

WINTER - SPRING 2024

PROGRAM

REGISTRATION from January 8 to 12, 2024

→ By phone
514-381-2300
extension 31

→ New: now online via the
online registration form!



Thank you to our partner

FONDS
de solidarité FTQ

Presents the 42nd edition of the

SOIRÉE - THÉÂTRE JANINE SUTTO



CHIMERICA

by Lucy Kirkwood

Jean-Duceppe theater
Place des Arts

Text
Lucy Kirkwood

Translation
Maryse Warda

Stage direction
Charles Dauphinais

With
Shiong-En Chan
Alexandre Goyette
Tania Kontoyanni
Albert Kwan
Derek Kwan
Marie-Laurence Moreau
Li Li
Yue Qi
Philippe Racine
Manuel Tadros
Marie-Hélène Thibault
Annie Yao

PACKAGE
SHOW
\$135
Tax receipt of \$85

PACKAGE
COCKTAIL
\$360
Tax receipt of \$230

January, 30th 2024



Jean-Duceppe theater
Place des Arts
175 rue St-Catherine Ouest
Montréal



Angélique Laquet
514 381-2300, extension 34
communication@amdi.info
www.amdi.info

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GOAL OF THE DOCUMENT

The MAIH offers:

- weekly activities adapted to adults with an intellectual disability
- weekend stays outside Montreal, adapted to adults with an intellectual disability
- events at the MAIH and elsewhere
- workshops and talks for families and caregivers

You will find
in this document the
winter-spring 2024
activity program

TO REACH US



Executive Director
Anick Viau / extension 23



Administrative Secretary
Chantal Mbanga / extension 24



Assistant General Manager
Amélie Guindon / extension 26



Out-of-town Stay Coordinator
Félix Poulin / extension 27



Integration and Awareness-raising
Coordinator
Zayil Brun / extension 28



Social and Community Facilitator
Flavia Siqueira / extension 33



Communications and Philanthropy
Coordinator
Angélique Laquet / extension 34



Social Inclusion Teacher(from CREP)
Valérie Daigneault / extension 35



Family Support Coordinator
Cynthia Younes / extension 36



Member Services Coordinator
Liliana Tano / extension 42



by phone
514 381-2300



by email
info@amdi.info

INTAKE AND REFERRAL

- Concerned about a situation?
- Interested in learning more about the services available to you offered by the healthcare system or other partner organizations?
- Want to know more about our general activity program aimed at social inclusion and respite for caregivers?
- Worried about the future of your loved one with an intellectual disability?

Please feel free to contact us. Thank you for your loyalty and much-appreciated input!

If you wish to become a member, contact Liliana Tano at 514 381-2300 ext. 42

The MAIH is located at
633 Boulevard Crémazie Est,
Suite 100, Montréal, H2M 1L9



Crémazie metro station

From monday
to saturday,
9 a.m. to
4:30 p.m.

REGISTRATION



Step 1

Get your program.
Check off the activities you want.



Step 2

NEW!

New alternative to telephone registration!
On the first day of registration, all active members with an email address on file will receive a link to complete the online registration form.

Online registration form
Support offered between **January 8 and 12, 2024**

*We don't prioritize whether you register online or by phone



Step 3

Registration by phone :
Call 514 381 2300 ext. 31.
Leave a voice message on the answering machine.

Give: your last name, your first name, your telephone number and the activities you want to register for in priority.



Step 4

YOUR REGISTRATION IS NOT A GUARANTEE OF PARTICIPATION IN THE ACTIVITY

A coordinator will call you back before January 31.

PAYMENT



To pay by credit card, call the MAIH at 514 381-2300 with the coordinator responsible for the activity.



To pay by cheque or cash, come to the MAIH. Call the MAIH at 514 381-2300.

ACTIVITY DETAILS

You will find the weekly schedule on a removable calendar page (page 13)

MONDAYS

From February 5 to May 6

with **CREP** CENTRE DE RESSOURCES EDUCATIVES ET PEDAGOGIQUES

COOKING WORKSHOP

From 9:30 a.m. to 3 p.m. (All day)

This workshop will help you develop healthy eating habits.

You'll have the chance to:

- Learn about Canada's Food Guide
- Plan healthy meals and cook simple recipes.

You'll also learn how to monitor your diet and manage your time.

Location: The MAIH

Cost : \$30



REGISTRATION — 514 381-2300 — EXTENSION 31



Check off the activities you want.



