



COMMITTEE

POLITICAL COMMITTEE

You are interested in politics. You would like to get involved, share your ideas and promote autism. The political committee of Autisme Montréal would like to hear from you!

Please contact us at 514-524-6114, ext. 3101 or nboulet@autisme-montreal.com

WE ARE RUNNING DURING THE MONTH OF APRIL!

Autisme Montréal has officially registered for the Scotiabank Charity Challenge, next April 22 and 23. The event will take place at Parc Jean-Drapeau and this year, there will be a 10K run as well as the Kids Run, especially for children.

You enjoy running and you would like to support the organization?

Please register at the following address:

http://canadarunningseries.com/bsm_caritatif/autisme-montreal/.

21K = \$60

10K = \$45

5K = \$35

5K with baby stroller = \$45

Kids Run = \$20

If you raise an amount corresponding to twice your registration fees, they will be reimbursed to you.

For more information please contact 514-524-6114 ext.3142 or by email at ffirmin@autisme-montreal.com



ILLUMINATE THE PLANET TOGETHER WITH THE FLAME OF HOPE

The Flame of Hope offers candles that support numerous causes.

An original design, meaningful colors, relaxing scents, and high-quality wax make the candles a profound way to support the organization of your choice.

A nice idea for a gift during the Holidays and at the same time, you support our organization, since 10% of each purchase will be donated directly to Autisme Montréal.

Made in Quebec by La Flamme de l'Espoir Inc., the Flame of Hope candles are made of 100% natural EcoSoya wax, colored and scented.

To obtain a candle or additional information, please visit:

<http://www.laflammedelespoir.com/en/product/autism-montreal-candle/>.



FAMILIES AND COMPANY ON VACATION

The Fondation de l'autisme wishes to offer families with one or more than one child with autism spectrum disorder (ASD) and individuals with ASD without intellectual delay vacations and respite opportunities.

The Foundation will pay for accommodation fees during vacation stays in different regions of Quebec chosen by the participants. Please note that only a certain number of people will benefit from this opportunity according to the available budget (approximately 4 vacation stays for the Montreal region, with up to \$1,000 for each of them).

Autisme Montréal has decided to do a random draw amongst all the requests received. Those who are interested must therefore register to take part in the draw, no later than January 27, 2017.

For more information on procedures and eligibility criteria visit: <http://autisme-montreal.com/en/families-and-company-on-vacation/>

ALMOND MILK RECIPE FOR SANTA CLAUS

Ingredients

1 cup of raw almonds
3 cups of water (preferably filtered)
Honey or a date to sweeten (optional)
Cinnamon or vanilla to add flavor (optional)



Methode

Soak almonds for at least 4 to 8 hours. Rinse almonds well after the soaking. Put the almonds in a blender with the water and blend until the mixture is white and creamy. If you wish to sweeten the almond milk, you may add a bit of honey or a date before mixing. You can also add cinnamon or fresh vanilla or alcohol-free vanilla extract. If you use a fresh vanilla bean, cut it in 2 and scrape the seeds to add them to the milk. Then, filter the milk with a special bag (that you can usually find in a health food grocery store) or a fine mesh sieve placed over a large bowl. You can also use some gauze or a thin cloth in the sieve if it is not fine enough to prevent the pulp from passing through. You can keep this milk in a tightly sealed jar in the refrigerator for 4 to 5 days.

**Our offices will be closed from
December 23rd noon to January 8th inclusively
Best wishes for the holiday from Autisme Montréal team!**

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CONTACT INFORMATION

Telephone: 514-524-6114

Fax: 514-524-6420

accueil@autisme-montreal.com

**4450, Saint-Hubert Street, Room 320
Montreal, QC, H2J2W9**

For the complete contact information of our team, please visit:

<http://autisme-montreal.com/en/about-us/staff/>

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SPRING BREAK CAMP

It is already time to plan the 2017 spring break and once again this year, Autisme Montréal will be offering a day camp during this period for children and teenagers with an autism spectrum disorder who live in Montreal.

PLACES: 16

AGE: 4 to 21 years old

PLACE: École de l'Étincelle (6080, de l'Esplanade, in Montreal)

DATE: March 6 to March 10, 2017

SCHEDULE: 9:00 a.m. to 4:00 p.m.

COST: \$325

How to register

To register, you must call the Responsible of Direct Services **at 514-524-6114, ext. 3182**. Then, we will draw names from all the registrations received. During the week of December 12, 2016, we will let you know if you have a place or not.

REGISTRATION DATES:

November 21 to December 9, 2016

(at noon). No registration will be accepted afterwards.

If you reach the voice mail, you can leave a message with the name of your child as well as your contact information.

<http://autisme-montreal.com/en/our-services/spring-break-camp/>

