



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LANAUDIÈRE / ALL MRC / ALL CITIES



2-1-1



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Summary

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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

JUVENILE DELINQUENCY

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

ASSOCIATION CARREFOUR FAMILLE MONTCALM - SUPERVISION DES DROITS D'ACCÈS

20 Payette Road, Saint-Lin–Laurentides, Lanaudière, QC, J5M 0L4

1 844 439-2454 Fax: 450 439-8763

Website: www.acfmqc.org/sda

Email: info@acfm-qc.org

Services: * Supervised visits and exchange of custody for parents and their children.

Eligibility: families receiving services from Lanaudière's Centres jeunesse, families living a difficult separation

Coverage area: Lanaudière

Hours: variable

Fees: file opening: \$20, exchange of custody: \$15 at arrival and return

Financing: federal, provincial, self-financing

Legal status: non-profit organization

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE LANAUDIÈRE

260 Lavaltrie Street South, Joliette, Lanaudière, QC, J6E 5X7

1 800 229-1152

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Administration of Youth Centres and direction de la protection de la jeunesse. * Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Act on the Protection of youth. * Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). * Network of alternative environment: host families, group homes, rehabilitation centres and intermediate resources. * Adoption, biological background research, reunion, expertise at the Superior Court, subsidized guardianship. * Psychosocial services, rehabilitation, social integration, guidance, support and social emergency.

Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Social emergency and reporting: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE MASCOUCHE

3083 Mascouche Boulevard, 2nd floor, Mascouche, Lanaudière, QC, J7K 3B7

450 474-0027

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Psychosocial services and outpatient rehabilitation.

Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors

Coverage area: Mascouche

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE ET DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE REPENTIGNY

630 Marseille Street, Suite 201, Repentigny, Lanaudière, QC, J6A 7A3

1 800 229-1879

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: * Psychosocial services. * Multidisciplinary rehabilitation services.

Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors, people living with a physical disability

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

ENFANCE LIBRE LANAUDIÈRE

1208 de Lanaudière Street, Joliette, Lanaudière, QC, J6E 3P1

450 760-4848 Fax: 450 760-4847

Website: enfancelibrelanaudiere.ca

Email: info@enfancelibrelanaudiere.ca

Services: Prevention of sexual assault and violence to the children. * Workshops, prevention and awareness tools.

Eligibility: children, parents, adults, schools, organizations

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30

Fees: variable

Financing: self-financing

Legal status: non-profit organization

LEGAL AID OFFICE - REPENTIGNY

10-A Brien Boulevard, Suite 100, Repentigny, Lanaudière, QC, J6A 4R7

450 581-8691 Fax: 450 581-1218

Website: www.ccjll.qc.ca

Email: bajrep@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - TERREBONNE

891 Saint-François-Xavier Street, Suite 210, Terrebonne, Lanaudière, QC, J6W 1H1

450 492-1535 Fax: 450 492-8378

Website: www.ccjll.qc.ca

Email: bajter@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible individuals. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

MILIEU D'INTERVENTION ET DE THÉRAPIE EN AGRESSION SEXUELLE

Confidential Address

450 755-6755 Fax: 450 755-1773**Website:** www.mitas.ca**Email:** mitas@mitas.ca**Services:** Group and individual therapy.**Eligibility:** children victims of sexual assault and their family, children presenting problematic sexual misconduct behaviour, men victims of sexual abuse during childhood, teenagers and adults authors or who feel at risk of committing sexual transgressions on minors**Capacity:** groups: 8 people**Coverage area:** Lanaudière**Hours:** Monday to Thursday 9h00 to 16h00, therapies for adults in the evening**Fees:** children: free, adults: variable**Financing:** provincial, self-financing, grants, donations**Legal status:** non-profit organization**REGARD EN ELLE**

Confidential Address

1 888 582-6005 Fax: 450 582-2206**Website:** regardenelle.org/en**Email:** servicesaide@regardenelle.org**Services:** First stage housing for women victims of violence. * Intervention, counselling. * Support for procedures of any kind. * 24/7 telephone support. * Self-help groups. * Information, orientation and referrals. * Individual and group external follow-up for women, children, mothers. * Awareness and prevention. * Coffee-meetings for relatives. * Second stage housing.**Eligibility:** women who have experienced or are experiencing violence, with or without children**Capacity:** 21 spots**Coverage area:** Province of Québec**Hours:** 24 hours / 7 days**Fees:** none**Financing:** grants, donations, self-financing**Legal status:** non-profit organization**REGROUP'ELLES**

Confidential Address

450 964-4404 Fax: 450 964-4653**Website:** www.regroupelles.org**Email:** info@regroupelles.org**Services:** Housing for women victims of domestic violence. * Assistance with procedures. * Support to mothers and children. * Telephone listening. * Individual and group follow-up. * Information and referral. * External individual follow-up. * External support group.**Eligibility:** women living or having experienced domestic violence, with or without children, children exposed to domestic violence**Capacity:** 21 rooms, support groups: 15 participants**Coverage area:** Lanaudière**Hours:** housing and phone line: 24 hours / 7 days, external follow-up and support groups: day and evening**Fees:** none**Financing:** dons, provincial**Legal status:** non-profit organization

SERVICE DE POLICE DE MASCOUCHE

Confidential Address

450 474-6114 TTY: 911**Website:** ville.mascouche.qc.ca/services-aux-citoyens/securite-publique/service-de-police**Email:** police@ville.mascouche.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * Space for exchanging goods for people with whom a transaction on online sales sites has been made. * Supervised space for custody exchange. * Sécur+Or program: home visit by a police officer, firefighter or social worker for home support (security of premises, referrals).

Eligibility: Sécur+Or program: seniors 65 years and over**Coverage area:** Mascouche**Financing:** municipal**Legal status:** municipal agency**Daycare and respite****CARREFOUR FAMILIAL DES MOULINS**

427 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 492-1257 Fax: 450 492-6019**Website:** www.carrefourfamilialdesmoulins.com**Email:** info@carrefourfamilialdesmoulins.com

Services: Family centre and perinatal resource centre. * Individual parental support. * Respite. * Daycare. * Prenatal meetings: information on pregnancy, nutrition and baby care, etc. * Prenatal and postnatal yoga, prenatal pilates, fitness and cardio mommy. * Massage and sign language courses for babies. * Socialization and stimulation workshops. * Parent-child cooking workshop for 3 to 5 year olds. * Parenting skills development workshop. * Reception and referral. * Toy library for 0 to 5 years old. * Courses for teenagers: Stay Safe! and Babysitting. * Perinatal bereavement support group. * Coffee-chat.

Eligibility: families, future parents**Coverage area:** MRC Les Moulins**Hours:** Monday to Thursday 8h30 to 12h15 and 13h00 to 16h00**Fees:** member access: \$10 per year**Financing:** provincial, municipal, contributions, self-financing, donations**Legal status:** non-profit organization**CÉGEP RÉGIONAL DE LANAUDIÈRE - COLLÈGE CONSTITUANT DE JOLIETTE**

20 Saint-Charles-Borromée Street South, Joliette, Lanaudière, QC, J6E 4T1

450 759-1661 Fax: 450 759-4468**Website:** www.cegep-lanaudiere.qc.ca/joliette**Email:** sonia.ducharme.beausoleil@cegep-lanaudiere.qc.ca

Services: Public higher education institution at the collegial level. * 32 pre-university and technical programs (DEC). * Room and sports facilities rental. * Bio.Enviro.In: innovation and research centre seeking to create bio-food production systems and encourage sustainable horticulture.

Eligibility: CPE: 18 months to 5 years old**Capacity:** CPE: 40 places**Coverage area:** Province of Québec**Hours:** CPE: Monday to Thursday 7h15 to 18h15, Friday and summer season 7h00 to 18h00**Financing:** provincial**Legal status:** parapublic organization

CUISINES COLLECTIVES LA JOYEUSE MARMITE

50 Thouin Street, Suite 114, Repentigny, Lanaudière, QC, J6A 4J4

450 581-0468

Website: www.lajoyeusemarmite.com

Email: cclajoyeusemarmite@hotmail.com

Services: * Collective kitchens: families, seniors, baby food. * Daycare during collective kitchens. * Respite for children aged 0 to 5 years old. * Other point of service: Épiphanie (120 Place Melançon, L'Épiphanie, J5X 1A1).

Eligibility: individuals and families on a low income, priority to families referred by CISSS de la Montérégie-Est or other community agencies and partners

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: \$4 per person at home aged 1 year and older, includes 1 soup, 4 main meals and 1 dessert, seniors: \$8 per person, respite: \$5 per half-day, \$8 per day, \$1 per additional child

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE LA PARENTHÈSE (LA)

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 Fax: 450 582-1168

Website: maisonlaparenthese.org

Email: info@maisonlaparenthese.org

Services: * Parent-child relationship workshops. * Parent-children and parents only workshops. * Respite. * Coffee meetings. * Childcare during workshops. * Prenatal classes. * Toy library. * Thrift store: sale and on-site recovery of clothing, books, sports equipment and toys. * Outdoor activities during summer.

Eligibility: parents, children 0 to 5 years old, families

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, occasional workshops in the evening, summer: outdoor activities only, respite: Wednesday and Friday 9h00 to 15h30

Fees: membership fees: \$10, respite: \$5 from 8h30 to 12h00, \$7 from 8h30 to 13h00 and \$10 from 8h30 to 15h30

Financing: provincial, federal

Legal status: non-profit organization

MARRAINES COUP DE POUCE

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 ext. 229

Website: maisonlaparenthese.org/marraines-coup-de-pouce

Email: info@maisonlaparenthese.org

Services: 3-hour per week postnatal assistance to parents for 10 weeks. * Baby care. * Housekeeping. * Accompaniment to appointments. * Postnatal follow-up and psychosocial support. * Prevention of postpartum depression. * Material assistance for families on a low income. * On-site recovery and sale of clothing, food, books and toys. * Referral.

Eligibility: parents of a child younger than a year

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MOUVEMENT ORGANISÉ DES MÈRES SOLIDAIRES

640 Langlois Street, Suite 1, Terrebonne, Lanaudière, QC, J6W 4P3

450 961-9107 Fax: 450 492-0473

Website: www.momsterrebonne.org

Email: info@momsterrebonne.org

Services: * Reception and referral. * Telephone follow-up. * Assistance with procedures. * Individual counselling. * School support in collaboration with the adult education centre. * Drop-in respite with volunteer grandmothers. * Various workshops: crafts and self-knowledge, budget, parenting skills, etc. * Collective kitchen. * Mother and child stimulation activities. * Support during and after pregnancy.

Eligibility: single young mothers 14 to 25 years old in vulnerable situations, their children

Capacity: 10 mothers per group

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h00 to 16h00, closed in summer

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

PARENFANTS DE MASCOUCHE - MAISON DE LA FAMILLE

2492 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1M5

450 474-6431 Fax: 450 722-0599

Website: www.parenfants.org

Email: info@parenfants.com

Services: Place for exchanges, meetings and friendship. * Social, economic and educational activities. * Training, coaching and conferences. * Daycare. * Collective kitchen. * Activities for new parents. * Volunteering.

Eligibility: families

Coverage area: MRC Les Moulins

Hours: Monday to Friday 9h00 to 15h00, Saturday according to activities

Fees: membership: \$20 per year

Financing: provincial, municipal, donations, fundraising campaigns

Legal status: non-profit organization

Family Support

ACCUEIL MULTIETHNIQUE ET INTÉGRATION DES NOUVEAUX ARRIVANTS À TERREBONNE ET MASCOUCHE

500 des Seigneurs Boulevard, Suite 002, basement, Terrebonne, Lanaudière, QC, J6W 1T3

450 492-7989 ext. 0 Fax: 450 492-1303

Website: www.en.aminat.qc.ca

Email: reception@aminat.qc.ca

Services: * Reception and information. * Referral. * Accompaniment and integration. * Awareness and promotion of cultural diversity. * Espace Parents: group discussion workshops for parents on the education system in Québec, the DYP, children integration, etc. * Session Objectif Intégration: workshop for newcomers. * Services for businesses: managing diversity in business. * Organization of intercultural events.

Eligibility: newcomers, immigrants, businesses

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h30, activities: variable

Fees: none

Financing: federal, provincial, municipal

Legal status: non-profit organization

AMIS DE SIMON (LES)

1317 des Seigneurs Boulevard, Terrebonne, Lanaudière, QC, J6W 5B1

514 632-8485

Website: www.lesamisdesimon.com

Email: lesamisdesimon1@gmail.com

Services: Monthly support group for parents mourning a child. * Monthly meeting.

Eligibility: parents of a deceased child

Capacity: 25 people

Coverage area: Greater Montréal, Lanaudière

Hours: support group: every second Wednesday evening of each month, 19h00

Fees: none

Financing: donations

Legal status: non-profit organization

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support.

* Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. *

Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

CARREFOUR FAMILIAL DES MOULINS

427 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 492-1257 Fax: 450 492-6019

Website: www.carrefourfamilialdesmoulins.com

Email: info@carrefourfamilialdesmoulins.com

Services: Family centre and perinatal resource centre. * Individual parental support. * Respite. * Daycare. *

Prenatal meetings: information on pregnancy, nutrition and baby care, etc. * Prenatal and postnatal yoga, prenatal pilates, fitness and cardio mommy. * Massage and sign language courses for babies. * Socialization and stimulation workshops. * Parent-child cooking workshop for 3 to 5 year olds. * Parenting skills development workshop. * Reception and referral. * Toy library for 0 to 5 years old. * Courses for teenagers: Stay Safe! and Babysitting. * Perinatal bereavement support group. * Coffee-chat.

Eligibility: families, future parents

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h15 and 13h00 to 16h00

Fees: member access: \$10 per year

Financing: provincial, municipal, contributions, self-financing, donations

Legal status: non-profit organization

CENTRE D'AMITIÉ AUTOCHTONE DE LANAUDIÈRE

523 Sainte-Anne Boulevard, Joliette, Lanaudière, QC, J6E 5A3

450 277-9911 Fax: 450 760-9923

Website: www.caalanaudiere.ca

Email: info@caalanaudiere.ca

Services: Services and programs to improve the living conditions of Indigenous people. * Information and referral. * Hotline 24/7: 450 277-9911. * Accompaniment and support services in different procedures by an outreach worker. * Legal services: lawyer on site once a month. * Massage therapy and chiropractic services. * Nurse and doctor on site. * Programme d'aide préscolaire autochtone pour les communautés urbaines et nordique (PAPACUN): activities related to culture, health, nutrition and education for children from 0 to 5 years old and their families. * Educational services: homework help for elementary and secondary students, workspace, liaison between families and schools, low-cost school store and individual accompaniment for students and families. * Cultural and educational activities. * Youth activities for 12 to 17 years old. * Youth Council made up of 7 young people 14 to 22 years old. * Summer youth day camp program. * Sports and outdoor activities for all. * Proximity clinic. * Christmas baskets. * Tax clinic.

Eligibility: Indigenous people of all ages

Coverage area: Joliette

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, self-financing, donations, grants, foundations

Legal status: non-profit organization

CENTRE DE PRÉVENTION DU SUICIDE DE LANAUDIÈRE

Confidential Address

1 866 277-3553 Fax: 450 759-4122

Website: www.cps-lanaudiere.org

Services: * Confidential hotline for people who are affected by the suicide issue. * Support group for adults bereaved by suicide. * Support for those close to suicidal people. * Sentinel program: training and support for adults who are likely to help people in a suicidal crisis. * Emergency postvention. * Support for the implementation of postvention programs in companies. * Training for workers confronted with the problem of suicide in their workplace. * Support meetings for parents of children bereaved by suicide.

Eligibility: people living with a personal issue, in distress or in crisis, their close ones, people having been bereaved by suicide, social workers

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: trainings for field workers: variable, other services: free

Financing: grants, donations

Legal status: non-profit organization

CENTRE DE SANTÉ MASKO-SIWIN

280 Wapistan Street, Manawan, Lanaudière, QC, J0K 1M0

819 971-8846

Website: www.manawan.com/sante_mission

Email: sante@manawan.com

Services: Front-line health centre and head office of Services de Santé Masko-Siwin (SSMS). * General curative and preventive care. * Family medicine. * Emergency services. * Integrated STBBI screening and prevention service. * Detoxification. * Vaccination. * Medical care 24/7. * Consultation with a nurse on appointment. * Medical consultation hotline 24/7. * Dentistry. * Pediatrics. * Telehealth: ENT, pregnancy monitoring.

