

Happy Holiday Season

Outside, the white carpet already here illuminates the landscape during this cold period of the year, with decorative lights adding a touch of warmth. This perspective reminds us that the holiday season will soon be here. I hope with all my heart that you will be able to use this time to take a moment for yourself, to pamper yourself, to offer yourself the little gifts life has to offer, to do an activity that you like, as simple as it may be. Slow down your pace; be in harmony with yourself as well as with your close ones. Take advantage of the presence of your family and friends to celebrate the holiday season.

Until then, we will perhaps see you at our Christmas Party. If not, on behalf of the team and the Board of Directors of Autisme Montréal, I wish you a very happy holiday season.

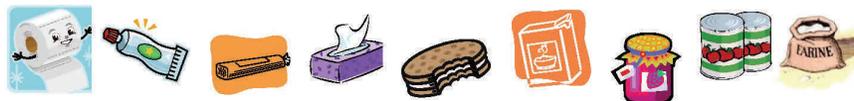
Director General,
Julie Champagne



CHRISTMAS FOOD DRIVE

Again this year, we wish to give a hand to families in need chosen by Autisme Montréal by delivering food baskets for the Holiday Season. We are thus calling on you to help us help them through our annual food drive for non-perishable goods.

Here is some ideas of goods that will enable us to make interesting food baskets:



You also can offer a grocery gift-certificate (Autisme Montréal will then be able to buy items in need) or you may give a toy to make a child happy! You can drop your donations at our offices from November 5 to December 7 between 8:30 a.m and 4:30 p.m. Another opportunity to make a donation will be during our Christmas party that will take place on December 8.

For more information contact us at 514-524-6114, extension 3162.





AN UNFORGETTABLE DAY AT THE VILLAGE DU PÈRE NOËL IN VAL-DAVID

Saturday, **December 22** is a date to save on your calendar! To let you enjoy the magic of the Holidays, Autisme Montréal is organizing a day trip to the **Village du Père Noël** in Val-David! The whole family is invited! To register, you must call Coraline Gilbert, Responsable of Direct Services, at 514-524-6114, ext. 3182 before Friday December 7, and to indicate the number of children and adults who will participate in this trip.

Please take note that this activity is only possible because of the generosity of the elves of the Village du Père-Noël. Thus, during your registration we will also ask you to mention the voluntary contribution you will make per participant.

Autisme Montreal is offering free transportation by school bus! If you register, please make sure that you will be present the day of this activity (many families would like to attend but will not be able to due to the limited number of places). Departure by school bus will be at **10:00 a.m.** from the parking lot situated at 4449 Berri street (behind the building in which the offices of Autisme Montréal are located in). It is essential to be on time. The school bus will depart from Val-David at **2:00 p.m.** and will return to the parking lot located at Autisme Montreal's offices.

Please make sure you are dressed according to the weather (hat, mittens, scarf, warm coat and snow-pants), to be able to really enjoy this activity. Please bring extra clothes, facial tissues, water and a cold lunch. Register quickly, because the number of places is limited.

*We remind you you will be responsible to supervise your children during this trip. There will not be any shadows available for this activity.

To register: 514-524-6114, ext.3182

Looking forward to seeing you there!

TAI CHI AND QIGONG CLASSES

Winter 2019 Session

Autisme Montréal, in collaboration with Mr. Claude Desparois, a tai chi and qigong instructor, is organizing classes for teenagers and adults with ASD with mild or without intellectual delay . Participants must be autonomous. If this is not the case, they must be accompanied. Classes will take place on Mondays from 6:00 p.m. to 7:00 p.m., from January 7 to March 25, 2019.

Registration fees: \$42

Address: 4450, St-Hubert, 4th floor, room 434

For more information, visit the Facebook page:

<https://www.facebook.com/desparoistaichi/>.

To register, please send an email to the following address: claudedesparois@rocketmail.com.



GLUTEN-FREE GINGERBREAD COOKIES

Ingredients

1 $\frac{3}{4}$ cup (425 ml) gluten-free flour mix
 $\frac{1}{2}$ tsp. (2 ml) cream of tartar (or potassium bitartrate)
 $\frac{1}{2}$ tsp. of salt
 $\frac{1}{2}$ tsp. (2 ml) of baking soda
1 tsp. (5 ml) of xanthan gum (from health food stores)
1 tsp. (5 ml) of ground ginger
 $\frac{1}{2}$ tsp. (2 ml) ground allspice
1 tsp. (5 ml) of ground cinnamon
 $\frac{1}{2}$ cup (125 ml) or gluten-free margarine (Earth Balance soy-free)
 $\frac{1}{2}$ cup (125 ml) of light brown sugar (or demerara sugar)
1 large egg
2 tsp. (10 ml) vanilla extract
1 tbsp. (15 ml) molasses

Gluten-free flour mix:

4 cups (1 l) of brown rice flour
1 cup (250 ml) potato starch
 $\frac{1}{2}$ cup (125 ml) of tapioca flour

Instructions

Preheat oven to 350°F. Mix 1 $\frac{3}{4}$ cup of flour mix (reserve the rest) together with cream of tartar, salt, baking soda, xanthan gum and spices. Using a blender, put in margarine until mixture resembles pea-size crumbles.

In a separate bowl, cream together remaining ingredients. Stir wet mixture into dry mixture and mix well. Form dough into a ball and flatten.

Dust with a little flour mix, wrap in plastic wrap and refrigerate for one hour. Sprinkle rolling surface with flour mix. Roll dough out to about $\frac{1}{4}$ inch thick. Cut out gingerbread men with cookie cutter. Put parchment paper on a baking sheet and place gingerbread cookies on top. Bake for 10-12 minutes. Cool on a wire rack before decorating.

The recipe yields 2 dozen cookies.

Recipe adapted from Reader's Digest



SPRING BREAK CAMP

It is time to plan the 2019 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.

NUMBER OF PLACES: 16

AGE: 4 to 21 years old

PLACE: Étincelle school (6080, Ave. de l'Esplanade, in Montreal)

DATE: March 4 to March 8, 2019

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

COST: \$375

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 10, 2018 we will let you know if you have a place or not.

REGISTRATION DATES:

November 19 to December 7, 2018(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.

For more information please contact 514 524-6114, ext. 3181

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



**Our offices will be closed from
December 21st noon to January 6 inclusively
Best wishes for the holiday
from Autisme Montréal team!**

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/](http://autisme-montreal.com/en/about-us/staff/)

