

Latest news from the Outaouais Branch

Celebrate National Public Service Week from June 14 to 20, 2026

Every June, Canada observes **National Public Service Week (NPSW)**, an opportunity to recognize the dedicated individuals who serve Canadians within the federal public service.

This year, from **June 14 to 20**, let's celebrate those who embody Canada's public service and acknowledge the real impact their work has on our communities.



We would also like to thank federal retirees for dedicating their careers to the well-being of Canada and Canadians. They often continue their calling after retirement through volunteering, community involvement, and other forms of engagement.

Happy Public Service Week to everyone!

Welcome to our two new preferred partners

Your Outaouais Branch has entered into a partnership agreement with two new preferred local partners, **MedicSPA Gatineau** and the **Centre chirurgical de la capitale** - two partners under one roof!

MedicSPA Gatineau stays on the cutting edge of the most advanced aesthetic technologies, under the medical supervision of a plastic surgeon. Located in downtown Gatineau and serving the greater Ottawa area, the non-surgical or minimally invasive treatment of your dreams is closer than you think.



The **Centre chirurgical de la capitale** in Gatineau offers a wide range of surgical and non-surgical procedures, and Dr. Patricia Berbari has everything needed to help you achieve your aesthetic goals.



DISCOUNT: 15% off premium services offered at MedicSPA Gatineau and the Centre chirurgical de la capitale. See the services available by visiting their websites: [MedicSPA Gatineau](#) and [Centre chirurgical de la capitale](#).

If you have any questions, please contact them directly at 819-243-7667 or via email at the addresses below. You can follow their [Facebook page](#) to stay up to date on their promotions, new arrivals, and more!

MedicSPA

E-mail: info@medicspa-gatineau.ca

Centre chirurgical de la capitale (Dr Patricia Berbari)

E-mail: drpatriciaberbari@bellnet.ca

Correction - Update on the summer discount at Mont Cascades!

[Mont Cascades Water Park](#) officially opened on June 12 to kick off the 2026 summer season! Dive into the fun and make the most of summer with a **season pass for just \$69 + tax**.

Offer reserved for association members

Good news! The presale rate for the general public increases starting June 16, 2026, while association members and their immediate families **retain the presale rate of \$69 + tax...** for the entire summer season! Thank you to our preferred partner for this great promotion!



Offer Details:

- Offer valid for ANRF members and immediate family members (spouse, children, grandchildren, parents, brothers, and sisters)
- The offer applies online or at the customer service counter
- Proof of ANRF membership and a valid ID will be required when picking up the season pass

Purchase your [season pass online here now](#) and make the most of your summer!

If you have any questions about this promotion, please contact Mont Cascades Customer Service at info@montcascades.ca or call 819-827-0301 or 888-282-2722.

Reminder - 2026 Father's Day contest for members of the Outaouais Branch

Register by Sunday, June 21, at 11:45 p.m.!

In celebration of Father's Day, our preferred partner **Amerispa** is giving away **two free men's wellness packages**, valid for one year, at any of their Amerispa or Moment Spa locations. The drawing will take place on **Monday, June 22, 2026**.



The **men's wellness package**, valued at up to **\$342**, includes:

- Therapeutic massage or energizing men's facial.
- Leg toning treatment.
- Access to the water features.

Because he truly deserves it!

To enter the contest: Please [fill out this form](#) by Sunday, June 21, at 11:45 p.m.

For more details about our preferred partner **Amerispa**, visit their [website](#) or their [Facebook page](#). Be sure to sign up for their [newsletter](#) to stay up to date on their promotions, new arrivals, and exclusive offers!

Thank you to our special partner Amerispa for these wonderful gifts!

Sign up quickly and good luck!

SURVEY - Experienced Workers Aged 50+

Are you 50 or older and live in Gatineau? As part of a major survey on experienced workers, **FADOQ Outaouais and its partners** invite you to take this short 5-minute survey. The goal is to better understand the realities, needs, and challenges related to the participation of people aged 50 and over in the labor market.

Deadline: June 23, 2026

Take the survey: [CLICK HERE](#)

Thank you for contributing to this initiative, which will help better guide the actions and services intended for experienced workers in Gatineau.

Have a great summer!

The first half of 2026 is coming to an end, and on behalf of the board members and staff, I wish you a wonderful summer filled with all the season's joys.

Please note that our offices will be closed from June 29 through July 31, 2026, inclusively. We'll see you in August with new activities for you.

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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