Eligibility: Atikamekw of Manawan

Coverage area: Manawan

Hours: regular hours: Monday to Friday 8h00 to 16h30

Financing: municipal, provincial, federal

Legal status: parapublic organization

JOIJOUTHÈQUE FARFOUILLE (LA)

845 Saint-Louis Street, Joliette, Lanaudière, QC, J6E 3A3

450 752-2587 Fax: 450 752-2502

Website: www.joujouthequedefarfouille.org

Email: info@joujouthequedefarfouille.org

Services: * Loans of toys. * Parents/children activities. * Thrift store: used toys. * Multi-sensory room.

Eligibility: families, parents and grandparents of children with special needs, organizations, CPE, daycare centres

Coverage area: Lanaudière

Hours: Tuesday 9h00 to 17h00, Wednesday 9h00 to 20h00, Thursday 9h00 to 17h00, Friday and Saturday 9h00 to 15h00

Fees: families: \$25 per year to access 3 games per child per month, \$35 per year to access 6 games per child per month, organizations: \$70 per year to access 20 games per 2 months, \$100 per year to access 30 games per 2 months

Financing: membership fees, donations, self-financing, provincial, grants

Legal status: non-profit organization

L'ASSOMPTION PUBLIC LIBRARY

375 Saint-Pierre Street, L'Assomption, Lanaudière, QC, J5W 2B6

450 589-5671 ext. 3100 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/bibliotheque

Email: bibliotheque@ville.lassomption.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Book club for children. * Book club for adults. * Early literacy workshops. * Story time. * Biblio-Santé. * Home loan for people with reduced mobility. * Study rooms. * Conferences, exhibitions, workshops and author meetings. * Livre-service: service point at 2724 de l'Ange-Gardien Boulevard North.

Eligibility: home loans: seniors aged 65 and over with reduced mobility

Coverage area: L'Assomption

Hours: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00

Fees: subscription: free for residents

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE LA PARENTHÈSE (LA)

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 Fax: 450 582-1168

Website: maisonlaparenthese.org

Email: info@maisonlaparenthese.org

Services: * Parent-child relationship workshops. * Parent-children and parents only workshops. * Respite. * Coffee meetings. * Childcare during workshops. * Prenatal classes. * Toy library. * Thrift store: sale and on-site recovery of clothing, books, sports equipment and toys. * Outdoor activities during summer.

Eligibility: parents, children 0 to 5 years old, families

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, occasional workshops in the evening, summer: outdoor activities only, respite: Wednesday and Friday 9h00 to 15h30

Fees: membership fees: \$10, respite: \$5 from 8h30 to 12h00, \$7 from 8h30 to 13h00 and \$10 from 8h30 to 15h30

Financing: provincial, federal

Legal status: non-profit organization

MAISON OXYGÈNE JOLIETTE-LANAUDIÈRE

Confidential Address

450 499-2617**Website:** www.maisonoxygenejoliettelanaudiere.org**Email:** administration@mojl.org**Services:** Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up.**Eligibility:** fathers and their children living with a family problem**Coverage area:** Lanaudière**Hours:** variable**Fees:** housing: according to income, psychosocial follow-up: free**Financing:** grants, donations**Legal status:** non-profit organization**MAISON OXYGÈNE L'ASSOMPTION**

980 de l'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 1P1

450 591-2617**Website:** www.maisonoxygenejoliettelanaudiere.org**Email:** j.beliveau.mojl@gmail.com**Services:** Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up**Eligibility:** fathers and their children living with a family problem**Coverage area:** Lanaudière**Hours:** variable**Fees:** housing: according to income, psychosocial follow-up: free**Financing:** grants, donations**Legal status:** None or unknown**MASCOUCHE PUBLIC LIBRARY**

3015 des Ancêtres Avenue, Mascouche, Lanaudière, QC, J7K 1X6

450 474-4159 Fax: 450 474-3410**Website:** biblio.ville.mascouche.qc.ca**Email:** biblio@ville.mascouche.qc.ca**Services:** * Loan and consultation of books and audiovisual documents. * Digital loans. * Computers and Internet access. * Story time. * Book club for children. * Book club for adults. * Early literacy workshops. * Conferences, activities, workshops, exhibitions.**Coverage area:** Mascouche**Hours:** Monday to Friday 10h00 to 20h00, Saturday and Sunday 9h30 to 17h00, summer: Monday to Thursday 10h00 to 20h00, Friday to Sunday 9h30 to 17h00**Fees:** free for residents, \$75 per year for non-residents**Financing:** municipal**Legal status:** municipal agency**MOUVEMENT ORGANISÉ DES MÈRES SOLIDAIRES**

640 Langlois Street, Suite 1, Terrebonne, Lanaudière, QC, J6W 4P3

450 961-9107 Fax: 450 492-0473**Website:** www.momsterrebonne.org**Email:** info@momsterrebonne.org**Services:** * Reception and referral. * Telephone follow-up. * Assistance with procedures. * Individual counselling. * School support in collaboration with the adult education centre. * Drop-in respite with volunteer grandmothers. * Various workshops: crafts and self-knowledge, budget, parenting skills, etc. * Collective kitchen. * Mother and child stimulation activities. * Support during and after pregnancy.**Eligibility:** single young mothers 14 to 25 years old in vulnerable situations, their children**Capacity:** 10 mothers per group

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h00 to 16h00, closed in summer

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

NÉO (LE)

950 Moody Boulevard, Terrebonne, Lanaudière, QC, J6W 3K8

1 800 964-1860

Website: le-neo.com

Email: neo@le-neo.com

Services: Education, information, awareness and support regarding sexual health, gender identity, sexual orientation and STIs. * Support meetings with sexologists and counsellors. * Réseau des alliés. * L'apparte: living environment and social activities for LGBTQ+ youth 12 to 17 years old. * Support group for and by trans and non-binary people 18 years and older. * Support group for parents of trans and non-binary children. * Monitoring for people living with HIV/AIDS or hepatitis. * Training. * Workshops and awareness activities.

Eligibility: LGBTQ+ people and allies, people living with HIV/AIDS or hepatitis, people aged 12 years old and over

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

PANDA DE LA MRC L'ASSOMPTION

50 Thouin Street, Suite 242, Repentigny, Lanaudière, QC, J6A 4J4

450 582-0003

Website: www.tdahpanda.ca

Email: panda3@bellnet.ca

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Parental coaching: 10-week support groups for parents. * Workshops: anger management, socialization, ADHD and anxiety, teens and ADHD. * Varied themed activities for children. * Groups for adults living with ADHD: 6 meetings every 2 weeks. * Meetings by appointment. * Information and documentation. * Conferences.

Eligibility: children and adults with or awaiting an attention deficit disorder diagnosis, with or without hyperactivity, their parents

Capacity: parent support groups: 10 people, support groups for adults and children: 6 people

Coverage area: MRC L'Assomption

Hours: groups for parents or adults: weeknights, groups for children: Saturday morning

Fees: annual membership: \$10 per family, parental coaching: \$100 for 10 meetings, groups for children or adults with ADHD: \$10 per meeting

Financing: self-financing, provincial, fundraising campaigns, membership fees, donations

Legal status: non-profit organization

PARENFANTS DE MASCOUCHE - MAISON DE LA FAMILLE

2492 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1M5

450 474-6431 Fax: 450 722-0599

Website: www.parenfants.org

Email: info@parenfants.com

Services: Place for exchanges, meetings and friendship. * Social, economic and educational activities. * Training, coaching and conferences. * Daycare. * Collective kitchen. * Activities for new parents. * Volunteering.

Eligibility: families

Coverage area: MRC Les Moulins

Hours: Monday to Friday 9h00 to 15h00, Saturday according to activities

Fees: membership: \$20 per year

Financing: provincial, municipal, donations, fundraising campaigns

Legal status: non-profit organization

REPENTIGNY PUBLIC LIBRARY - EDMOND-ARCHAMBAULT

231 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 470-3430

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Tuesday to Thursday 13h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-resident: \$100 per year

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - ROBERT-LUSSIER

1 Place d'Évry, Repentigny, Lanaudière, QC, J6A 8H7

450 470-3420

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Monday to Thursday 10h00 to 21h00, Friday and Saturday 9h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-residents: \$100 per year

Financing: municipal

Legal status: municipal agency

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

TERREBONNE PUBLIC LIBRARY - ANDRÉ-GUÉRARD

3425 Camus Place, Terrebonne, Lanaudière, QC, J6Y 0C8

450 471-8265 ext. 1349

Website: biblio.ville.terrebonne.qc.ca/client/en_US

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ÎLE-DES-MOULINS

855 de l'Île-des-Moulins Place, Terrebonne, Lanaudière, QC, J6W 4N7

450 961-2001 ext. 1116 Fax: 450 471-3761

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Writing workshops. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 961-2001 ext. 1133

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LACHENAIE

3060 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A1

450 961-2001 ext. 1378

Website: biblio.ville.terrebonne.qc.ca/client/en_US/default

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé: information services for caregivers. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Knitting club. * Writing workshops. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TRAVAIL DE RUE DE REPENTIGNY

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

514 793-5565

Website: www.TRRepentigny.com

Email: trr@trrepentigny.com

Services: Mobile team available for listening, information and referral. * Management of risky behaviors regarding sexuality, substance abuse, homelessness and crime using a harm reduction approach. * Distribution of condoms, needles and other prevention material. * Naloxone kits distribution. * Distribution of fentanyl and benzodiazepines test strips. * Emergency food aid and supplies. * Guidance and accompaniment to the Court. * Accompaniment throughout legal, medical and social rehabilitation procedures. * Crisis intervention and mediation within families and among peers.

Eligibility: people 12 to 30 years old, homeless people, marginalized people or struggling with mental health issues

Coverage area: Repentigny

Hours: Monday to Friday

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Juvenile Delinquency

ÉQUIJUSTICE LANAUDIÈRE SUD

50, rue Thouin, bureau 200, Repentigny, Lanaudière, QC, J6A 4J4

450 581-1459 Fax: 450 581-1453

Website: equijustice.ca/en

Email: lanaudieresud@equijustice.ca

Services: * Information and referrals. * Monitoring of extrajudicial measures and specific offenses in the framework of the Youth Criminal Justice Act (YCJA). * Occasional preventive interventions and activities in school and community environments on the YCJA, anger and conflict management, bullying and cyberbullying. * Workshops, conferences and training on anger and conflict management for parents and teenagers. * School mediation. * Citizen mediation and workshops on communication and conflict management. * Alternative measures general program (PMRG): diversion program for adults, based on the repair of harm caused to the victims of a crime or to the community.

Eligibility: young people 9 to 17 years old and their parents, adult offenders and victims, school and community workers and clients, citizen mediation: general public

Coverage area: MRC Les Moulins, MRC L'Assomption, Laval

Hours: Monday to Friday 8h30 to 20h00 by appointment

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES LA BARAK DE MASCOUCHE

2522 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1M5

450 966-9290 Fax: 450 966-6243

Website: mdjlabarak.wixsite.com/labarak

Email: mdjlabarak@videotron.ca

Services: Meeting, exchange and sharing place. * Recreational, artistic, sports and social activities. * Promotion of healthy living habits. * Prevention of risky behaviours.

Eligibility: 12 to 17 years old

Coverage area: Mascouche

Hours: Monday and Tuesday 17h00 to 20h00, Wednesday and Thursday 17h00 to 21h00, Friday 17h00 to 22h00

Fees: none

Financing: grants, self-financing, donations

Legal status: non-profit organization

TRAVAIL DE RUE DE REPENTIGNY

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

514 793-5565

Website: www.TRRepentigny.com

Email: trr@trrepentigny.com

Services: Mobile team available for listening, information and referral. * Management of risky behaviors regarding sexuality, substance abuse, homelessness and crime using a harm reduction approach. * Distribution of condoms, needles and other prevention material. * Naloxone kits distribution. * Distribution of fentanyl and benzodiazepines test strips. * Emergency food aid and supplies. * Guidance and accompaniment to the Court. * Accompaniment throughout legal, medical and social rehabilitation procedures. * Crisis intervention and mediation within families and among peers.

Eligibility: people 12 to 30 years old, homeless people, marginalized people or struggling with mental health issues

Coverage area: Repentigny

Hours: Monday to Friday

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Maternity support and adoption

CARREFOUR FAMILIAL DES MOULINS

427 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 492-1257 Fax: 450 492-6019

Website: www.carrefourfamilialdesmoulins.com

Email: info@carrefourfamilialdesmoulins.com

Services: Family centre and perinatal resource centre. * Individual parental support. * Respite. * Daycare. * Prenatal meetings: information on pregnancy, nutrition and baby care, etc. * Prenatal and postnatal yoga, prenatal pilates, fitness and cardio mommy. * Massage and sign language courses for babies. * Socialization and stimulation workshops. * Parent-child cooking workshop for 3 to 5 year olds. * Parenting skills development workshop. * Reception and referral. * Toy library for 0 to 5 years old. * Courses for teenagers: Stay Safe! and Babysitting. * Perinatal bereavement support group. * Coffee-chat.

Eligibility: families, future parents

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h15 and 13h00 to 16h00

Fees: member access: \$10 per year

Financing: provincial, municipal, contributions, self-financing, donations

Legal status: non-profit organization

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE LANAUDIÈRE

260 Lavaltrie Street South, Joliette, Lanaudière, QC, J6E 5X7

1 800 229-1152

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Administration of Youth Centres and direction de la protection de la jeunesse. * Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Act on the Protection of youth. * Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). * Network of alternative environment: host families, group homes, rehabilitation centres and intermediate resources. * Adoption, biological background research, reunion, expertise at the Superior Court, subsidized guardianship. * Psychosocial services, rehabilitation, social integration, guidance, support and social emergency.

Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Social emergency and reporting: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CENTRE DE SANTÉ MASKO-SIWIN

280 Wapistan Street, Manawan, Lanaudière, QC, J0K 1M0

819 971-8846

Website: www.manawan.com/sante_mission

Email: sante@manawan.com

Services: Front-line health centre and head office of Services de Santé Masko-Siwin (SSMS). * General curative and preventive care. * Family medicine. * Emergency services. * Integrated STBBI screening and prevention service. * Detoxification. * Vaccination. * Medical care 24/7. * Consultation with a nurse on appointment. * Medical consultation hotline 24/7. * Dentistry. * Pediatrics. * Telehealth: ENT, pregnancy monitoring.

Eligibility: Atikamekw of Manawan

Coverage area: Manawan

Hours: regular hours: Monday to Friday 8h00 to 16h30

Financing: municipal, provincial, federal

Legal status: parapublic organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

CLSC DE JOLIETTE

380 Base-de-Roc Boulevard, Joliette, Lanaudière, QC, J6E 9J6

450 755-2111

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1337&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6E9J6

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Abortion. * Bandage change and follow-up. * Nurse consultation. * Contraception. * Emergency oral contraception. * Prenatal classes. * Screening. * Distribution of new injection material to people who use drugs (free service). * Telephone support and listening. * Recovery of used needles and syringes. * Breastfeeding room. * SIDEP - Integrated STI screening and prevention service. * General vaccination.

Coverage area: Québec

Financing: provincial

Legal status: parapublic organization

CLSC DE LAVALTRIE

1400 Notre-Dame Street, Suite 203, Lavaltrie, Lanaudière, QC, J5T 1M6

450 586-1020

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1810&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5T1M6

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Contraception. * Medical consultations. * Telephone support and listening. * Radiology. * Recovery of used needles and syringes. * Psychological services (AAOR). * Children's vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h00 to 16h00, collection centre: Monday, Wednesday, Thursday 7h15 to 9h45

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-DONAT

377 du Foyer Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-1511

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1725&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0T2C0

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Same day or next day medical consultations (for all). * Contraception. * Telephone support and listening. * Radiology. * Recovery of used needles and syringes. * Psychological services (AAOR). * General vaccination.

Coverage area: Québec

Hours: Monday and Thursday 8h00 to 16h30, Tuesday, Wednesday and Friday 8h30 to 16h30, Saturday and Sunday 9h30 to 16h30

Financing: provincial

Legal status: parapublic organization

COURT OF QUÉBEC - YOUTH DIVISION - JOLIETTE

200 Saint-Marc Street, Joliette, Lanaudière, QC, J6E 8C2

450 753-4800 Fax: 450 752-6994

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/joliette-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of all cases involving a minor. * Hearing of cases of adoption.

