



Bright Beginnings

A shining start for children ages 0-8

Early Childhood

RESOURCE GUIDE

MATAPEDIA TO SHIGAWAKE

2021

Acknowledgements

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Health
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Introduction



Bright Beginnings' mission is to support English-speaking families on the Gaspé Coast and Magdalen Islands. We do this by:

- working with health and community partners to increase access to the services you need
- organizing fun and educational activities for parents and children
- offering specific information and training to parents

We know that as a parent, it can sometimes be difficult to find the services you need for you and your family. To support you in that search, we have created this guide that brings together early childhood resources in one place.

We hope that this guide will make your life a little easier and encourage you to take advantage of the many services and programs available to you.



418-752-5995

**If you need help
in connecting
with any of these
services,
let us know -
we are here to
help!**

Pregnancy



Integrated Health and Social Services Centre (CISSS) Gaspésie

The CISSS family, childhood and youth program (programme Famille-enfance-jeunesse) supports children from 0 to 18 years old, pregnant women, and new parents. Services offered include:

- universal public health services (nurses)
- prenatal clinics and meetings
- postnatal visits
- vaccinations clinic between two months and five years
- developmental screening clinic between two months and five years
- consultations during stressful situations and support of parenting skills

You can find out more by contacting your closest CLSC.

CLSC de Malauze (Matapedia)

14, boulevard Perron Est

 **418-865-2221**

CLSC de Caplan

96, boulevard Perron Ouest

 **418-388-2572**

CLSC de Pointe-à-la-Croix

48, boulevard Interprovincial

 **418-788-5454**

CLSC de Paspébiac

273, boulevard Gérard D. Lévesque

 **418-752-2572**

CLSC de St-Omer

107, boulevard Perron Ouest

 **418-364-7064**

Gaspé Planning Clinic

The Gaspé Planning Clinic has a regional mandate and offers the following services:

- contraception: Information, assessment and advice, prescriptions, IUD and emergency contraception
- abortion: Procedure and decision support
- STBBIs (sexually transmitted and blood-borne infections): information, anonymous screening, treatment and follow-up
- fertility: information, assessment and advice, investigation and insemination
- anonymous pregnancy tests

Gaspé Hospital

215, boulevard de York Ouest, 4th floor, Gaspé

 **418-368-1716**



Midwifery - Midwives / Nujiapoqonmuet usgijinu'igtug

From the early weeks of pregnancy, through natural labor and birth, and followed by postpartum care for the first 6 weeks of your baby's life, midwives offer choice-centered health care in the Gaspésie.

- During appointments with your midwife, you'll share your concerns and questions, build a trusting relationship, and prepare for your baby's arrival.
- All the necessary prenatal tests and exams are available and many, like regular bloodwork or pap tests, can be done during your visits.
- Your midwives are available by cellphone for emergencies, day and night.
- Midwives offer a bilingual, up-to-date lending library on subjects surrounding pregnancy, birth and parenthood.
- Families can choose to birth with their midwives at the Maria Hospital or at home.
- Midwives are committed to supporting your breastfeeding needs and goals.
- After giving birth, your midwife will do home visit checkups on days 1, 3 and 5. Then you'll come and show off your new baby at the midwife's offices at 2 and 6 weeks postpartum.
- Midwifery care is fully funded by the RAMQ and a service of the CISSS Gaspésie. It replaces traditional medical appointments. High-risk medical care is never out-of-reach, if and when needed.
- For more information, you can sign up for an on-line information session - or better yet - call to speak with a midwife about your needs.

To register:



www.cisss-gaspesie.gouv.qc.ca/soins-et-services/grossesse-et-maternite/service-sages-femmes/inscription-service-sage-femme



1-877-388-SAGE (7243)



louise.miousse.ci:sssgaspesie@ssss.gouv.qc.ca

Prenatal classes

You're pregnant, congratulations! A time of joy, but also one of questions and sometimes, worry. It's the start of a new life for you, your partner, your baby, and your family. There are many things to discuss and many questions that arise during pregnancy. Prenatal courses are available to help you.

For information, contact the CLSC closest to you.

- French classes are offered at la Maison de la Famille in Bonaventure and Avignon.
- English classes are offered at Family Ties in New Carlisle every year.

