



Where We Are

Montreal

ccs-montreal.org

Contact

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About the Collective Community Services (CCS) Project

To address the need for affordable services for families in a low income area, CCS developed and delivered a program at a local gym/community centre. This program aimed to address the reduction in access to early learning and play opportunities, appropriate care, social development, stimulation and wellbeing caused by the pandemic, and allowed for connections to be made among parents to share experiences with one another.



Promising Practice

Through the 'Family Free-Play' program, an area of the gym was designated for children 6-12 to play, socialize, make friends, and stay active for their positive mental health development. Due to requests to open the program up to younger children as well, a variety of educational toys and games were offered for children 0-5 years old and their parents/caregivers. These helped to grow fine and gross motor skills, and encouraged positive play and socialization.



*A fun and safe
environment was
created for families
to participate in and
encourage re-growth
in their mental health.*



Key Success Factors

- Staff recruitment
- Adaptation of target audience

