

# The Quyon Family Centre

The **Quyon Family Centre** is a non-profit community organization.

## Our mission:

To welcome, gather and support all families from Quyon, Luskville, Bristol and surrounding areas.

To promote mutual aid and solidarity values.

To organize prevention and stabilization activities.

To recognize each family's competences and encourage their empowerment.

To defend and promote the rights and interests of the family.



## History

The Quyon Family Center was founded in 1995 through the initiative of a group of citizens and the CLSC of Quyon. The organization, located then in the Sisters of St-Mary's on John Street, offered a meeting place for discussion and educational activities for young and old. The organization offered a community kitchen program, clothing exchange, game workshops for preschoolers and activities for teenagers. The following year, the first salaried director was hired and several other programs were implemented.

Since 2002, the Quyon Family Centre has been located in the establishment on Clarendon Street, which also houses a clothing counter.<sup>1</sup>

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<sup>1</sup>Maude-Emmanuelle Lambert  
repéré :<http://www.municipalitepontiac.com/en/history-and-heritage/support-groups-and-citizens-groups/> )

## Our Activities

### Parent-Child Playgroups

The parent-child playgroups are sponsored by the *Community action for children programs* with Health Canada. It is intended for children aged 0-5 years, accompanied by a parent/sponsor.

This activity of early stimulation promotes social, intellectual, cognitive, sensory and creativity development. The workshops also support parent/child relationships through play. We offer a group in French and one in English. Playgroups are a weekly activity from September to June.

### Parent's Committee and Gym day

The parent's committee has the main goal of organizing special activities, and fundraisers to support those activities (ex: Tubes et jujubes, museums...) Meetings are usually every month and are open to participants from both English and French groups. This is a great way to include our families in the decision process and to empower them. During the meeting, children play beside the parents in a gymnastics setting.



### Get-Together

These meetings take the form of a structured activity where participants from both playgroups get to meet, make new friends and expand their network. The special activities or outing (chosen by the parent committee) are held during the get-together. This activity takes place all year long, even during the summertime.



## Craft Workshop

The Craft Workshop is an opportunity for women to combat isolation, take time for themselves, create mutual aid, develop their creativity and friendships, and improve their self-esteem all the while creating unique and fun crafts. The activity takes place one evening a month from October to June. Our animator is very creative and resourceful, and always finds ways to reuse unexpected materials and objects.



## Nobody's Perfect ("Y'app")

Nobody's Perfect is a place where parents can meet with other parents of young children (ages 0–5), share questions, concerns and ideas about being a parent, learn about child development, safety, health and behaviour, talk about real-life parenting experiences, work together with the support of the animators, and discover ways of positive parenting. Sessions focus on themes and topics most relevant to the parent participants in the group rather than on a predetermined agenda from a book.

## Meet & Greet

Meet & greet welcomes over 15 participants each Thursday afternoon. They pay 2\$/meal and the money allows us to buy food and serve them a light meal each week. Some prefer to contribute with something they brought from home, and some will take home leftovers.

This is an activity that reaches mainly to our seniors but any adult is welcome.



## Collective Kitchen

A group of participants meet and cook meals together once a month that they have chosen the previous month. A daycare service is available to them.



### Little Grasshoppers

This activity, in partnership with *Pontiac en forme*, answers to a need for more physical activity for young children. Our animator welcomes families and children 0-5 years-old and they enjoy the bouncy structure, balance beam, balls and a lot more equipment!



### Babysitting Course and Home Alone

We offer the Babysitting course and the Home Alone course which provide children 8 years and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.

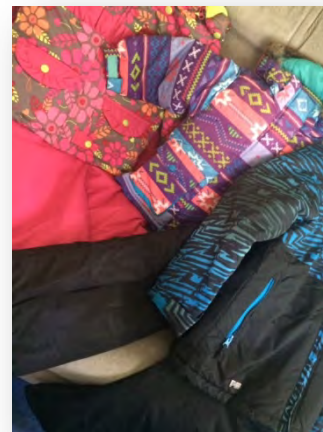
### Bingo

Our monthly bingo evening is a fundraiser, a gathering activity for the community and a way to be present and known in the community.

## Our Services

### Snowsuit Fund

This service provides snowsuits to low-income families (children 0-12 years-old). The Fund was created by the Family Center and is financed by donations and fundraisers in the community.



Our snowsuit fund is now well established in the Municipalities of Pontiac and Bristol.

The price per suit has slightly increased to 25\$ and 20\$ for the 3<sup>rd</sup> child+/family. This service is essential for many families.