OLO program

The OLO program supports pregnant women who live under financial stress. This program provides the opportunity to obtain essential food, eggs, milk, frozen vegetables as well as vitamin and mineral supplements free of charge. You must be referred to the program by a nurse/midwife at a CLSC.

For more information on the OLO program:



<https://fondationolo.ca/en/im-pregnant/joining-program>

SIPPE Program

We all want the best for our children, but parenting isn't always easy. The SIPPE program can give parents a helping hand during pregnancy as well as when the baby arrives until they start school. This program is intended for future or new parents who are experiencing financial difficulties and either feel isolated or alone, or who do not have a high school or vocational diploma.

Services include:

- support and personalized follow-up according to parents' needs for school, housing or social assistance
- ideas for parent-child activities that aim to stimulate children
- information on health, marital relationships, child development and parenting
- enriching group meetings with other parents to discuss and share

To receive these services and support, contact your local CLSC.

From Tiny Tot to Toddler

From Tiny Tot to Toddler is a free practical guide that contains scientifically supported information about pregnancy, delivery and the first two years of a child's life. This guide is given to all new Quebec parents at the beginning of pregnancy follow-up and to those involved in an adoption process.

You can also consult the guide here:

 www.inspq.qc.ca/node/1942

Government Services for New and Future Parents

This online guide provides an overview of government programs and services available to new and future parents including registering for Quebec's health insurance plan, information on financial assistance, work leave, birth certificates, and more.

 www.quebec.ca/en/family-and-support-for-individuals/pregnancy-and-parenthood/parent/

Fostering or adopting A CHILD



Adoption of a child born in Québec

A person wishing to adopt a child can apply for regular adoption, adoption under the Banque mixte program, or both.

- Regular adoption applies to children whose parents have placed them up for adoption at birth, abandoned children or children that are orphaned at a very young age.
- Adoption under the Banque mixte program involves children who have been entrusted to a foster family by the Directeur de la protection de la jeunesse (Director of Youth Protection) in order to be adopted.



418-368-1803



Toll-free number: **1-800-463-4225** or **1-800-463-0629**

For information on international adoption:



http://adoption.gouv.qc.ca/en_accueil

Foster parenting

The CISSS de la Gaspésie has an ongoing need for new foster families for young people from the Gaspé Coast and the Magdalen Islands.

- Are you interested in welcoming children or adolescents who need a warm, loving and secure environment, to your home? For short or longer periods of time?
- Do you want to give a helping hand to the children of our region?

If you would like to become a foster family, please contact:



1-833-368-2498



recrutement.famille.CISSSGASPESIE@ssss.gouv.qc.ca

Bringing baby HOME



When you return home after the birth of your child, a nurse or midwife will contact you to check on you and your baby. In addition, they will arrange a home visit with you for a complete health examination and to answer your questions.

Supportons-Lait

Supportons-Lait offers information, support and resources to women wishing to breastfeed or who are breastfeeding including:

- information evenings on breastfeeding
- support for breastfeeding and motherhood by a breastfeeding godmother, telephone conversations, discussions via social networks and home visits if necessary
- friendly meetings which allow mothers, fathers, godmothers, grandparents or any caregiver to meet and recharge their batteries. The subjects concern breastfeeding, motherhood, but also several realities of daily life with a baby

To find out the dates of upcoming activities:



418-391-2166



info@supportons-lait.org



[supportonslait](https://www.facebook.com/supportonslait)

Baby & Me

Family Ties New Carlisle offers Baby & Me once a week for parents and babies of 0-12 months. This program offers mutual support, sharing of information, professional workshops and socializing. Ten-week sessions are offered three times per year.



418-752-7265



amie.familyties@hotmail.com.



familyties.newcarlisle



www.family-ties.org

Rehabilitation centres - Centres de Réadaptation

Is your child between 0 and 5 years old and having difficulty expressing themselves or having physical movement difficulties? Do you suspect your child may have developmental delays?

The Rehabilitation centre provides occupational therapy, speech therapy and physiotherapy. You can contact the Guichet de réadaptation which will process your request and put you in contact with the appropriate resources.

Guichet de réadaptation du CISSS de la Gaspésie
Monday to Friday, 8:00 to 4:00



1-844-GUICHET (1-844-484-2438)



guichet.readapt.ciSSsgaspesie@ssss.gouv.qc.ca

Accroche-cœur Community Social Pediatrics Centre

Accroche-cœur provides an alternative for children and families in very vulnerable situations who do not use traditional services. In addition to the service centre located in Chandler, the mobile clinic provides services from Shigawake to Matapédia.

