

## Our values

INCLUSION - FAMILY  
OPENNESS - PEER  
SUPPORT  
RESPECT -  
EMPOWERMENT



## Registration Information

Contact us to learn more about the At-Home Support and Respite Program in the Magdalen Islands  
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### Entraide Sein-Pathique

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**At-home Support  
& Respite Program  
in the  
Magdalen Islands**

## About Us

We are an information group offering support to families during the **perinatal period**. We are an independent non-profit community organization supported by more than 200 members offering services throughout the **Magdalen Islands**, Quebec, since September 13, 1993.




Throughout the year, we organize activities to allow young families from the Magdalen Islands to meet new people and break their isolation. We also offer several workshops and courses based on the interests of our members.

## Support & Respite Services

Entraide Sein-Pathique is proud to offer a new free service to **families with children under 18 months**. The service is adapted to the unique needs of each family.

Following your request to participate in the program, a member of our team will meet you to better understand your reality with a new baby and together you will determine your needs.



Our program could include a variety of the following services:

- **At-home support:**
  - Listening support for parents
  - Respite (ex. take care of your baby while you take a bath, a nap, or get some fresh air)
  - Help with infant care
  - Light household tasks (ex. fold laundry, sweep the floor, empty the dishwasher)
- **Nutritional:**
  - Prepare a home-made meal
  - Get your groceries/ Run an errand
  - Bring you a ready-made meal
- **Support at our centre:**
  - Listening support for parents
  - Discover our lending library
  - Respite care during appointments or errands