

# AUTISME MONTRÉAL

## NEWSLETTER

Volume 5, Number 4  
DECEMBER 2019

Happy Holiday Season

Did the Christmas holiday season sneak up on you as well? It seems to me as though the holidays arrived faster this year. Possibly the early snow and cold had something to do with it. Autisme Montréal will begin celebrating the holidays with some of our members in early December at our annual Christmas party. However, for members that we will not have the opportunity to meet up with, I wish you to enjoy yourselves, surrounded by family and friends, during this holiday season. I am convinced that these moments spent more closely with all the people we cherish is one of the greatest gifts that we can offer.

I wish you with all my heart to have wonderful holidays!

Executive Director

Julie Champagne



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

Sunday, **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 Valérie St-Pierre, Responsable of Direct Services, at 514-524-6114, ext. 3182 before **Friday December 13**, 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 snowpants), 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!



Autisme Montréal Newsletter- Septemer to May  
The first Monday of every month

## SPRING BREAK CAMP

It is already time to plan the 2020 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 (school age)

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

**DATE:** March 2 to March 6, 2020

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

**COST:** \$390

### 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 9, 2019 we will let you know if you have a place or not.

### REGISTRATION DATES

**November 18 to December 6, 2019 (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.

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## 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 **4 to December 6** between 8:30 AM and 4:30 PM. Another opportunity to make a donation will be during our Christmas party that will take place on December 7.

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

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## THE MAGIC OF CHRISTMAS

Autisme Montréal celebrates its annual Christmas party with its members. Come have fun and exchange with other families in the festive mood of the Holiday season.

Saturday, December 7, 2019, from 1:00 p.m. to 4:00 p.m. at the Centre communautaire Petite-Côte, located at 5675, Lafond Street, in Montréal.

**\*\*We will be welcoming you from 1:00 p.m. to 2:00 p.m.\*\***

For more information : <http://autisme-montreal.com/nos-services/fete-de-noel/>.

## LA MAISONNETTE - WINTER 2020

It is already time to think about registering your child to the 2020 winter weekends at La Maisonnette.

Registrations will be made by phone on November 1, 2019 by calling the Responsable of Direct Services, starting at 8:30 a.m. 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.

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

## THE AUTISM MONTH COMMITTEE

You are sensitive to the cause of autism and want to share your ideas to promote it? The Autism Month committee of Autisme Montréal wants to hear you!

Please note that if there are not enough people to form the committee, it will not be set up. Therefore, we are open to all suggestions!

Please contact us at 514-524-6114, ext. 3101 or [jlazureroy@autisme-montreal.com](mailto:jlazureroy@autisme-montreal.com)

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## TAI CHI AND QI GONG CLASSES

### WINTER SESSION 2020

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 intellectual delay or without ID. 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 6 to March 30, 2019.

Registration fees : \$ 52

\* The activity is free for shadows

Address : 4450, rue St-Hubert au 2<sup>nd</sup> floor, room 211

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](mailto:claudedesparois@rocketmail.com)

## Gluten-free gingerbread cookies

### Ingredients

- 1 <sup>2</sup>/<sub>3</sub> cup (235 g) gluten-free flour mix La Merveilleuse\*
- ¼ tsp. (1 ml) of baking soda
- 1/8 tsp. (0,5 ml) of salt
- ½ tsp. (2,5 ml) of ground cinnamon
- ¼ tsp. (1 ml) of ground ginger
- 4 pinches of ground clove
- 1/3 de tasse (120 g) of molasses
- ¼ tsp. (50 g) of soft olive oil
- 1 large egg (45 g)

### Preparation

1. In a bowl, combine flour, baking soda, salt and all the spices. Set aside.
2. In another bowl, oil, egg and molasses with a mixer.
3. Add the dry ingredients with the liquid ones with a wooden spoon.
4. Cover with a plastic wrap and refrigerate for 12 hours.
5. Preheat oven to 350° F.
6. On a lightly floured surface, knead about ¼ of the recipe at a time (the dough should be very cold) to ¼ po (5 mm) thick. Make sure the dough is well floured before rolling it and make sure there is always flour under it.
7. Cut the cookies using the cookie cutter of your choice. Place cookies on a plate covered on a thick sheet.
8. Bake on the top rack for about 12 to 15 minutes or until the cookies are lightly browned.
9. Let cool for 1 minute. Then remove the cookies with a spatula and cool on a wire rack.

\**La Merveilleuse* (Cuisine L'Angélique) is a gluten-free flour mix consisting of brown rice flour, quinoa, buckwheat and amaranth with tapioca starch, ground flax, baking powder, guar gum and xanthan gum.

Recipe adapted from the website [www.cuisinelangelique.com](http://www.cuisinelangelique.com)



**Our office will be closed from December  
20 noon to January 5 inclusively.**

**Best wishes for the holiday from Autisme  
Montréal team!**

### **CONTACT INFORMATION**

**Telephone : 514 524-6114**

**Fax: 514 524-6420**

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

**4450 Saint-Hubert, local 320**

**Montréal, Qc, H2J2W9**

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

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