Coverage area: Lanaudière: Joliette judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

CUISINES COLLECTIVES LA JOYEUSE MARMITE

50 Thouin Street, Suite 114, Repentigny, Lanaudière, QC, J6A 4J4

450 581-0468

Website: www.lajoyeusemarmite.com

Email: cclajoyeusemarmite@hotmail.com

Services: * Collective kitchens: families, seniors, baby food. * Daycare during collective kitchens. * Respite for children aged 0 to 5 years old. * Other point of service: Épiphanie (120 Place Melançon, L'Épiphanie, J5X 1A1).

Eligibility: individuals and families on a low income, priority to families referred by CISSS de la Montérégie-Est or other community agencies and partners

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: \$4 per person at home aged 1 year and older, includes 1 soup, 4 main meals and 1 dessert, seniors: \$8 per person, respite: \$5 per half-day, \$8 per day, \$1 per additional child

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

FIN À LA FAIM...

50 Thouin Street, Suite 223, Repentigny, Lanaudière, QC, J6A 4J4

450 654-3871

Website: www.finalafaim.org

Email: info@finalafaim.org

Services: * Weekly food assistance by appointment at 165 Ste-Marie in Charlemagne. * School projects: volunteering or community work. * Compensatory work and fines. * Prevention of elder abuse. * Help for new mothers who attend the organization. * Christmas baskets for members.

Eligibility: people and families on a low income

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h30, food distribution: by appointment, Thursday 12h00 to 16h00, holiday schedule: closed from december 24, 2024 to january 5, 2025

Fees: food assistance: \$3 per family per week

Financing: donations

Legal status: non-profit organization

LEGAL AID OFFICE - REPENTIGNY

10-A Brien Boulevard, Suite 100, Repentigny, Lanaudière, QC, J6A 4R7

450 581-8691 Fax: 450 581-1218

Website: www.ccjll.qc.ca

Email: bajrep@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - TERREBONNE

891 Saint-François-Xavier Street, Suite 210, Terrebonne, Lanaudière, QC, J6W 1H1

450 492-1535 Fax: 450 492-8378

Website: www.ccjll.qc.ca

Email: bajter@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible individuals. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

MAISON DE LA FAMILLE LA PARENTHÈSE (LA)

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 Fax: 450 582-1168

Website: maisonlaparenthese.org

Email: info@maisonlaparenthese.org

Services: * Parent-child relationship workshops. * Parent-children and parents only workshops. * Respite. * Coffee meetings. * Childcare during workshops. * Prenatal classes. * Toy library. * Thrift store: sale and on-site recovery of clothing, books, sports equipment and toys. * Outdoor activities during summer.

Eligibility: parents, children 0 to 5 years old, families

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, occasional workshops in the evening, summer: outdoor activities only, respite: Wednesday and Friday 9h00 to 15h30

Fees: membership fees: \$10, respite: \$5 from 8h30 to 12h00, \$7 from 8h30 to 13h00 and \$10 from 8h30 to 15h30

Financing: provincial, federal

Legal status: non-profit organization

MARRAINES COUP DE POUCE

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 ext. 229

Website: maisonlaparenthese.org/marraines-coup-de-pouce

Email: info@maisonlaparenthese.org

Services: 3-hour per week postnatal assistance to parents for 10 weeks. * Baby care. * Housekeeping. * Accompaniment to appointments. * Postnatal follow-up and psychosocial support. * Prevention of postpartum depression. * Material assistance for families on a low income. * On-site recovery and sale of clothing, food, books and toys. * Referral.

Eligibility: parents of a child younger than a year

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MOUVEMENT ORGANISÉ DES MÈRES SOLIDAIRES

640 Langlois Street, Suite 1, Terrebonne, Lanaudière, QC, J6W 4P3

450 961-9107 Fax: 450 492-0473

Website: www.momsterrebonne.org

Email: info@momsterrebonne.org

Services: * Reception and referral. * Telephone follow-up. * Assistance with procedures. * Individual counselling. * School support in collaboration with the adult education centre. * Drop-in respite with volunteer grandmothers. * Various workshops: crafts and self-knowledge, budget, parenting skills, etc. * Collective kitchen. * Mother and child stimulation activities. * Support during and after pregnancy.

Eligibility: single young mothers 14 to 25 years old in vulnerable situations, their children

Capacity: 10 mothers per group

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h00 to 16h00, closed in summer

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

NOURRI-SOURCE - LANAUDIÈRE

2500 Mascouche Boulevard, Suite 212, Mascouche, Lanaudière, QC, J7K 0H5

1 888 524-9696

Website: www.nourrisourcelanaudiere.org

Email: info@nslanau.org

Services: Volunteer mothers offering support to mothers who wish to breastfeed. * Breastfeeding godmothers: phone pairing. * Breastfeeding drop-in. * Conferences. * Loan and sale of breast pump and baby carriers. * Prenatal workshops. * Positioning and breastfeeding clinics. * Breastfeeding challenge. * La Route du Lait de Lanaudière: grouping of public institutions, community organizations and shops that allow women to enter their facilities for breastfeeding. * Allaitement au fil du temps: information program for parents.

Eligibility: families wishing to practice breastfeeding

Coverage area: territory of the Outry-Berthierville, Outry-Lavaltrie, MRC de Joliette, Lamater, Meilleur, MRC Montcalm, MRC Matawinie-Ouest CLSCs

Hours: administration: Monday to Friday 8h00 to 15h00, godmothers are available 7 days per week

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

NOURRI-SOURCE - MEILLEUR

135 Claude-David Boulevard, Repentigny, Lanaudière, QC, J6A 1N6

450 654-2307 ext. 61290

Website: nourrisourcelanaudiere.org

Email: info@nslanau.org

Services: * Breastfeeding godmothers: phone pairing and support. * Breastfeeding drop-in. * Prenatal technical workshop on breastfeeding. * Loan, hire and sale of Breast pumps. * Activities and contests.

Eligibility: families practising or wishing to practice breastfeeding

Coverage area: Charlemagne, L'Assomption, city of l'Épiphanie, Repentigny, Saint-Sulpice

Hours: prenatal technical workshop: 1st Tuesday of the month 18h30 to 20h30, registration required

Fees: none

Financing: self-financing, federal, provincial

Legal status: non-profit organization

REPENTIGNY - CITY

435 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2B6

450 470-3000 Fax: 450 470-3082

Website: repentigny.ca

Email: communication@repentigny.ca

Services: Municipal service management. * Payment of municipal taxes. * Property assessment. * Construction permits. * Collection of residual materials. * Dog licenses. * Fire department. * Emergency notification system. * Grant for washable diapers. * Libraries. * Ecocentre. * Public safety: police and fire department.

Coverage area: Repentigny

Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 17h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-SULPICE - MUNICIPALITY

1089 Notre-Dame Street, Saint-Sulpice, Lanaudière, QC, J5W 1G1

450 589-4450 Fax: 450 589-9647

Website: www.municipalitesaintsulpice.com

Email: reception@st-sulpice.com

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Grant for cloth diapers.

Coverage area: Saint-Sulpice

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SERVICE DE SAGES-FEMMES ET MAISON DE NAISSANCE DE LANAUDIÈRE

145 Jacques-Plante Street, Repentigny, Lanaudière, QC, J5Y 4G4

450 582-5111 ext. 349228 Fax: 450 582-5929

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/service-de-sages-femmes

Email: sagesfemmes.cissslan@ssss.gouv.qc.ca

Services: * Primary perinatal services. * Pregnancy follow-up. * Postnatal follow-up. * Childbirth. * Midwives services.

Eligibility: pregnant women

Coverage area: Lanaudière

Hours: 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Parenting Education

AMIS DE LA DÉFICIENCE INTELLECTUELLE, RIVE-NORD (LES)

45 Industrial Boulevard, Suite 120, Repentigny, Lanaudière, QC, J6A 5R5

450 585-3632

Website: www.lesamisdelaide.org

Email: info@lesamisdelaide.org

Services: Raising awareness about the reality of people living with an intellectual disability. * Advocacy. * Consultation and representation. * Support to parents. * Recreational activities. * Training activities. * Referral and documentation centre.

Eligibility: people living with an intellectual disability, their close ones

Coverage area: MRC L'Assomption

Hours: office: Monday to Thursday 9h00 to 16h00, activities: 7 days, variable

Fees: annual membership: \$20

Financing: Centraide Lanaudière, municipal, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support. * Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. * Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ASSOCIATION PANDA-MRC LES MOULINS

737 de la Soeur-Marie-Rose Street, Terrebonne, Lanaudière, QC, J6V 1P1

1 833 740-8324

Website: www.associationpandalanaudiere.org

Email: info@pandamrclesmoulins.org

Services: Tools and information on attention deficit disorder with or without hyperactivity (ADD/ADHD). * Social skills development workshops for children 6 to 11 years old. * Workshops for teenagers in school settings. * Workshops for parents and adults. * Specialized day camp. * Counsellor training. * Active listening and referrals.

Eligibility: children, teenagers, adults showing signs of a diagnostic for an attention deficit disorder with or without hyperactivity, their parents

Capacity: variable

Coverage area: MRC Les Moulins, Montréal Island, Laval, MRC Montcalm, MRC Matawinie

Hours: office: variable

Fees: variable

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CARREFOUR FAMILIAL DES MOULINS

427 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 492-1257 Fax: 450 492-6019

Website: www.carrefourfamilialdesmoulins.com

Email: info@carrefourfamilialdesmoulins.com

Services: Family centre and perinatal resource centre. * Individual parental support. * Respite. * Daycare. * Prenatal meetings: information on pregnancy, nutrition and baby care, etc. * Prenatal and postnatal yoga, prenatal pilates, fitness and cardio mommy. * Massage and sign language courses for babies. * Socialization and stimulation workshops. * Parent-child cooking workshop for 3 to 5 year olds. * Parenting skills development workshop. * Reception and referral. * Toy library for 0 to 5 years old. * Courses for teenagers: Stay Safe! and Babysitting. * Perinatal bereavement support group. * Coffee-chat.

Eligibility: families, future parents

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h15 and 13h00 to 16h00

Fees: member access: \$10 per year

Financing: provincial, municipal, contributions, self-financing, donations

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

GYMNO LANAUDIÈRE

130 Valmont Street, Repentigny, Lanaudière, QC, J5Y 1N9

450 582-7930

Website: www.gymno.org/article/259-gymno-lanaudiere.html

Email: info@gymnolanaudiere.org

Services: Activities for youth with learning disabilities. * Activities offered during the school year. * Summer activities. * Activities to download through the website. * Mobile library for members.

Eligibility: youth living with a learning difficulty
Coverage area: Lanaudière, mainly Repentigny
Fees: variable
Financing: self-financing
Legal status: non-profit organization

JOUJOUTHÈQUE FARFOUILLE (LA)

845 Saint-Louis Street, Joliette, Lanaudière, QC, J6E 3A3

450 752-2587 Fax: 450 752-2502

Website: www.joujouthequefarfouille.org

Email: info@joujouthequefarfouille.org

Services: * Loans of toys. * Parents/children activities. * Thrift store: used toys. * Multi-sensory room.

Eligibility: families, parents and grandparents of children with special needs, organizations, CPE, daycare centres

Coverage area: Lanaudière

Hours: Tuesday 9h00 to 17h00, Wednesday 9h00 to 20h00, Thursday 9h00 to 17h00, Friday and Saturday 9h00 to 15h00

Fees: families: \$25 per year to access 3 games per child per month, \$35 per year to access 6 games per child per month, organizations: \$70 per year to access 20 games per 2 months, \$100 per year to access 30 games per 2 months

Financing: membership fees, donations, self-financing, provincial, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE LA PARENTHÈSE (LA)

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 Fax: 450 582-1168

Website: maisonlaparenthese.org

Email: info@maisonlaparenthese.org

Services: * Parent-child relationship workshops. * Parent-children and parents only workshops. * Respite. * Coffee meetings. * Childcare during workshops. * Prenatal classes. * Toy library. * Thrift store: sale and on-site recovery of clothing, books, sports equipment and toys. * Outdoor activities during summer.

Eligibility: parents, children 0 to 5 years old, families

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, occasional workshops in the evening, summer: outdoor activities only, respite: Wednesday and Friday 9h00 to 15h30

Fees: membership fees: \$10, respite: \$5 from 8h30 to 12h00, \$7 from 8h30 to 13h00 and \$10 from 8h30 to 15h30

Financing: provincial, federal

Legal status: non-profit organization

MARRAINES COUP DE POUCE

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 ext. 229

Website: maisonlaparenthese.org/marraines-coup-de-pouce

Email: info@maisonlaparenthese.org

Services: 3-hour per week postnatal assistance to parents for 10 weeks. * Baby care. * Housekeeping. * Accompaniment to appointments. * Postnatal follow-up and psychosocial support. * Prevention of postpartum depression. * Material assistance for families on a low income. * On-site recovery and sale of clothing, food, books and toys. * Referral.

Eligibility: parents of a child younger than a year

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MOUVEMENT ORGANISÉ DES MÈRES SOLIDAIRES

640 Langlois Street, Suite 1, Terrebonne, Lanaudière, QC, J6W 4P3

450 961-9107 Fax: 450 492-0473

Website: www.momsterrebonne.org

Email: info@momsterrebonne.org

Services: * Reception and referral. * Telephone follow-up. * Assistance with procedures. * Individual counselling. * School support in collaboration with the adult education centre. * Drop-in respite with volunteer grandmothers. * Various workshops: crafts and self-knowledge, budget, parenting skills, etc. * Collective kitchen. * Mother and child stimulation activities. * Support during and after pregnancy.

Eligibility: single young mothers 14 to 25 years old in vulnerable situations, their children

Capacity: 10 mothers per group

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h00 to 16h00, closed in summer

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

PARENFANTS DE MASCOUCHE - MAISON DE LA FAMILLE

2492 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1M5

450 474-6431 Fax: 450 722-0599

Website: www.parenfants.org

Email: info@parenfants.com

Services: Place for exchanges, meetings and friendship. * Social, economic and educational activities. * Training, coaching and conferences. * Daycare. * Collective kitchen. * Activities for new parents. * Volunteering.

Eligibility: families

Coverage area: MRC Les Moulins

Hours: Monday to Friday 9h00 to 15h00, Saturday according to activities

Fees: membership: \$20 per year

Financing: provincial, municipal, donations, fundraising campaigns

Legal status: non-profit organization

PETITS MOUSSES - CENTRE DE SOUTIEN À L'ENFANCE DE LANAUDIÈRE (LES)

994 de Lanaudière Street, 2nd floor, Joliette, Lanaudière, QC, J6E 3N6

1 866 759-3327 Fax: 450 759-7113

Website: www.petits-mousses.org

Email: info@petitsmousses.ca

Services: Organization for children showing a delay of development. * Early childhood stimulation workshops. * Individual meetings. * Referrals. * Documentation centre.

Eligibility: children 3 to 5 years old showing a delay in their global or specific development (social, physical, intellectual, emotional or language)

Capacity: 30 to 40 children

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: monthly fees depending on the family income

Financing: provincial, federal, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

Recreational Activities**ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')**

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support. * Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. * Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

CARREFOUR FAMILIAL DES MOULINS

427 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 492-1257 Fax: 450 492-6019

Website: www.carrefourfamilialdesmoulins.com

Email: info@carrefourfamilialdesmoulins.com

Services: Family centre and perinatal resource centre. * Individual parental support. * Respite. * Daycare. * Prenatal meetings: information on pregnancy, nutrition and baby care, etc. * Prenatal and postnatal yoga, prenatal pilates, fitness and cardio mommy. * Massage and sign language courses for babies. * Socialization and stimulation workshops. * Parent-child cooking workshop for 3 to 5 year olds. * Parenting skills development workshop. * Reception and referral. * Toy library for 0 to 5 years old. * Courses for teenagers: Stay Safe! and Babysitting. * Perinatal bereavement support group. * Coffee-chat.

Eligibility: families, future parents

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h15 and 13h00 to 16h00

Fees: member access: \$10 per year

Financing: provincial, municipal, contributions, self-financing, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LAURENT VENNE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 657-4877

Website: centrecommunautairerepentigny.ca

Email: info.cclv@sodem.net

Services: * Cultural activities, exhibitions, workshops and conferences. * Fitness. * Social and sports activities: art clubs, video games, etc. * Language courses: Spanish. * Arts classes: painting, singing, guitar, etc. * Community green fridge. * Repentigny youth center - Le Gardeur sector. * Special events.

