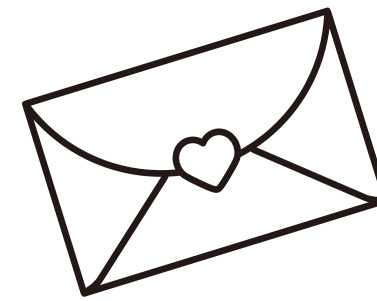
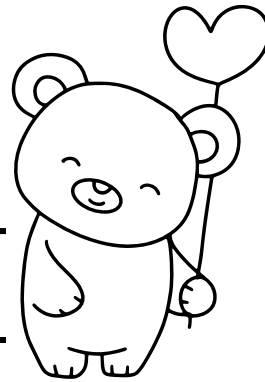
Phone number: (819) 986-7470, ext. 322

Facebook: Solidarité de L'Ange-Gardien


February 2025

February is Black History Month

Notes:



La Maison de jeunes Le Mashado (FR/EN) is a safe and inclusive place for youth aged 6 to 17 in La Pêche. As a non-profit community organization, it promotes the well-being of young people through activities, workshops, and interventions. **Le Mashado** aims to be a significant presence in the lives of youth, fostering the development of their confidence, self-esteem, and autonomy.



Phone number: (819) 456-1100
Website: mashado.ca
Facebook: La maison de jeunes - Le Mashado

● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>COMPTE SUR MOI!</i> How to help someone experiencing violence while respecting your boundaries and taking care of yourself? This workshop is designed for those close to someone experiencing domestic violence (colleague, neighbor, friend, family member, employer, etc.). The workshop is offered in person or via videoconference, as well as in extended or lunchtime conference versions. All services provided by the Maison Libère-Elles (FR/EN) are free! To register or for more information, please contact us by e-mail.</p> <p>Phone number: (819) 827-4044 E-mail: externe@maisonlibere-elles.ca Website: maisonlibere-elles.ca Facebook: Maison Libère-Elles</p>						1
2	3	4	5	6	7	8
<p>Groundhog Day</p> <p style="text-align: center;">Suicide Prevention Week</p>						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14 Valentine's Day	15
Hooked on School Days						
16	17	18	19	20	21	22
23	24	25	26	27	28	 Victoria Bacon

Discover **Quyón Family Centre (FR/EN)** activities:

- Parent-child play workshops
- Summer get-together days
- Welcoming coffee get-togethers
- Tasty collective kitchens
- Caring daycare centers



Phone number: (819) 458-2808

Facebook: La Maison de la Famille de Quyón/Quyón Family Centre

 **Transcollines (FR/EN)**

Our mission is to ensure the sustainable mobility of people on the MRC des Collines-de-l'Outaouais' territory and contribute to its development in rural Outaouais. We focus on public transit as a means of developing local communities and improving the quality of life of local families and citizens.

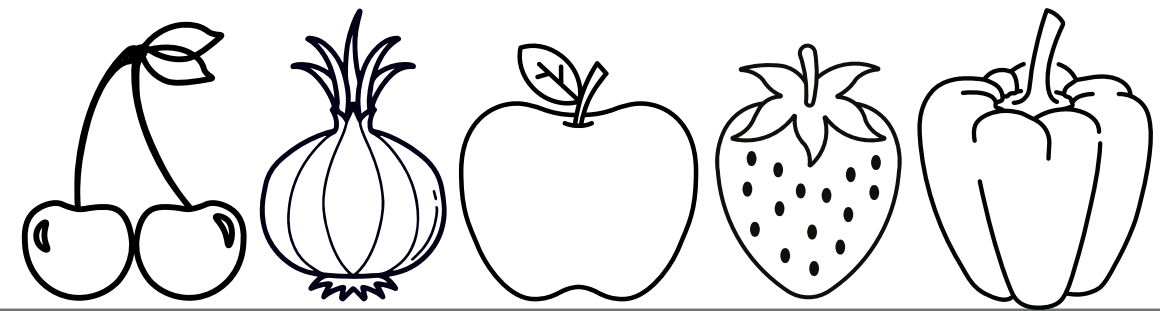
Phone number: (819) 456-1114

Website: transcollines.ca

Facebook: Transcollines

March 2025

March is Nutrition Month



Notes:


Discover the diverse family activities at the **Centre de Ressourcement pour la Famille de l'Outaouais (FR/EN)**! We offer respite stays for families and children, fun family activities, themed meetings for parents with daycare services, and monthly family potlucks. Stay informed about all our initiatives by joining our mailing list. Contact us today so you don't miss out!



