



FAMILY PLANNER



2025-2026

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



THANK YOU !

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

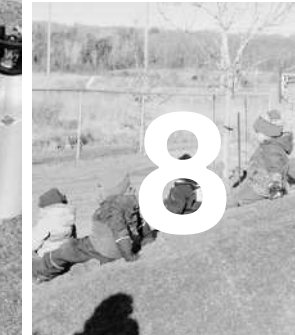


Hi! I am Rico the inclusive fox of the Collines-de-l'Outaouais !

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



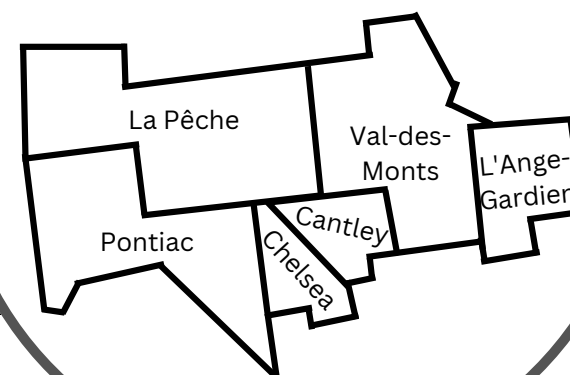


La Table de développement social des Collines-de-l'Outaouais (TDSO) is a group of multi-sector partners who work together to create, in an innovative and structured way, winning conditions to meet the social development challenges of local communities.

Mailing Address : 1694, montée de la Source | Cantley (Quebec) | J8V 3H6
Phone number : 873 655-TDSC (8372)
Website: www.tdsco.org
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



For young people aged 14 to 25

Proximity worker

CJE-Carrefour Emploi des Collines

1 (877) 770-2435, ext. 233

interventions@tonce.ca



For the agricultural community

Farmer wellness worker

Écoute Agricole

(873) 455-5707

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

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

Des Collines Senior's Services

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

itmav-ouest@servicesauxaines.org

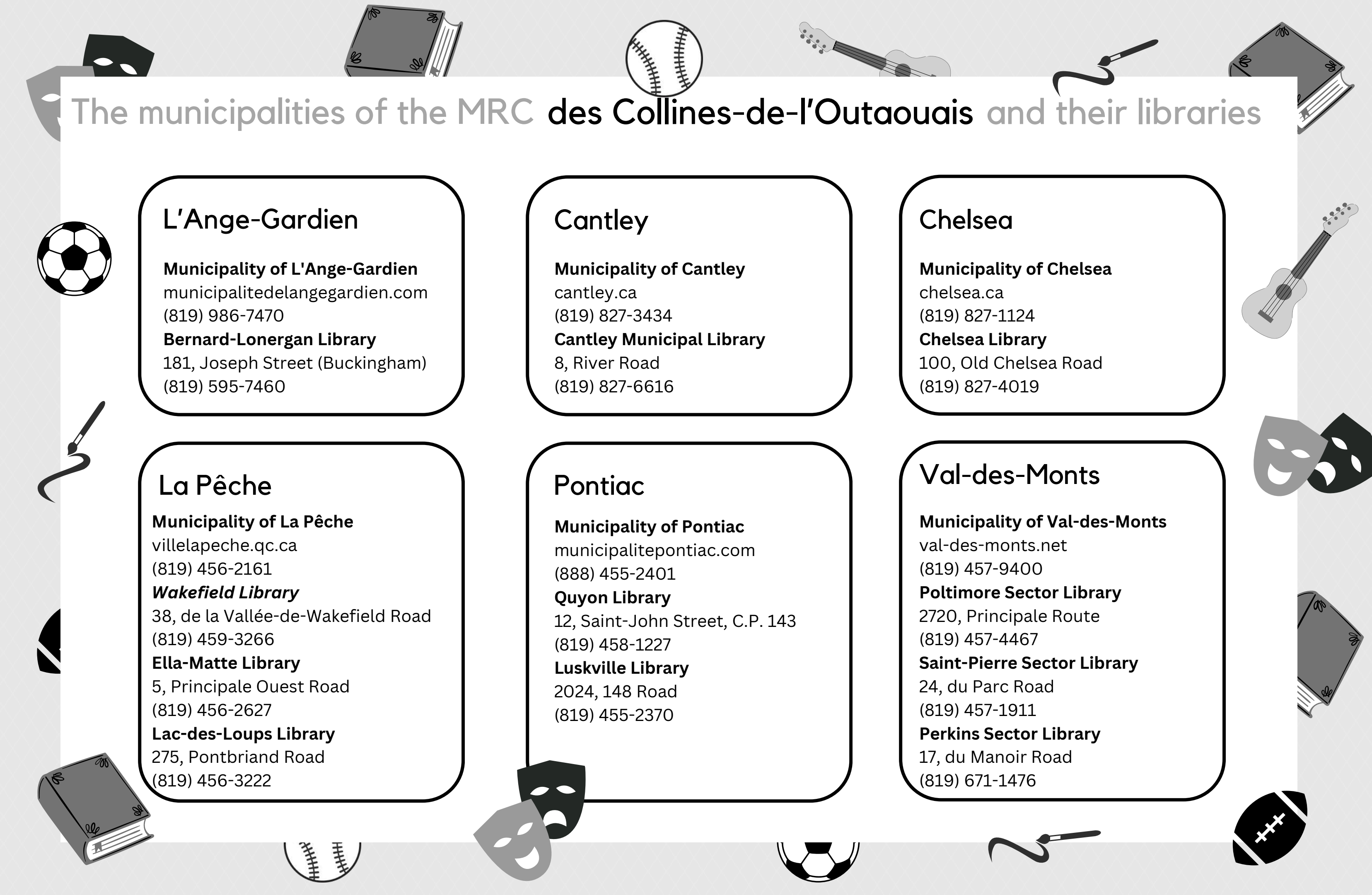
*Community Outreach Initiatives
for Seniors in Vulnerable Situations