Eligibility: general public

Capacity: 444

Coverage area: MRC L'Assomption

Hours: administration: Monday to Friday 9h00 to 22h00, Saturday and Sunday 9h00 to 16h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

CHARLEMAGNE PUBLIC LIBRARY

84 du Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-7243

Website: www.charlemagne.ca/vie-citoyenne/bibliotheque-et-culture/bibliotheque

Email: lire@charlemagne.ca

Services: Consultation and loan of books and audiovisual documents. * Home loan for people with reduced mobility. * Computers and Internet access. * Biblio-Santé. * Une naissance, un livre. * Book club for children. * Book club for adults. * Workshops and conferences.

Coverage area: Charlemagne

Hours: Tuesday to Thursday 13h00 to 20h00, Friday and Saturday 10h00 to 16h00, Sunday 13h00 to 16h00, summer: Monday and Friday 10h00 to 16h00, Tuesday to Thursday 13h00 to 20h00

Fees: residents: none, non-residents: \$25 for children, \$50 for adults, \$75 for families

Financing: municipal

Legal status: municipal agency

GYMNO LANAUDIÈRE

130 Valmont Street, Repentigny, Lanaudière, QC, J5Y 1N9

450 582-7930

Website: www.gymno.org/article/259-gymno-lanaudiere.html

Email: info@gymnolanaudiere.org

Services: Activities for youth with learning disabilities. * Activities offered during the school year. * Summer activities. * Activities to download through the website. * Mobile library for members.

Eligibility: youth living with a learning difficulty

Coverage area: Lanaudière, mainly Repentigny

Fees: variable

Financing: self-financing

Legal status: non-profit organization

JOUJOUTHÈQUE FARFOUILLE (LA)

845 Saint-Louis Street, Joliette, Lanaudière, QC, J6E 3A3

450 752-2587 Fax: 450 752-2502

Website: www.joujouthequedfarfouille.org

Email: info@joujouthequedfarfouille.org

Services: * Loans of toys. * Parents/children activities. * Thrift store: used toys. * Multi-sensory room.

Eligibility: families, parents and grandparents of children with special needs, organizations, CPE, daycare centres

Coverage area: Lanaudière

Hours: Tuesday 9h00 to 17h00, Wednesday 9h00 to 20h00, Thursday 9h00 to 17h00, Friday and Saturday 9h00 to 15h00

Fees: families: \$25 per year to access 3 games per child per month, \$35 per year to access 6 games per child per month, organizations: \$70 per year to access 20 games per 2 months, \$100 per year to access 30 games per 2 months

Financing: membership fees, donations, self-financing, provincial, grants

Legal status: non-profit organization

L'ASSOMPTION PUBLIC LIBRARY

375 Saint-Pierre Street, L'Assomption, Lanaudière, QC, J5W 2B6

450 589-5671 ext. 3100 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/bibliotheque

Email: bibliotheque@ville.lassomption.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Book club for children. * Book club for adults. * Early literacy workshops. * Story time. * Biblio-Santé. * Home loan for people with reduced mobility. * Study rooms. * Conferences, exhibitions, workshops and author meetings. * Livre-service: service point at 2724 de l'Ange-Gardien Boulevard North.

Eligibility: home loans: seniors aged 65 and over with reduced mobility

Coverage area: L'Assomption

Hours: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00

Fees: subscription: free for residents

Financing: municipal

Legal status: municipal agency

L'ÉPIPHANIE PUBLIC LIBRARY

83 Amireault Street, L'Épiphanie, Lanaudière, QC, J5X 2S8

450 588-4470

Website: ville-de-lepiphanie.c4di.qc.ca:8213

Email: biblio@lepiphanie.ca

Services: Public Library: loan and access to books and audiovisual documents for children and adults. * Internet access. * Databases. * Print, photocopy. * Activities for all ages: expositions, workshops, demonstrations, performances, meetings with authors, conferences.

Coverage area: L'Épiphanie

Hours: Tuesday 13h00 to 20h00, Wednesday and Thursday 9h00 to 20h00, Friday and Saturday 9h00 to 12h00, summer: Tuesday 13h00 to 17h00 and 18h00 to 20h00, Wednesday 9h00 to 12h00 and 13h00 to 16h00 and 18h00 to 20h00, Thursday 9h00 to 20h00, Friday 9h00 to 12h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE LA PARENTHÈSE (LA)

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 Fax: 450 582-1168

Website: maisonlaparenthese.org

Email: info@maisonlaparenthese.org

Services: * Parent-child relationship workshops. * Parent-children and parents only workshops. * Respite. * Coffee meetings. * Childcare during workshops. * Prenatal classes. * Toy library. * Thrift store: sale and on-site recovery of clothing, books, sports equipment and toys. * Outdoor activities during summer.

Eligibility: parents, children 0 to 5 years old, families

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, occasional workshops in the evening, summer: outdoor activities only, respite: Wednesday and Friday 9h00 to 15h30

Fees: membership fees: \$10, respite: \$5 from 8h30 to 12h00, \$7 from 8h30 to 13h00 and \$10 from 8h30 to 15h30

Financing: provincial, federal

Legal status: non-profit organization

MAISON OXYGÈNE JOLIETTE-LANAUDIÈRE

Confidential Address

450 499-2617

Website: www.maisonoxygenejoliettelanaudiere.org

Email: administration@mojl.org

Services: Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up.

Eligibility: fathers and their children living with a family problem

Coverage area: Lanaudière

Hours: variable

Fees: housing: according to income, psychosocial follow-up: free

Financing: grants, donations

Legal status: non-profit organization

MAISON OXYGÈNE L'ASSOMPTION

980 de l'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 1P1

450 591-2617

Website: www.maisonoxygenejoliettelanaudiere.org

Email: j.beliveau.mojl@gmail.com

Services: Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up

Eligibility: fathers and their children living with a family problem

Coverage area: Lanaudière

Hours: variable

Fees: housing: according to income, psychosocial follow-up: free

Financing: grants, donations

Legal status: None or unknown

MASCOUCHE PUBLIC LIBRARY

3015 des Ancêtres Avenue, Mascouche, Lanaudière, QC, J7K 1X6

450 474-4159 Fax: 450 474-3410

Website: biblio.ville.mascouche.qc.ca

Email: biblio@ville.mascouche.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Digital loans. * Computers and Internet access. * Story time. * Book club for children. * Book club for adults. * Early literacy workshops. * Conferences, activities, workshops, exhibitions.

Coverage area: Mascouche

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 9h30 to 17h00, summer: Monday to Thursday 10h00 to 20h00, Friday to Sunday 9h30 to 17h00

Fees: free for residents, \$75 per year for non-residents

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - EDMOND-ARCHAMBAULT

231 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 470-3430

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Tuesday to Thursday 13h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-resident: \$100 per year

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - ROBERT-LUSSIER

1 Place d'Évry, Repentigny, Lanaudière, QC, J6A 8H7

450 470-3420

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Monday to Thursday 10h00 to 21h00, Friday and Saturday 9h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-residents: \$100 per year

Financing: municipal

Legal status: municipal agency

SAINT-SULPICE PUBLIC LIBRARY

215 des Loisirs Street, Saint-Sulpice, Lanaudière, QC, J5W 6C9

450 589-7816

Website: biblietcie.ca/biblio/bibliotheque-de-saint-sulpice

Email: biblio133@reseaubibliocqlm.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Computer workshops. * Café area. * Biblio-Santé. * Exhibitions, contests and workshops.

Coverage area: Saint-Sulpice

Hours: Tuesday 9h00 to 16h30 and 18h00 to 20h00, Wednesday and Thursday 11h30 to 16h30 and 18h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ANDRÉ-GUÉRARD

3425 Camus Place, Terrebonne, Lanaudière, QC, J6Y 0C8

450 471-8265 ext. 1349

Website: biblio.ville.terrebonne.qc.ca/client/en_US

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ÎLE-DES-MOULINS

855 de l'Île-des-Moulins Place, Terrebonne, Lanaudière, QC, J6W 4N7

450 961-2001 ext. 1116 Fax: 450 471-3761

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Writing workshops. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 961-2001 ext. 1133

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LACHENAIE

3060 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A1

450 961-2001 ext. 1378

Website: biblio.ville.terrebonne.qc.ca/client/en_US/default

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé: information services for caregivers. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Knitting club. * Writing workshops. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Youth Centres and Support

CENTRE COMMUNAUTAIRE LAURENT VENNE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 657-4877

Website: centrecommunautairerepentigny.ca

Email: info.cclv@sodem.net

Services: * Cultural activities, exhibitions, workshops and conferences. * Fitness. * Social and sports activities: art clubs, video games, etc. * Language courses: Spanish. * Arts classes: painting, singing, guitar, etc. * Community green fridge. * Repentigny youth center - Le Gardeur sector. * Special events.

Eligibility: general public

Capacity: 444

Coverage area: MRC L'Assomption

Hours: administration: Monday to Friday 9h00 to 22h00, Saturday and Sunday 9h00 to 16h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

LACHENAIE ACTION JEUNESSE

1735 Rochon Street, Terrebonne, Lanaudière, QC, J6W 5N9

450 964-1211 Fax: 450 964-1211

Website: www.mdjactionjeunesse.org

Email: actionjeunesse1735@hotmail.com

Services: Lively meeting place for youth. * Computer room. * Workshops: cultural, cooking, prevention. * Gym, sports.

Eligibility: youth centre: 12 to 17 years old, youth in action: 10 to 12 years old

Coverage area: Terrebonne

Hours: administration: Monday to Friday 9h00 to 17h00, youth centre: Wednesday 18h00 to 21h00, Thursday and Friday 18h00 to 22h00, youth in action: Tuesday and Thursday 15h00 to 17h00

Fees: membership: \$10 per year

Financing: provincial, municipal, fundraising campaigns, contributions

Legal status: non-profit organization

MAISON DES JEUNES DE L'ASSOMPTION (LA)

379 Dorval Street, L'Assomption, Lanaudière, QC, J5W 1A1

450 705-4811

Website: www.maisondesjeuneslassomption.com

Email: mdjescapade@videotron.ca

Services: Lively meeting place. * Support, help and referral. * Help with homework. * Improvisation. * Sports activities: cosom hockey team. * Cooking workshops. * Leisure activities. * Democratic living environment.

Eligibility: youth 12 to 17 years old

Coverage area: L'Assomption

Hours: Monday, Tuesday and Thursday 18h00 to 21h00, Wednesday 17h00 to 21h00, Friday 18h00 to 22h00, sometimes on Saturday for special activities

Fees: none

Financing: Centraide Lanaudière, provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES DE L'ÉPIPHANIE

66 Notre-Dame Street, Suite 101, L'Épiphanie, Lanaudière, QC, J5X 1A1

450 588-6333 Fax: 450 588-6333

Email: mdjlepiphanie@gmail.com

Services: Supervised meeting place. * Recreational, social and citizen activities.

Eligibility: people 12 to 17 years old

Capacity: 65

Coverage area: L'Épiphanie

Hours: office: Monday to Friday 9h00 to 17h00, activities: Tuesday to Friday 18h00 to 21h00, Saturday 12h00 to 17h00

Fees: none

Financing: municipal

Legal status: non-profit organization

MAISON DES JEUNES DE REPENTIGNY

539 Notre-Dame Street, Repentigny, Lanaudière, QC, J6A 2T6

450 581-8159

Website: mdjrepentigny.ca

Email: direction@mdjrepentigny.com

Services: Meeting and discussion place promoting individual and collective expression through varied activities, under the supervision of significant adults. * Therapeutic relationship and active listening. * Varied workshops. * Homework and educational assistance. * Referral centre. * Discussion evenings and activities. * Recreational environment: lounge, video game area, amusement area (pool table, babyfoot, arcades and others), music room, mini-library, art and embroidery room.

Eligibility: youth 12 to 17 years old

Capacity: 50

Coverage area: Repentigny

Hours: Wednesday to Friday 16h00 to 21h00, Saturday 10h00 to 15h00

Fees: none

Financing: federal, provincial, grants, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE REPENTIGNY - SECTEUR LE GARDEUR

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4L3

450 581-8159

Website: mdjrepentigny.ca

Email: coordo@mdjrepentigny.com

Services: Meeting and discussion place promoting individual and collective expression through varied activities, under the supervision of significant adults. * Counselling, active listening. * Self-esteem workshops. * Referral centre.

Eligibility: youth 12 to 17 years old

Capacity: more than 60 teenagers

Coverage area: Le Gardeur sector

Hours: Monday and Tuesday 14h30 to 18h00, Wednesday and Thursday 14h30 to 19h00, Friday 14h30 to 20h00

Fees: none

Financing: federal, provincial, municipal, grants, donations, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE ST-SULPICE (LA)

1101 Notre-Dame Street, Saint-Sulpice, Lanaudière, QC, J5W 3W2

450 589-1264 Fax: 450 589-9647

Email: mdjlerivage@hotmail.com

Services: Meeting place for youth. * Social, cultural, sports activities. * Recreational outings. * Awareness workshops. * Cooking workshops.

Eligibility: people 12 to 17 years old

Coverage area: Saint-Sulpice

Hours: Monday to Friday 18h00 to 21h00

Financing: Centraide Lanaudière, provincial, self-financing

Legal status: non-profit organization

MAISON DES JEUNES LA BARAK DE MASCOUCHE

2522 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1M5

450 966-9290 Fax: 450 966-6243

Website: mdjlabarak.wixsite.com/labarak

Email: mdjlabarak@videotron.ca

Services: Meeting, exchange and sharing place. * Recreational, artistic, sports and social activities. *

Promotion of healthy living habits. * Prevention of risky behaviours.

Eligibility: 12 to 17 years old

Coverage area: Mascouche

Hours: Monday and Tuesday 17h00 to 20h00, Wednesday and Thursday 17h00 to 21h00, Friday 17h00 to 22h00

Fees: none

Financing: grants, self-financing, donations

Legal status: non-profit organization

ZONE ADOS SECTEUR CÔTE BOISÉE

1154 Côte Boisée, Terrebonne, Lanaudière, QC, J6X 4R8

438 370-4382

Website: zoneados.ca

Email: communication@zoneados.ca

Services: * Educational, cultural and social activities designed for prevention, awareness and acquisition of autonomy. * Friendly fridges: self-service fridge.

Eligibility: youth 12 to 17 years old

Coverage area: Terrebonne

Hours: school period: Monday to Friday 15h30 to 21h00, summer: Tuesday to Friday 11h30 to 17h00

Fees: none

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

ZONE ADOS SECTEUR LA PLAINE

5900, rue Rodrigue, Terrebonne, Lanaudière, QC, J7M 2C1

450 964-5598

Website: zoneados.ca

Email: communication@zoneados.ca

Services: * Educational, cultural and social activities designed for prevention, awareness and acquisition of autonomy.

Eligibility: youth 12 to 17 years old

Coverage area: La Plaine

Hours: school period: Tuesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 11h30 to 17h00

Fees: none

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

Youth Employment

ASSOCIATION QUÉBEC-FRANCE - LANAUDIÈRE

Confidential Address

Website: www.quebecfrancelanaudiere.org

Email: presidente@quebecfrancelanaudiere.org

Services: Development of direct and privileged France-Québec relationships. * Dinner and conferences. * Intermunicipal work exchange program for youth. * Slam-poetry contest. * Trips to France. * Reciprocity housing. * Cultural activities. * Christmas meal for members.

Eligibility: francophiles, French language defenders

Coverage area: Lanaudière

Fees: annual membership: \$30 for singles, \$55 for couples, \$60 for organizations

Financing: membership fees

Legal status: non-profit organization

CARREFOUR FAMILIAL DES MOULINS

427 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 492-1257 Fax: 450 492-6019

Website: www.carrefourfamilialdesmoulins.com

Email: info@carrefourfamilialdesmoulins.com

Services: Family centre and perinatal resource centre. * Individual parental support. * Respite. * Daycare. * Prenatal meetings: information on pregnancy, nutrition and baby care, etc. * Prenatal and postnatal yoga, prenatal pilates, fitness and cardio mommy. * Massage and sign language courses for babies. * Socialization and stimulation workshops. * Parent-child cooking workshop for 3 to 5 year olds. * Parenting skills development workshop. * Reception and referral. * Toy library for 0 to 5 years old. * Courses for teenagers: Stay Safe! and Babysitting. * Perinatal bereavement support group. * Coffee-chat.