Phone number: (819) 457-4066

Website: crfo.ca

Facebook: CRFO - Centre de Ressourcement pour la Famille de l'Outaouais

 = Public holidays according to the CNESST

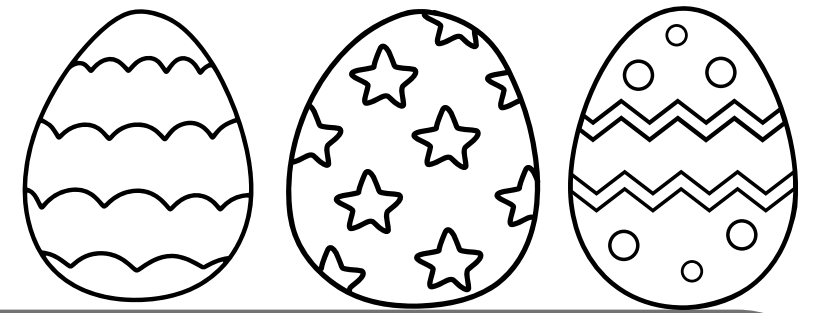
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Le Grenier des Collines (FR/EN) is a non-profit organization that provides a range of services to support residents of the <i>MRC des Collines-de-l'Outaouais</i>. Among their services are food recovery and distribution, a community garden, emergency food assistance, and a grocery style food bank. They also offer Christmas baskets and school snacks. Le Grenier des Collines aims to improve the quality of life for vulnerable residents by providing not only food assistance but also opportunities for learning and community sharing.</p> <p>Phone number: (819) 457-1010 Facebook: Le Grenier des Collines - Banque alimentaire Website: legrenierdescollines.com</p>						1
2	3	4	5	6	7	8
<p>March break (CSSPO, CSSD, CSSCV and WQSB)</p>						<p>International women's rights day</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 Start of daylight saving time	10	11	12	13 National Positive Mental Health Promotion Day	14	15
16	17 St. Patrick's Day	18	19	20 Spring equinox	21	22
Quebec Intellectual Disability Week (from the 17th to the 23 of March)						
23	24	25	26	27	28	29
30	31	<p>Are you a woman experiencing domestic violence in Cantley? Unable to come see us? We'll come to you. La Maison d'INGRID (FR/EN) now travels throughout the <i>MRC des Collines-de-l'Outaouais</i> to meet with women victims of domestic violence in a safe, confidential, and non-judgmental space.</p> <p>Phone number: (873) 636-3979, ext. 3 Facebook: Maison d'INGRID</p> <p style="text-align: right;">Website: maisondingrid.com</p>				

Colour me!



April 2025



Notes:

Discover **Le Réseau d'éclaireurs (FR)**:


Are you looking to care for yourself and others while being at the heart of your community? By becoming a scout, you'll learn to recognize signs of stress and distress in others, provide valuable support by referring them to appropriate resources.


To sign up or get more information, contact us:

Phone numbers: (819) 593-1875/(873) 655-8372

Website: tdsco.org/projets/les-eclaireurs



 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Need tools for your toddler's first school transition? (FR/EN) Visit : tdsco.org/soutien-aux-familles-2/coalition-transition-scolaire 		1	2 World Autism Awareness Day	3	4	5
6	7	8	9	10	11 World Parkinson's Day	12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18 Good Friday	19
20 Easter	21 Easter Monday	22 Earth Day	23	24	25	26
27	28 Day of Mourning	29	30	May 1st	May 2nd	May 3rd
Volunteer Week						

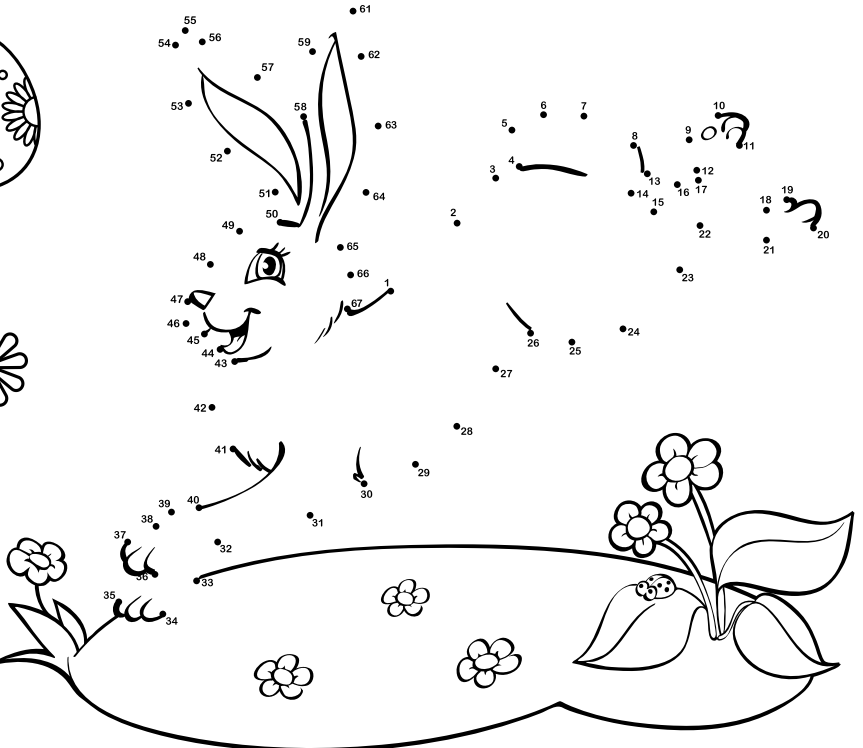
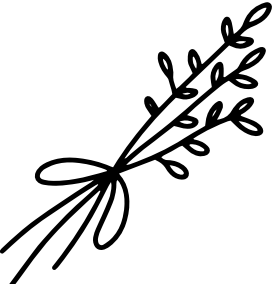
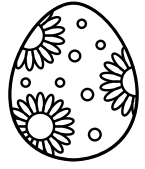
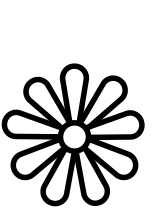
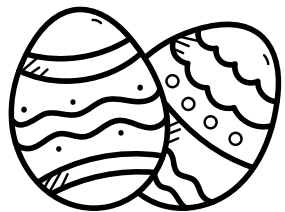
BEST TOGETHER SUMMER CAMP!
 Want to have a unique and fun experience this summer?
 Register by email for the upcoming camp at **Maison Libère-Elles (FR/EN)**,
 taking place from July 7 to 11, 2025. The camp is for kids aged 9 to 12 and
 will be held in the Collines area. It's free of charge. Don't miss out on this
 opportunity!