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

Quyon 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)

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

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

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

Pontiac

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

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

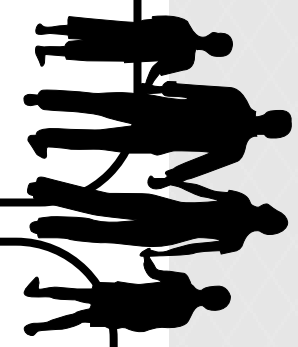
centreconnexions.org

(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

tabledesainesdescollines.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

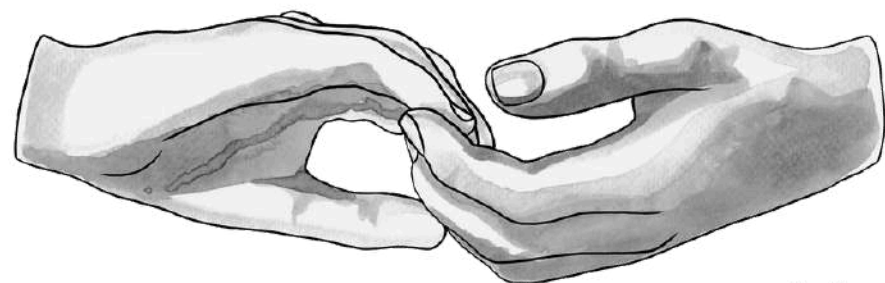
Transcollines

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



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



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

Québec

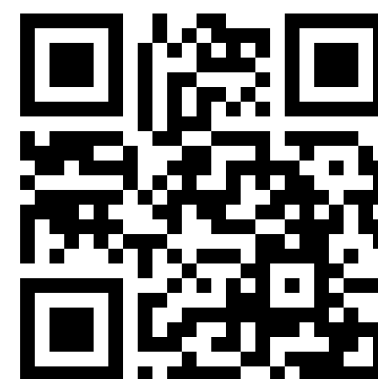
What is the Volunteer Heroes quiz ?

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

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

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

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	 	For familles Outreach worker - Ressources Contact des Collines Table de développement social des Collines-de-l'Outaouais (873) 655-8372 ressources@tdsco.org 		

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

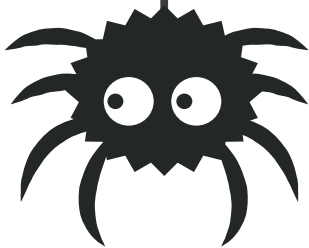


LA MAISON DES COLLINES

Garage sale to fundraise for La Maison des Collines



Notes:



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



October 2025

 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 For young people aged 14 to 25 <i>Proximity worker</i> <i>CJE-Carrefour Emploi des Collines</i> 1 (877) 770-2435 poste 233 interventions@toncec.ca			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	

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 !