Eligibility: families, future parents

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h15 and 13h00 to 16h00

Fees: member access: \$10 per year

Financing: provincial, municipal, contributions, self-financing, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DES MOULINS

640 Langlois Street, Suite 3, Terrebonne, Lanaudière, QC, J6W 4P3

450 492-0088 Fax: 450 492-0473

Website: www.cjemoulins.org

Email: info@cjemoulins.org

Services: * Information and assessment. * Career counselling. * School retention and support. * Socioprofessional integration. * Employers services. * Documentation centre. * Youth entrepreneurship awareness. * Professional integration.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI L'ASSOMPTION

10 Notre-Dame Street, 3rd floor, Repentigny, Lanaudière, QC, J6A 2N9

450 581-3785 Fax: 450 582-6610

Website: cjela.qc.ca

Email: info@cjela.qc.ca

Services: Support and accompaniment of youth in their job search and return to school. * Welcoming, information and referral. * Job search assistance. * Professional and school guidance. * Documentation centre. * Youth entrepreneurship: conferences at schools, cooperative projects support. * School perseverance.

Eligibility: youth 14 to 35 years old

Coverage area: MRC L'Assomption

Hours: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 10h00 to 16h30, Friday 8h30 to 15h30, last Thursday of the month 8h30 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Youth Shelters and Support

ACCUEIL JEUNESSE

1094 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3G8

450 759-4610

Email: accueiljeunesse1981@gmail.com

Services: Shelter for youth. * Support, information and referral.

Eligibility: youth 12 to 17 years old in difficulty

Capacity: 9 beds

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: \$7 per day

Financing: self-financing, donations

Legal status: non-profit organization

AIRE OUVERTE DE JOLIETTE

107 Place Bourget Nord, Joliette, Lanaudière, QC, J6E 5E6

450 271-6382

Website: www.cisss-lanaudiere.gouv.qc.ca/aire-ouverte

Email: aireouvertelanaudiere@ssss.gouv.qc.ca

Services: Varied confidential services for youth 12 to 25 years old with or without an appointment. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention and education on alcohol, drugs, gambling and problematic Internet use. * School and career counseling. * Prevention of domestic violence.

Eligibility: youth 12 to 25 years old

Coverage area: Lanaudière

Hours: Monday 11h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Sunday 11h00 to 16h00, Summer schedule: Monday 10h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Friday by appointment

Fees: none

Financing: provincial

Legal status: provincial government agency

AUBERGE DU COEUR ROLAND-GAUVREAU

638 de la Base-de-Roc Boulevard, Joliette, Lanaudière, QC, J6E 5P7

450 759-2114

Email: administration@rolandgauvreau.ca

Services: * Shelter for young people with the aim of social reintegration.

Eligibility: youth between 18 and 30 years old

Capacity: 12 rooms

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: depending on income: minimum \$4.85 and maximum \$10 per day

Financing: provincial

Legal status: non-profit organization

CENTRE LE DIAPASON

1731 Maple Street, Mascouche, Lanaudière, QC, J7L 2K9

450 477-6201

Website: www.centrelediapason.com

Email: diapason@centrelediapason.com

Services: * Temporary shelter (room and board) up to 60 days. * Telephone support. * Family mediation. * Information meetings. * Accompaniment with job search procedures. * Workshops on varied youth issues. * Referrals. * Post-housing support: calls and meetings. * Supervised apartments.

Eligibility: temporary shelter: youth in difficulty 14 to 18 years old willing to receive help

Capacity: 9 places

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: voluntary contribution from parents

Financing: provincial, donations

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

MAISON D'HÉBERGEMENT JEUNESSE ROLAND-GAUVREAU

638 Base-de-Roc Boulevard, Joliette, Lanaudière, QC, J6E 5P7

450 759-2114 Fax: 450 759-6524

Email: administration@rolandgauvreau.ca

Services: * Short-term housing of 3 to 6 months. * Helping relationship, listening, accompaniment, information and referral.

Eligibility: young adults from 18 to 30 years old experiencing difficulties

Capacity: 12

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: \$300 per month or 46% of income

Financing: self-financing, donations

Legal status: non-profit organization

MAISON DES JEUNES DE L'ASSOMPTION (LA)

379 Dorval Street, L'Assomption, Lanaudière, QC, J5W 1A1

450 705-4811

Website: www.maisondesjeuneslassomption.com

Email: mdjescapade@videotron.ca

Services: Lively meeting place. * Support, help and referral. * Help with homework. * Improvisation. * Sports activities: cosom hockey team. * Cooking workshops. * Leisure activities. * Democratic living environment.

Eligibility: youth 12 to 17 years old

Coverage area: L'Assomption

Hours: Monday, Tuesday and Thursday 18h00 to 21h00, Wednesday 17h00 to 21h00, Friday 18h00 to 22h00, sometimes on Saturday for special activities

Fees: none

Financing: Centraide Lanaudière, provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES DE REPENTIGNY

539 Notre-Dame Street, Repentigny, Lanaudière, QC, J6A 2T6

450 581-8159

Website: mdjrepentigny.ca

Email: direction@mdjrepentigny.com

Services: Meeting and discussion place promoting individual and collective expression through varied activities, under the supervision of significant adults. * Therapeutic relationship and active listening. * Varied workshops. * Homework and educational assistance. * Referral centre. * Discussion evenings and activities. * Recreational environment: lounge, video game area, amusement area (pool table, babyfoot, arcades and others), music room, mini-library, art and embroidery room.

Eligibility: youth 12 to 17 years old

Capacity: 50

Coverage area: Repentigny

Hours: Wednesday to Friday 16h00 to 21h00, Saturday 10h00 to 15h00

Fees: none

Financing: federal, provincial, grants, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE REPENTIGNY - SECTEUR LE GARDEUR

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4L3

450 581-8159

Website: mdjrepentigny.ca

Email: coordo@mdjrepentigny.com

Services: Meeting and discussion place promoting individual and collective expression through varied activities, under the supervision of significant adults. * Counselling, active listening. * Self-esteem workshops. * Referral centre.

Eligibility: youth 12 to 17 years old

Capacity: more than 60 teenagers

Coverage area: Le Gardeur sector

Hours: Monday and Tuesday 14h30 to 18h00, Wednesday and Thursday 14h30 to 19h00, Friday 14h30 to 20h00

Fees: none

Financing: federal, provincial, municipal, grants, donations, self-financing

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

SKILLS EXCHANGES

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

ACTION DIGNITÉ LANAUDIÈRE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 756-1155

Email: administration@actiondignite.com

Services: * Literacy workshops. * School dropout prevention and retention. * Welcome and active listening. * Mobilization and consultation. * Advocacy for social assistance and unemployment: information, referrals, research and support. * Monthly café-rencontre: speaking out, education and group reflection.

Eligibility: people with little education and people on a low income

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: \$5

Financing: donations, grants

Legal status: non-profit organization

ACTION ZÉRO PAUVRETÉ

2500 Mascouche Boulevard, Suite 231, Mascouche, Lanaudière, QC, J7K 0H5

450 477-8985

Website: actionpopulaire.org

Email: info@actionpopulaire.org

Services: Individual and collective defense of the rights of people living in poverty, mainly people receiving last-resort financial assistance. * Individual assistance for citizens in understanding their rights and recourses, and the steps to take to ensure the defense of their rights. * Conferences, information workshops and discussion groups on economic and social rights and issues related to poverty and social exclusion. * Representation to public administrations and political bodies concerned with situations where the rights of citizens living in poverty are being violated or threatened. * Regular workshops and meetings for members. * Detailed schedule: agendaapm.blogspot.com

Eligibility: people on a low income or in a situation of poverty and social exclusion, including people receiving welfare or social solidarity, supporters interested in transformation and social justice, community workers

Coverage area: MRC Les Moulins and surroundings

Hours: walk-in appointment: usually every Tuesday from 9h00 to 12h00, other days of the week by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LANAUDIÈRE

200 de Salaberry Street, Suite 305, Joliette, Lanaudière, QC, J6E 4G1

1 888 522-2586

Website: arlphlanaudiere.org

Email: info@arlphlanaudiere.org

Services: Promotes access to an inclusive leisure experience for people living with a disability through consultation, training and support. * Facilitated Access to Recreation for Individuals with Disabilities program (FARIDP). * Loan of adapted equipment: racing wheelchair, adapted sledge with skates, water access ramp, etc. * Training. * Support for integration into day camps. * Universal accessibility in leisure activities. * Companion Leisure Card (CAL). * Consulting services.

Eligibility: people living with a handicap, regardless of age and disability

Coverage area: Lanaudière

Financing: provincial

Legal status: non-profit organization

CÉGEP RÉGIONAL DE LANAUDIÈRE - COLLÈGE CONSTITUANT DE JOLIETTE

20 Saint-Charles-Borromée Street South, Joliette, Lanaudière, QC, J6E 4T1

450 759-1661 Fax: 450 759-4468

Website: www.cegep-lanaudiere.qc.ca/joliette

Email: sonia.ducharme.beausoleil@cegep-lanaudiere.qc.ca

Services: Public higher education institution at the collegial level. * 32 pre-university and technical programs (DEC). * Room and sports facilities rental. * Bio.Enviro.In: innovation and research centre seeking to create bio-food production systems and encourage sustainable horticulture.

Eligibility: CPE: 18 months to 5 years old

Capacity: CPE: 40 places

Coverage area: Province of Québec

Hours: CPE: Monday to Thursday 7h15 to 18h15, Friday and summer season 7h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CENTRE RÉGIONAL DE FORMATION DE LANAUDIÈRE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 755-2700 Fax: 450 760-3586

Website: crfl.ca

Email: crfl@crfl.ca

Services: Training for employees and volunteers of community organizations. * Training in management, animation, intervention. * In person and remote training. * Customized training.

Eligibility: employees and volunteers of community organizations

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 16h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

CONSEIL RÉGIONAL DE L'ENVIRONNEMENT DE LANAUDIÈRE

481, 131 Road, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 0M1

450 756-0186

Website: crelanaudiere.ca

Email: info@crelanaudiere.ca

Services: * Environmental concertation and consultation: climate change, development and protection of natural environments, waste management, local agriculture, water management and sustainable development.

* Virtual informative capsules and conferences:

www.youtube.com/channel/UCXcnLYsQdwMfNw4eBrMPUhg/featured

Eligibility: general public, organizations, businesses, government instances

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$15 for individuals, \$20 for families, \$45 for NPO, between \$100 and \$200 for municipalities \$100 or \$150 for businesses

Financing: municipal, grants, contributions, donations, self-financing

Legal status: Nonprofit - Incorporated

DÉVELOPPEMENT SOCIAL LANAUDIÈRE

200 De Salaberry Street, Joliette, Lanaudière, QC, J6E 4G1

450 759-9944 Fax: 450 759-8889

Website: dslanaudiere.org

Email: info@dslanaudiere.org

Services: Concertation table of community organizations for the improvement of the quality of life, the reduction of social inequalities and citizen participation in a sustainable development perspective. * Support, promotion, monitoring and expertise in social development. * Food security and housing consultation, forums. * Information, presentation and workshop facilitation. * Social development support for municipalities and MRCs. * Support for organizations to improve their governance.

Eligibility: community organizations, local social development committees, municipalities, MRCs

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

MOUVEMENT D'ÉDUCATION POPULAIRE AUTONOME DE LANAUDIÈRE

144 Saint-Joseph Street, Suite 105, Joliette, Lanaudière, QC, J6E 5C4

450 752-4700 Fax: 450 760-3586

Website: www.mepal.net

Email: info@mepal.net

Services: Grouping of popular education organizations. * Popular education workshops: guide to elections at all levels of government, social and climate justice, media and misinformation, etc. * Collective advocacy. * Consultation and representation. * Information tools.

Eligibility: popular education organizations, autonomous community organizations

Coverage area: Lanaudière

Hours: on appointment, closed during summer

Fees: annual membership: \$40

Financing: provincial, donations, membership fees, fundraising campaigns, self-financing

Legal status: non-profit organization

ORGANISME DE BASSINS VERSANTS L'ASSOMPTION

3001 avenue 1st, Rawdon, Lanaudière, QC, J0K 1S0

450 755-1651 Fax: 450 755-1653

Website: www.cara.qc.ca

Email: info@obvlassomption.ca

Services: Protection, conservation and valorization of lakes and waterways. * Development, promotion and implementation of the Plan directeur de l'eau (PDE) and the Zone de gestion intégrée de l'eau par bassin versant (Zone GIEBV) action plan. * Conferences and symposia. * Educational workshops on the environment of lakes and rivers. * Water House: place of information, meetings and gatherings centre to promote respect of the environment and the sustainable use of our water resources. * Protection and development of the L'Assomption River. * Recreational tourism activities in harmony with the protection of lakes and waterways.

Eligibility: general public

Coverage area: MRC Matawinie, MRC Montcalm, MRC Joliette, MRC L'Assomption, MRC La Rivière-du-Nord, MRC D'Autray

Hours: Monday 9h00 to Friday 16h00, activities: variable

Financing: municipal, provincial, contributions

Legal status: non-profit organization

REGIONAL COMMITTEE OF EDUCATION FOR INTERNATIONAL DEVELOPMENT

101 Dugas Street, Joliette, Lanaudière, QC, J6E 4G7

450 756-0011 ext. 200 Fax: 450 759-0489

Website: www.credil.qc.ca/english.html

Email: info@credil.qc.ca

Services: * Reception and settlement of immigrants, new comers and refugees. * Interpreting service in person or by phone. * Educating the public about international solidarity. * Implementation of projects and internships in developing countries.

Eligibility: immigrants, new comers and refugees

Coverage area: Lanaudière
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES ET ALTERNATIFS EN SANTÉ MENTALE DE LANAUDIÈRE

517 Archambault Street, Joliette, Lanaudière, QC, J6E 2W6
450 759-8853

Website: rocasml.org
Email: rocasml@videotron.ca

Services: Promotion of an alternative approach to mental health. * Support for members. * Promotion and information on the rights and interests of people living or having experienced mental health problems. * Grouping of community resources and non-institutional alternatives in mental health. * Education and awareness of the population.

Eligibility: community and alternative mental health organizations

Coverage area: Lanaudière
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership: \$125
Financing: provincial, membership fees
Legal status: non-profit organization

TABLE DE CONCERTATION DES GROUPES DE FEMMES DE LANAUDIÈRE

144 Saint-Joseph Street, Suite 214, Joliette, Lanaudière, QC, J6E 5C4
450 752-0049 Fax: 450 760-3586

Website: femmeslanaudiere.org
Email: tcgfl@bellnet.ca

Services: Regional feminist group working for the collective defence of women's rights with a mission to improve the living and health conditions of Lanaudière women. * Concertation. * Mobilization. * Popular education and awareness. * Political activities with women's groups on various issues.

Eligibility: organizations working with women or with a women component

Coverage area: Lanaudière
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LANAUDIÈRE

Confidential Address
450 755-1488 Fax: 450 759-8749
Website: tcrapl.org
Email: tcrapl@tcrapl.org

Services: * Advocacy of rights. * Consultation, representation and technical support.

Eligibility: associations of disabled people in the Lanaudière region

Coverage area: Lanaudière
Hours: Monday to Friday 8h30 to 16h30
Fees: annual contribution: \$50 per association
Financing: contributions, provincial
Legal status: non-profit organization

TABLE RÉGIONALE DE CONCERTATION DES ÂÎNÉS DE LANAUDIÈRE

488 Saint-Charles-Borromée Street, Joliette, Lanaudière, QC, J6E 4R7

514 928-0147

Website: talanaudiere.org

Email: info@talanaudiere.org

Services: Regional gathering for discussions and concertation for seniors. * Support and promotion of organizations working with seniors. * Contribution to the economic, social and cultural development of the region. * Facilitator for the concertation between seniors' associations and partner organizations. * Presentation of opinions to governmental organizations. * Conferences and regional events. * Seniors Tribute Award and International Seniors Day.

Eligibility: seniors, organizations working with seniors

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

TABLE RÉGIONALE DES ORGANISMES COMMUNAUTAIRES AUTONOMES DE LANAUDIÈRE

950 Moody Boulevard, Suite 400, Terrebonne, Lanaudière, QC, J6W 3K8

450 839-6085

Website: trocl.org

Email: trocl@trocl.org

Services: Consultation and mobilization. * Representation, promotion and advocacy of collective rights and needs. * Support for the development and preservation of autonomy. * Sharing, information, education and training on political and social issues.