Community social pediatrics integrates medicine, law, and social services, allowing the service:

- to offer personalized care and services to children in difficulty aged 0 to 18 years old
- to detect, reduce or eliminate toxic stresses affecting their development while respecting all of their fundamental rights
- to give them and their families back power and hope in order to regain control of their lives, while being supported by their community and institutions

@ coordonnatrice@pediatrieaccrochecoeur.com

f Accroche-cœur-centre-de-pediatre-sociale-en-communaute

Vaccinations

Vaccination remains the most effective way to protect children against certain contagious diseases. It is important to follow the immunization schedule. As soon as your child is 2 months old, you can have them vaccinated at the CLSC or the doctor's office.

Mon arbre à moi

As part of the Mon arbre à moi campaign, every child born or adopted during the year receives a tree seedling that grows along with the child. The seedling comes with a growth chart and a souvenir card. Parents must register their child in order to receive a seedling. (in French only)

www <https://mffp.gouv.qc.ca/les-forets/mois-de-larbre-forets/mon-arbre-a-moi/>

Child safety seats

Choosing and using a car seat involves numerous safety precautions and verifications. To make sure your child is completely safe, you must purchase or borrow a quality car seat that complies with the standards in effect.

Children aboard a moving vehicle must be in a car seat adapted to their weight and height until they are 145 cm tall or 9 years of age. A car seat inspection service is offered free of charge so that parents can make sure the car seat they use meets the current safety standards.

For more information visit the website of the Société d'assurance automobile du Québec (SAAQ):

 <https://saaq.gouv.qc.ca/en/road-safety/behaviours/child-safety-seats/>

Some professionals at your local CLSC have training to verify that your seat is correctly installed.



Child Care



With long wait times and lack of available spaces in our region, it is very important for parents to register for daycare as early as possible once pregnancy begins. Whether you choose public or private daycares, it is important to sign up well in advance!

La Place 0-5

La Place 0-5 is the sole gateway to register your child for a recognized daycare space in Quebec. On **www.laplace0-5.com**, parents can find daycares that suit their needs using an interactive map, register their children on waiting lists for daycares, and obtain the contact information of home childcare providers – as soon as pregnancy begins or an adoption process is started.

Daycare Facebook Groups

You can also join a Facebook group for parents/guardians looking for a childcare service or places available on the Gaspé Coast:

 service de garde Gaspésie

 service de garde en milieu accrédité gaspésie îles de la madeleine

Centre de la petite enfance - CPE (Childcare Centres)

Childcare centres (or CPEs) are Quebec non-profit organizations dedicated to the care and education of young children. Their mission is to ensure the well-being, health and safety of the children in an environment that stimulates their development. They prepare children for school entry and help to prevent learning and behavioural difficulties.

CPE Locations

Pointe-à-la-Croix	CPE aux Joyeux Marmots	418-788-1428
Carleton-Saint-Omer	CPE aux Joyeux Marmots	418-364-1428
Listuguj	CPE Mawo'ltijig Mijjuaji'jg Child Care Centre	418-788-2553
Gesgapegiag	Gesgapegiag Early Childhood Centre	418-759-5759
Maria	CPE de la Baie	418-759-3191
New Richmond	CPE de la Baie	418-392-6833
Bonaventure	CPE de la Baie	418-534-2242
Saint-Elzéar	CPE de la Baie	418-534-2561
Paspébiac	CPE La Marinère	418-752-5956

Zero Place

Have you had trouble finding daycare or has the lack of daycare had a direct impact on you or your family? On the Gaspé Coast and the Magdalen Islands, it is estimated that there are currently over 900 places lacking in educational childcare services. In addition to restricting women's access to the labor market, this situation has significant negative consequences on the overall health of families, in addition to the financial and social consequences it poses.