Phone number: (819) 827-4044
E-mail: sensi@maisonlibere-elles.ca
Facebook: Maison Libère-Elles
Website: maisonlibere-elles.ca

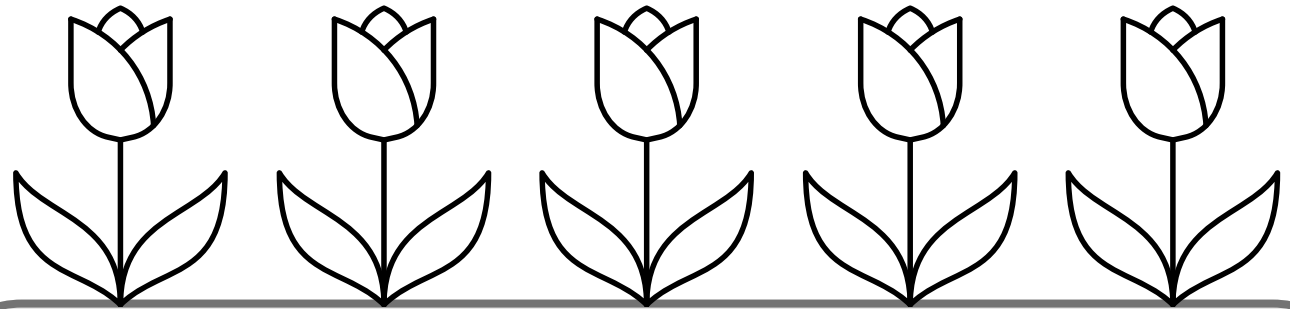
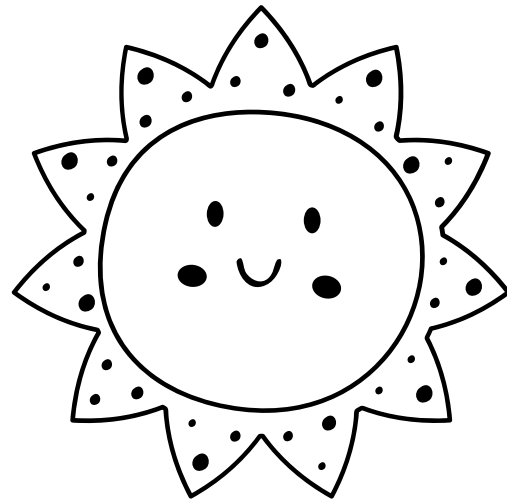


MAISON
Libère-Elles

Connect
the dots



May 2025



Notes:

Familles d'abord (FR/EN) is committed to providing a safe and caring space where every family, regardless of their journey, can find educational resources, practical advice, and emotional support, promoting their overall well-being and personal and family fulfillment.



Phone number: (819) 463-4500

Website: famillesdabord.com

Facebook: Familles d'abord

● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>La Maison le Ricochet (FR/EN) provides rehabilitation and social-professional reintegration services to individuals experiencing varying degrees of mental health disorders. Our three residences offer 21 rooms, a day center with diverse programming, a community thrift store, a woodworking shop, an electronic recycling service, and multiple workspaces. We invite you to visit our thrift store, <i>Les Trouvailles de la Colline</i>, for affordable shopping opportunities.</p> <p>Website: maisonlericochet.com Facebook: Maison le Ricochet Phone number: (819) 456-4230</p> 				1	2	3
4	5	6 National Sports and Physical Activity Day	7	8	9	10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 Mother's Day	12	13	14	15	16	17
Family Week (from the 12th to the 18th of May)						
18	19 National Patriot Day	20	21 World Day for Cultural Diversity	22	23	24
25	26	27	28	29	30	31

La Maison de la Famille l'Étincelle presents Anti-Waste Thursdays. Every Thursday, unsold goods are offered to you for free to help reduce food waste, in collaboration with *IGA Famille Charles*, *Moisson Outaouais*, and *Le Grenier des Collines*. This service is open to everyone.

