

The latest news from the Outaouais Branch



The 2025 winter promotion at Mont Cascades

Celebrate winter with Mont Cascades' fantastic "**almost anytime 5 days/7 nights**" promotion on season ski passes. This year, members of the Outaouais and Ottawa branches can take advantage of a **special rate of \$295 plus tax**, which is a **32% discount off the regular price**. In addition, season pass holders receive a 35% discount on full-day tickets on weekends or on exclusion days.



[See the advertisement for full details of the offer.](#)

Videoconference on January 22, 2026

January 22, 2026 - A videoconference entitled "**Vivre avec la maladie de Parkinson**" will be presented in French only by Chiara Djiagni Silatsa, social worker at Parkinson Outaouais. Chiara is also responsible for welcoming new members, facilitating support and self-help groups, providing individual support, and giving presentations on behalf of the organization. Come learn more about Parkinson's disease during this interactive videoconference.



Date: Thursday, January 22, 2026

Time: 9 :30 a.m. to 10 :30 a.m. (in French only)

Registrations: [French session](#)

Videoconference on getting ready to downsize with



February 10, 2026 - An interesting videoconference on **getting ready to downsize** will be presented by Julie Fortin, a member of Professional Organizers Canada (POC) and the Institute for Challenging Disorganization. Come learn about situational decluttering for people facing temporary clutter or clutter related to a specific event, such as a move.

Date: February 10, 2026

Time: 11:00 a.m. to 12:00 p.m. in English and 9:30 a.m. to 10:30 a.m. in French

Registrations: [English session](#), [French session](#)

Interesting ARO videoconferences offered to NAFR Outaouais branch members (in French only)

Thanks to our partnership with the Académie des retraités de l'Outaouais (ARO), members of the NAFR Outaouais branch who are not members of the ARO can enjoy the same benefits as ARO members for its conferences and activities offered in French only.



When conferences are free for ARO members, they are also free for members of the NAFR Outaouais Branch. If there is a cost to participate in the conference or activity, our members pay the same price as ARO members. However, training courses are not included in the partnership agreement.



To view the ARO program, visit: <https://aro.activigo.com/program> (in French only)

Registrations: If you are not a member of ARO, you must register by phone by calling 819-776-5052. If you are a member of ARO you may register online.

New local preferred partner !

Your Outaouais branch has entered into an agreement with a new local partner, **Bibitte Organisée**, a decluttering company serving the Outaouais region, Ottawa, and Eastern Ontario.



Bibitte Organisée offers a full range of personalized decluttering services to help you reclaim your functional space and improve your quality of life. To see all the services offered and request a free consultation, visit their website at: <https://bibitteorganisee.ca/>

DISCOUNT: 15% discount on services offered by Bibitte Organisée for members of the Outaouais and Ottawa branches.

If you have any questions about this partner and the discount offered to our members, please contact Julie Fortin directly at 613-816-1827. Visit their [website](#) and [Facebook page](#).

Are you getting the most out of your membership with us with the discounts offered by our preferred partners?

Take advantage of our local and national preferred partners to save money and get the most out of your membership with us.

List of local preferred partners: [Visit our Website here](#)

List of national preferred partners: [Click on this link](#)

Do you have any suggestions for partners? Feel free to let us know by calling us at 819-776-4128 or writing to us at admin@anrf-outaouais.ca



Contact Us

Do you have any questions, comments, or suggestions? Feel free to contact us at admin@anrf-outaouais.ca or by calling 819-776-4128. Visit our [Facebook page](#), our [website](#) and our [LinkedIn page](#).

Sincerely,

Réal Fortin

President, Outaouais Branch

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