The Table de concertation des groupes de femmes de la Gaspésie et des Îles created the website, Zero Place, to understand the consequences of the lack of childcare spaces in our region. This website compiles testimonials from parents/guardians about their experience so we can provide a better and more accurate overview of what is happening in the region. You can share your experiences here:

www.zeroplace.ca

Education



Eastern Shores School Board

For students to be eligible to attend English language schools in Quebec, they need to fall into one of several criteria which can be found on the Ministry of Education website:

 www.education.gouv.qc.ca

Parents or guardians need to make an appointment with the school and bring the following documents with them:

1. Child/student birth certificate with the parent names listed on it.
2. The birth certificate of the parent who has their bill 101 certificate to prove they are Canadian citizens.

The school will have registration forms and other documents to fill out and registration usually takes place in January each year. Please visit Eastern Shores School Board's website for more information:

 www.essb.qc.ca/registration

 **418-752-2247**

ESSB School readiness (Parent Volet)

The more a parent participates in their child's development, the more chances a child has of succeeding in school. Eastern Shores School Board offers various parent-focused activities to ensure that families, parents and children (pre-k and kindergarten) have a positive first experience in the school system. Information on these activities is available at each school.

Centre de services scolaire René-Lévesque

To register your child to attend a French language school in the region, you can contact Centre de services scolaire René-Lévesque. The registration period takes place in February of each year.

 **418-534-3003**, poste 6014

 dse@csrl.net

Alaqsite'w Gitpu, Listuguj

To register your child, visit the following website to obtain the necessary forms:

 listuguj.ca/directorates/listuguj-education-directorate/alaqsitew-gitpu-school

Wejgwapniag School, Gesgapegiag

Registration forms are sent to parents in May each year. Otherwise, parents may go to the school to obtain the form and any other information they may need.

New Carlisle High School Community Learning Centre

The New Carlisle CLC offers several programs and activities including:

- summer camp for 8 weeks in the summer, 5 days a week, 8\$ per day 8am to 5pm
- fitness centre open 24hrs a day, 7 days a week
- rental possibilities for birthday parties etc.
- afterschool activities for students
- sports Thursdays at 6:00pm - 2\$
- Tai Chi Mondays for adults
- workshop space rentals (First aid course, hunting course, etc.)
- workshops for parents when available or on demand
- training for 12+ babysitting course

Tammy Chatterton
Community Development Agent

 tammy.chatterton@essb.qc.ca

 **418-752-3316** ext.315

 Cell: **418-752-8514**



New Richmond High School Community Learning Centre

The New Richmond High School CLC offers afterschool sports and activities for students and community members.

- afterschool tutoring
- parenting workshops (early childhood, transitions, student success, etc.)
- lifelong learning workshops for adults
- sports nights for the community
- rentals for workshops and family events (first aid course, hunting course, babysitting course, birthday parties, etc.)

Kim Fessenden
Community Development Agent

 kim.fessenden@essb.qc.ca

 **418-392-4441**

Gaspésie Literacy Council

The GLC helps English-speaking adults and families to develop skills for lifelong learning, including reading, writing, listening, speaking, numeracy, and life skills. All programs are adapted to the needs of each person. Services include in-person and on-line tutoring for adult learners (16+), tutor training, literacy resources, and family literacy activities.

28 St.Patrick Douglastown, QC

 **418-368-5611**

 gaspelit@gmail.com

 www.gaspelit.ca



Library Network of Gaspésie et Îles-de-la-Madeleine (Réseau BIBLIO)

Public libraries are an ideal place for families. With your child, you can participate in numerous activities: story time, reading awareness workshops, craft play and much more - there is something for all ages! Of course, you can also borrow books at the library. Your public libraries are there for you. Visit, explore, borrow - read!

Réseau BIBLIO GÎM and Public Libraries of Avignon and Bonaventure

- free membership for residents: at the library (all services) or online (only online resources)
- online catalog with nearly 160 000 books including more than 8,000 English books
- books and magazines for kids, teens, and adults
- interlibrary loan: ask for any book not in your library. We will get it for you
- books for baby: register your child under the age of one and ask for your Perfect Little Reader Kit

Online resources with membership on Réseau BIBLIO website

www.reseaubibliogim.qc.ca/fr

Free access anytime with a library card and PIN.