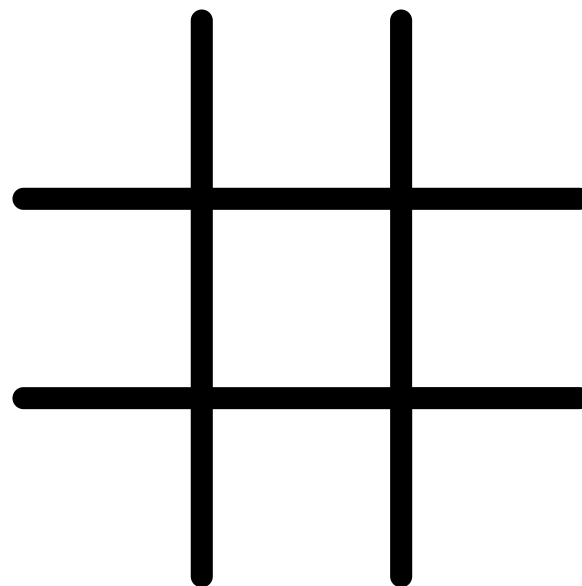


Phone number: (819) 456-4696

Facebook: Maison de la famille l'Étincelle

MAISON DE LA FAMILLE
L'ÉTINCELLE

Tic Tac Toe



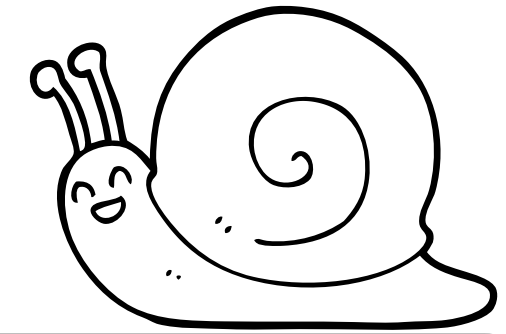
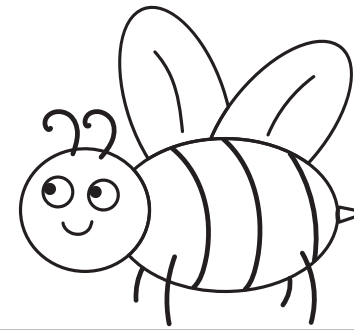
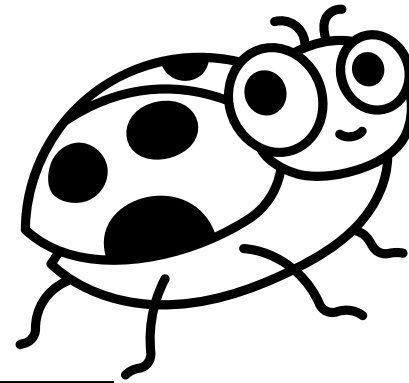
You're spring cleaning?

Remember to recycle and reuse
(thrift store, give to the next, Recyk-
T-Fringues etc.)!

June 2025

June is Pride Month

Notes:



Quyon Family Centre (FR\EN) is a place dedicated to bringing together and supporting the families in our community. We organize preventive and awareness activities tailored to your needs.

We offer support and assistance services to improve the quality of life for individuals and families facing various challenges such as poverty, isolation, stress, depression, and more.

Join us for warm and welcoming support!


Phone number: (819) 458-2808

Facebook: La Maison de la Famille de Quyon/ Quyon Family Centre



● = Public holidays 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
15 Father's Day World Elder Abuse Awareness Day	16	17	18	19	20	21 Summer Solstice	
22	23	24 Québec's National Day	25	26	27	28	
29	30	<p>Do you need help at home or would you like to volunteer? Did you know that Solidarité de L'Ange-Gardien's (FR) Aide-Moi! service is there to help you with your outdoor chores in any season, such as: helping with gardening, landscaping, storing patio furniture, raking leaves, stringing firewood, clearing snow from driveways and much more!</p> <p>Phone number: (819) 986-7470, ext. 322 Facebook: Solidarité de L'Ange-Gardien</p>					

People living with HIV/AIDS and STIs, as well as all those affected by these realities, are at the heart of everything done by **BRAS Outaouais (FR/EN)**. Beyond the activities and services offered, the team and members are committed to a democratic and inclusive movement that aims for equality, social justice, and the ongoing revitalization of our society.



