

# WINTER 2026 CALENDAR

from January 12 to March 6

Monday

Tuesday

Wednesday


Thursday

Friday

12

13

14  
9:30a.m. Community coffee chat  
Cookie Ball

15  
9:30a.m. Parent-baby Sign language 

16  
9:30a.m. Parent-child Craft

19

20 

21  
9:30a.m. Community coffee chat  
Crafting a baby mobile  
1:30p.m. Seminar Childhood illnesses  
5:30p.m. Dad time Cooking activity

22  
9:30a.m. Parent-baby Massage for little boo-boos  
5:30p.m. Seminar Information on Starting Kindergarten


23

26


27  
9:30a.m. Alumni Café

28  
9:30a.m. Baby Cooking  
1:30p.m. Seminar Mom-Mode Learning  
5:30p.m. Dad time Cooking activity

29  
9:30a.m. Parent-baby Story time  
6:00 p.m. Perinatal grief support group

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

2


3  
1:30p.m. Meeting Menstrual health   
5:30p.m. Preparing for Kindergarten Early literacy: I create and tell stories


4  
9:30a.m. Community coffee chat  
Kumihimo Bracelet  
5:30p.m. Dad time Cooking activity

5  
9:30a.m. Parent-baby Homemade toys


6  
9:30a.m. Seminar Learn about the parental union regime with FAFMRQ

9  
9:30a.m. Cuisine collective (First meeting)

10  
9:30a.m. Cuisine collective (Second meeting)   
5:30p.m. Preparing for Kindergarten I move and I craft

11   
9:30a.m. Community coffee chat  
A kind word each day

12  
9:30a.m. Parent-babynt-baby Crafting of Love


13   
9:30a.m. Valentine's Day breakfast

16

17   
5:30p.m. Preparing for Kindergarten I prepare my lunch box


18  
9:30a.m. Baby Cooking  
1:30 p.m. Seminar Baby-led weaning (BLW)  
5:30p.m. Dad time Cooking activity

19  
9:30a.m. Parent-baby Babywearing Workshop


20  
10:00a.m. Story time 0-5 years 

23  
1:15p.m. Seminar Budget Basics 


24  
9:30a.m. Alumni Café  
5:30p.m. Preparing for Kindergarten Exploring the World of Emotions

25  
9:30 Coffee and discussion Self-setting clay   
1:30p.m. Seminar Traveling with baby  
5:30p.m. Dad time Cooking activity

26  
9:30a.m. Parent-baby Chat and Potluck  
6:00p.m. Support Group for Perinatal Bereavement

27  
9:30a.m. Parent-child Cooking   
1:15p.m. Breastfeeding drop-in and babywearing clinic. ACHIM

2  
March break

3 

4

5  
Outing to the Ecomuseum Zoo  
6:00p.m. First Aid for Parents

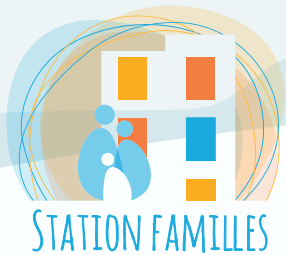
6

January

February

March

REGISTRATION OPENS  
DECEMBER 15 AT 9 A.M.



# INFORMATION AND SPECIAL ACTIVITIES

**Family activity  
March break**  
Outing to the  
Ecomuseum Zoo on  
March 5

**Valentine's Day  
Breakfast**  
February 13 at 9:30 a.m.

**Winter Party  
With Concertation Ville-  
Emard / Côte St-Paul**  
February 15  
February 21, from 10:00  
a.m. to 2:00 p.m.  
Parc De La Vérendrye

**First Aid (CPR) for  
Parents**  
March 5, from 6:00  
p.m. to 8:00 p.m.



## 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 Café:** Meeting between parents who were former members of Station-Familles.

 **Breastfeeding:** Support meetings for all parents.

**VIP:** Individual meetings with a counselor on request.

**Perinatal grief support group:** Group support meetings facilitated by two counselors. Each meeting will cover a different topic related to the reality of perinatal grief.


**Seminar:** Information meeting on a specific topic to inform parents and answer their questions.

 **Cuisine collective:** 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.

### ACTIVITIES FOR CHILDREN

 **Daycare:** Daycare service for children aged 0 to 5.

### 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.

**Story Time:** Parent-child workshops to early literacy

 **Dad time:** Group meetings between dads around different activities. Some activities will take place with baby (see calendar).

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

**All registrations are  
done through Amilia.  
Please don't hesitate  
to contact us if you  
encounter any issues  
during your  
registration.**



- Activités spécialement adaptées pour les personnes en cours de francisation
- Activities specially adapted for people in the process of francization
- Actividades especialmente adaptadas para personas en proceso de francización
- फ्रैंचाइज़ेशन की प्रक्रिया में लोगों के लिए विशेष रूप से अनुकूलित गतिविधियाँ



**For more information about our activities, do not hesitate to go to our website  
at [www.stationfamilles.org](http://www.stationfamilles.org)**