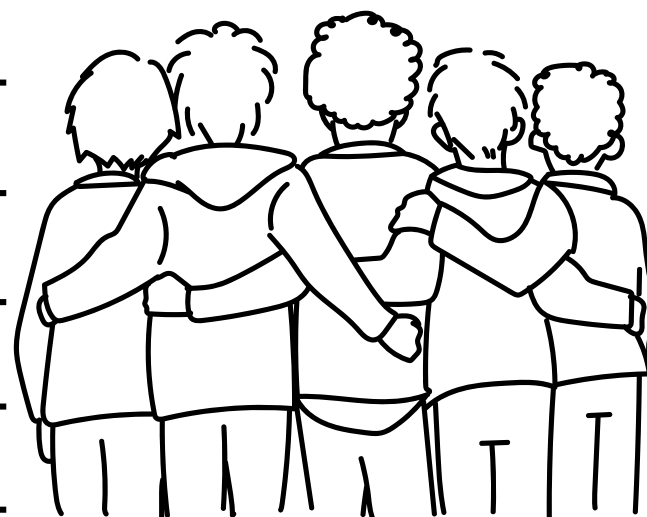
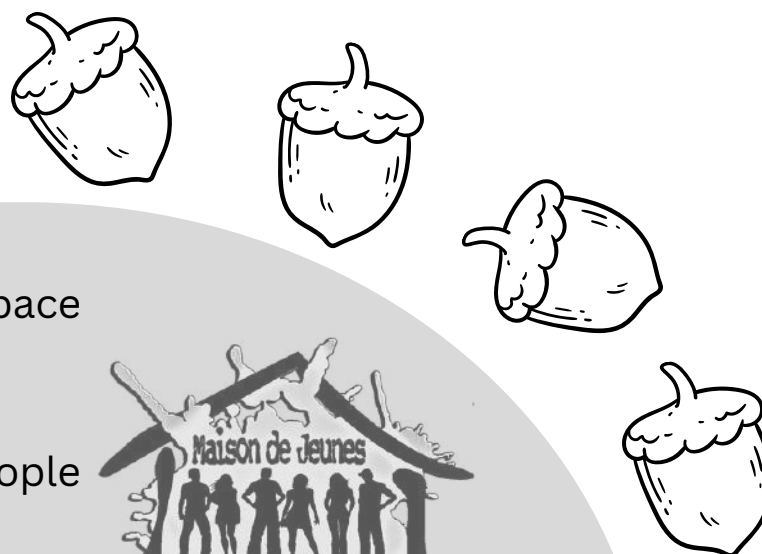
 (819) 456-1100

 La maison de jeunes - Le Mashado

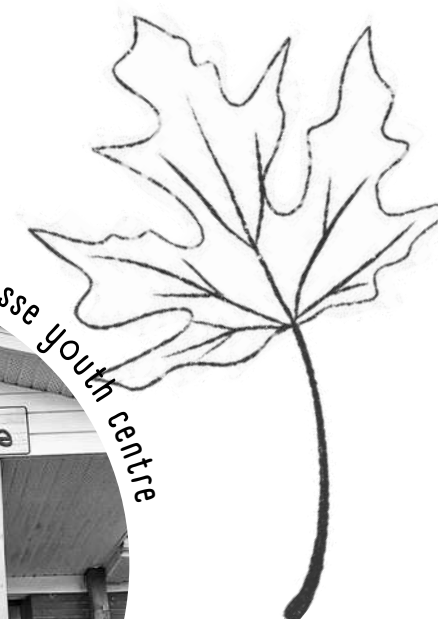
 www.mashado.ca

Notes:

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
 	 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 COISVS* West region (La Pêche, Chelsea, Pontiac) Des Collines Senior's Services 1-(855) 662-4637, ext. 246 itmav-ouest@servicesauxaines.org					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



Cantley - Val-des-Monts

Drawing activities in the snow



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.

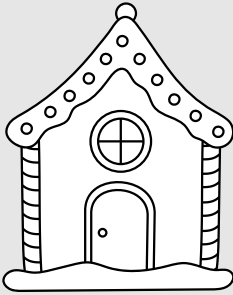
-  (819) 456-4696
-  Maison de la famille l’Étincelle

Notes:



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 ?

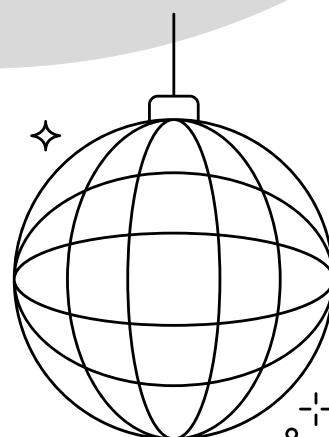
But what is a community fridge ? A community fridge is a refrigerator accessible at all times and to everyone, usually installed in a public or community location.

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

Notes:



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.