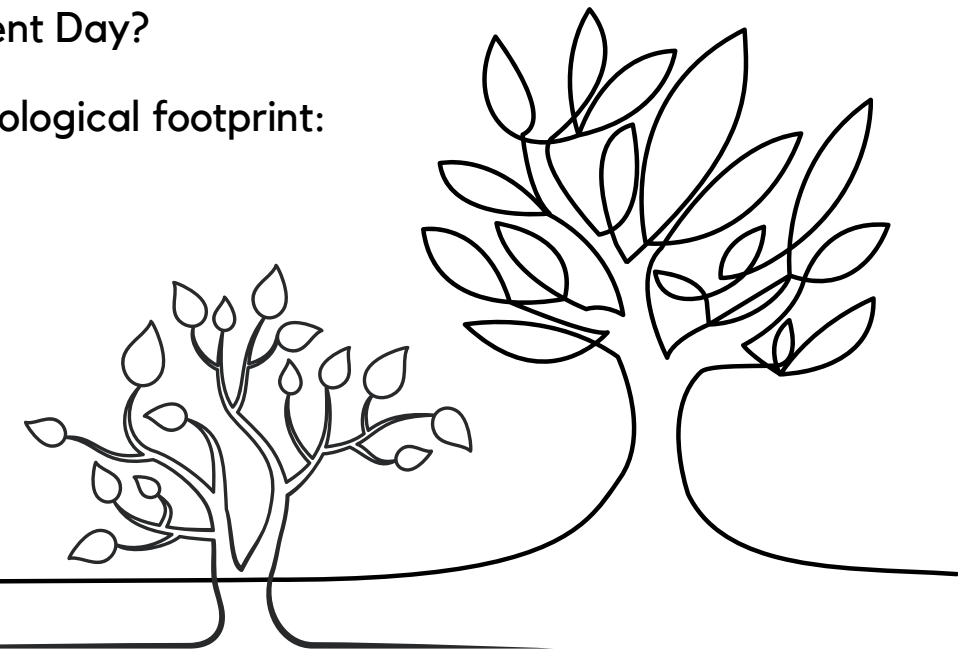
Phone number: 1 (877) 376-2727

E-mail: info@lebras.qc.ca

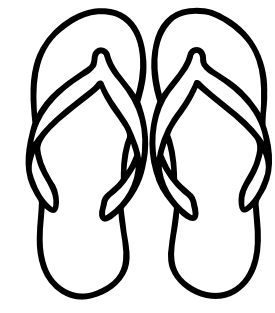
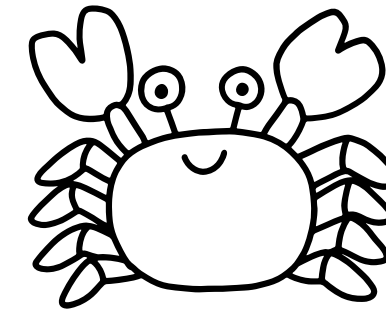
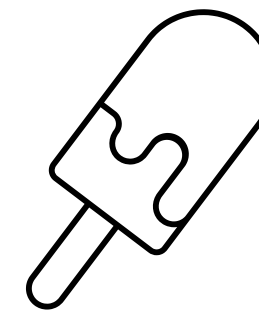
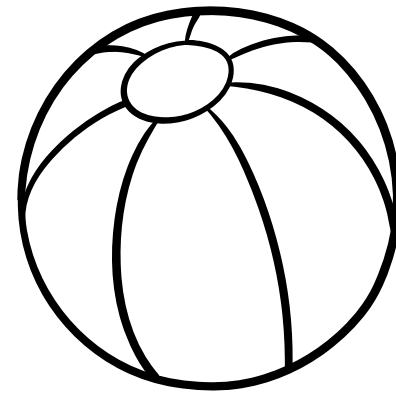
Did you know that June 5th is World Environment Day?

Here are a few tips to help you reduce your ecological footprint:

- Properly sort recyclable materials
- Decrease your consumption
- Reuse and repair your belongings
- Purchase local products
- Opt for carpooling



July 2025





Notes:

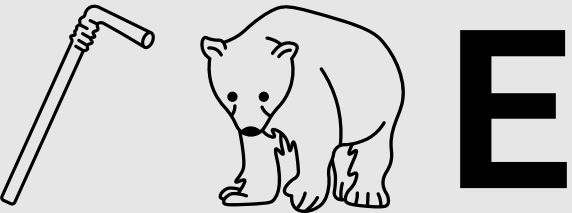
Connexions Resource Centre (FR/EN) promotes physical and mental health, social well-being, and vitality within the English-speaking community of Outaouais. It achieves this by empowering individuals, encouraging active participation, and facilitating collaboration within the region.

Phone number: (819) 557-0615 **Website:** centreconnexions.org

Facebook: Connexions Resource Centre

 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We're working on the next edition of this fantastic family planner! Let us know what you think so we can meet your needs even better!</p>  <p>tdsco.org/en/news/family-planner-2024-2025-feedback</p>		<p>1</p> <p>Canada Day</p>	2	3	4	5
6	7	8	9	10	11	12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Rebus 	

If you want to get involved in your community by focusing on food autonomy and socializing with your neighbors, join the activities at the **Village Nourricier de Masham (FR/EN)** ! We offer collective gardening, training sessions, canning workshops, intergenerational and inclusive activities, and the sharing of expertise and garden surpluses.

Contact us to learn more and follow us on Facebook!



Facebook: Le Village Nourricier de Masham **E-mail:** vn.masham@tdsco.org

Creamy corn dip

Ingredients:

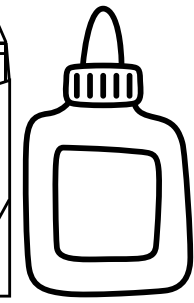
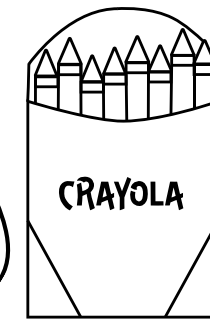
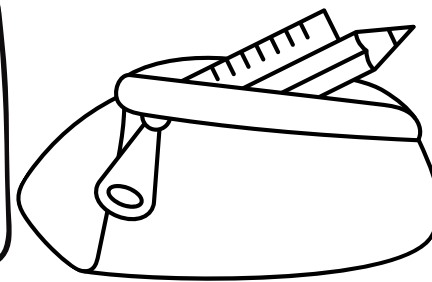
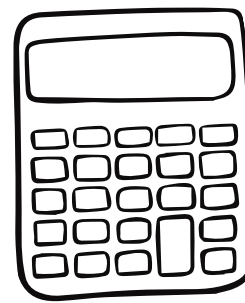
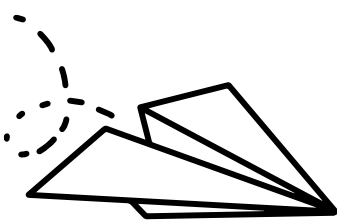
- 750 ml (3 cups) raw corn kernels
- 250 ml (1 cup) softened cream cheese
- 125 ml (1/2 cup) olives in brine
- 60 ml (1/4 cup) olive brine or 5 ml (1 teaspoon) salt
- 60 ml (1/4 cup) chopped chives or thinly sliced green onions
- 2 cloves garlic, finely chopped
- 250 ml (1 cup) grated cheese
- Paprika, for garnish



Preparation:

- Place the rack in the center of the oven and preheat the oven to 180°C (350°F).
- In a food processor, add the corn kernels and pulse a few times to chop them lightly.
- Add the softened cream cheese, olives, brine (or salt), chives (or green onion), and garlic. Mix until smooth and well combined.
- Pour the mixture into an oven-safe dish. Add the grated cheese and mix.
- Bake for about 15 minutes, or until the cheese is melted and golden brown.
- Remove from the oven and sprinkle the dip with paprika. Serve the dip hot, accompanied by vegetables and bread.