RESOURCE NAME	DESCRIPTION	INTERFACE LANGUAGE	RESOURCES LANGUAGE
Prenumerique	About 10 000 eBooks	English and French	French
Digital magazines	3,700 popular and specialized digital magazines	English and French	English and French
Protégez-Vous	Access to complete information of the popular consumers magazine	French	French
Mes Aïeux (Yourfolks.com)	Quebec genealogy site that allows you to make a family tree by researching your ancestors from Quebec and North America.	English and French	English and French

RESOURCE NAME	DESCRIPTION	INTERFACE LANGUAGE	RESOURCES LANGUAGE
ToutApprendre.com	Over 800 online courses covering multiple subjects: languages, French as a second language, office automation, multimedia, professional life, music, personal and emotional development and more!	French	French, except languages courses
Jeux en ligne - Online games	Treasure hunts (4+), minigames and escape games (8+). Games are changing periodically.	English and French	English and French

Other online resources for everybody on the Réseau BIBLIO website:

RESOURCE NAME	DESCRIPTION	INTERFACE LANGUAGE	RESOURCES LANGUAGE
Catalog	Search	English and French	English and French
Manimot	Reading suggestions and tools to organize 0-5 story times	French	English and French
Biblio-Aidants - Caregivers program	Information for caregivers. All of the 15 thematic booklets contain reading suggestions including youth literature.	English and French	English and French
heureduconte.ca	Virtual storytelling	French	Mostly in French

List of Public Libraries

For opening hours, email and phone number, visit Réseau BIBLIO GÎM website: www.reseaubibliogim.qc.ca

	LOCATION	FRENCH BOOKS	ENGLISH BOOKS	GAMES AND TOYS	ONLINE RESOURCES
MRC AVIGNON					
Saint-Alexis-de-Matapédia					✓
Saint-François-d'Assise 399, ch. Central	2d floor of Town Hall	✓	On demand	On demand	✓
Saint-André-de-Matapédia 163, Principale	In the Town Hall	✓	On demand	On demand	✓
Matapédia 5, rue Hôtel-de-Ville	Downstairs	✓	✓	✓	✓
Pointe-à-la-Croix 44-A, rue Lasalle	On the right of Père-Pacifique School	✓	On demand	On demand	✓
Nouvelle 14, rue de l'église	Downstairs of the college	✓	On demand	On demand	✓
Saint-Omer 106-B, rte 132 Est	In the OTJ building	✓	On demand	On demand	✓
Carleton-sur-Mer 774, boul. Perron	2d floor of the Quai des arts building	✓	On demand + collection of adult novels	On demand	✓
Maria 475-1, rue des Chardonnerets	On the left of the St-Donat School	✓	On demand	On demand	✓
MRC BONAVENTURE					
New Richmond 99, Place Suzanne-Guité	The downstairs of Salle de spectacles régionale	✓	✓	On demand	✓

	LOCATION	FRENCH BOOKS	ENGLISH BOOKS	GAMES AND TOYS	ONLINE RESOURCES
Caplan 17-B, boul. Perron Est	The downstairs of Town Hall	✓	On demand	On demand	✓
Saint-Alphonse 143-A, Principale Ouest	On the right of the school	✓	On demand	On demand	✓
Saint-Siméon 116, rue Bélanger	On the left of the school	✓	On demand	On demand	✓
Bonaventure 95-A, Port-Royal	On the left of the Acadian Museum	✓	On demand + collection of adult novels	On demand	✓
Paspébiac 95, boul. Gérard-D.-Lévesque Ouest	Downstairs of the college	✓	✓	✓	

The Anchor Adult Education Centre

The Anchor provides training according to the needs of the English-speaking community of Chaleur Bay by offering day and night classes. In 2021, The Anchor will assist parents and caregivers by providing early childhood (0-5) activity kits to those who register and other parent centered activities.

Contact Joan Bourgaize

 **418-752-3848** ext. 221



Community ORGANIZATIONS



Family Ties

Family Ties offers services in English to people of all ages living in and around New Carlisle. The organization's mission is to inspire family and community to strive for a better quality of life.

Early Childhood programs at Family Ties include:

- Pre-natal sessions that offer expectant parents the opportunity to meet with health professionals and discuss a range of topics in order to feel prepared for childbirth and early parenthood.
- Baby and Me group which supports parents of babies aged 0-12 months through sharing information, access to professionals and creating social and support networks. Once a week for parents and babies of 0-12 months. Three sessions of 10 weeks per year: Winter, Spring and Fall.
- Munchkin Mansion Playschool which encourages school readiness by helping young children develop age-related competencies and offering support to parents regarding everyday challenges.