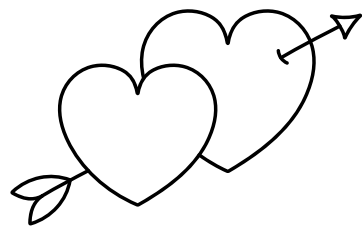


(819) 665-3819

January 2026

 = Public holidays according to the CNESST

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



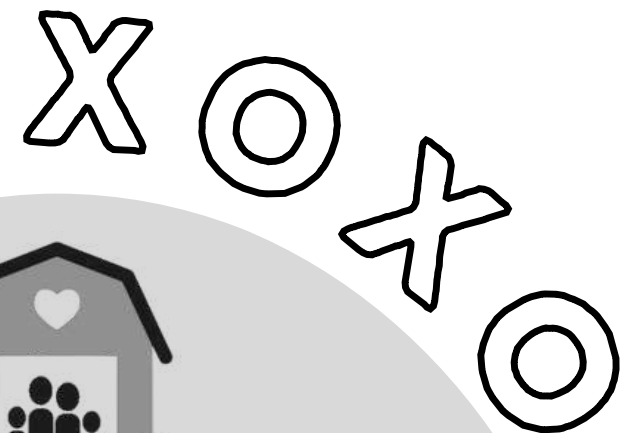
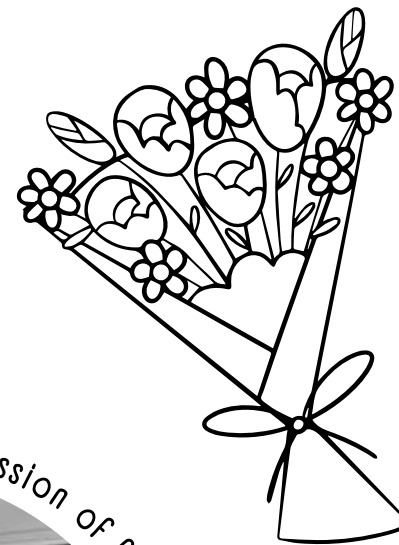
(873) 655-8372



www.tdsco.org/projets/les-éclaireurs



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 !



(873) 455-5707



Audrey Arcand Écoute-Agricole



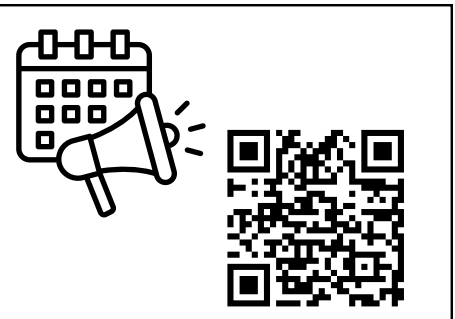
www.ecouteagricole.com

Farmer wellness workers



Notes:

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



Participants of the 2024 AGM



A few attendees of La Lanterne



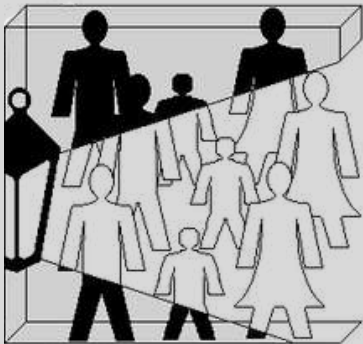
La Lanterne is an organization dedicated to valuing individuals living with intellectual disabilities and raising community awareness of their needs.

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

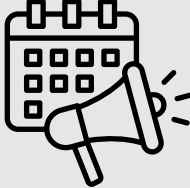
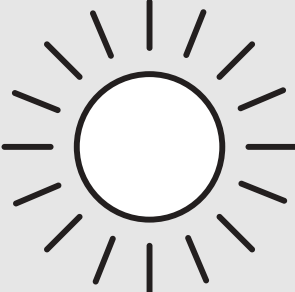
Notes:



- (819) 456-4896
- La Lanterne
- 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.

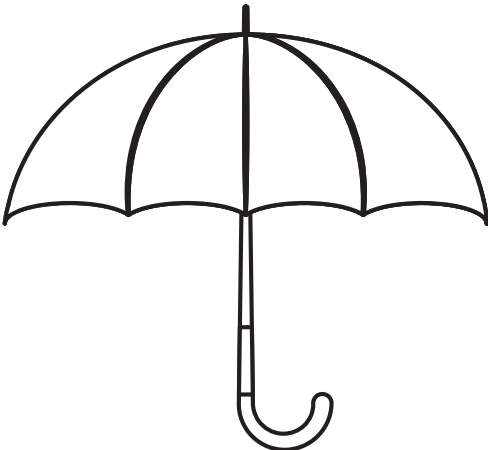
A team is available at all times, day or night, including weekends, to offer accommodation, support for mothers and their children, listening and support services, as well as violence prevention activities.

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

-  1 (844) 636-3977
-  Maison d'INGRID
-  www.maisondingrid.com



Notes:



MAISON
Libère-Elles

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.

