

REGISTRATION

STARTING AUGUST 30, 2021
AND THROUGHOUT THE YEAR

MEMBERSHIP CARD \$ 12

LIMITED NUMBER OF PLACES

ACTIVITIES BEGIN

ON SEPTEMBER 7, 2021

OPENING HOURS

MON. - THU.

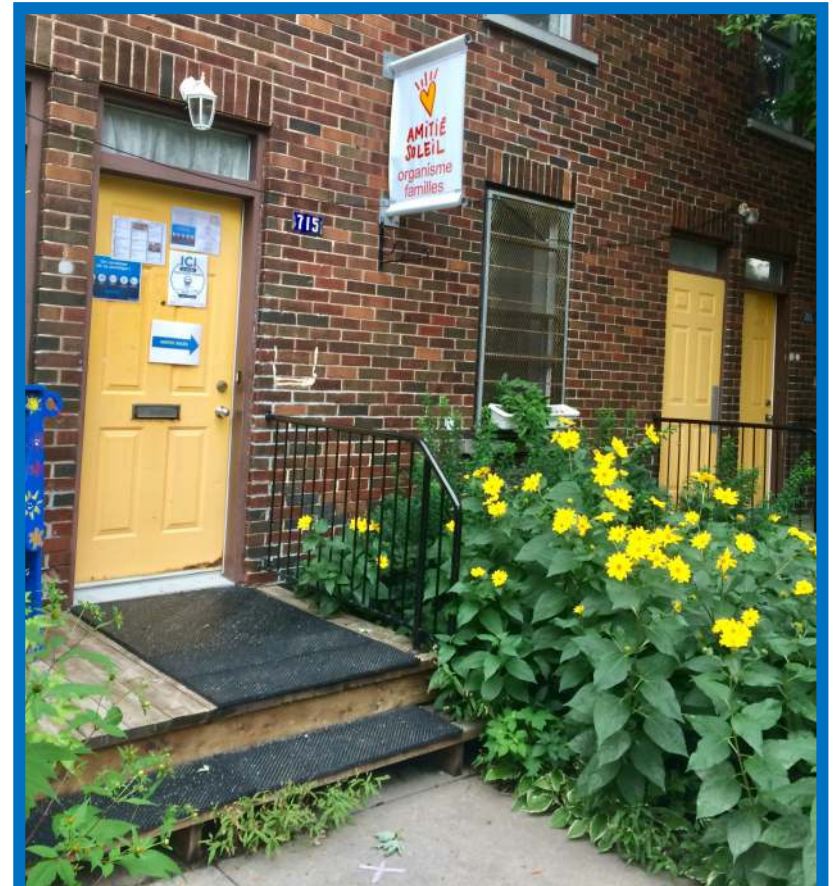
8:30 - 4:30 pm

FRIDAY

8:30 - 12:00 pm

CLOSED

12 - 12 h 45



AMITIÉ SOLEIL
organisme familles

- SOFT GYMNASTICS
FELDENKRAIS METHOD (PARENTS)
Raising awareness through movement
January 13, January 27, February 3,
February 10, February 17, March 3,
March 10, March 17, March 31
from 1:15pm to 2:15pm
DROP-IN DAYCARE OFFERED
- ÉVEIL MUSICAL (PARENTS/ENFANTS)
November 18, December 9,
January 20, February 24, March 24
from 1:15pm to 2:15pm
- DROP-IN DAYCARE
EARLY STIMULATION
(from 0 to 2 years old)
Spaces available at all times
DROP-IN DAYCARE NEW
Friday morning / Saturday morning
and afternoon

New Perinatal Program

OFFERED TO PARENTS WITH
CHILDREN 0 TO 2 YEARS OLD
FALL - WINTER
FREE



PARENT/CHILD WORKSHOP 0-2 YEARS
Monday 9:00 am - 11:45 am

INFORMATION AND REGISTRATION

514 937 5876

Centre intégré
universitaire de santé
et de services sociaux
du Centre-Est de
la Ville de Montréal
Québec

Follow us on FACEBOOK and check your emails
regularly for changes

715, CHATHAM STREET
MONTRÉAL (QUÉBEC)
H3J 1Z3



514 937-5876

amitiesoleil@qc.aira.com
amitiesoleil.org

AMITIÉ SOLEIL is a community organization for
FAMILIES from Little Burgundy, St. Henri and
surrounding neighbourhoods.

Our mission is to provide families with a place of their own, a living space where they can take a break in order to help them improve their quality of life and break their isolation. We aim to support families in their efforts to integrate, in their personal development and in moving toward greater independence.