August 2025



Notes:

Proud of its community roots, **Le Petit Café de Cantley (FR/EN)** provides its users with with a warm and friendly space conducive to exchanges and civic engagement. It's a place where you can enjoy carefully selected local products, thereby supporting the local economy while fostering a welcoming and inclusive atmosphere.



Phone number: (819) 827-3334

Facebook: Petit Café de Cantley

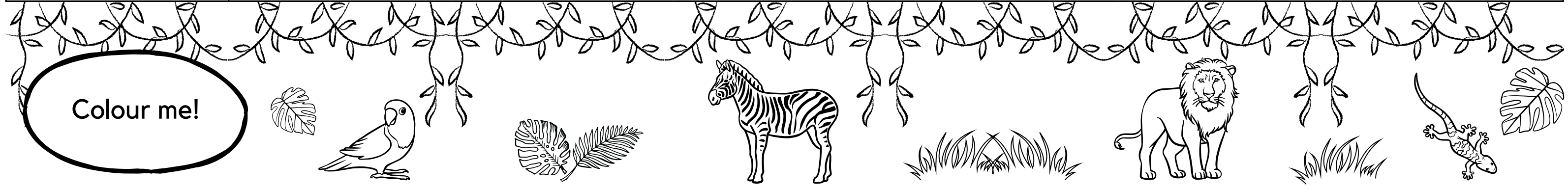
● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>L'Escouade Zéro-Gaspi des Collines (FR/EN) is looking for volunteers to help combat food insecurity! If you want to lend a hand in harvesting fruits and vegetables from our local producers to support the food bank and community organizations, please provide your name at the contact details below. In return for your help, you will be able to take home a portion of the harvested products!</p> <p>Website: legrenierdescollines.com E-mail: projets@legrenierdescollines.com Facebook: Escouade Zéro-Gaspi des Collines</p>					1	2
3	4	5	6	7	8	9

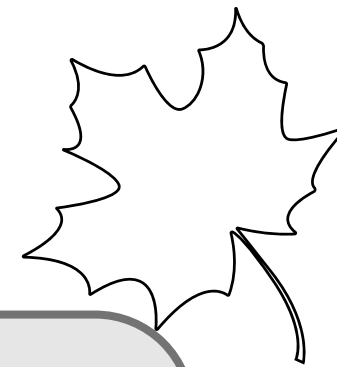
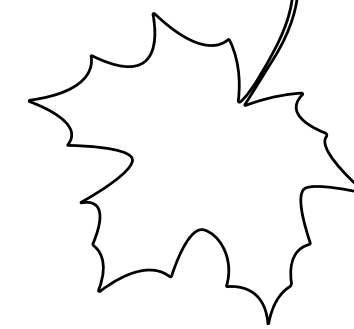


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12 International Youth Day	13	14	15	16
17	18	19 World Humanitarian Day humanitarian aid	20	21	22	23
24	25	26	27	28	29	30

31	<p>At La Maison des Collines (FR/EN), our mission is to provide high-quality end-of-life palliative care, ensuring maximum comfort and well-being for our residents. Additionally, we support not only the residents but also their loved ones with dignity, respect, and compassion throughout this delicate time, offering complete and humane support.</p> <p>Phone number: (819) 459-1233 Website: LaMaisonDesCollines.org</p> <p>Facebook: La Maison Des Collines E-mail: info@laisondescollines.org</p>	
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September 2025



Notes:

La Maison d'INGRID's (FR/EN) mission is to provide assistance and shelter to women and their children who are victims of domestic violence. Our goals are the prevention of domestic violence, the education of our community and to raise awareness surrounding various issued related to domestic violence. We offer et deliver training sessions on domestic violence for various organizations or institutions in the region.




Website: maisondingrid.com

Facebook: Maison d'INGRID

Phone number: (873) 636-3979, ext. 5

● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Félix Monette</p>	<p>1</p> <p>Labour Day</p>	2	3	4	5	6
7	8	9	10	11	12	13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	<p>La Lanterne (FR/EN) provides day services to 14 individuals per day. We offer activities for people living with intellectual disabilities, including artistic workshops, gentle gymnastics, social outings, and workstations.</p> <p>Phone number: (819) 456-4896 Website: lalanterne.ca</p> <p>Facebook: La Lanterne</p> 			

For children aged 0 to 5 and their parents, our weekly playgroups offer a unique opportunity for family fun. Each week, **Familles d'abord (FR/EN)** presents a new, captivating theme that we explore through a variety of entertaining activities such as creative crafts, cheerful songs, engaging stories, and interactive games.



Phone number: (819) 463-4500

Website: famillesdabord.com

Facebook: Familles d'abord

Homemade modeling clay

Ingredients:

- 300 g of flour
- 380 ml of hot water
- 250 g of salt
- 1 tablespoon of baking soda
- 2 teaspoons of oil
- Food coloring gels or liquids (optional, for coloring the modeling clay)

1- In a small bowl, mix the flour, water, and oil until you get a homogeneous mixture.

