

**Laval Association for Intellectual Deficiencies and ASD**  
**Registration • 2017-2018 Session**

*FIRST COME, FIRST SERVED!*

Please complete the registration form and payment and return it to ALEDIA at 73, boul. St-Elzéar West,  
Laval, H7M 1E7. Only Registration form with post-dated cheque will be considered.

<b>DESCRIPTION OF ACTIVITIES</b>	
<b>Coffee-Chat</b>	Structured group discussions around current issues allowing participants to socialize and express their opinions.
<b>Arts and crafts</b>	Workshops to develop artistic skills using different techniques such as cutting, coloring, painting, collage and drawing.
<b>Rhythm and sound</b> Offered by a professional	Exploring different sounds and rhythms using a percussion instrument, hands and feet in order to develop their creativity.  A professional will be present every other week.
<b>Hygiene and care</b>	The objective of this workshop is to make as many of our clients as possible, aware of the importance of healthy hygiene. There will be a volunteer who will have care offered by an intervener. This will increase their self-esteem as well as their autonomy.
<b>Pastry workshops</b>	The overall objectives of the pastry workshop are varied: to maintain the achievements and learn something new that can be useful in daily life; to learn working in a team; to value the work done; to work independently; to encourage and facilitate the use of the tools presented at the workshop. Participants could attain social skills by sharing with other participants and our employees around the table with great pleasure.
<b>Culinary workshops</b>	Collective preparation of a recipe to develop fine motor skills through culinary skills such as cutting, peeling, grading, mixing and measuring.
<b>Dance, Yoga, Relaxation and Massage</b> Offered by a professional	Discovery of the different relaxation strategies by means of yoga, breathing and massage techniques, all in a relaxing environment. Exploration of the Snoezelen room.
<b>Karaoke</b>	Karaoke will allow each participant to express themselves, improve their communication skills, improve their memorization skills when singing. Through this activity, participants will gain a higher self-esteem. They will also learn more about their peers and it will encourage acceptance of differences.
<b>Discovery of animals</b> Offered by a professional	Exploration of the animal world through interactive presentations and educational games to increase the curiosity and interest of participants. Weekly zootherapy workshops to

	boost self-esteem and maintain achievement. Website: <a href="http://www.assistanimal.com/">http://www.assistanimal.com/</a>
<b>Karate</b> Offered by a professional	Initiation to martial arts in order to increase concentration, self-control and self-esteem.
<b>Sports Fridays</b>	Day dedicated to improving physical fitness and team spirit from various group sports (floor hockey, dodgeball, soccer, badminton, etc.).

**\*NEW\***

In order to meet the needs of our members as much as possible and to open our services to the English-speaking community, ALEDIA will offer day activities in English in the fall of 2017.  
Act quickly, places are limited!