

# Spring Programming 2023

from April 3rd, to May 19th



## Section: *Healthy Life Style*

### 1) **Ball Hockey** (6 sessions)

**What:** The chance for children to develop and meet their full potential in a fun and inspiring atmosphere.

**When:** Mondays, April 3, 17, 24 and May 1, 8, 15.

**Time:** 6:00 p.m. to 7:00 p.m.

**Where:** Gym at Poupore Elementary

**Age:** 6 to 13 years old

**Cost:** \$5

**Animators:** Nicolas and Sasha

### 2) **Babysitter Course** (4 sessions)

**What:** This course is to help prevent injuries and learn how to properly deal with situations should they arise.

**When:** April 4, 11, 17, and 25 from 6:30 p.m. to 8 p.m.

**Where:** Mansfield Youth Centre

**Age:** 12 years old in the current year or older.

**Cost:** \$15

**Animator:** Rachel Bisson

### 3) **Project Éclaireur Mansfield**

**What:** Cooking and positive mental health workshop for youth.

**When:** Thursday, May 4.

**Time:** 6:30 p.m. to 8:00.

**Age:** Children and Parents

**Where:** Mansfield Maison des jeunes

**Animator:** Rachel and TDSP Erica

**Cost:** Free

### 4) **Mansfield Community Gym (ESSC)**

**When:** Monday, Wednesday and Friday 4:00 p.m. to 10:00 p.m.

Tuesday and Thursday 5:00 p.m. to 10:00 p.m.

Saturday and Sunday 9:00 a.m. to 3:00 p.m.

See [Gym communautaire de Mansfield on Facebook](#) for more details.

### 5) **Science Nature Workshop at Coulonge Chutes**

**What:** Explore and connect with nature. Learn how to conserve and protect the fauna and flora that surrounds us.

**When:** Sunday May 7

**Age:** 7 to 17 years old

**Cost:** \$2

	Shawville	Bryson	C-Bay	Mansfield
<b>Depart</b>	9:00	9:10	9:20	9:30
<b>Return</b>	2:45	2:35	2:25	2:15
<b>Where</b>	Giant Tiger	Ultramar	Deans	MDJ

### 6) **Lunch Box**

**What:** With Erica's guidance, you get the opportunity to make a healthy and delicious lunch for the next day

**When:** Wednesday April 12 from 6:00 to 8:00

**Where:** Mansfield Maison des jeunes

**Age:** Parents and children

**Cost:** \$2.50

### **Thank you to our partners:**

Centraide Outaouais

MRC Pontiac

Centre intégré de santé et des services sociaux de l'Outaouais

Établissement des Petits Ponts

Table de développement social du Pontiac

Chutes Coulonge

## Section: *Culture, Outings and Other*

### 7) **Graffiti Workshop**

**What:** Come learn the ins and out of Graffiti, with graffiti artist Paul Landry

**When:** Saturday, April 22

**Time:** 10:00 to 3:00

**Where:** Mansfield Maison des Jeunes

**Age:** 7 to 17 years old

**Cost:** \$2

Please bring a snack pizza, lunch will be included

**Animators:** Allyssa and Eden

### 8) **Girls Night** (6 sessions)

**What:** Girls' social activities

**Who:** Girls ages 7 to 17

**When:** Wednesdays, starting April 5th

**Time:** 6:30 to 8:30 pm

**Where:** Mansfield Maison des Jeunes

**Cost:** \$20 (includes healthy snacks)

**Animators:** Alexie, Rachel, Laurence and Marianne

### 9) **Youth for Youth Outing** (Escape room)

**When:** Friday, April 21

**Where:** Maître du jeu in Gatineau

**Age:** 12 to 17 years old

**Cost:** \$25

**Animator:** Rachel, Laurence, Marianne and Sasha

	Shaw	Bryson	C-Bay	Mansfield
<b>Depart</b>	4:35	4:25	4:15	4:00
<b>Return</b>	9:25	9:35	9:45	10:00
<b>Where</b>	Giant Tiger	Ultramar	Deans	MDJ

### 10) **Home Alone Course** (2 sessions)

**What:** The goal of this course is to prepare children to fend for themselves, deal with problems that may arise and handle themselves in a safe and constructive manner.

**When:** Tuesdays, May 9 and 16

**Time:** 6:30 p.m. to 8:00 p.m.

**Where:** Maison de jeune à Mansfield

**Age:** Kids 10 and older.

**Cost:** \$15

**Animator:** Rachel

### 11) **Regular opening hours**

**What:** Under the supervision of the animators, youth have the opportunity to participate in various indoor and outdoor recreational activities.

**When:** Starting April 3, 2023

**Shawville:** Monday, Wednesday and Friday  
3:00 p.m.-7:00 p.m.

**Campbell's Bay:**  
Monday 3:00 p.m.-7:30 p.m.  
Wednesday/Thursday 3:00 p.m.-6:00 p.m.  
Friday 3:00 p.m.-8:00 p.m.

**Mansfield:** Tuesday 6:30-8:30  
Wednesday/Thursday 6:00-8:30  
Friday 6:00-9:30

\* Opening hours are subject to change.

INFO : 819 683-1044

Email : [info@mdjpontiac.com](mailto:info@mdjpontiac.com)

**How to register and/or get more info:**

- ✓ Bring your form to the school office by April 3rd.
- ✓ Send your form by fax (819 683-2669) or email [info@mdjpontiac.com](mailto:info@mdjpontiac.com).
- ✓ By phone (819 683-1044) or via the Maison des Jeunes Facebook page.

**Registration form required**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Parents' Names: \_\_\_\_\_

Phone #: \_\_\_\_\_ Emergency Phone #: \_\_\_\_\_

Allergies: \_\_\_\_\_ Health Card #: \_\_\_\_\_

**Check off the activities of your choosing:**

- |   |      |       |
|---|------|-------|
| 1) Ball Hockey                                  | \$5  | _____ |
| 2) Babysitters Course                           | \$15 | _____ |
| 3) Project Éclaireur Mansfield                  | \$0  | _____ |
| 4) Community Gym (see Facebook)                 |      | _____ |
| 5) Science Nature Workshop                      | \$2  | _____ |
| 6) Lunch Box                                    | \$5  | _____ |
| 7) Girls Night                                  | \$20 | _____ |
| 8) Graffiti Workshop                            | \$2  | _____ |
| 9) Youth for Youth Outing (Escape room)         | \$25 | _____ |
| 10) Home Alone Course                           | \$15 | _____ |
| 11) Free Activities (registration not required) |      |       |

Amount Paid \$\_\_\_\_\_

If paying by cheque, please make cheques payable to Les Maisons des Jeunes du Pontiac

I authorize my child \_\_\_\_\_ to participate in activities organized by Les Maison des Jeunes du Pontiac. In doing so, I acknowledge that the organization will not be responsible for any injury and/or lost items during the activities.

I give permission to MDJ to take pictures of my child during the activities. These photos may be used on the organization's Facebook page and/or other means to promote the organization.

Yes: \_\_\_\_ No: \_\_\_\_

Parent's signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please use the area below to fill your schedule. Keep the slip on your fridge that way you won't forget! (What,when, where and what time)**

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