Au cœur de l'enfance

ACCUEILLIR.
ACCOMPAGNER.
GRANDIR.

Activity Schedule | Fall 2026

Maison de l'enfance de Saint-Laurent

From September 10 to December 11, 2026

Free activities for families in a warm and inclusive environment.



Drop-In activities (without registration) | Registration required | Upon referral of a Professional | Prenatal and post-natal activities | BC Activity offered ALSO to families from Bordeaux-Cartierville

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	**Parent-child drop-In playgroup** 9 a.m. to 12 p.m. Parents and children 0-5 yrs old **A time for you a time for me** (BC) 9 a.m. to 12 p.m. Children 2-5 yrs old **Breastfeeding drop-in** 9:30 a.m. to 12 p.m. New parents **Drop-in respite** 9 a.m. to 2:30 p.m. 12 months/walking to 5 yrs old	**Parent-child drop-In playgroup** 9 a.m. to 12 p.m. Parents and children 0-5 yrs old **A time for you a time for me** (BC) 9 a.m. to 12 p.m. Children 2-5 yrs old **Let's get ready for school** 9 a.m. to 11:30 p.m. Children 3 ½-5 yrs old	**Baby on the move** 9:30 a.m. to 12 p.m. Parents and babies 0-12 months old **Language stimulation Playgroup** (BC) 9 a.m. to 12 p.m. Parents and children 18 months-2 yrs old **Awakening workshop** 9 a.m. to 11:30 a.m. Children 12-18 months old **Shared moments** 10 a.m. to 12:30 p.m. Pregnant women (BC)	**Parent-child drop-In playgroup** 9 a.m. to 12 p.m. Parents and children 0-5 yrs old **Breakfast for parents** 9:30 am to 12 pm Parents **A time for you a time for me** 8:30 a.m. to 3 p.m. Children 2-5 yrs old	**Parent-child drop-In playgroup** 9 a.m. to 12 p.m. Parents and children 0-2 yrs old **Let's get ready for school** 9 a.m. to 11:30 p.m. Children 3 ½-5 yrs old **Awakening workshop** 9 a.m. to 11:30 a.m. Children 1 ½ - 3 yrs old	**Parent-child drop-in playgroup** 9 a.m. to 12 p.m. Parents and children 0-6 yrs old ***Starts on sept 19*** **Active-kids** 9:30 a.m. to 12 p.m. Children 8-10 yrs old **Full day prenatal Class** (BC) 9 a.m. to 4 p.m. Pregnant women
Afternoon	**Pause and symbiosis** 1 p.m. to 3 p.m. Pregnant women	**After school club** 4:15 p.m.to 6:15 p.m. Children 6-8 yrs old	**Self-care workshop with baby** 1 p.m. to 3 p.m. Parents and babies 0-12 months	**Legal Thursdays** 3 p.m. to 6 p.m. Parents (by appointment)	**Friday family activities** Date and time to be determined	**Outdoor adventure** 1 p.m. to 5 p.m. Children 7-9 yrs old **Weekend family activities** Date and time to be determined
Evening	**Prenatal classes** 5:30 p.m. to 8 p.m. Pregnant women (BC)		**Wednesday outings in the neighborhood** Date and time to be determined			

Our follow-ups and support offered in perinatal care

- Medical follow-up with a midwife/IPS
- Birth support
- Preparation for childbirth
- Postpartum support

Continuous services | Parental involvement

- Loan of baby equipment
- Monthly Bazar 0-5 years (clothes 0-5 years old)
- Parent committee
- Volunteering

Need support or information?

514-333-8989 ext. 521

1159 Sainte-Croix avenue, Montréal Québec, H4L 3Z2 | www.aucoeurdelenfance.ca | cps@aucoeurdelenfance.ca

Activity schedule | Fall 2026

Chameran neighborhood | Saint-Laurent

At the Henri-Beaulieu school or Parc Painter Chalet

Registration required | Upon referral of a Professional

Monday	Wednesday	Friday
Small Path 3:15 p.m. to 5:15 p.m. Children 1st and 2nd year of elementary school	**Girls' lunch** 11:30 a.m. to 1 p.m. Girls in the 5th and 6th year of elementary school **Small Path** 13:15 p.m. to 5:15 p.m. Children 1st and 2nd year of elementary school **After school club** 3:15 p.m. to 5:45 p.m. Children 6-8 yrs old	**Girls' lunch** 11:30 a.m. to 1 p.m. Girls in the 5th and 6th year of elementary school

Service point | Bordeaux-Cartierville

1405, boul. Henri-Bourassa office 105, Montréal H3M 3E6

Drop-In activities (without registration) | Upon referral of a Professional | Prenatal activities and post-natal

Tuesday	Thursday	Friday
Shared moments 10 a.m. to 12:30 p.m. Pregnant women	**Breastfeeding drop-in** 9:30 a.m. to 12 p.m. New Parents **Every 2nd week*	**Parent-Child drop-In playgroup** 9 a.m. to 12 p.m. Parents and children 0-2 yrs old ***Starts on sept 18***



Need information or resources about the neighborhood?
You have a child under 5 years old or are you pregnant?

Contact us!

Maguette Niane
514 333-8989 ext. 534
or 438-773 5984

Mériel Bruer Benamra
514 333-8989 ext. 534
or 438-926-3819

Descriptions of workshops and services

For pregnancy, new parents and babies 0-12 months old

- Preparation for childbirth | Individual or couple meeting
- Prenatal classes | Session of 5 classes from Sept 14 to Oct 19 with the CLSC
- Pause and symbiosis | Meeting for sharing and information about pregnancy
- Shared moments | A place to unwind, meet and share your experience
- Birth support | Individual or couple
- Postpartum support | Home support for self-care and baby care
- Breatfeeding Drop-in | With Nourrisource and the CLSC
  * Bordeaux-Carterville: on Thursdays 24/09, 08/10, 22/10, 05/11, 19/11, 03/12, 17/12
- Self-care workshop with baby | A moment of relaxation and well-being with baby
- Baby on the move | Activity to encourage motor and sensory awakening

For families, parents and children 0-5 years old

- Parent-Child Drop-in playgroups 0-2, 0-5 & 0-6 yrs old | Come play with your child
- Family outings and activities | Call at ext. 521 to provide your email and receive the information
- Parents' lunch | Discussion forum. Childcare on request only
- Parents' committee (in french). Session dates: Sept 24, Oct 22, Nov 12, and Dec 10.
- Thursday legal | Meeting with an immigration lawyer. Call at ext. 521 to register. On Sept 24, Oct 22, and Nov 26

Respite & support for children from 12 months to school age

- Awakening workshop | Stimulation workshop for children
- Language stimulation workshop | 10 sessions according to the CLSC reference
- Let's get ready for School | Promotes the academic preparation of children and the integration of parents into the Quebec school system
- A time for you, a time for me | Stimulation for children with special needs
- After school club | A time to do your homework and stay active, and meetings at home. At the Maison de l'enfance and at the Parc Painter cottage
- Active-kids | A space to create, move, and foster growth
- Outdoor adventure | Active playing time outdoors
- Drop-in respite | Short term respite service in a stimulating environment

Call at extension 521 or scan this code

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