



ALTERGO
ASSOCIATION

**Programme de réalisation
d'activités de loisirs accessibles
[Accessible Recreational
Activities Program] (PRALA)
Section 2 of PAFLPH : Support for Local
and Regional Initiatives locales**

Guide 2026-2027



Objective

The objective of this program, which operates under section 2 of the *Programme d'aide financière au loisir des personnes handicapées* (PAFLPH) of the Ministère de l'Éducation du Québec (MEQ), is to support new local and regional projects that facilitate access to recreational activities for people with functional limitations.

Program Deadlines

- May 4, 2026 : Call for projects
- June 4, 2026 : Deadline for submitting a project
- August 2026 : Notification of recipient organizations
- Fall 2026 : Check up on the projects
- February 28, 2027 : Deadline to submit the grant utilization report form

Eligible Organizations

- Non-profit organizations serving the Island of Montréal
- Municipalities or boroughs on the Island of Montréal

Eligible Projects

To be eligible, projects must meet all of the following criteria:

- The project must enable people with disabilities to participate in recreational physical, cultural, outdoor, or socio-educational activities (see **Definitions** at the end of this guide).
- The project must be designed for people with functional limitations.
- The project must take place in Quebec.
- The project must be implemented during the fiscal year for which financial assistance is granted (between April 1, 2026, and March 31, 2027).

To be eligible, projects must also meet at least one (1) of the following criteria:

- Significantly improve an existing recreational offer by introducing a new element that addresses a specific challenge.
- Reach a new clientele with disabilities.
- Develop a new activity.

For the purposes of this program, an organization's regularly scheduled activities and yearly programming are not considered projects. However, a proposed project may be an addition to an existing service offer.

Non-Eligible Projects and Expenses

- Projects aimed solely at equipment purchases
- Projects aimed solely at subsidizing expenses related to personal support workers
- Taxes
- Expenses for a specific individual (e.g. sign-up or registration fees)
- Promotional items
- Food purchases

Project Time Frame

Les activités de loisirs prévues avec les personnes ayant une limitation fonctionnelle doivent se dérouler entre le 1er avril 2026 et le 31 mars 2027, soit durant l'année en cours.

The project, specifically the activities with disabled people, must be carried out between April 1, 2026, and March 31, 2027, i.e. during the current year.

IMPORTANT

Since funding notifications are issued in August, time frame and other financial considerations must be taken into account when planning, especially if your project is taking place during the summer.

Financial Assistance

- Any financial assistance granted under this program shall be less than \$10,000 and shall be non-recurring.
- Following the assessment of the application, available funding will be granted and issued to the requesting organizations as follows:
 - 75% of funding will be disbursed following the sending of an official document confirming acceptance of the application.
 - 25% will be disbursed following an analysis of the subsidy utilization, if justified by the eligible expenses.

The submission of a duly completed application does not in itself constitute a guarantee of funding.

Call for projects

Form

Please complete the form, which is available on our website or via [link](#) by June 1, 2026.

A PDF version of the form is also available on the program's website for reference.

Incomplete forms will not be considered.

Supporting Documentation

A non-exhaustive document/information sheet (maximum of 2 pages) containing relevant information about your project must be included with your application. Example of information to include:

- A short description of the applicant organization and its target audience
- A detailed budget, including other sources of revenue for this project
- Statistics or references supporting the project and its objectives

This will complete your project summary, which must be entered in the call for projects form.

Obligations

- Provide their services to people residing on the Island of Montréal.
- Carry out the project during the fiscal year for which the financial assistance is granted.
- Perform criminal record checks of personal support workers involved in the project, where applicable.
- Select, hire, supervise, and pay staff.
- Ensure all staff providing personal support have, at a minimum, completed the *Formation nationale en accompagnement en loisir pour les personnes handicapées* (FACC) training program, the *Certification en accompagnement camp de jour* program provided by the *Association québécoise des personnes handicapées* (AQLPH), the *Accompagnement en camp de jour inclusif* program provided by AlterGo, or equivalent training.
- Complete the grant utilization form and return it to AlterGo at the requested time.
- Reimburse any unused funds.

Project Assessment

Projects will be assessed in 2 steps:

- Eligibility by AlterGoAssociation personal.
- Evaluation by a selection committee

Criteria

Projects will be assessed on the following criteria:

Information sheet **1 point**

- Only one supporting document, no more than 2 pages long, was provided.

Project Summary **3 points**

- The project addresses a genuine, well-defined problem.
- All essential information is clearly presented in the summary.

Project Objectives **5 points**

- The expected results (impact) of the project's overall objectives are clear.
- The specific objectives of the project are measurable.
- There is a clear and realistic time frame for the project's specific objectives.

Collaboration **2 points**

- The project is the result of a collaboration between 2 or more organizations.
- The individuals or groups who will contribute to the project—excluding the participants—are clearly identified. Their roles are clearly defined.

Time Frame **3 points**

- The plan is coherent.
- The schedule of activities involving people with functional limitations falls within the period covered by the program, i.e. between April 1, 2026, and March 31, 2027
- The implementation schedule is clear and detailed.

Expenses **1-2 points**

- All expenses for which funding is sought are eligible for the program.
- All expenses are itemized by categories

- Salary expenses are broken down by job category. For example: support staff, program staff, coordination staff
- **Bonus point:** The total cost of the project will be shared (i.e. not entirely funded by the PRALA).

Evaluator's opinion

2 points

Other

Should several projects be weighted equally, funding priority will be awarded based on:

- The number of people with functional limitations who will potentially benefit from the project
- The project's impact on social inclusion for people with functional limitations

Documents Required Upon Acceptance of the Project

- The applicant organization's most recent financial statements
- The organization's letters patent, including any updates

These documents must be submitted in a single email to palim@altergo.ca. Should the email attachment be too large (10 MB or more), please send the documents via the WeTransfer application.

Organizations that applied to the PALÎM (AlterGo) for 2026-2027 do not need to resubmit these documents, as they are already on file.

Definitions

- **Physical recreation (physical activity):** Any leisure activity that involves sufficient physical exertion to have a beneficial effect on physical health and that is practised in a context other than competitive sport.
- **Cultural activity:** A recreational activity mainly related to arts, humanities, and/or cultural traditions. These types of activities are practised on a recreational (non-professional) or spectator basis and are aimed at developing the education, cultural expression, and creativity of individuals and communities.
- **Outdoor activity:** A non-motorized physical activity that is practised in a dynamic relationship with nature and its elements and that does not involve athletic competition.
- **Socio-educational activity:** An activity carried out in a fun or playful setting, with the primary aim of fostering the acquisition of knowledge and learning. These types of activities serve both a social and an educational purpose, and are generally seen as a place for personal and collective development. They provide sufficient opportunities for people to gather and exchange ideas to have a beneficial effect on the development of their cognitive functions.
- **Person with a disability:** A person with an impairment causing a significant and persistent disability, who is liable to encounter barriers in performing everyday activities.¹

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Québec 

¹<https://www.quebec.ca/en/family-and-support-for-individuals/social-participation-people-with-disabilities/definition-term-person-with-disability>



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