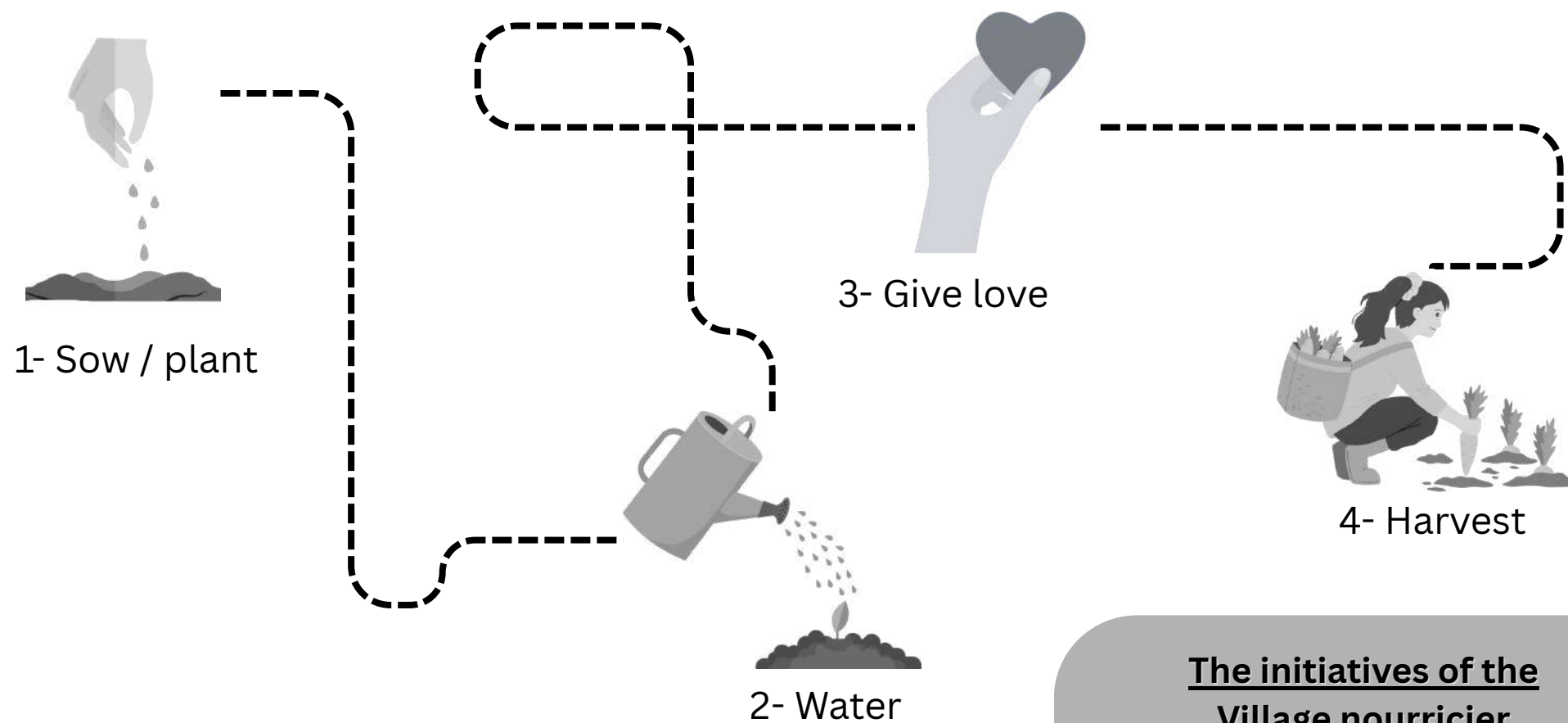
-  (819) 827-4044
-  www.maisonlibere-elles.ca
-  Maison Libère-Elles

April 2026

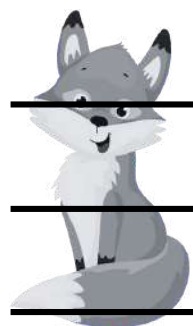


● = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 For families <i>Outreach worker - Ressources Contact des Collines</i> Table de développement social des Collines-de-l’Outaouais (873) 655-8372 ressources@tdsco.org			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
26	27	28	29	30	May 1st	
National Volunteer Week (from the 25th to the 1st of May)						



Notes:



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.