Amie Major, Early Years Coordinator



418-752-7265



amie.familyties@hotmail.com.



[familyties.newcarlisle](https://www.facebook.com/familyties.newcarlisle)



family-ties.org

Bright Beginnings CASA

Bright Beginnings' mission is to support English-speaking families on the Gaspé Coast and Magdalen Islands. Activities include:

- language development program with speech pathologist: parent-child workshops; co-facilitated with a speech pathologist and animator to support the development of communication and language skills in young children.
- parent/ child activities for parents and pre-k students.
- in-person and online themed activities.
- parental support workshops covering different themes are held throughout the year.
- information on activities, community organizations, and support programs serving families and children throughout the region.

Shannon Day, Bright Beginnings Coordinator



418-752-5995



shannonday@casa-gaspe.com



Bright Beginnings GMI



[bright_beginningsgmi](https://www.instagram.com/bright_beginningsgmi)



www.casa-gaspe.com



Le P'tit bonheur

Le P'tit bonheur supports new parents who may be facing certain challenges. They also loan equipment such as strollers, high chairs, and much more. The following services are available:

- support, listening and advice
- rental/loan of baby equipment (child car seats, cribs, playpen, etc.)
- respite care (short-term relief for primary caregivers)
- accompaniment and transport (medical and social appointments, pre and post-natal follow-ups, immunizations)
- emergency assistance (diapers, milk, hygiene products, clothing: 0-6 years and maternity)
- verification/installation of car seats accredited by CAA Quebec

Le P'tit bonheur program is offered at the following locations:

Centre d'action bénévole St-Siméon / Port-Daniel

176, boul. Gérard-D.-Levesque West, Paspébiac



418-752-5577 extension 4



@ cabpasptitbonheur@globetrotter.net



f cab.saint.simeon.port.daniel

Centre d'action bénévole St-Alphonse-Nouvelle

549, boulevard Perron, Maria



418-759-3131



@ cabservices@globetrotter.net



www www.cabmaria.com

La Maison de la Famille MRC Bonaventure

La Maison de la Famille MRC Bonaventure supports families in a welcoming and warm environment. In response to the realities families face, various activities and resources are offered in order to enrich the parenting experience. Open from Tuesday to Thursday, 8:30 am to 4:30 from early September to mid-June.

- prenatal /postnatal yoga
- baby massage
- prenatal classes and workshops
- baby respite services: once a week respite offered for babies 0-12 months
- babywearing workshops: learn the many benefits and advantages to skin on skin and babywearing tools.
- stroller workout: exercise while pushing baby in the stroller
- family talks: allows parents of children 0-5 years old to meet and recharge their batteries and discuss various subjects concerning life with toddlers (food, sleep, development, discipline, crying, etc.)
- evening cafés
- Rataam: games and psychomotor activities allow children from 2 to 5 years old to move with their parents
- community daycare center: allows children aged 1 to 5 to have fun and socialize, while giving parents a break
- documentation centre: loan of books available during opening hours on topics reaching families such as: pregnancy, sleep, discipline
- thrift store 0-2 years
- reception, listening, support and referral: at any time, during opening hours, you can call or drop by to ask a question and get listening, guidance and support through the various stages of family life

105, avenue Grand-Pré, local 104
Bonaventure, QC G0C 1E0

 **418-534-4449**

 Animator: mdfanimation@navigue.com

 Coordinator: amigobonaventure@navigue.com

 [lamaisondelafamillemrcbonaventure](https://www.facebook.com/lamaisondelafamillemrcbonaventure)

Maison de la famille Avignon

The Maison de la Famille Avignon is a gathering place for families. Activities aimed at enriching the parental experience and fostering the development and well being of children are held in a welcoming and relaxed atmosphere.

Objectives:

- develop and maintain the parent-child bond
- improve parenting skills
- break the isolation of families
- develop mutual aid
- develop new services that meet the needs and interests of families

Services:

- support for new parents includes supplies such as formula and diapers, help with chores and support in caring for the baby
- personalized meetings to help parents develop early literacy
- parent-baby group workshops (0-12 months)
- weekly appointment where families are invited to come and socialize in the play space.
- family activities for families with children aged 0-5 years old

30B rue Chouinard
Pointe-à-la-Croix (Quebec) G0C 1L0

 **418-788-3359**

 mdfavignon@gmail.com

 [mdf.avignon](https://www.facebook.com/mdf.avignon)

 www.maisondelafamilleavignon.com



Autisme de l'Est-du-Québec (ADEQ)

Autisme de l'Est-du-Québec (ADEQ), a non-profit organization established by parents, offers services to the communities of the Lower St-Lawrence, Gaspé Peninsula and the Magdalen Islands. The mission of the ADEQ is to improve and promote the quality of life of families and friends of people with ASD.

