

South Shore Resource Guide for Families with Young Children



*This initiative is funded by ARC Assistance and Referral Centre
with financial contribution from Bright Beginnings through CHSSN*



Playgroups

1. Café Rencontre @ the CLC with Laurel Hewitt

St-Lambert Elementary (Door E)

81 Green, St-Lambert

Friday – 9am-11:30am

\$ plus coffee/tea

Facebook: The CLC Cafe Rencontre



2. South Shore Community Playgroup

St-Francis of Assisi (church basement)

844 Ave. Notre Dame, St-Lambert

We offer a safe environment for your child to play with, or alongside, other children always under your watchful eye.

Wednesdays – 9:15am-11:30am

\$ plus coffee/tea, sscplaygroup@gmail.com

3. Commune Famille - Communal Playgroup

Centre de Loisirs

600 Oak, St-Lambert

Mondays – 9:15am-12pm

Multilingual community group with toys, activities and resources. Enjoy exercise classes, breastfeeding circles, storytelling, music, arts & crafts, etc.

\$ per session - plus coffee/tea available \$. Facebook: [Communefamille](#)

4. Brossard Mums & Tots

Centre Communautaire Vanier

3310 Bernard, Brossard

Wednesdays & Fridays – 10am-12pm

\$60 Annual Membership – Cooperative Playgroup where kids can play, do crafts, sing songs and connect with other children aged 0-5 years

Facebook: [Mums & Tots](#), for more info 514-926-2852

5. Parc Intérieur de Longueuil

Maison de Quartier St-Jean Vianney

2255 rue Cartier, Longueuil

Sundays, Mondays & Thursdays – 9:30am-11:30am

Free. Facebook: [Parc Intérieur de Longueuil](#), for more info

**This is a fall/winter playgroup. Please check dates on their Facebook page.

6. C.A.M.E. (Centre d'animation mère-enfant St-Bruno)

Communal playgroup & halte-garderie, coffee meetings and much more.

Centre Communautaire de St-Bruno-de-Montarville

53 ch. de la Rabastalière, St-Bruno

Tuesdays & Thursdays – 9am-11am (plus halte-garderie)

\$ (need to be a member)

www.camestbruno.com (with much more info), 514-445-5173

7. O.L.P.H. Playgroup – Châteauguay

Our Lady of Perpetual Help Church

295 rue Mcleod, Châteauguay

Mondays – 9:30am-11:30am

\$2 drop in fee or donation of canned food

514-422-7438

8. La Bambinerie de Boucherville

1075 Rue Lionel-Daunais, Boucherville

Morning playgroups, day-care centre, flea market, workshops, field trips, family outings, room rental for birthdays.

<http://bambinerie.com>, 450-641-2366

9. Groupe Familial Ile-des-Sœurs

'Quack Quack! Moms & Tots Playgroup'

260 Elgar, Verdun

Most Weekdays (hours vary)

Registration required - May have fees

Facebook: Groupe Familial Ile-des-Sœurs, for more info, 514-762-4201

Please note; some playgroups stop for the summer while others organize a Summer Park Schedule. Please inquire with the play group for Summer Scheduling.



Pre-Literacy Programs



1. Parent-Child Mother Goose Program

Various times & locations on the South Shore;
St-Lambert, Greenfield Park, Brossard & St-Bruno

Fall/Winter/Spring

10-week sessions; 0-3 years old

Structured 1h15 minutes, with adult & child. Verbal stimulation through songs, nursery rhymes and oral story telling.

Registration required; for more info and how to register, contact the South Shore Reading Council, www.ssrc.ca, ssrc@videotron.ca, 450-671-4375

2. Parent-Child Sajou and Salie Program

An introduction to reading and math for 3-6 year old children and their parents.

Various times and locations on the South Shore; St-Lambert, Greenfield Park and Longueuil.

Fall/Winter/Spring.

8-week sessions, structured 1h30 minutes

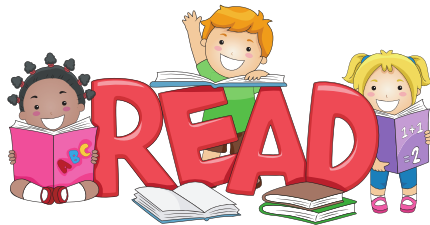
Registration required. Contact Premiers Pas/Home-Start Champlain, premierspaschamplain.org or 450-923-4138

3. Story Hour – Local Libraries

All libraries offer Story Hour. Times & ages vary as well as languages they offer.