Register via the online form sent by e-mail



Call the 514 381-2300 extension 31



Leave a voice message



A coordinator will call you back



TUESDAYS

From February 6 to April 30

CREATIVE DIARY

From 1 p.m. to 3 p.m.

This workshop will enable you to talk about yourself and tell your personal story in a small group. It's an opportunity to reflect on different aspects of your life, such as what you like to do for fun, what you like to eat, who's important to you, and so on. You'll be able to create your own life notebook that can be presented to the people around you and to new people who come into your life.

Location: The MAIH Cost : Free

From march 12 to may 21

with **CREP** CENTRE DE RESSOURCES EDUCATIVES ET PEDAGOGIQUES

CREATE YOUR OWN BUDGET

From 5:00 p.m. to 7:00 p.m.

In this workshop, you will learn about the usefulness of a budget. Several topics will be addressed, including:

- your personal values
- the economy
- taxes
- expenses, sources of income

In addition, several practical tools will be provided and individual time will be set aside to better understand the material.

Location: The MAIH Cost : Free

From February 6 to April 30

SPORT : BASKETBALL

From 9:30 a.m. to 11:30 a.m.

In collaboration with Olympiques Spéciaux Québec, join the MAIH basketball team. You don't need to be good at this sport to join the team, just have the desire to participate. With the support of Olympiques Spéciaux Québec coaches, you'll learn the rules of the sport and techniques to improve your game. It's a great way to improve your fitness while having fun!

Location : Centre Yvon Deschamps, 2093 de la Visitation Cost : Free

From February 6 to April 30

YOGA

From 1 p.m. to 3 p.m.

This is an opportunity to take some time for yourself, to recharge your batteries, to move, to forget your worries.

It is a special moment that you can share in person at the Centre Yvon Deschamps.

Location : Centre Yvon Deschamps, 2093 Rue de la Visitation Cost : Free

SPRING WORKSHOPS

Tuesdays from April 30 to May 21

SINGING AND PERCUSSION AT PLACE DES ARTS!

From 9:30 a.m. to 12 p.m.

Come sing and play percussion at Place des Arts during 4 workshops led by professional artists.

The May 21 workshop will last until 12:30 p.m., due to the show the participants will be staging.

Location : 1600 rue Saint-Urbain Cost : Free

In collaboration with Place des arts: "Art adapté" program

WEDNESDAYS

from February 7 to May 1, 2024

DANCE WITH LES GRANDS BALLETS

From 1:30 p.m. to 3:30 p.m.

Dance to the rhythm of the music in workshops led by professional dancers. The activity takes place at the studios of Les Grands Ballets Canadiens de Montréal.

Location : 1435 Rue de Bleury Cost : \$50 for the session

In collaboration with Les Grands Ballets Canadiens (National Centre for dance therapy).



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THURSDAYS

from February 1 to May 2

EXPRESS YOURSELF (WITH CREP CENTRE DE RESSOURCES EDUCATIVES ET PEDAGOGIQUES)

9:30 am to 11:30 am

This workshop will help you become more comfortable with your emotions. You'll learn to identify your emotions, express them and find ways to deal with the most difficult ones. Simple tools will be used to encourage understanding and expression.

In addition, you'll explore group communication through fun games.

Location: The MAIH Cost : Free

from February 1 to May 2

INTRODUCTION TO TECHNOLOGY (WITH CREP CENTRE DE RESSOURCES EDUCATIVES ET PEDAGOGIQUES)

From 1 p.m. to 3 p.m.

This workshop will help you become more comfortable using computers, mobile devices and the internet. Several topics will be covered: email addresses, web searches, the world of mobile applications, online media... The basics will be taught and practiced. At all workshops, time will be set aside to answer any personal questions you may have about using your device (phone, tablet, computer, etc.).

Location: The MAIH Cost : Free

from March 14 et May 23

INTIMATE RELATIONSHIPS AND SEXUALITY IN COLLABORATION WITH LE CENTRE DE SANTÉ DES FEMMES

From 5 p.m to 7 p.m

Let's talk about intimate relationships and sexuality. Topics covered, among others:

- the steps in a relationship
- behaviors to adopt
- contraception
- social networks

It's a time for sharing and getting to know each other better to develop their knowledge on this subject.

Location: The MAIH Cost : Free

FRIDAYS

From February 9 to May 10

GET INVOLVED AS A CITIZEN

From 1 p.m. to 3 p.m

How to be an active citizen. Get involved in different settings to volunteer! Participate in discussions and share your experiences with:

- the environment
- sustainability
- (recycling, composting, reuse)
- local politics

Discover tips on how to empower yourself. It's up to each of us!