Activities and services

- support and information for families
- support in the promotion and defence of the rights of people with ASD
- education and support in work, recreational and school environments
- telephone support
- organisation of support groups, conferences, training and social activities
- documentation centre
- facebook and Internet site.

To become a member of the ADEQ, please complete the form on their website:

[www www.autismedelest.org/english](http://www.autismedelest.org/english)

Thrift Stores

Buying at second-hand stores is a great way to cut down on the costs of raising a child and is also good for the environment!

TOWN	NAME	INFO
Matapédia	La Garde-robe du CAB Ascension-Escuminac	Open Wednesdays and Thursdays 9 a.m. to 12 p.m. and from 1 p.m. to 3 p.m.
Pointe-à-la-Croix	Maison de la famille Avignon	Supplies for children 0 to 5 years old, open on request or during opening hours of the Maison de la Famille Avignon. Find out more on their Facebook page: mdf.avignon

TOWN	NAME	INFO
Nouvelle	Le chiffonnier	Join the Facebook group " <i>Le Chiffonnier de Nouvelle</i> " for more details.
St-Omer	Le partage OTJ	Open Tuesdays, Thursdays and Saturdays from 11 a.m. to 3 p.m.
Carleton	Comptoir les trouvailles	Open on variable hours according to availability of volunteers. Facebook: Comptoir-aux-Trouvailles-de-Carleton
Maria	Le Baluchon du CAB Saint-Alphonse-Nouvelle	See the Facebook page " <i>Centre d'action bénévole St-Alphonse-Nouvelle</i> ." Clothing for children is available upon request with Karen Gallant, 418-759-3131 or browse the store.
Caplan	Le Vide Grenier	For opening hours call 418-388-5829
St. Siméon	Marché aux Puces	Behind the church, east side of small building Wednesday 1 to 3 and Saturdays 9 to noon
Bonaventure	Marché aux Puces	Centre Bonne Aventure Grand Pre- basement entrance on south side Saturdays 8 to 4
New Carlisle	Marché aux Puces	Basement of Catholic Church Wednesdays and Fridays and first Saturday of the month from 1 to 3 pm
New Carlisle	Family Ties Trading post	208, boul. G.D. Lévesque

Helplines FOR PARENTS



Info Santé

811

Info-Santé 811 is a free and confidential telephone consultation service. Dialling 811 promptly puts you in contact with a nurse in case of a non-urgent health issue. However, in the event of a serious problem or emergency, it is important to dial 9-1-1 or go to the emergency room.

The service is available 24 hours a day, 365 days a year. Anyone living in Québec can call Info-Santé 811 for themselves or a family member.

Info-Santé 811 nurses evaluate your health situation and give advice based on your condition. They can answer your questions about your health and direct you to the most appropriate resource in your region. Calling Info-Santé 811 often helps avoid going to a medical clinic or emergency room.

Here are a few examples of situations in which you can call Info-Santé 811:

- you or your child has a seasonal flu that persists several days and you are wondering if you should go see a doctor
- your child wakes up with a high fever and you are wondering if you should take them to emergency
- you are wondering what to do in order to relieve itching and swelling caused by an insect bite
- you have questions regarding health network resources

Helpline Baie-des-Chaleurs

 **581-886-2415**

Are you experiencing difficulties or challenges before or after birth? Do you have questions about the support available to you? This support line puts you in touch with a qualified perinatal contact who is available 24/7 to answer your questions.

Parents will be listened to and receive the information that they need on various topics such as:

- family planning
- miscarriage or voluntary termination of pregnancy
- concerns during pregnancy or childbirth
- questions about Covid-19 (pregnancy, birth)
- difficult births (AVAC, caesarean section, complications, hospitalization, prematurity, twins, etc.)
- stress or PTSD
- blues or postpartum depression
- adapting to life with baby
- baby blues

LigneParents

 **1-800-361-5085**

LigneParents' professional counselors offer free and confidential services for parents 24 hours per day, 365 days a year.

