

## Our mission

To provide a living environment, mutual support, support, promotion, involvement and enrichment for the family.



## Values

### SHOW OPENNESS

Our door is always open: here, each person is welcomed with respect, without judgment, in all its reality.

### GROWING TOGETHER

We learn from each other, we move forward hand in hand; as parents, as children, as humans.

### PLEASURE

We create joyful and simple moments, because pleasure is at the heart of everything that we do, as a family and as a community.

### CANDY

We take the time to listen, to understand and support with warmth, kindness and humanity.



## Join us

819.676.8722

752, boulevard Ducharme  
La Tuque (Québec) G9X 3B6

[info@parent-ailes.org](mailto:info@parent-ailes.org)

[ressourceparentailes.com](http://ressourceparentailes.com)



The Parent-Aïles Resource is a member of the Quebec Federation community organizations Family.



HOME  
OF THE *families*  
OF LA TUQUE



RESSOURCE  
PARENT-AILES

## SERVICES

---

### GENTLE FIRST STEPS

Supporting families with a newborn by providing them with practical tools. By reservation at home.

### DAYCARE

Free when you participate in activities. For emergency assistance or respite care, the service is charged at \$1/hour. By reservation subject to availability. Monday to Thursday 8:30 a.m. - 11:30 a.m. / 1 p.m. - 4 p.m.

### INFANT CLINIC

A nurse will answer your questions and/or concerns about breastfeeding, baby's weight gain, crying, introducing foods, your child's development, and more.

### PARENTAL SUPPORT

Supporting parents with questions or difficulties they may face in their role as their child's primary educators.

### SUBSIDY FOR CLOTH DIAPERS AND FEMININE HYGIENE PRODUCTS

In collaboration with Ville La Tuque.

### LIVING ENVIRONMENT

Feel at home! A welcoming and non judgmental place where you can come play with your children, have coffee with friends, or simply chat with our team. Accessible anytime during our opening hours and without an appointment. You are welcome!

## EDUCATIONAL WORKSHOPS

---

**SWEET ARRIVAL : ALL FOR GOOD TO START** Workshops based on the themes of the guide Living Better with Your Child from Pregnancy to 2 Years. **BABY IS HERE, NOW WHAT?** Post-delivery workshop with discussions and information.

**STIMULATION AND DEVELOPMENT ACTIVITY** Parent-child workshop with the aim of fostering the attachment bond and developing the spheres of development.

### ECONOMICAL COOKING

Cook easy and economical recipes.

### CREATIVE & INTERGENERATIONAL KNITTING A

moment to create freely: knitting, sewing, painting... whatever you want! Volunteer grandmothers share their know-how in a friendly atmosphere and inspiring.

### FREE AND ACTIVE PLAY

Information workshop on children's motor development with a kinesiologist.

### NOBODY'S PERFECT

Workshop on positive parenting practices. The group's workshops focus on children's development, behavior, health and safety.

### BABY MASSAGE

Learn how to massage your baby and discover the benefits of touch.

## PARENT-CHILD ACTIVITIES

---

**ACTIVITY TO PROMOTE THE DEVELOPING LINKS PARENT-CHILD.**

### FAMILY ACTIVITY

Family Day | MDF Family Day Halloween | Christmas Party | Spring Break

### AT THE TABLE, WE TALK!

Discussions on various topics around a family breakfast.

### PARENT-CHILD KITCHEN

Culinary learning and discovery.

### BRINDAMI

With Brindami the puppet, animation on basic social skills, communication and expression of emotions, self control and problem solving.

### NATURE CHILD

Discover all the benefits of Child Nature pedagogy, and above all, create magical moments with the family interacting with nature.

### OUTDOOR ACTIVITIES

Stroller energy, walking, etc.

### SEEDING FOR THE GARDEN

Parent-child gardening activity.