Location: The MAIH Cost : Free

In partnership with Solidarité Ahuntsic's Learning Citizenship project

From February 9 to May 10, 2023
(at the Art Hives studio of Concordia University)

EXPLORE THE ARTS

From 9:30 a.m. to 11:30 a.m. : Group 1

From 1:30 p.m. to 3:30 p.m: Group 2

Take part in a special project to create a group comic strip. You will learn the practices and artistic techniques to create a comic strip. The workshop will be held at the new premises of Concordia University's Art Hives. It will focus on exchanging ideas, expressing yourself, and developing your creativity.

Location : 2155 rue Guy
(Concordia University's Art Hives studio)
Cost : \$60 for the session



SATURDAYS

From February 10 to May 4

THE 633

From 12 p.m. to 4 p.m.

Come meet your friends! Meet at the MAIH to:

- chat with friends
- get help preparing for an outing
- play board games
- cook or share a coffee

We help you develop your autonomy in daily life.

Location: The MAIH Cost : Free

From February 10 to May 11

DISCOVER MONTREAL

From 1:30 p.m. to 4 p.m.

Explore the streets of Montreal. Visit unique cultural venues. Take part in cultural activities.

Group 1 : From February 10 to March 23, 2023
(excluding March 9 - spring break)

Group 2 : From April 6 to May 11, 2023

Meeting place:

- If you come by public transit, you will meet at 1 p.m. at the metro station closest to the activity
- If you come by paratransit, you will meet at 1:30 p.m. at the location of the activity.

Cost : \$20 for the session

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Register via the online form sent by e-mail



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OUT-OF-TOWN STAYS AND SOCIAL ACTIVITIES

OUT-OF-TOWN STAYS

We offer you stays at outdoor recreational centers outside Montreal. This is a chance to get together, relax and take part in outdoor activities. Experience camp with the MAIH community.

January 26 to 28, 2024: *Beau Camp - Mauvais Camp*

Whether it's snowing, hailing or sunny, this weekend of winter activities gives participants the chance to discover the joys of winter.

Location : Bon Départ	Cost : \$200
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February 16 to 18, 2024: *Camp l'appétit va tout va*

Vitamins, Proteins, Carbohydrates, learn more, come discover your culinary potential during this cooking-themed weekend.

Location : Plein Air Lanaudia	Coût : \$200
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Contact :

Félix Poulin — activites@amdi.info
514 381-2300, extension 27

March 15 to 17, 2024: *Espace Camps*

You love challenges and experiments. You want to let off steam and have fun at the chalet and in the woods. Come and enjoy a colorful space-themed experience. Observe the stars, galactic cinema, and enjoy fun and educational scientific activities.

Location : Plein Air Lanaudia	Coût : \$200
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May 24 to 26, 2024: *Après la pluie le beau camp*

Winter is long gone, and spring is well underway. Take part in Plein air Lanaudia's cleanup weekend. Come and get your hands dirty to prepare for the beautiful summer camps.

Location : Plein Air Lanaudia	Coût : \$120
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Sugar Shack Outing March 24, 2024

Location : St-Eustache
Cost with Bus Transportation: \$40
Cost without Bus Transportation: \$30

Limited seating | Priority to family members

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ACTIVITIES AND TALKS FOR FAMILIES

Families play a key role at the MAIH. We are always open to your ideas about possible activities or talks that could be offered.

Meeting for parents and caregivers of members registered in workshops

MONDAYS

KITCHEN WORKSHOP REPORT

May 6 from 1 pm to 3 pm

A time for parents/caregivers and workshop participants to take stock. We present what has been done during the session, and taste a recipe together. We talk about the reality of everyday life and share ideas about what we'd like to practice during the workshops.

Location: The MAIH	Cost : Free
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TUESDAYS

February 27 from 6:30 p.m. to 8 p.m

Presentation of the “Create your own budget” workshop to parents and caregivers of members registered in this workshop

The concept of a budget is often difficult to grasp, which is why we believe it is essential to involve you as a parent/caregiver so that you can help in this learning process. The content of the “Create your own budget” workshop will be presented at this meeting, along with the tools proposed.

Location: The MAIH Cost : Free

May 21 from 6:30 p.m. to 8 p.m.

Evaluation of the “Create your own budget” workshop with parents and caregivers of members registered in this workshop

This meeting will wind up the discussion of the “Create your own budget” workshop and seek feedback on your experience. To assess the workshop, we will invite your comments and suggestions, and ask you questions about the pertinence of the tools used.

