

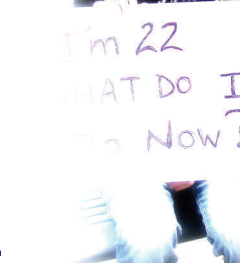
### COME BRUNCH WITH AUTISME MONTRÉAL

Dear members of Autisme Montréal, you are cordially invited to a free brunch with the staff and Board members of Autisme Montréal. We hope to see you at the Annual Assembly on June 8, 2019 at 9 : 00 a.m. This event will take place at 4449 Berri street on the 6th floor. We will take this opportunity to present what was accomplished in 2018-2019.

Please confirm your presence by calling 514-524-6114, ext. 3201.

We hope to see you there in great numbers!

*The Board of Directors and team of Autisme Montréal*



### FAMILY FAIR

Autisme Montréal is inviting you to its family fair!

There will be games, corn roast and music and all this, completely free.

Come celebrate the arrival of summer with us, Saturday, June 15, 2019 at noon, behind Collège André-Grasset, 1001, Crémazie blvd. east! In case of rain, the activity will take place in the gymnasium of the Collège.

You have until Tuesday, June 11 to register, at 514-524-6114, ext. 3142 or by email at the following address: [ffirmin@autisme-montreal.com](mailto:ffirmin@autisme-montreal.com).



**AN EVENT NOT TO BE MISSED!**

### MAISONNETTE AUTUMN 2019

#### Modification of the Service Offer of Weekend Respite

Following a survey conducted among our members and review from our Board of Directors, the administrators have decided to modify the respite service offer. Therefore, please note that as of next fall, the weekend respites will start towards the end of September and will be offered as 2-day weekends throughout the year.

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It is already time to think about registering your child to the 2019 spring respite weekends at La Maisonnette. Registrations must be done by phone on June 25th 2019 starting at 8:30 a.m. by calling the Responsable of Direct Services.

Please note that registrations will be made according to the order of the phone calls received, so the principle of first come, first served will be applied. If you reach the voice mail, you can leave a message with your name, the name of your child, your telephone number as well as the desired dates, in order of preference.

To consult the calendar, please click on the link below. Please note that you are entitled to one weekend per season.

<http://autisme-montreal.com/en/our-services/weekend-respite/>

## SPECIALIZED SWIMMING LESSONS FOR PEOPLE WITH ASD

Individualized lessons and open swim: An instructor helps the participants learn new skills individually for 10 minutes. The participants are separated into 2 groups, and each group receives a personal lesson every other week, but may still enjoy the pool the week they do not have a course. Every participant **must be accompanied in the pool by an adult at all times**.

**Schedule:** Friday nights from 6:00 p.m. to 8:00 p.m. You may choose the time at which you arrive and leave. The courses are given depending on the arrival times of the participants, so it is important to arrive before 7:15 p.m. the week during which your child has a course.

**Date:** From October 4 to December 13, 2019 and January 17 to May 29, 2020, inclusively (with the exception of Friday, April 10, 2020).

**Cost:** \$245 for the year and you must be a member of Autisme Montréal (\$30/year).

**Location:** Joseph-Charbonneau pool.

**REGISTRATION FOR PARTICIPANTS FROM THE PREVIOUS YEAR:** You will receive a letter explaining how to register for next year at the pool in the month of May.

**REGISTRATION FOR NEW PARTICIPANTS:** Participants from the previous year are prioritized for registration. However, it is still possible for you to obtain a place for 2019-2020. Here is how to proceed:

You must call starting Thursday, July 4, 2019 at 9:00 a.m. to register.

The number of places is limited and we use the first come, first served principle.

Calls made before 9:00 a.m. Thursday, July 4 will not be taken into consideration.

To register or for more information:

Audrey Blanchette

Responsible of Direct Services

514-524-6114, ext. 3181

[ablanchette@autisme-montreal.com](mailto:ablanchette@autisme-montreal.com)



## 2019 AUTISM

## MONTH

If you missed the 2019 autism month awareness campaign with the theme A different look, we invite you to visit our website to find out about it.

<http://autisme-montreal.com/en/upcoming-events/walk-for-autism/>

We would like to congratulate our runners who participated in the Scotiabank Charitable Challenge held during Autism Month, together they raised \$2,455

*Marilyne Clément*

*Yanick Racicot*

*Daniel Vachon*

*Stuart Hall*

*Marie-Andrée Beauregard*

*Simon-Pierre Hébert*

*René Deblois*

*Thierry Bucco*

*Marc-Antoine Bourget*

## ANNUAL CONFERENCE

Please reserve the date of October 18, 2019 for our annual conference with Dr. Cindy Schneider.



## CURRY AND DILL CAULIFLOWER MINI-CROQUETTES RECIPE

### Ingredients

#### Cauliflower mini-croquettes

Splash of olive oil  
1 340 g bag of frozen Arctic Garden riced cauliflower, thawed  
1 cup (250 ml) of cooked and cooled quinoa  
4 chopped green onions  
1/3 cup (80 ml) of chopped dill  
1 chopped garlic clove  
1 ½ tsp. (7.5 ml) of curry powder  
1/3 cup (80 ml) of mayonnaise  
1 egg  
1 cup (250 ml) of gluten-free bread crumbs  
½ c. tsp. (2.5 ml) of salt  
¼ c. tsp. (1.25 ml) of crushed red pepper

#### Honey and lemon mayonnaise

½ cup (125 ml) of mayonnaise  
½ lemon juice and zest  
2 tsp. (10 ml) of honey  
1 tsp. (5 ml) of Dijon mustard  
1 tbsp. (15 ml) of fresh dill



### Preparation

#### Cauliflower mini-croquettes

1. Preheat oven to 400°F. Line a baking sheet with parchment. With a brush, cover the parchment with a bit of olive oil.
2. In a large bowl, mix all the ingredients for the croquettes.
3. Form mini-croquettes of approximately 1 tbsp. (you may use a small ice cream spoon) pressing the mixture firmly and put it on the cookie sheet. Put a little bit of olive oil on the croquettes and cook for 20 minutes. Let the croquettes cool for a few minutes before serving, so that they will be easier to manipulate.

#### Honey and lemon mayonnaise

1. Put all the ingredients for the mayonnaise and a bowl and stir well. Serve with the mini-croquettes.

Source: [www.kpourkatrine.com](http://www.kpourkatrine.com)

### CONTACT INFORMATION

Telephone: 514-524-6114

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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/)