Eligibility: autonomous community organizations

Capacity: 200 organizations

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

Fees: annual contribution: 50 to \$175 per organization

Financing: membership fees, provincial

Legal status: non-profit organization

TABLE RÉGIONALE DES ORGANISMES COMMUNAUTAIRES FAMILLE DE LANAUDIÈRE

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677

Website: trocfl.org

Email: info@trocfl.org

Services: Representation of Lanaudière family community organizations within various instances. * Grouping and support. * Exchange, communication and sharing of expertise. * Training, planning support, conceptualization, structuring of services, fundraising. * Networking. * Promotion of families' needs.

Eligibility: community organizations in the family sector

Capacity: 18 organizations

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: membership: \$100 per year

Financing: contributions, donations, grants

Legal status: non-profit organization

Charity Organizations

CENTRAIDE LANAUDIÈRE

582 Saint-Viateur Street, Joliette, Lanaudière, QC, J6E 3B6

450 752-1999

Website: centraide-rcoq.ca/lanaudiere

Email: imilliard@centraide-lanaudiere.com

Services: Support to local community organizations through a fundraising campaign and donations collected.

Eligibility: non-profit organizations

Coverage area: MRC D'Autray, MRC L'Assomption, MRC Matawinie, MRC Montcalm, MRC Joliette, Mascouche

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

CLUB RICHELIEU REPENTIGNY

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

514 941-4208 Fax: 450 585-7597

Website: www.richelieurepentigny.org

Email: info.richelieu.repentigny@gmail.com

Services: * Fundraising campaigns and fund distribution to organizations who help children with special needs.

Eligibility: organizations working with children with specific needs

Coverage area: Lanaudière

Financing: donations

Legal status: non-profit organization

FONDATION SANTÉ SUD LANAUDIÈRE

911 Montée des Pionniers, Suite B1-024, Terrebonne, Lanaudière, QC, J6V 2H2

450 654-7525 ext. 21115

Website: fondationssl.ca

Email: info@fondationssl.ca

Services: Funding of projects related to healthcare.

Eligibility: general public

Coverage area: south of Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: donations, provincial, fundraising campaigns

Legal status: non-profit organization

Community centres

CENTRE COMMUNAUTAIRE LAURENT VENNE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 657-4877

Website: centrecommunautairerepentigny.ca

Email: info.cclv@sodem.net

Services: * Cultural activities, exhibitions, workshops and conferences. * Fitness. * Social and sports activities: art clubs, video games, etc. * Language courses: Spanish. * Arts classes: painting, singing, guitar, etc. *

Community green fridge. * Repentigny youth center - Le Gardeur sector. * Special events.

Eligibility: general public

Capacity: 444

Coverage area: MRC L'Assomption

Hours: administration: Monday to Friday 9h00 to 22h00, Saturday and Sunday 9h00 to 16h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

CENTRE DE SERVICES COMMUNAUTAIRES ET CULTURELS DE REPENTIGNY - CENTRE À NOUS

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5402 Fax: 450 581-6885

Website: www.centreanous.com

Email: info@centreanous.org

Services: Community and cultural services offered by various community organizations. * Rental of multipurpose rooms.

Capacity: 22 tenants and 7 multipurpose rooms for 10 to 300 people

Coverage area: MRC de L'Assomption and surroundings

Hours: Monday to Friday 7h00 to 21h00, Saturday and Sunday on demand

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

MAISON LA TRACE

245 Saint-Ursule Street, L'Assomption, Lanaudière, QC, J5W 1M6

450 589-6050

Email: marie_claire548@hotmail.com

Services: Meeting place aiming to break down isolation. * Listening. * Emergency food assistance, including on weekends. * Recreational activities: knitting, yoga, etc. * Workshops: health and well-being, healthy cooking, arts, etc. * Monthly dinner. * Christmas party and dinner. * Visits to seniors' residences. * Cultural outings. * Bi-annual garage sale. * Collection of donations: clothing, furniture, books, etc.

Eligibility: general public

Coverage area: L'Assomption

Hours: reception: Monday to Thursday 13h00 to 16h00, food assistance: Wednesday 8h30 to 12h00, Friday 8h30 to 12h00 and 13h00 to 16h00, emergency food assistance: by appointment

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

Community development

CÉGEP RÉGIONAL DE LANAUDIÈRE - COLLÈGE CONSTITUANT DE JOLIETTE

20 Saint-Charles-Borromée Street South, Joliette, Lanaudière, QC, J6E 4T1

450 759-1661 Fax: 450 759-4468

Website: www.cegep-lanaudiere.qc.ca/joliette

Email: sonia.ducharme.beausoleil@cegep-lanaudiere.qc.ca

Services: Public higher education institution at the collegial level. * 32 pre-university and technical programs (DEC). * Room and sports facilities rental. * Bio.Enviro.In: innovation and research centre seeking to create bio-food production systems and encourage sustainable horticulture.

Eligibility: CPE: 18 months to 5 years old

Capacity: CPE: 40 places

Coverage area: Province of Québec

Hours: CPE: Monday to Thursday 7h15 to 18h15, Friday and summer season 7h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CENTRAIDE LANAUDIÈRE

582 Saint-Viateur Street, Joliette, Lanaudière, QC, J6E 3B6

450 752-1999

Website: centraide-rcoq.ca/lanaudiere

Email: imilliard@centraide-lanaudiere.com

Services: Support to local community organizations through a fundraising campaign and donations collected.

Eligibility: non-profit organizations

Coverage area: MRC D'Autray, MRC L'Assomption, MRC Matawinie, MRC Montcalm, MRC Joliette, Mascouche

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

CENTRE DE SERVICES COMMUNAUTAIRES ET CULTURELS DE REPENTIGNY - CENTRE À NOUS

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5402 Fax: 450 581-6885

Website: www.centreanous.com

Email: info@centreanous.org

Services: Community and cultural services offered by various community organizations. * Rental of multipurpose rooms.

Capacity: 22 tenants and 7 multipurpose rooms for 10 to 300 people

Coverage area: MRC de L'Assomption and surroundings

Hours: Monday to Friday 7h00 to 21h00, Saturday and Sunday on demand

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

CENTRE RÉGIONAL DE FORMATION DE LANAUDIÈRE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 755-2700 Fax: 450 760-3586

Website: crfl.ca

Email: crfl@crfl.ca

Services: Training for employees and volunteers of community organizations. * Training in management, animation, intervention. * In person and remote training. * Customized training.

Eligibility: employees and volunteers of community organizations

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 16h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

CHARLEMAGNE - LOISIRS ET CULTURE

84 Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-2541 ext. 27

Website: www.ville.charlemagne.qc.ca/fr/loisirs-et-culture

Email: pelletier@charlemagne.ca

Services: * Recreational and sporting activities. * Swimming pools, parks, sports fields, ice rinks, community centre. * Summer and spring break day camps. * Room rental. * Festivities.

Coverage area: Charlemagne

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

COLLATINES DE L'ÉPIPHANIE (LES)

193 Notre-Dame Street, L'Épiphanie, Lanaudière, QC, J5X 2W3

450 313-0188

Website: lescollatines.com

Email: info@lescollatines.com

Services: Food assistance and security in support of the academic success of the youth of L'Épiphanie. * Snacks in schools. * Vegetable baskets. * Tutoring and homework assistance. * Solidarity garden. * Hall rental.

Eligibility: youth and their families, hall rental: community organizations

Coverage area: L'Épiphanie

Hours: Monday 8h00 to 16h00, Tuesday 7h00 to 16h00, Wednesday 8h00 to 18h30, Thursday and Friday on call

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ LE CHEZ-NOUS DU COMMUNAUTAIRE DES MOULINS

2500 Mascouche Boulevard, Mascouche, Lanaudière, QC, J7K 0H5

450 966-9513 Fax: 450 966-2814

Email: service@le-chez-nous.org

Services: Gathering place for community organizations, non-profit organizations and social economy enterprises. * Friendly fridges: self-service fridge. * Community development. * Animation, training and information place. * Breeding place for projects responding to needs in cooperation with organizations. * Offices and room rental. * Mail, fax, photocopies and equipment rental.

Eligibility: community organizations, non-profit organizations, social economy enterprises

Capacity: 72 people

Coverage area: MRC Les Moulins

Hours: office: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00, rental: at all times

Fees: variable

Financing: self-financing

Legal status: cooperative

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE MRC DE L'ASSOMPTION

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

450 313-0228

Website: www.cdclassomption.org

Email: info@cdclassomption.org

Services: Ensures the active participation of the community in the development and prosperity of the region. * Coordination, representation. * Support. * Networking.

Eligibility: general public, community organizations

Coverage area: MRC L'Assomption

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

DÉVELOPPEMENT SOCIAL LANAUDIÈRE

200 De Salaberry Street, Joliette, Lanaudière, QC, J6E 4G1

450 759-9944 Fax: 450 759-8889

Website: dslanaudiere.org

Email: info@dslanaudiere.org

Services: Concertation table of community organizations for the improvement of the quality of life, the reduction of social inequalities and citizen participation in a sustainable development perspective. * Support, promotion, monitoring and expertise in social development. * Food security and housing consultation, forums. * Information, presentation and workshop facilitation. * Social development support for municipalities and MRCs.

* Support for organizations to improve their governance.

Eligibility: community organizations, local social development committees, municipalities, MRCs

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

HABEO - GRT COOP DE SOLIDARITÉ

457 Laval Street, Joliette, Lanaudière, QC, J6E 5G9

450 759-8488

Website: habeo.ca

Email: info@habeo.ca

Services: Technical resource group recognized by the Société d'habitation du Québec. * Accompaniment of groups in achieving their social and community housing project. * Development of housing cooperatives or NPOs.

Eligibility: groups wishing to carry out social and community housing projects

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: Cooperative

L'ÉPIPHANIE - LOISIRS ET CULTURE

68 Amireault Street, L'Épiphanie, Lanaudière, QC, J5X 1A1

450 588-6828

Website: www.lepiphanie.ca/programmation

Email: loisirs@lepiphanie.ca

Services: * Community, sociocultural and sporting activities. * Community centre, ice rinks, parks, playgrounds. * Summer day camp and spring break camp. * Hall rental. * Coordination with community organizations. * Events.

Coverage area: L'Épiphanie

Hours: community centre: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

MASCOUCHE - SERVICES DES ACTIVITÉS SPORTIVES ET DES PARCS

2936 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-4133 ext. 2000 Fax: 450 474-6401

Website: mascouche.ca/services-aux-citoyens/mloisirs

Email: loisirs@mascouche.ca

Services: * Community, sociocultural and sporting activities. * Swimming pool, ice rinks, arena, parks and playgrounds. * Coordination with community organizations. * Support for artists. * Summer day camp. * Room rental.

Coverage area: Mascouche

Hours: Monday to Friday 8h15 to 12h00 and 13h15 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

REPENTIGNY - LOISIRS, SPORTS ET VIE COMMUNAUTAIRE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4L3

450 470-3400 Fax: 450 470-3082

Website: repentigny.ca

Email: loisirs@repentigny.ca

Services: * Community, sociocultural and sporting activities. * Arenas and ice rinks, swimming pools, sports and community centres, parks and playgrounds. * Créalab: digital creation tools. * Summer day camp. * Coordination with community organizations. * Room rental. * Events.

Coverage area: Repentigny

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-SULPICE - SERVICE DES LOISIRS

185 Émile Street, Saint-Sulpice, Lanaudière, QC, J5W 1B1

450 705-3430

Website: www.loisirsstulpice.com

Email: info@loisirsstulpice.com

Services: * Sporting and recreational activities. * Parks. * Day camp. * Room rental.

Eligibility: day camp: children 5 to 12 years old

Coverage area: Saint-Sulpice

Fees: variable

Financing: municipal

Legal status: municipal agency

TABLE RÉGIONALE DE CONCERTATION DES ÂÎNÉS DE LANAUDIÈRE

488 Saint-Charles-Borromée Street, Joliette, Lanaudière, QC, J6E 4R7

514 928-0147

Website: talanaudiere.org

Email: info@talanaudiere.org

Services: Regional gathering for discussions and concertation for seniors. * Support and promotion of organizations working with seniors. * Contribution to the economic, social and cultural development of the region. * Facilitator for the concertation between seniors' associations and partner organizations. * Presentation of opinions to governmental organizations. * Conferences and regional events. * Seniors Tribute Award and International Seniors Day.

Eligibility: seniors, organizations working with seniors

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Information and referral**ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - L'ASSOMPTION**

50 Thouin Street, Suite 241, Repentigny, Lanaudière, QC, J6A 4J4

450 704-2776

Website: www.aqdr.org/section/lassomption

Email: info@aqdr-lassomption.org

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Monthly conferences. * Personalized accompaniment service. * References to partners (community, municipal and government organizations as well as professionals such as lawyers, notaries, etc.). * Journal: three publications per year. * Legal referral service. * Vulnerable people identification service. * Annual brunch and fundraising campaign.

Eligibility: retired and preretired people

Coverage area: MRC L'Assomption, Joliette

Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 16h00

Fees: annual membership: \$20

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

CARREFOUR INFORMATIONNEL ET SOCIAL

50, rue Thouin, Suite 100, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5402 ext. 227

Website: www.centreanous.com/carrefour

Email: carrefour@centreanous.org

Services: Referral and personalized support services for people with special needs, complex requests or living in vulnerable situations. * In person 211 information and referral. * Assistance in filling out forms. *

Accompaniment for certain governmental procedures. * ITMAV project: community outreach for vulnerable people 50 years and over.

Eligibility: general population, ITMAV: vulnerable people 50 years and over

Coverage area: MRC L'Assomption: L'Épiphanie, L'Assomption, Repentigny, Charlemagne, Saint-Sulpice

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CARREFOUR POUR SOUFFLER À TÊTE REPOSÉE

588 Montcalm Street, Suite 219, Berthierville, Lanaudière, QC, J0k 1A0

1 877 374-8783 Fax: 450 836-2040

Website: www.atetereposee.org

Email: atetereposee@live.fr

Services: Respite resources for families of people living with a disability. * At-home respite: non-urgent planned respite in the family home for a period of less than 24 hours. * 24h+ respite: referrals to respite homes for a planned period of 24 hours or more.

Eligibility: family of a person living with a disability: intellectual or physical disability, autism spectrum disorder, sensory disability, cognitive disorder, Alzheimer

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

CENTRE D'AMITIÉ AUTOCHTONE DE LANAUDIÈRE

523 Sainte-Anne Boulevard, Joliette, Lanaudière, QC, J6E 5A3

450 277-9911 Fax: 450 760-9923

Website: www.caalanaudiere.ca

Email: info@caalanaudiere.ca

Services: Services and programs to improve the living conditions of Indigenous people. * Information and referral. * Hotline 24/7: 450 277-9911. * Accompaniment and support services in different procedures by an outreach worker. * Legal services: lawyer on site once a month. * Massage therapy and chiropractic services. * Nurse and doctor on site. * Programme d'aide préscolaire autochtone pour les communautés urbaines et nordique (PAPACUN): activities related to culture, health, nutrition and education for children from 0 to 5 years old and their families. * Educational services: homework help for elementary and secondary students, workspace, liaison between families and schools, low-cost school store and individual accompaniment for students and families. * Cultural and educational activities. * Youth activities for 12 to 17 years old. * Youth Council made up of 7 young people 14 to 22 years old. * Summer youth day camp program. * Sports and outdoor activities for all. * Proximity clinic. * Christmas baskets. * Tax clinic.

Eligibility: Indigenous people of all ages

Coverage area: Joliette

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, self-financing, donations, grants, foundations

Legal status: non-profit organization

CENTRE D'ENTRAIDE EN SANTÉ MENTALE DU SECTEUR BRANDON - LE CROISSANT DE LUNE

168 Saint-Pierre Street, Saint-Gabriel, Lanaudière, QC, J0K 2N0

450 835-7222

Email: lecdl93@gmail.com

Services: Mental health support centre. * Reception, information and referrals. * Help, listening and support. * Workshops for exchange and growth. * Trainings. * Leisure activities.

Eligibility: people living with a mental health issue

Coverage area: Mandeville, Saint-Cléophas-de-Brandon, Saint-Didace, Saint-Gabriel-de-Brandon, Saint-Norbert, Saint-Gabriel

Hours: Tuesday and Friday 8h30 to 15h30, Wednesday 12h45 to 15h30, Saturday 12h30 to 15h30, listening line: Thursday 12h00 to 15h00

Financing: grants

Legal status: non-profit organization

CHARLEMAGNE PUBLIC LIBRARY

84 du Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-7243

Website: www.charlemagne.ca/vie-citoyenne/bibliotheque-et-culture/bibliotheque

Email: lire@charlemagne.ca

Services: Consultation and loan of books and audiovisual documents. * Home loan for people with reduced mobility. * Computers and Internet access. * Biblio-Santé. * Une naissance, un livre. * Book club for children. * Book club for adults. * Workshops and conferences.