2- Add the salt and baking soda. Mix again.

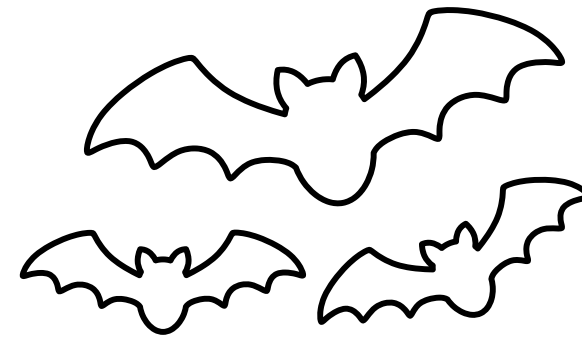
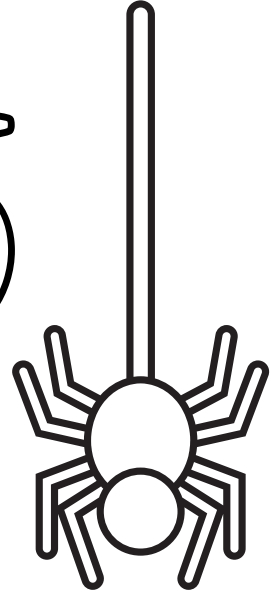
3- Pour the mixture into a saucepan and cook over low heat, stirring constantly, until the mixture pulls away from the sides of the pan and becomes thick and paste-like.

4- Remove from heat and transfer the clay onto a cutting board or plate. Let it cool for 1 or 2 minutes, then knead the clay vigorously with your hands. Divide the clay into several balls.

5- Place each ball into a separate bowl, add a little food coloring to each ball, and knead thoroughly until the color is evenly distributed throughout the clay.

6- Store the clay in plastic wrap in the refrigerator to prevent it from hardening. If your clay becomes too thick or hard, leaving it in plastic wrap for an hour will help soften it.

October 2025



Notes:


La Maison de la famille l'Étincelle (FR/EN) is a welcoming community center for families in La Pêche, offering a comprehensive range of services and activities aimed at improving their quality of life. Our goal is to strengthen family bonds through personalized support, tailored educational resources, and enriching community events.

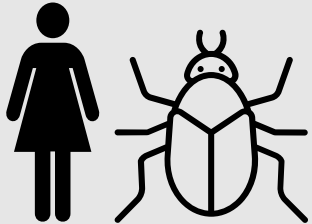


Phone number: (819) 456-4696

Facebook: Maison de la famille l'Étincelle

● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Need food or material assistance? The Société Saint-Vincent de Paul de Cantley (FR/EN) is here to support you! Providing compassionate and discreet help, our team is ready to assist you in difficult times.  <p style="text-align: right;">Phone number: (819) 665-3819</p>			1 National Seniors Day	2	3	4
5 World Teachers' Day	6	7	8	9	10	11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Rebus 

Des Collines Seniors' Services (FR/EN) is the leading organization for the implementation and coordination of initiatives aimed at promoting the health, well-being, autonomy, and fulfillment of seniors in the MRC des *Collines-de-l'Outaouais*. We are the primary contact for public and community agencies on matters concerning seniors. Our services include SOS Caregivers, Community Outreach, Help Me, and many others.



Facebook: Services aux Aînés des Collines

Website: servicesauxaines.org

Phone numbers: (819) 457-9191 or 1 (855) 662-4637 **E-mail:** info@servicesauxaines.org

 **Transcollines (FR/EN)**

Need a lift?

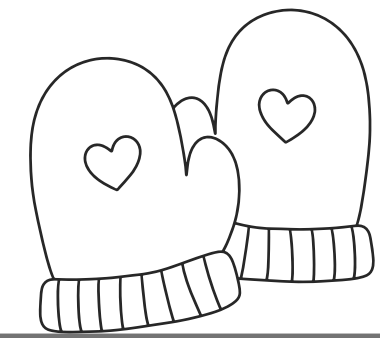
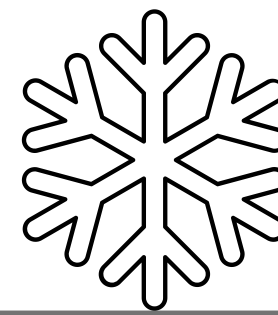
Book your On-Demand Transportation (ODT) now! In addition to the fixed-line bus network, a flexible schedule and route On-Demand Transportation (ODT) service, operated through an app, is available in the *MRC des Collines-de-l'Outaouais*!

Phone number: (819) 456-1114

Website: transcollines.ca/alademande

Facebook: Transcollines

November 2025



Notes:

Le Grenier des Collines (FR/EN) ensures food security for those in need within the *MRC des Collines-de-l'Outaouais* area by providing essential support and promoting access to healthy and balanced nutrition for all residents.