SOS domestic violence

 **1-800-363-9010**

SOS violence conjugale is a non-profit organization whose mission is to help ensure the safety of victims of intimate partner violence (IPV) and that of their children throughout Quebec, by offering free, bilingual, anonymous and confidential referral services. We are available 24 hours a day, seven days a week, and can provide direct access to information, support or shelter.

First Resource/ Première Ressource

 **1-866-329-4223**

First Resource has supported generations of parents and their children aged 0 to 18 on a daily basis for 35 years. Free bilingual and confidential consultations are offered to families in Quebec by phone, email or chat, without any time limits.



APPS



Whether you've just found out you're pregnant or you're already enjoying parenthood, it can be tricky to keep track of everything in your life. The good news is that there's no shortage of baby and early childhood apps for parents. We have compiled a short list of some of the most-used and top-rated apps for parents.

Pregnancy and baby tracker

This pregnancy tracker app from What to Expect When You're Expecting helps you prepare for parenthood and guides you through pregnancy day by day and week by week. Simply enter your baby's due date (or use the pregnancy due date calculator if you're not sure) to start tracking your baby's growth. Based on your due date or baby's birthday, you'll receive personalized updates on your baby's development, as well as expert tips, helpful videos and the latest parenting news. You can join a community of parents and parents-to-be, and receive support. Once your baby arrives, you'll get regular updates on her development, as well as expert advice on everything from postpartum healing to sleep schedules to milestones.



what to
expect

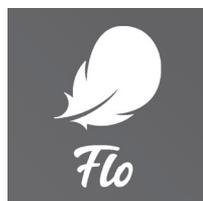
Baby nursing/breastfeeding tracker

Breastfeeding may seem like a piece of cake. But many mothers can attest to the challenges they face. Baby Nursing (also called Baby Breastfeeding) is an app for monitoring your baby's feedings. Use the app to keep a close eye on how often your baby feeds and consumes during each feeding. You can also use the app to upload photos and maintain a record of your baby's height, milestones, and physical development.



Flo

Flo is a women's health app, that supports women at each stage of their reproductive cycle. It tracks menstruation, cycle prediction, preparation for conception, pregnancy, early motherhood and menopause.



Pregnancy+

This app features expert advice, daily blog articles, mother care tips and interactive 3D models so you can track your baby's development. This pregnancy app has been downloaded over 30 million times by expecting families.



Kinedu

The Kinedu app gives you instant access to expert advice on how your baby compares to typical developmental milestones, including mental, physical, emotional, and linguistic health, and provides you with a big database of videos and other guided activities to help your child meet their development goals.



Speech Blubs

This app is home to thousands of language-learning tools for kids of all ages and adults who may want help with pronunciation or overcoming speech challenges. From more than 1,500 activities and games including videos and interactive flashcards to a sticker-collecting feature that helps you track your progress and stay motivated; this app is built around the science that children learn best to speak by observing other children speaking. It has no shortage of tools to help your child learn to observe and imitate the speech of other kids so that they can learn at their own pace while having fun.



Playfully Baby Development

You might be thinking, “My child changes a little bit every day! How can I enjoy every single day with them while I watch them grow?” The Playfully Baby Development app helps you do just that, providing an original daily activity, keeping your child’s physical, mental, and linguistic development in mind so that they get the bonding time they need with you while also helping encourage their healthy, timely growth. The app also lets you save pictures from your activities so that you can look back at how far you and your child have come.



Peanut

Parenting can be a lonely experience, even with a partner, as it can be hard for others to empathize what you’re going through as you carry your child, give birth, and then balance your needs with your child’s. The Peanut app lets you connect with thousands of other women who have gone through exactly what you have, from trying to conceive to giving your child everything they need to be healthy. Try chatting in real time with other women using a swiping match tool, join group discussions, and share your own topics and advice with others.



DaddyUp

Known as “The dad’s field guide to pregnancy,” DaddyUp is designed to be a fun, informative tool for expectant dads. Besides the customizable preparations’ checklist, a journal to take down notes during the pregnancy, and a weekly progress report, the app offers dads “rugged” comparisons for the baby’s size at every stage.





Early Childhood
RESOURCE GUIDE

MATAPEDIA TO SHIGAWAKE

2021