Coverage area: Charlemagne

Hours: Tuesday to Thursday 13h00 to 20h00, Friday and Saturday 10h00 to 16h00, Sunday 13h00 to 16h00, summer: Monday and Friday 10h00 to 16h00, Tuesday to Thursday 13h00 to 20h00

Fees: residents: none, non-residents: \$25 for children, \$50 for adults, \$75 for families

Financing: municipal

Legal status: municipal agency

CRIME VICTIMS ASSISTANCE CENTRE OF LANAUDIÈRE

Confidential Address

1 888 755-6127 Fax: 450 755-6069

Website: cavac.qc.ca/en

Email: info@cavaclanaudiere.com

Services: * Telephone consultation, welcoming, listening and support. * Accompaniment in the judiciary system. * Information on the legal process and on the rights and recourses for victims of crime. * Orientation to the appropriate legal, medical, social and community resources. * Post-traumatic intervention. * Technical assistance.

Eligibility: people victims of criminal acts, their relatives, witnesses of a crime

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF LANAUDIÈRE - REPENTIGNY SERVICE POINT

Confidential Address

1 888 755-6127

Website: cavac.qc.ca/en

Email: info@cavaclanaudiere.com

Services: * Telephone consultation, welcoming, listening and support. * Accompaniment in the judiciary system. * Information on the legal process and on the rights and recourses of victims of crime. * Orientation to the appropriate legal, medical, social and community resources. * Post-traumatic intervention. * Technical assistance.

Eligibility: people victims of criminal acts, their relatives, witnesses of a crime

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

INFO-SOCIAL 8-1-1 - LANAUDIÈRE

Confidential Address

811 option 2

Website: www.quebec.ca/en/health/finding-a-resource/info-social-811

Services: Psychosocial consultation by phone. * Information and referral to assistance resources.

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

L'ASSOMPTION PUBLIC LIBRARY

375 Saint-Pierre Street, L'Assomption, Lanaudière, QC, J5W 2B6

450 589-5671 ext. 3100 **Fax:** 450 589-4512

Website: www.ville.lassomption.qc.ca/bibliotheque

Email: bibliotheque@ville.lassomption.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Book club for children. * Book club for adults. * Early literacy workshops. * Story time. * Biblio-Santé. * Home loan for people with reduced mobility. * Study rooms. * Conferences, exhibitions, workshops and author meetings. * Livre-service: service point at 2724 de l'Ange-Gardien Boulevard North.

Eligibility: home loans: seniors aged 65 and over with reduced mobility

Coverage area: L'Assomption

Hours: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00

Fees: subscription: free for residents

Financing: municipal

Legal status: municipal agency

PORTAIL SOLIDAIRE

2500 Mascouche Boulevard, Mascouche, Lanaudière, QC, J7K 0H5

450 914-0003

Email: portail@solidairescheznous.org

Services: Reception, referral and personalized accompaniment service. * Support in filling out forms. * Accompaniment during telephone calls. * Accompaniment during online searches.

Eligibility: general public

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h00 to 17h00

Fees: none

Legal status: non-profit organization

REGROUPEMENT DES AIDANTS NATURELS DU COMTÉ DE L'ASSOMPTION

50 Thouin Street, Suite 231, Repentigny, Lanaudière, QC, J6A 4J4

450 657-0514

Website: www.aidantslassomption.org

Email: coordination@aidantslassomption.org

Services: Support groups. * Monthly self-help and information meetings. * Active listening. * Respite during activities: 4 hours per month. * Personal respite: 4 hours per month. * Documentation and information exchange. * Monthly community dinner. * L'Aidant newsletter. * Coffee meetings. * Individual clinics by appointment. * Conferences. * Outings and events.

Eligibility: caregivers

Coverage area: MRC de L'Assomption

Hours: Monday to Friday 9h00 to 16h30 Friday 8h30 to 12h30

Fees: annual membership: \$20 or \$30 for two members of the same family

Financing: provincial, donations, membership fees, fundraising campaigns

Legal status: non-profit organization

REPENTIGNY PUBLIC LIBRARY - EDMOND-ARCHAMBAULT

231 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 470-3430

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Tuesday to Thursday 13h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-resident: \$100 per year

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - ROBERT-LUSSIER

1 Place d'Évry, Repentigny, Lanaudière, QC, J6A 8H7

450 470-3420

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-sant  : documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Monday to Thursday 10h00 to 21h00, Friday and Saturday 9h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-residents: \$100 per year

Financing: municipal

Legal status: municipal agency

SAINT-SULPICE PUBLIC LIBRARY

215 des Loisirs Street, Saint-Sulpice, Lanaud  re, QC, J5W 6C9

450 589-7816

Website: biblietcie.ca/biblio/bibliotheque-de-saint-sulpice

Email: biblio133@reseaubibliocqlm.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Computer workshops. * Caf   area. * Biblio-Sant  . * Exhibitions, contests and workshops.

Coverage area: Saint-Sulpice

Hours: Tuesday 9h00 to 16h30 and 18h00 to 20h00, Wednesday and Thursday 11h30 to 16h30 and 18h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: municipal

Legal status: municipal agency

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaud  re, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICES AMITIÉS L'ASSOMPTION

255 Saint-Etienne Street, L'Assomption, Lanaudière, QC, J5W 1W7

514 793-0840

Website: www.servicesamities.org

Email: servicesamities@outlook.com

Services: * Information and referral by phone. * Community lunches. * Friendly home visits. * Friendly calls. * Chair yoga workshops and fitness. * Painting workshops. * Memory games. * Outings.

Eligibility: seniors, isolated people

Coverage area: L'Assomption, L'Épiphanie, Saint-Sulpice

Hours: by appointment

Fees: annual membership: \$15

Financing: contributions, grants

Legal status: non-profit organization

TERREBONNE PUBLIC LIBRARY - ANDRÉ-GUÉRARD

3425 Camus Place, Terrebonne, Lanaudière, QC, J6Y 0C8

450 471-8265 ext. 1349

Website: biblio.ville.terrebonne.qc.ca/client/en_US

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ÎLE-DES-MOULINS

855 de l'Île-des-Moulins Place, Terrebonne, Lanaudière, QC, J6W 4N7

450 961-2001 ext. 1116 Fax: 450 471-3761

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Writing workshops. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 961-2001 ext. 1133

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LACHENAIE

3060 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A1

450 961-2001 ext. 1378

Website: biblio.ville.terrebonne.qc.ca/client/en_US/default

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé: information services for caregivers. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Knitting club. * Writing workshops. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

UNITÉ POINT DE DÉPART

220 Lajoie Street South, Joliette, Lanaudière, QC, J6E 5L2

450 759-6848

Email: unitepd@outlook.com

Services: * Day centre and assistance. * Support groups for continued abstinence and sobriety. * One-on-one counseling. * Support, accompaniment and referrals for all kinds of addictions. * Relapse prevention.

Eligibility: services and activities: people 18 years old and over with addiction (all addictions), their close ones, day centre: general population

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 15h00, extremely cold nights: 22h00 to 6h00

Fees: none

Financing: grants

Legal status: non-profit organization

Skills Exchanges

ACCORDERIE LES MOULINS (L')

Confidential Address

450 325-2500

Website: www.accorderie.ca/les-moulins-accueil/

Email: les.moulins@accorderie.ca

Services: Network of service exchanges: individual, associative and collective exchange.

Eligibility: people with an aptitude for service, ready to commit to the rules of a code of courtesy and to offer at least one service

Coverage area: MRC les Moulins

Hours: 24 hours / 7 days

Fees: annual membership: \$10

Financing: contributions

Legal status: non-profit organization

Volunteering and volunteer centres

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LANAUDIÈRE

200 de Salaberry Street, Suite 305, Joliette, Lanaudière, QC, J6E 4G1

1 888 522-2586

Website: arlphlanaudiere.org

Email: info@arlphlanaudiere.org

Services: Promotes access to an inclusive leisure experience for people living with a disability through consultation, training and support. * Facilitated Access to Recreation for Individuals with Disabilities program (FARIDP). * Loan of adapted equipment: racing wheelchair, adapted sledge with skates, water access ramp, etc. * Training. * Support for integration into day camps. * Universal accessibility in leisure activities. * Companion Leisure Card (CAL). * Consulting services.

Eligibility: people living with a handicap, regardless of age and disability

Coverage area: Lanaudière

Financing: provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DES MOULINS

298 Joseph-Guay Street, Terrebonne, Lanaudière, QC, J6W 4S3

450 964-9898 Fax: 450 964-3028

Website: www.cabdesmoulins.org

Email: info@cabdesmoulins.org

Services: * Reception, information and referrals. * Friendship calls. * Friendship visits. * Help with groceries. * PIÉD Program: prevention of falls and fractures, 2 meetings per week for 12 weeks. * Yes I Quit Program: smoking cessation.

Eligibility: seniors with loss of autonomy, persons with disabilities, convalescent, persons with a chronic illness, caregivers

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

Fees: variable

Financing: provincial, contributions

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrclassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonslassomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

FERMETTE ENCHANTÉE (LA)

1283 Cabane-Ronde Road, Mascouche, Lanaudière, QC, J7K 0P2

438 837-9060

Website: la-fermette-enchantee.business.site

Email: fermetteenchantee@outlook.com

Services: Educational farm and therapeutic environment. * Life on the farm and market gardening: raising awareness of young adults and realizing their full potential. * Resourcing at the Farm: interacting with animals in a therapeutic setting. * Frigos sympathiques: self-service refrigerator. * Volunteer opportunities in a therapeutic setting. * Social reintegration. * Vegetable sales.

Eligibility: general public

Coverage area: MRC Les Moulins

Hours: Monday to Sunday 9h30 to 17h00

Fees: voluntary donations, activities: variable

Financing: donations, self-financing

Legal status: non-profit organization

MOUVEMENT D'ÉDUCATION POPULAIRE AUTONOME DE LANAUDIÈRE

144 Saint-Joseph Street, Suite 105, Joliette, Lanaudière, QC, J6E 5C4

450 752-4700 Fax: 450 760-3586

Website: www.mepal.net

Email: info@mepal.net

Services: Grouping of popular education organizations. * Popular education workshops: guide to elections at all levels of government, social and climate justice, media and misinformation, etc. * Collective advocacy. * Consultation and representation. * Information tools.

Eligibility: popular education organizations, autonomous community organizations

Coverage area: Lanaudière

Hours: on appointment, closed during summer

Fees: annual membership: \$40

Financing: provincial, donations, membership fees, fundraising campaigns, self-financing

Legal status: non-profit organization

ORIGINAL TATOUE, CAFÉ DE RUE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 394-4384

Email: lorignaltatoue@gmail.com

Services: Place of listening and support. * Help, listening and referral. * Emergency assistance: food assistance, personal hygiene products, menstrual hygiene products, warm clothes and condoms. * Meals on site. * Recovery of used syringes. * Collective kitchens. * Shower, laundry room and lockers. * Computer and telephone available. * Monthly visit by a nurse: samples, screening, vaccination and answer to health questions. * Prevention and education activities.

Eligibility: young people 16 to 30 in a situation of social or family breakdown or experiencing difficulties related to drug addiction, homelessness and mental health problems

Capacity: 25 people

Coverage area: Joliette

Hours: Tuesday, Thursday and Friday 12h00 to 21h00, Wednesday and Saturday 12h00 to 17h00

Fees: none

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

PARENANTS DE MASCOUCHE - MAISON DE LA FAMILLE

2492 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1M5

450 474-6431 Fax: 450 722-0599

Website: www.parenfants.org

Email: info@parenfants.com

Services: Place for exchanges, meetings and friendship. * Social, economic and educational activities. * Training, coaching and conferences. * Daycare. * Collective kitchen. * Activities for new parents. * Volunteering.

Eligibility: families

Coverage area: MRC Les Moulins

Hours: Monday to Friday 9h00 to 15h00, Saturday according to activities

Fees: membership: \$20 per year

Financing: provincial, municipal, donations, fundraising campaigns

Legal status: non-profit organization

QUÉBEC SECOURS

395 St-Léon Range, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

1 877 628-9977

Website: quebecsecours.qc.ca

Email: info@quebecsecours.qc.ca

Services: Search and rescue of missing people in forest or urban areas. * Volunteers training: searching, forest rescuing and human tracking. * Dissemination of missing notices. * Educative workshops for children on what to do if they get lost in a forest or urban areas.

Eligibility: general public

Coverage area: Province of Québec

Fees: none

Financing: donations

Legal status: non-profit organization

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

DEAF AND HEARING IMPAIRED

LANGUAGE DISORDERS

MOBILITY AIDS

RECREATION AND CAMPS

RESPIRE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

THE BLIND

THERAPY AND REHABILITATION CENTRES

Adapted work and employability support

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support.

* Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. *

Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

CAMPUS EMPLOI (LE) - POINT DE SERVICE REPENTIGNY

467 Notre-Dame Street, Suite 206 A, Repentigny, Lanaudière, QC, J6A 2T3

1 855 398-0687 Fax: 450 398-0685

Website: campusemploi.org

Email: info@campusemploi.org

Services: Employment counselling centre. * Le Virage and Le Virage Express programs: accompaniment in the process of professional reintegration, implementation of an individual action plan, work on self-esteem, group approach with individual support, duration of 8 or 12 weeks. * Profil Action Program: global intervention, accompaniment in the process of professional reintegration, implementation of an individual action plan, work on self-esteem, individual approach with group workshops, duration of 25 weeks. * Directory of job offers and online applications.

Eligibility: men 35 years old and over

Coverage area: Repentigny

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'INTÉGRATION PROFESSIONNELLE DE LANAUDIÈRE

547 Leclerc Street, Suite 200, Repentigny, Lanaudière, QC, J6A 8B4

450 582-6561 Fax: 450 582-4536

Website: cipl.ca

Email: info@cipl.ca

Services: Services for women seeking employment and returning to the labour market. * Help and accompaniment: personal and professional assessment, CV and cover letter writing, interview preparation, research methods and advice. * Employment preparation program: 15-week group project. * Cartes de l'emploi: continuous programme, individual meetings and group workshops, variable duration. * Accompaniment of women seeking employment in a traditionally male field. * Pre-employability program: accompaniment of women to integrate into an employability measure, training or employment. * Computer courses. * Referral to community organizations. * Monthly thematic workshops: self-esteem, stress management, communication and assertiveness, time management, etc.

Eligibility: women

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 12h45 to 16h00, Friday 8h30 to 12h00

Fees: employment support services: free if the person meets the eligibility criteria, variable

Financing: provincial

Legal status: non-profit organization

CYBER-CIBLE

3131 5th Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4440

Website: cyber-cible.org

Email: info@cyber-cible.org

Services: Socio-professional integration organization with a social economy component. * Activités de Travail Valorisantes (ATV) Program. * Work platform in companies and in the organization. * Copy and office automation services.

Eligibility: ATV program: adults living with an intellectual disability, recipients of social solidarity and with severe employment constraints, work platform: adults living with an intellectual disability or on the autism spectrum, recipients of social solidarity and with severe employment constraints, people not eligible for another employability measure from Emploi-Québec, training: people at risk of social exclusion, copy center: small businesses, community organizations and individuals

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, copy centre: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

DÉFI-INTÉGRATION-DÉVELOPPEMENT-ACCOMPAGNEMENT (DIDA) - REPENTIGNY

10 Notre-Dame Street, Suite 111, Repentigny, Lanaudière, QC, J6A 2N9

450 704-2777

Website: www.dida-integration.org

Email: info@dida-integration.org

Services: Social and professional skills development programs for adults living with intellectual disabilities. * Accompaniment in the job integration process. * Trainings. * Assembling, labeling, stamping, packaging, shredding, binding and other services.

Eligibility: adults 21 years old and over living with an intellectual disability

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h00 to 15h30

Fees: membership: \$20

Financing: provincial

Legal status: non-profit organization

MAISON PAULINE BONIN

360 Saint-Louis Street, Suite 1, Joliette, Lanaudière, QC, J6E 2Y6

450 752-6730

Website: maisonpaulinebonin.org

Email: info@maisonpaulinebonin.org

Services: Subsidized temporary housing with services. * Housing for up to 3 years. * Individual support in the procedures, with or without housing. * Group accompaniment, with or without housing. * Information workshops, with or without housing.

