



EPIQ (English-speaking Parents in Quebec)

EPIQ (English-speaking Parents in Quebec) events are organized by volunteer parents with support from the community Wellness Centre.

Some activities are just for parents (who doesn't love a night out without the kids!) and other events are for the whole family. EPIQ events during this pandemic period have temporarily moved to an online platform.

Please check our Family Matters online newsletter or follow the EPIQ Facebook page for all the details:

www.facebook.com/groups/EPIQevents/

2021-2022 events schedule:

September	<p>Thurs. 2, 16, 30 Informal Virtual Chat Session: <i>Getting Through it Together</i>, Host-Amanda</p> <p>Sat. 25 Family Apple Picking Outing Hosts– Hilary and Shelley</p>
October	<p>Fri. 1 Children's Nature Walk: Fall Trees Hosts - Liana & Amanda</p> <p>Sat. 16 Family Hike Hosts- Shelley & Jarryd</p> <p>Thurs. 14, 28 Informal Virtual Chat Session: <i>Getting Through it Together</i>, Host: Amanda</p> <p>Fri. 22 Pumpkin Decorating Hosts- Amanda & Liana</p>
November	<p>Thurs. 11, 25 Informal Virtual Chat Session: <i>Getting Through it Together</i>, Host: Amanda</p> <p>Fri. 19: Soap Making Hosts– Amanda & Polly</p>
December	<p>Thurs. 9, 23 Informal Virtual Chat Session: <i>Getting Through it Together</i>, Host: Amanda</p>