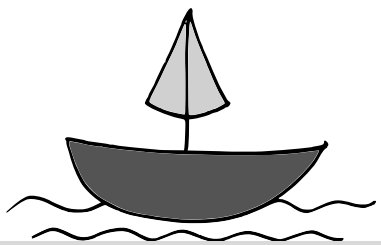
 (873) 655-8372

 Le Village Nourricier de Masham

May 2026

 = Public holidays according to the CNESST

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



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

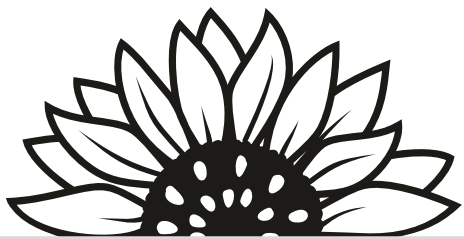


June 2026



 = Public holidays according to the CNESST

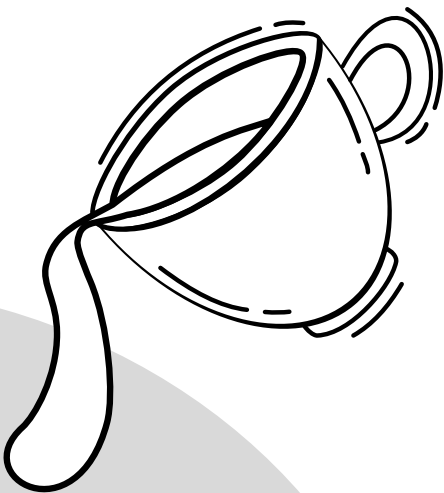
Sunday	Monday	Tuesday	Wednesday	Tuesday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 World Elder Abuse Awareness Day	16	17	18	19	20
21 Summer Solstice Father's Day	22	23	24 Saint-Jean-Baptiste Day	25	26	27
28	29	30	 	 For young people aged 14 to 25 Proximity worker CJE-Carrefour Emploi des Collines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



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

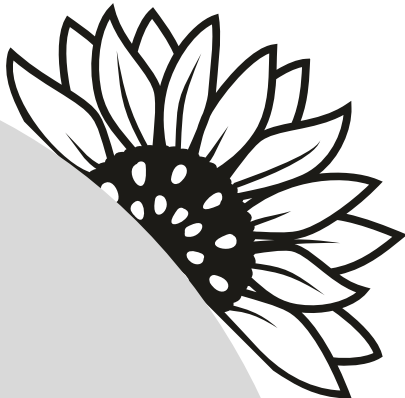


The volunteer team of the Petit Traiteur



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.

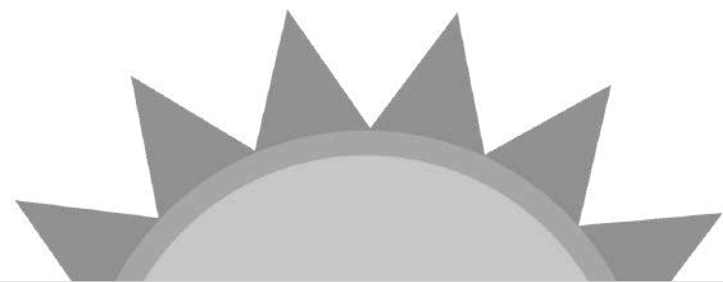
To sign up for this program, contact us!

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

July 2026

 = Public holidays according to the CNESST

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



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.

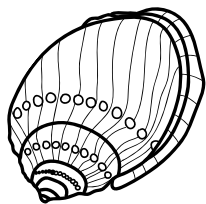
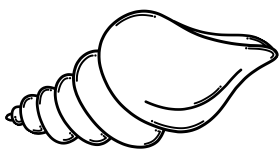
Our organization aims to promote the physical and mental well-being of young people, their autonomy and the development of their critical thinking skills.

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



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

Notes:



August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 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 COISVS* West region (La Pêche, Chelsea, Pontiac) Des Collines Senior's Services 1-(855) 662-4637, ext. 246 itmav-ouest@servicesauxaines.org						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



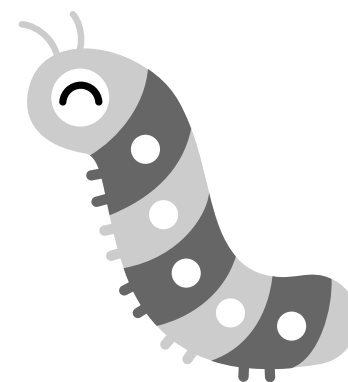
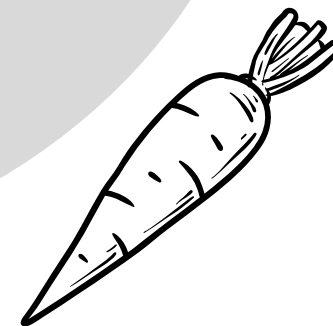
Le Grenier de Collines - Banque alimentaire



www.legrenierdescollines.com

Notes:

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

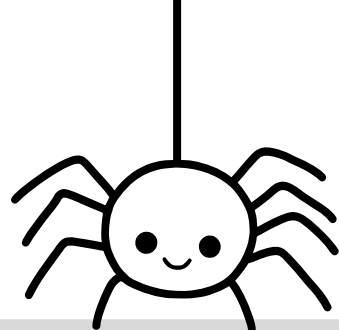


www.centreconnexions.org

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	 For families Outreach worker - Ressources Contact des Collines Table de développement social des Collines-de-l'Outaouais (873) 655-8372 ressources@tdsco.org		



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.