HOMEWORK HELP

CHILDREN FROM 6 TO 12 YEARS OLD

Accompaniment during the children's passage from École de la Petite-Bourgogne to Amitié Soleil

Accompaniment of the students during their homework according to their needs and their levels

Reading, educational games, fun and artistic activities

SCHOOL SUPPORT

PARENTS AND CHILDREN FROM 5 TO 12 YEARS OLD

Accompaniment of parents and children

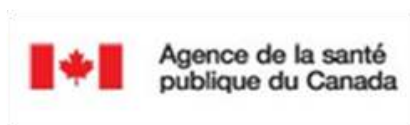
Implication of the parents in their children's school success

Reading of the agenda, follow-ups:

Notes from the teachers, the professionals and the parents, correspondences and school forms

Promote and encourage autonomy

TOGETHER WE WORK FOR SCHOOL PERSEVERANCE



MONDAY

ADULT PROGRAMMING

SEWING 1 & 2

14 \$ / session

9:00 am -11:45 am
1 pm - 3:30 pm

FRANÇAIS 2

9:00 am -11:45 am

TUESDAY

FRANÇAIS 1

9:00 am - 11:45 am



WEDNESDAY

FRANÇAIS 1

9:00 am -11:45 am

PAINTING

9:00 am - 11:45 am

14 \$ / session

COMMUNITY MEAL

Last Wednesday 3 \$
of every month

POTLUCK

Occasionally at special events

Events

THURSDAY

FRANÇAIS 1

9:00 am - 11:45 am

FRANÇAIS 2

9:00 am - 11:45 am

HEALTHY LIFESTYLE HABITS NURSE

One-on-one sessions
9:30 am - 11:45 am

FRIDAY

DROP-IN DAYCARE

8:30 am - 11:30 am

KIDS

1 month -2 years / 2 - 5 years

ACTIVITIES PARENTS-KIDS

9:00 am - 11:45 am

DROP-IN DAYCARE

13:00 am - 15:30 am

ÉDUC'AMUSE

Early childhood stimulation

2 à 5 years

9:00 am - 11:45 am

DROP-IN DAYCARE

9:00 am - 11:45 am

DROP-IN DAYCARE

9 : 00 am - 11 : 45 am

ACTIVITIES PARENTS-KIDS

1:00 pm– 3:45 pm

ÉDUC'AMUSE

Early childhood stimulation

2 à 5 years

9:00 am - 11:45 am

DROP-IN DAYCARE

9:00 am - 11:45 am

DROP-IN DAYCARE

1:00 pm - 3:30 pm

SATURDAY

DROP-IN DAYCARE

9:00 am - 11:45 am & 1 pm-3:45 pm

SCHOOL-AGE CHILDREN

6-12 years

HOMEWORK HELP

6-12 years

3:00 pm - 6:00 pm



SCHOOL SUPPORT

Parents - Kids

3:00 pm - 6:00 pm



HOMEWORK HELP

6-12 years

3:00 pm - 6:00 pm

SCHOOL SUPPORT

Parents - Kids

3:00 pm - 6:00 pm

SOON

FRANÇAIS

The purpose of the workshops is to allow participants to become familiar with the French language and to begin to interact in French in their Montréal environment.

LEVEL 1 - LEVEL 2

PARENTS AND KIDS

Activity that allows parents to have fun with their children

Diversified programming

Guaranteed pleasure!



PRENATAL / POSTNATAL

Meetings at Amitié Soleil

Registration at

CLSC of St-Henri

514 933-7541

ÉDUC'AMUSE

EARLY STIMULATION

2-5 YEARS

The Educ'Amuse early stimulation workshops are designed for children aged 2 to 5 and help to increase the different spheres of the child's global development (cognitive, socio-affective, linguistic, fine and gross motor skills).

Preparation for the transition to school
Educational games, fun and creative activities, outings and special events

DROP-IN DAY CARE

EARLY STIMULATION

DROP-IN DAY CARE BABIES

EARLY STIMULATION

Workshops that focus on the global development of children through various activities:

Awakening to reading and writing, educational games, creative activities and outings

Allow parents with children from 6 months to 5 years to participate in the workshops of Amitié Soleil.

AGENTE DE MILIEU

OUTREACH WORKER

With or without an appointment

Greets and supports immigrant FAMILIES,
Helps to discover the local society's various systems

Assistance in filling out and reading official forms and documents

REFERENCES

CIVIC PARTICIPATION

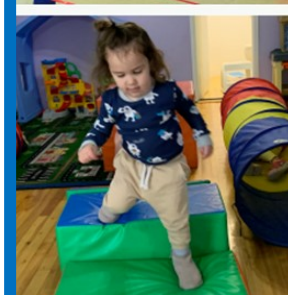
NURSE

HEALTHY LIVING HABITS

**Free individual meetings
Without an appointment
Thursday**

9 :00 - 12:00 pm

If you have questions about your health, the nurse is there to support you and refer you if necessary



A GREAT TIME FOR PARENTS AND CHILDREN

Indoor Park

FREE!

MOTOR SKILLS
FOR 0-5 YEAR OLDS

Petite-Bourgogne
Griffintown
Saint-Henri

Centre Tyndale St-George
870, Square Richmond

9:30am to 12:30pm

Monday 15
Tuesday 16
Wednesday 17

- February 15
- March 1
- March 20

VACCINE PASSPORT
REQUIRED

INFORMATION AND REGISTRATION

Amitié Soleil : 514-937-5876

Tyndale St-George : 514-931-6265