This program is funded by Centraide Outaouais. Low-income families can purchase school supplies and pay only 25% of the cost and without travelling to the city. We prepare the materials based on the children's respective school lists. Families come and pick up their carefully prepared supplies in a dignified manner with their anonymity in mind.

### Clothing Counter

The Clothing counter is a resource center where people can get merchandise consisting of clothes, accessories for all ages, baby items, bedding, kitchen items, toys, and books at a very low price.

The clothing counter also helps to reduce the effects of poverty, combat isolation, and create a place of sharing and solidarity. Donations come from the surrounding community.

The clothing counter is a place for everyone to shop!



### Back to School Program

### Income Tax Clinic

The Family Centre was very proud to offer a free income tax clinic for the first time for low-income families from the community. We are now partners with the Community Volunteer Income Tax Program (Canada Revenue Agency). This service is offered once a week during the month of March, plus one evening.

### CLIC OPEQ Program

This program allows low-income families to purchase a refurbished desktop computer at a low cost. Intended for family use, this computer will play a significant role in the academic and or professional journey of all family members.

### Photocopy and Fax service

This service is constant and meets a need in the community. Customers appreciate the warm welcome and can make copies and send documents for work, school, etc.



program is offered and animated by the CISSSO

## Our Collaboration

### Le Grenier des Collines, Food Bank

The sharing-store is now located at the Quyon Family Center. Once a month, low-income families can come and purchase food at a low cost. They also offer emergency food assistance. This combined service is much appreciated.

### Le Bonhomme à lunette

Le Bonhomme à lunettes is a nomadic optician working with community organizations. Their mission is to offer affordable glasses to everyone!

### Program PAPFC

This program is targeted at children aged 0 to 12 and their parents living in conditions of distress (social, family, economic, cultural poverty) and are facing significant difficulty integrating into the community. It offers services and activities aimed at ensuring children's optimal development, reinforcement of the psychological availability of parents, and the family's integration into the community. This

### French Workshop

The « Comité 0-5 ans de la TDSP » and the Quyon Family Center are offering sessions in a relaxed setting where a qualified French teacher helps participants learn new vocabulary and gain confidence when reading or speaking French.

### We also work in partnership with the following organizations:

#### **CIEL**

The mission of the *Centre intégré d'employabilité locale des Collines (CIEL)* is to assist people in reintegrating into the workforce.

#### **CALAS**

Le CALAS de l'Outaouais is a not profit organization that offers support to female victims of sexual abuse and that stands against violence to women.

#### **CISSSO**

Occasionally, a psycho-educator and an ortho-therapist come to the Family Center to offer sessions for people in the area.



life for individuals and families of the Pontiac.

The gym will be located within walking distance from the Family Center on Clarendon Street, and we are hoping to open in the spring of 2018.

Our NEW and exciting project

## The Community GYM

The Family Center is currently working on opening a community gym that will offer a variety of **classes for 0-99 year-olds** and access to **quality equipment** in a safe and welcoming environment, at an affordable price.

This center will be a place where you can socialize, feel part of the community, meet new people and combat isolation.

For many years, the Quyon Family Center has been working on the social determinants of health to create an environment conducive to healthy living.

Our goals are to promote healthy lifestyle habits in the physical, mental and social spheres, to establish a place of belonging in one's community, and to create networks that will break the cycle of isolation.

This project's mission is also to revitalize the community and to improve the quality of

## Our team



### Employees

Louann Gibeault, Linda Laframboise, Julie Cadieux, Catherine Beaudet, Peggy Ramsey, Rachelle Dinelle and Mélanie Leblond.

### Board of Directors



Maude-Emmanuelle Lambert, Lynne Beaton, Émilie Charron-Pilotte, Benoit Gariépy, Stéphanie Paquette, Gabrielle Breton-Rocan & Ashley Carson.

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## **Our financiers**

- Agence de la santé et des services sociaux de l'Outaouais
- Agence de la Santé Publique du Canada
- Avenir d'enfants
- Centraide Outaouais
- Ministère de la Famille
- Pontiac en forme
- Municipalité de Pontiac
- Donateurs anonymes et particuliers
- Levée de fonds (contribution de la communauté et des environs)

## **Our Participation**

- Alliance Alimentaire des-Collines-de-l'Outaouais
- Comité 0-5 ans de la Table de développement social du Pontiac
- Corporation de développement communautaire de Pontiac
- Fédération Québécoise des Organismes Communautaires Famille
- Table de concertation sur la faim et de développement social
- Table de développement social des Collines



- Table de développement sociale du Pontiac
- Table Régionale Enfance-Famille de l'Outaouais
- Pontiac en Forme
- Rassemblement pour le développement social de l'Outaouais