Maison
le Ricochet

Walk for Mental Health Week



(819) 456-4230

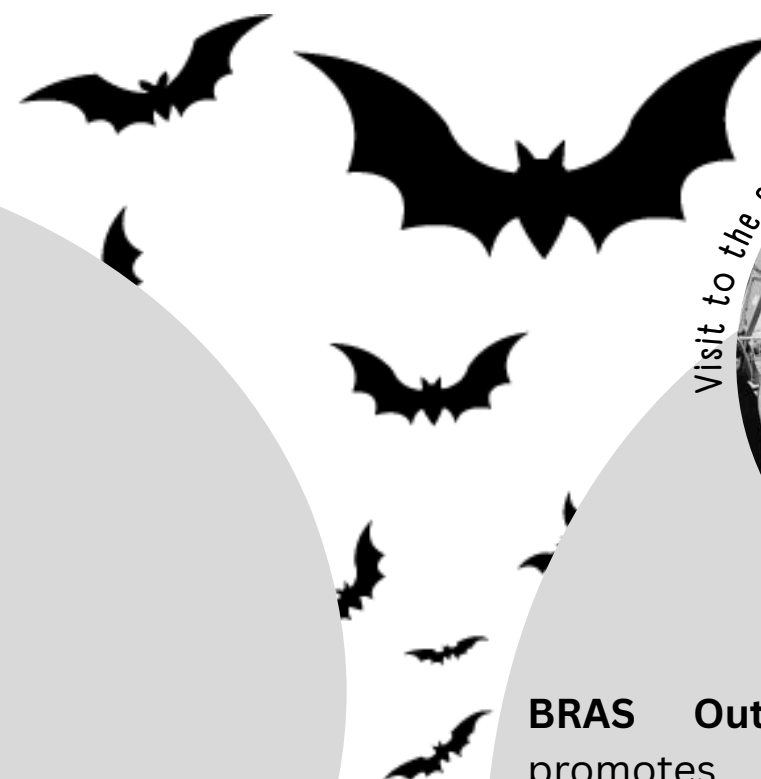


Maison le Ricochet



www.maisonlericochet.com

Notes:



Visit to the construction site for the Lemieux-Tremblay project



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



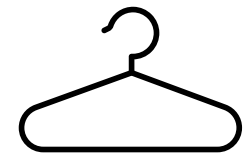
www.lebras.qc.ca



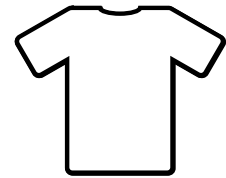
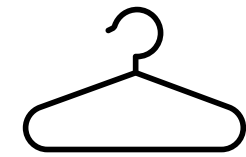
October 2026

 = Public holidays according to the CNESST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 For young people aged 14 to 25 <i>Proximity worker</i> <i>CJE-Carrefour Emploi des Collines</i> 1 (877) 770-2435 poste 233 interventions@tonceec.ca			 	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



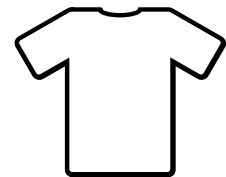
The thrift stores in your area



RECYK-T-FRINGUES

1694, montée de la Source (307), Cantley

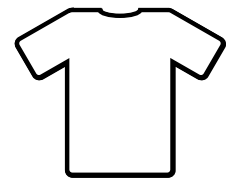
EVERY WEDNESDAY FROM 1 PM TO 7 PM



LES TROUVAILLES DE LA COLLINE

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

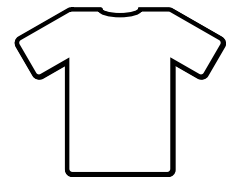
FROM WEDNESDAY TO
SATURDAY FROM 11 AM TO 4 PM



FRIPERIE CÔTE DU VILLAGE

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

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

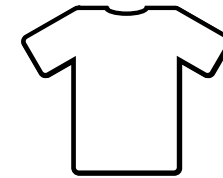


LE COMPTOIRE DE ST-VINCENT DE PAUL DE ST-PIERRE DE WAKEFIELD

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

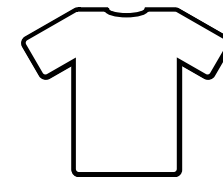
Notes:



CHELSEA FRIPERIE QUASI NEUF

212, Old Chelsea Road, Chelsea (Old Chelsea)

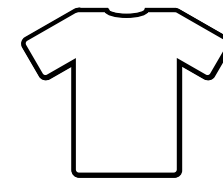
CHECK THE FACEBOOK PAGE FOR SCHEDULES



LA MAISON DE LA FAMILLE DE QUYON

1074, Clarendon Street, Pontiac (Quyon)