LE GRENIER DES COLLINES

Phone number: (819) 457-1010

Website: legrenierdescollines.com

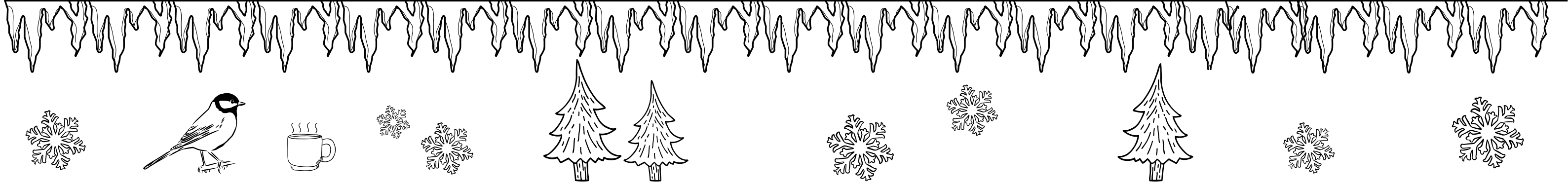
Facebook: Le Grenier des Collines - Banque alimentaire

● = Public holidays according to the CNESST

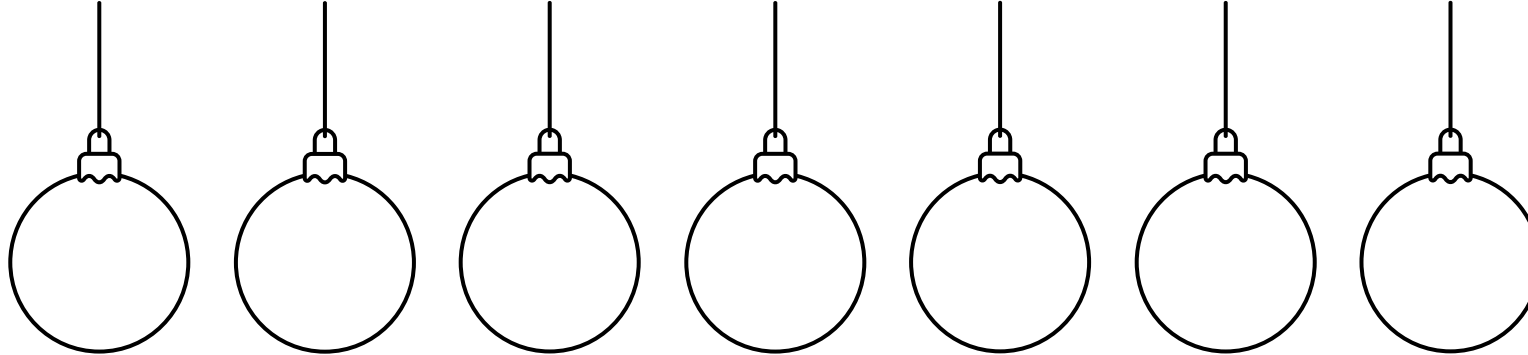
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>La maison de jeunes Le Mashado (FR/EN) have a community fridge outside that allows everyone to access food for free. We invite community members to contribute by donating food and other items they do not use at home to help others. The Mashado is a place where young people aged 6 to 17 can participate in free or low-cost activities. They have access to food, games, supportive adults, and a counselor.</p> <p>Phone number: (819) 456-1100 Website: mashado.ca Facebook: La maison de jeunes - Le Mashado</p>						1
2	3	4	5	6	7	8
End of daylight saving time						



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	<p>Christmas baskets season is approaching! Donate non-perishable food products and little surprises to brighten up the holidays for those in need. Find out more from the organizations in your area.</p> <p>If you're in need of food aid at this time of year, contact the TDSCO (FR/EN) outreach agent who will be able to guide you.</p> <p>Phone number: 873 655-8372 E-mail : ressources@tdsco.org Facebook : Ressources Contact des Collines</p>					



December 2025



Notes:


La Source des jeunes (FR/EN) is dedicated to listening to the needs of youth aged 8 to 17. We provide a meeting place facilitated by caring adults who are available to address their needs and questions. Our organization promotes the physical and mental health of youth, their autonomy, well-being, and critical thinking development. To achieve this, we offer physical, cultural, artistic, and recreational activities, along with a variety of projects that encourage youth involvement in the Cantley community.




Phone number: (819) 607-0871

Website: lasourcedesjeunes.net **Facebook:** La Source des jeunes

● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rebus  _____	1	2	3	4	5	6
7	8	9	10	11	12 International Volunteer Day	13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
21 Winter Solstice	22	23	24	25 Christmas	26	27
28	29	30	31	<p>You're between 15 and 99 years old, and you have questions about youth, employability, immigration, education, life, volunteering, entrepreneurship and more? We're here for you! *CJE-CEC (FR/EN) is on the move!</p> <p>Phone number: (819) 457-4480 TikTok : toncec Website: toncec.ca Facebook: CJE-Carrefour Emploi des Collines</p> 		

La Maison de Jeunes Val-Jeunesse (FR/EN) in Val-des-Monts is a place for youth aged 8 to 17 where you can pursue your passions while having fun with peers. We have two service locations: Our main facility at 1, Chemin St-Joseph is open from Wednesday to Saturday, 6 PM to 9 PM. We are also present at the community center of Parc Thibault and in the gymnasium of École de la Colline at 24, Chemin du Parc on Saturdays from 2 PM to 5 PM.

La maison de jeunes



Phone number: (819) 457-4693

Facebook: Maison de jeunes Val-Jeunesse

How to Participate in the **Media Christmas Drive (FR/EN)?**

- You can make a donation online through our website or in person at our collection events throughout the region.
- Join us at our collection events to share a moment of solidarity with the community.
- Encourage your friends and family to participate and donate. The more of us there are, the greater our impact will be!



Website: guignolee.ca

Facebook: La guignolée des médias