Location: The MAIH Cost : Free

THURSDAYS

February 29 from 6:30 p.m. to 8 p.m.

Presentation of the dating and sexuality workshop to the parents and caregivers of the members registered in this workshop

The concept of relationships and sexuality is often a taboo subject but one that needs discussing. Parents and caregivers are invited to share and express their needs on this subject. During this meeting, the content of the workshops will be presented as well as the proposed tools.

Location: The MAIH Cost : Free

May 30 from 6:30 p.m. to 8 p.m

Wrap-up of the dating and sexuality workshop with parents and caregivers of workshop participants

A meeting with the parents and caregivers of members registered in the workshop to close the workshop. This is an opportunity to evaluate the workshop, to hear feedback, to assess the relevance of the tools, and to adjust the content if necessary.. An opportunity for parents and caregivers to meet and share.

Location: The MAIH Cost : Free

WEEKLY SCHEDULE

Find the different activities proposed by day of the week.

	MONDAY	TUESDAY		WEDNES- DAY	THURSDAYS	FRIDAY		SATURDAY						
9h30	Cooking workshop (with CREP)	Singing and percussion	Sport : Basketball		Express yourself (with CREP)		Explore the arts Group 1							
10h														
10h30														
11h														
11h30														
12h								The 633						
12h30														
13h			Creative diary	Yoga	Dance with Les Grands Ballets	Introduction to technology (with CREP)	Get involved as a citizen		Explore the arts Group 2	Discover Montreal				
13h30														
14h														
14h30														
15h														
15h30														
16h														
16h30														
17h		Budget			Intimate relationships and sexuality									
17h30														
18h														
18h30														
19h														
19h30														
20h														

The activity takes place:

At the MAIH

Outside the MAIH



All workshops held at the MAIH are accessible for people with reduced mobility.



Detach the weekly schedule to pin it up at home!



You can eat your lunch at the MAIH if you stay for the day.

REGISTRATION — 514 381-2300 — EXTENSION 31



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GENERAL ELIGIBILITY CRITERIA

1. GENERAL ELIGIBILITY CRITERIA

- The participant must be a MAIH member in good standing.
- Annual fees are \$20 for individual members and \$25 for a family membership.
- The member must meet the specific eligibility criteria for each program:
 - 18+ years old
 - Mild to moderate intellectual disability
 - No behavioural issues
 - Ability to function in a group (1:4 ratio)
 - Independent in daily activities (eating, grooming, etc.)

We reserve the right to review a member's participation in an activity at any time if their behavior does not meet the eligibility criteria.

2. REGISTRATION PROCEDURE

- To join the association before registering for an activity, new members must meet with a coordinator for an assessment of their needs.
- For members in good standing, registrations will be taken by phone only during the planned period, according to the above-mentioned eligibility criteria and depending on the places available.

Registration by phone or online does not guarantee confirmation at the workshop. **The activity will be confirmed by a coordinator by e-mail or telephone within 2 weeks of registration.**

3. PAYMENT METHODS

- We accept payment by credit card, cheque or cash.
- You can pay by phone (credit card), in person at the MAIH (cheque, cash or credit card) or by mail (cheque or cash).
- Payments must be completed before the start of activities.

4. CANCELLATION AND REFUND POLICY

- If the MAIH is required to cancel the participation of a member who has paid the fee in whole or in part (including the deposit), the member will either be refunded in full within a reasonable timeframe or his or her account will be credited, whichever method is deemed preferable.
- The MAIH reserves the right to cancel the participation of a member at any time if their behaviour or medical condition warrants immediate withdrawal, and without any refund.
- The MAIH reserves the right to cancel any activity without prior notice.
- If a member cancels his or her registration less than 30 days before the activity, he or she will be refunded only if the following two conditions are met: presentation of a valid reason justifying the cessation of participation AND if the MAIH is able to fill the member's place with another member on the waiting list.

5. ADDITIONAL CHARGES

- In the event that a cheque payment is not processed by a banking institution, the MAIH will levy a penalty of up to \$25 to cover administrative costs.
- In the event that a cheque payment is returned for insufficient funds (NSF), the MAIH will levy a penalty of up to \$25 to cover administrative costs.
- Interest will be charged at a rate of 5% per month on all unpaid invoices as of 30 days after the date of the unpaid activity.
- As well, interest will be charged at a rate of 5% per month on all overdue accounts.

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