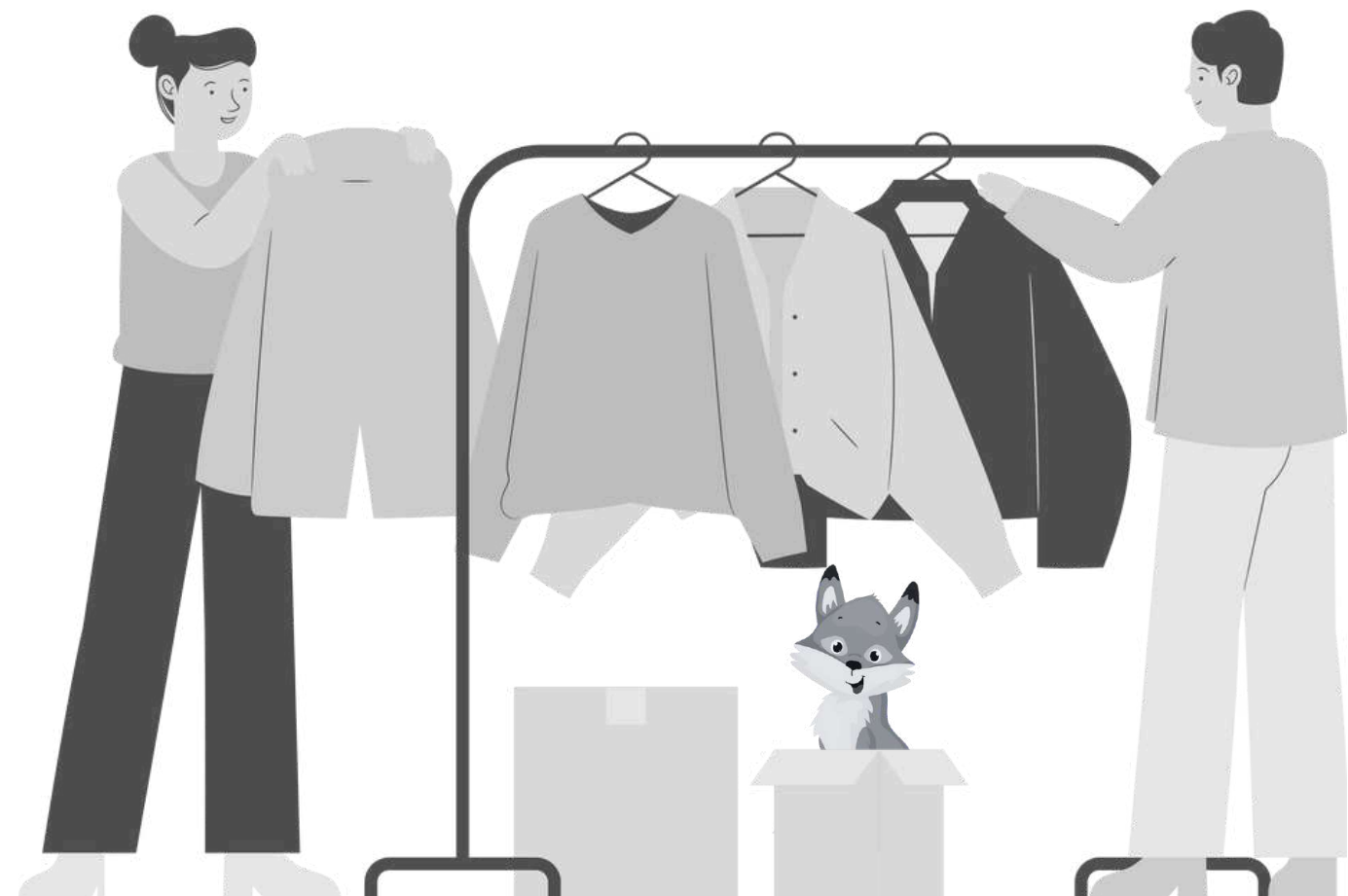
MONDAY AND WEDNESDAY FROM 9 AM TO 4 PM



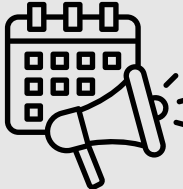
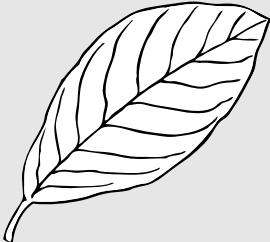
TRÉSORS DE RUPERT TREASURES

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	  For the agricultural community Farmer wellness worker Écoute Agricole 873 455-5707 tr.outaouais.ouest.ea@gmail.com				



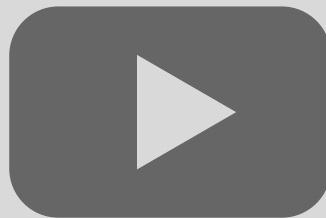
Do you want to discover inspiring projects that are making an impact in your community? Go check out the **TDSCO YouTube channel!**

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:



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



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
21 Winter Solstice	22	23	24	 25 Christmas	26	27
20	28	29	30	31	Rico appears 17 times in total!	