

# Spring 2026 Calendar

from March 16 to April 30



Monday

Tuesday

Wednesday

Thursday

Friday

16

17

5:30p.m. Preparing for Kindergarten  
I prepare my lunch box

18

19

20

9:30a.m. Parent-child  
Craft project for Autism Awareness Month



23

24

5:30p.m. Preparing for Kindergarten  
I move and I craft



25

9:30a.m. Community coffee chat  
Ink and relaxation  
5:30p.m. Dad time  
Cooking activity



26

9:30a.m. Parent-baby  
Music with Tre Puntì

27

30

31

5:30p.m. Preparing for Kindergarten  
Exploring the World of Emotions

1

5:30p.m. Dad time  
Cooking activity



2

«Communautaire à boutte»  
Strike day

3



6



7

9:30a.m. Baby Cooking

8

5:30p.m. Dad time  
Cooking activity



9

9:30a.m. Parent-baby  
Painting in diaper

10

9:30a.m. Parent-child  
Cooking



13

14

9:30a.m. Alumni Coffee

15

9:30a.m. Community kitchen  
(First meeting)

16

9:30a.m. Parent-baby  
Sign language

17

9:30a.m. Community kitchen  
(Second meeting)

20

Volunteer Action Week

21

9:30a.m. Community coffee chat  
Conference on marriage, civil union and parental union

22

9:30 Volunteer Brunch



23

9:30a.m. Parent-baby  
Chat and Potluck

24

9:30a.m. Parent-child  
Craft  
1:15p.m. Breastfeeding drop-in and babywearing clinic. ACHIM



27

Mid-term transition week

28

29

30

1

March

April



# Information and special activities

## Holidays and Mid-Term Transition Week

April 3 and April 6

April 27 to May 1, transition week

## « Le communautaire à boutte »

Strike on April 2 (more info to come)

## Volunteer Action Week


From April 19 to 25

Volunteer Brunch  
April 22



## DESCRIPTION OF ACTIVITIES


### ACTIVITIES FOR PARENTS


 Community coffee chat: Group of parents of children aged 1 to 5 years with the aim of promoting the enrichment of their parental experience.

 Alumni Coffee : Meeting between parents who were former members of Station-Familles.

 Breastfeeding: Support meetings for all parents.

VIP: Individual meetings with a counselor on request.


 Community kitchen : An activity for parents where, during the first meeting, we choose a recipe, and at the next session, we prepare it together and take our dishes home.

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  - Activities specially adapted for people in the process of learning French.
  - Activities specially adapted for people in the process of francization
  - Activities specially adapted for people in the process of learning French
  - Activities specially adapted for people in the process of franchising


### ACTIVITIES FOR CHILDREN

 Drop-in daycare: Drop-in daycare service for children from 0 to 5 years old.

### FAMILY ACTIVITIES

 Parent-baby: Parent-baby dyads from 3 to 12 months with the aim of promoting the enrichment of the parental experience, increasing the well-being of the parent and promoting parent-baby attachment.

 Baby Cooking: A cooking workshop with and for babies. Together, we cook, and you leave with your dishes.

 Parent-child activities: Parent-child workshops allowing you to share a special moment with your child around themes such as the cooking workshop.

 Dad time: Dad and kids cooking together

 Preparing for Kindergarten: Information and workshops to help prepare children for starting kindergarten.

Registration opens on Amilia on March 9.

Please note that in anticipation of the expansion work, our activity schedule is reduced. Activities planned for May and June will be announced later.

Our schedule and activity locations may change due to the ongoing construction. We'll keep you updated.



For more information about our activities, please visit our website or contact us at 514-762-2525