FREE (most often, depending on your sector)

Inquire at your local library or city to find out how to register



Breastfeeding-Nursing Moms Support

1. MAM

Meeting place for nursing moms (non-nursing moms still welcome)

2060 Holmes (2nd Floor), St-Hubert

Open Thursday 9am -1pm

Plus various group classes (prenatal & postnatal)

www.mam.qc.ca or email mam.info001@gmail.com



2. La Mère à Boire

Breastfeeding Support Group made up of volunteer

moms working in Brossard, St-Lambert, Greenfield Park & Ville Le Moyne

Lamereaboire.org, lamereaboire@gmail.com, 514-993-7796

Community Resources

1. Maison de la Famille LeMoyne

1882 Rue Saint-Georges, LeMoyne

Halte-garderie + activities, 450-465-3571

mfl@bell.net, www.maisondelafamilielemoyne.org

2. Premiers Pas/Home-Start Champlain

78 Saint-Louis, LeMoyne

Language stimulation workshops, car seat rental, 0-5 summer day camp

with parents, friendship visits (3 hour visit per week for assistance,

friendship and practical help to families with children aged 5 & under)

stimulationlangage@premierspaschamplain.org, 450-923-4138

3. La Maison de la Famille La Parentr'Aide

2060 rue Holmes, St-Hubert

Halte-garderie & various activities for children and parents

www.laparentraide.ca, 450-923-9333

4. La Maison Tremplin de Longueuil

267 rue Toulouse, Longueuil

Halte-garderie, family-community activities

Member cards are valid from September 1 to August 31. Cost is \$7 for

family and \$5 for individual members.

www.maisontremplin.com, 450-442-4019

5. La Maison de la Famille Brossard

a) Centre Communautaire Nathalie-Croteau

2210 rue André, Brossard

Activities for children, parents and grandparents

*Please check site for more info on their activities

450-678-5222

info@mfdebrossard.org, www.mfdebrossard.org

b) Centre Communautaire Georges-Henri Brossard

3205 Boulevard Rome, Brossard

450-445-5151

6. Station de l'Adventure-Maison de la Famille

540 Chemin du Lac St-Louis, Léry (Châteauguay)

Halte-garderie, workshops, parent-child activities

450-691-4897, www.stationdelaventure.com

7. La Maison de la Famille Kateri

200 Ave. Balmoral, La Prairie

Halte-garderie, workshops, parent-child activities

450-659-9188, www.maisonfamillekateri.com

8. For resources in Brossard, St-Hubert, Greenfield Park, St-Lambert & Le Moyne (searchable by services)

www.autourdestout-petits.ca/tppe/par-type-de-services/

9. For all resources in Longueuil

www.longueuil.quebec/sites/longueuil/files/publications/repertoire_aide_personne_longueuil_aout_2017_2.pdf



Other

1. Autour des Tout Petits

Wonderful resource of organizations sharing their activities on one valuable site. Serves the communities of St-Hubert, Greenfield Park, Le Moyne, Brossard & St-Lambert
<https://m.facebook.com/groups/303093420206130>

2. Joujoutheque

To rent toys for all ages, playroom on site. Free and \$\$ activities.
3625 Montée Saint-Hubert, Saint-Hubert
450-678-6038, www.facebook.com/JoujouthequeStHubert/

3. Bébé Cardio

Brossard, Longueuil, La Prairie, Chambly, Carignan
Parent-baby fitness, interior & exterior. First class is free – \$ after
450-332-2323, www.bebecardio.com

4. South Shore Mom's Facebook Page

Lots of info for South Shore Families through this Facebook page. Great way to stay connected with your community!
www.southshoremomsgroup.com,
www.facebook.com/groups/332916770083147/

5. Community Learning Centres

(CLC – Riverside School Board)
Community Learning Centres serving communities in and around the South Shore. Please check site for more information and locations.
www.rsb.qc.ca/?7940D5F4-AFC1-4557-A0D1-66400BAF6191

6. South Shore Reading Council (SSRC)

Non-profit literacy organization serving the South Shore. Aimed to meet the needs of many. Begins with young goslings of their Mother Goose Program, then assistance with school age children and on to adulthood. www.ssrc.ca/about.html, 450-671-4375

7. Corefitness - Mommy & Baby Fitness Class with Chrystal Scott

Tuesday – 6:30 to 7:30pm
Greenfield Park Baptist Church (basement), 598 rue Bellevue
\$ - All proceeds go to 'Sponsor a Child'
514-606-7180, Facebook: Corefitness, chrystalcott88@gmail.com

ARC Assistance and Referral Centre, in partnership with the South Shore Reading Council, offers the Mother Goose Program three times per year in four locations.

This 10-week program is a musical pre-literacy intervention for parents and their infant children (ages 0-3). Through songs, rhymes, finger plays and dance, professionally trained animators model parent-child interaction, language stimulation and socialization.

For the upcoming year, there will be individual visits to each of our six sites from CLSC health professionals and a breastfeeding consultant.

Topics will include: Optimal nutrition for infants, breastfeeding, vaccination and basic first aid for infants and CPR training by a certified instructor from the Heart & Stroke Foundation.

This initiative is funded by ARC Assistance and Referral Centre with financial contribution from Bright Beginnings through CHSSN



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514-605-9500
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