Eligibility: single mothers who want to return to work or school

Capacity: 12 apartments

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: 25% of income according to the provincial notice of assessment

Financing: provincial, self-financing

Legal status: non-profit organization

PROVISION COMPASSION

3719 des Commissaires Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4958

Email: provisioncompassion@outlook.com

Services: * Food counter: low cost baskets including perishable and non-perishable food. * Emergency food assistance. * Social integration programs.

Coverage area: Lanaudière

Hours: Thursday 13h00 to 19h00, Friday 13h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

SERLAN - JOLIETTE

957 Raoul-Charette Street, Joliette, Lanaudière, QC, J6E 8S4

450 752-0030 Fax: 450 752-2015

Website: serlan.com

Email: sboucher@serlan.com

Services: Adapted workplace for people living with a physical or an intellectual disability, or with a mental health issue. * Assembling, mounting, shrink wrapping, bagging, labeling, die cutting, various handling, spiral binding and Wire-O.

Eligibility: adults living with a physical or an intellectual disability, or a mental health issue

Coverage area: Lanaudière

Hours: Monday to Thursday 7h00 to 16h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

SERLAN - REPENTIGNY

505 Lanaudière Street, Repentigny, Lanaudière, QC, J6A 7N1

450 654-9574 Fax: 450 654-5908

Website: serlan.com

Email: sboucher@serlan.com

Services: Adapted workplace for people living with a physical or an intellectual disability, or with a mental health issue. * Assembling, mounting, shrink wrapping, bagging, labeling, die cutting, various handling, spiral binding and Wire-O.

Eligibility: people living with a physical or an intellectual disability, or a mental health issue

Coverage area: Repentigny

Hours: Monday to Friday 7h00 to 16h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

SERVICE SPÉCIALISÉ DE MAIN-D'OEUVRE ESSOR II

10 Notre-Dame Street, Suite 203, Repentigny, Lanaudière, QC, J6A 2N9

1 855 755-3855 Fax: 450 755-3266

Website: essor2.org

Email: info@essor2.org

Services: Employment assistance for people with functional limitations. * Assessment and consultation. * Referral to training organizations. * Job search assistance. * Contact with employers. * Follow-up and support during employment. * Work placements. * Services for employers: pre-selection of candidates, help in finding a solution, staff training, possibility of financial assistance for various measures, etc. * Mascouche point of service: 2500 Mascouche Boulevard, Suite 226-227. * Joliette point of service: 463 de Lanaudière Street.

Eligibility: people living with physical, intellectual or psychological limitations and who need help to enter or stay in employment

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Financing: grants

Legal status: non-profit organization

TDL - LANAUDIÈRE

2500 Mascouche Boulevard, Suite 215, Mascouche, Lanaudière, QC, J7K 0H5

450 474-8870

Website: dysphasielanaudiere.org

Email: administration@tdl-lanaudiere.org

Services: * Telephone listening and referral. * Documents for buying, loan or consultation. * Conferences and training. * Recreational activities for families. * Respite. * Horse therapy. * Activities for teenagers 12 to 15 years old. * Socialization and social integration for adults. * Job integration assistance, socioprofessional support. * Weekly recreational activities for adults. * Lexical development group. * Service point in Joliette: 200 de Salaberry Street, Suite 04. * Christmas lunch.

Eligibility: people with a developmental language disorder (dysphasia), parents of dysphasic children, professionals

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: families: \$45, TDL adults: \$25, TDL adults in couples and parents of TDL adults: \$35, professionals: \$100, partners: \$50

Financing: grants, self-financing, donations

Legal status: non-profit organization

Advocacy for people with a physical disability

AMIS DE LA DÉFICIENCE INTELLECTUELLE, RIVE-NORD (LES)

45 Industrial Boulevard, Suite 120, Repentigny, Lanaudière, QC, J6A 5R5

450 585-3632

Website: www.lesamisdela.org

Email: info@lesamisdela.org

Services: Raising awareness about the reality of people living with an intellectual disability. * Advocacy. * Consultation and representation. * Support to parents. * Recreational activities. * Training activities. * Referral and documentation centre.

Eligibility: people living with an intellectual disability, their close ones

Coverage area: MRC L'Assomption

Hours: office: Monday to Thursday 9h00 to 16h00, activities: 7 days, variable

Fees: annual membership: \$20

Financing: Centraide Lanaudière, municipal, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support. * Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. * Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00
Fees: annual membership: \$25
Financing: membership fees, donations, grants
Legal status: non-profit organization

ASSOCIATION DES DEVENUS SOURDS ET MALENTENDANTS DU QUÉBEC - SECTEUR DES MRC DE L'ASSOMPTION ET DES MOULINS

50 Thouin Street, Suite 232, Lions pavilion, Repentigny, Lanaudière, QC, J6A 4J4
450 657-8500
Website: www.adsmqam.org
Email: adsmqam@gmail.com

Services: * Promotion of interests and rights. * Accompaniment and intervention. * Monthly meetings of members. * Occasional meetings with spouses and friends. * Peer mentoring program. * Talks and exchanges. * Periodic social activities. * Lip reading practice workshops. * Hearing health information workshop offered in seniors' residences. * Information on resources, means and devices available. * Distribution of documents. * Representation of members within local and regional authorities. * Virtual coffee meeting with subtitles. * Donation of amplified telephones (under certain conditions).
Eligibility: people who became deaf or hard of hearing
Coverage area: MRC L'Assomption, MRC Les Moulins
Hours: Monday to Thursday 9h00 to 16h30, by appointment
Fees: annual membership: \$20
Financing: provincial, Centraide of Greater Montréal, membership fees
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES PHYSIQUES RIVE-NORD

50 Thouin Street, Suite 104, Repentigny, Lanaudière, QC, J6A 4J4
450 654-8279 Fax: 450 581-6885
Email: aphprn1@hotmail.com

Services: Advocacy and promotion of rights of people living with a physical disability. * Reception and referral. * Support in obtaining services. * Recreational, leisure, training and informational activities. * Socialization workshops. * Medical accompaniment (according to certain criteria).
Eligibility: people living with one or several physical disabilities (motor, visual, hearing or invisible disability), their family, volunteers
Coverage area: MRC L'Assomption, MRC Les Moulins
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: annual membership, fees for some activities
Financing: donations, provincial
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES VISUELLES DE LANAUDIÈRE

50 Thouin Street, Suite 222, Repentigny, Lanaudière, QC, J6A 4J4
1 888 477-8174
Website: www.aphvsl.com
Email: info@aphvsl.com

Services: * Assistance and support in procedures to access services. * Information. * Newsletter for members. * Monthly coffee-chats. * Activities and outings.
Eligibility: people living with a visual impairment, their close ones
Coverage area: Lanaudière
Hours: Tuesday to Friday 9h00 to 16h00, by appointment
Fees: annual membership: \$15
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DES SOURDS DE LANAUDIÈRE

200 De Salaberry Street, Suite 312, Joliette, Lanaudière, QC, J6E 4G1

450 752-1426 Fax: 1 866 845-4350 TTY: 450 752-1426

Website: www.asljoliette.org

Email: direction@asljoliette.org

Services: * Information and referral. * Publication of a quarterly newsletter. * Recreational activities. * Participation in awareness programs. * Classes to learn Québec Sign Language (QSL). * Conferences, trainings, animation. * Advocacy. * Assistance with communication and understanding documents.

Eligibility: deaf and hearing impaired people

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$20 per individual, \$30 per couple, \$17 per individual 55 years old and over, \$25 per couple 55 years old and over, \$15 per student, \$25 per association

Financing: provincial, membership fees

Legal status: non-profit organization

CORPORATION LES ENFANTS DE MA RUE

638 Base-de-Roc Boulevard, Joliette, Lanaudière, QC, J6E 5P7

450 752-2608

Website: enfantsdemarue.org

Email: info@enfantsdemarue.org

Services: Awareness program for elementary school children about the reality of a person living with a difference. * Educational workshop through a sketch performed with puppets. Exchange, information and role-playing. * Awareness program for children at municipal day camps.

Eligibility: youths from 5 to 11 years old, primary schools, youths from 7 to 11 years old at municipal day camps

Coverage area: MRC D'Autray, MRC Joliette, MRC L'Assomption, MRC Les Moulins, MRC Matawinie, MRC Montcalm

Hours: Monday to Thursday 8h00 to 16h30

Financing: provincial, federal

Legal status: non-profit organization

ROSE BLEUE (LA) - ASSOCIATION DES PERSONNES HANDICAPÉES LES MOULINS

2904 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-7007

Website: www.associationlarosebleue.com

Email: assrosebleue@videotron.ca

Services: * Music therapy. * Soft gymnastics. * Zootherapy. * Arts and crafts. * Sociocultural and recreational activities, outings. * Summer activities. * Advocacy of rights.

Eligibility: people living with an intellectual disability

Capacity: groups of 10 people

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10 per year, activities: \$15 per day, summer activities: \$18 per day

Financing: provincial, Centraide régions centre-ouest du Québec, fundraising campaigns, membership fees

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LANAUDIÈRE

Confidential Address

450 755-1488 Fax: 450 759-8749

Website: tcrapl.org

Email: tcrapl@tcrapl.org

Services: * Advocacy of rights. * Consultation, representation and technical support.

Eligibility: associations of disabled people in the Lanaudière region

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual contribution: \$50 per association

Financing: contributions, provincial

Legal status: non-profit organization

Advocacy for people with an intellectual disability

AMIS DE LA DÉFICIENCE INTELLECTUELLE, RIVE-NORD (LES)

45 Industrial Boulevard, Suite 120, Repentigny, Lanaudière, QC, J6A 5R5

450 585-3632

Website: www.lesamisdela.org

Email: info@lesamisdela.org

Services: Raising awareness about the reality of people living with an intellectual disability. * Advocacy. * Consultation and representation. * Support to parents. * Recreational activities. * Training activities. * Referral and documentation centre.

Eligibility: people living with an intellectual disability, their close ones

Coverage area: MRC L'Assomption

Hours: office: Monday to Thursday 9h00 to 16h00, activities: 7 days, variable

Fees: annual membership: \$20

Financing: Centraide Lanaudière, municipal, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support. * Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. * Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ROSE BLEUE (LA) - ASSOCIATION DES PERSONNES HANDICAPÉES LES MOULINS

2904 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-7007

Website: www.associationlarosebleue.com

Email: assrosebleue@videotron.ca

Services: * Music therapy. * Soft gymnastics. * Zootherapy. * Arts and crafts. * Sociocultural and recreational activities, outings. * Summer activities. * Advocacy of rights.

Eligibility: people living with an intellectual disability

Capacity: groups of 10 people

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10 per year, activities: \$15 per day, summer activities: \$18 per day

Financing: provincial, Centraide régions centre-ouest du Québec, fundraising campaigns, membership fees

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LANAUDIÈRE

Confidential Address

450 755-1488 Fax: 450 759-8749

Website: tcrapl.org

Email: tcrapl@tcrapl.org

Services: * Advocacy of rights. * Consultation, representation and technical support.

Eligibility: associations of disabled people in the Lanaudière region

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual contribution: \$50 per association

Financing: contributions, provincial

Legal status: non-profit organization

Deaf and hearing impaired

ASSOCIATION DES DEVENUS SOURDS ET MALENTENDANTS DU QUÉBEC - SECTEUR DES MRC DE L'ASSOMPTION ET DES MOULINS

50 Thouin Street, Suite 232, Lions pavilion, Repentigny, Lanaudière, QC, J6A 4J4

450 657-8500

Website: www.adsmqam.org

Email: adsmqam@gmail.com

Services: * Promotion of interests and rights. * Accompaniment and intervention. * Monthly meetings of members. * Occasional meetings with spouses and friends. * Peer mentoring program. * Talks and exchanges. * Periodic social activities. * Lip reading practice workshops. * Hearing health information workshop offered in seniors' residences. * Information on resources, means and devices available. * Distribution of documents. * Representation of members within local and regional authorities. * Virtual coffee meeting with subtitles. * Donation of amplified telephones (under certain conditions).

Eligibility: people who became deaf or hard of hearing

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: annual membership: \$20

Financing: provincial, Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

ASSOCIATION DES SOURDS DE LANAUDIÈRE

200 De Salaberry Street, Suite 312, Joliette, Lanaudière, QC, J6E 4G1

450 752-1426 Fax: 1 866 845-4350 **TTY:** 450 752-1426

Website: www.asljoliette.org

Email: direction@asljoliette.org

Services: * Information and referral. * Publication of a quarterly newsletter. * Recreational activities. * Participation in awareness programs. * Classes to learn Québec Sign Language (QSL). * Conferences, trainings, animation. * Advocacy. * Assistance with communication and understanding documents.

Eligibility: deaf and hearing impaired people

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$20 per individual, \$30 per couple, \$17 per individual 55 years old and over, \$25 per couple 55 years old and over, \$15 per student, \$25 per association

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LANAUDIÈRE - GUICHET D'ACCÈS CENTRALISÉ DÉFICIENCE INTELLECTUELLE, TROUBLE DU SPECTRE DE L'AUTISME ET DÉFICIENCE PHYSIQUE

1180 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3G8

1 877 322-2898 Fax: 450 756-2898

Website: www.cisss-lanaudiere.gouv.qc.ca/liste-de-soins-et-services/liste-par-clientele/personnes-agees/deficiences

Email: guichet.ditsadp.cissslan@ssss.gouv.qc.ca

Services: Rehabilitation services coordination. * Reception and treatment of service requests.

Eligibility: children and adults living with a physical, visual, hearing, language, motor or intellectual disability, autistic children or adults

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

PARRAINAGE CIVIQUE LANAUDIÈRE - HEAD OFFICE

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

450 398-0696

Website: parrainageciviquelanaudiere.ca

Email: carolpcl@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person for social integration purposes. * Useful accompaniments, leisure activities.

Eligibility: people living with a motor or sensory disability, mental health disorder, intellectual disability, in loss of autonomy or with socio-emotional difficulties

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Lanaudière, fundraising campaigns

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE NORD DE LANAUDIÈRE

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

450 834-1728

Website: parrainageciviquelanaudiere.ca

Email: pclrawdon@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person. * Utility accompaniments, leisure activities.

Eligibility: people living with a motor or sensory disability, mental health problem or intellectual disability, in loss of autonomy or with socio-emotional difficulties

Coverage area: MRC D'Autray, MRC Joliette, MRC Matawinie, MRC Montcalm

Hours: by appointment

Fees: membership: \$5 per year

Financing: Centraide Lanaudière, fundraising campaigns, provincial

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 224, Mascouche, Lanaudière, QC, J7K 0H5

450 417-0922

Website: parrainageciviquelanaudiere.ca

Email: pclmascouche@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person. * Utility accompaniments, leisure activities.

Eligibility: people living with motor or sensory disabilities, mental health problems or intellectual disabilities, in loss of autonomy

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LANAUDIÈRE

Confidential Address

450 755-1488 Fax: 450 759-8749

Website: tcrapht.org

Email: tcrapht@tcrapht.org

Services: * Advocacy of rights. * Consultation, representation and technical support.

Eligibility: associations of disabled people in the Lanaudière region

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual contribution: \$50 per association

Financing: contributions, provincial

Legal status: non-profit organization

Language disorders

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support.

* Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. *

Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

CAMP DE JOUR RICHELIEU-REPENTIGNY

830 Basile-Routhier Boulevard, Repentigny, Lanaudière, QC, J6A 7W9

514 865-2267

Website: www.richelieurepentigny.org/camp_repentigny.php

Email: camp-jour-richelieu@outlook.com

Services: * Summer camp for youth with specific needs: duration of 8 weeks.

Eligibility: autonomous youth 6 years old and older living with a mild or moderate intellectual disability, a language disorder, a behavioural disorder, attention disorder (ADD/ADHD), an autism spectrum disorder, a physical disability or with mental health issues and who is functional in big groups

Capacity: 50 people

Coverage area: Repentigny, L'Assomption, Charlemagne, L'Épiphanie, Lachenaie

Hours: summer camp: July and August, Monday to Friday 8h30 to 15h30, with childcare services possible from 7h00 to 8h30 and 15h30 to 18h00

Fees: youth 6 to 18 years old: \$500, youth 19 years old and older: \$900

Financing: donations, municipal, provincial

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LANAUDIÈRE - GUICHET D'ACCÈS CENTRALISÉ DÉFICIENCE INTELLECTUELLE, TROUBLE DU SPECTRE DE L'AUTISME ET DÉFICIENCE PHYSIQUE

1180 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3G8

1 877 322-2898 Fax: 450 756-2898

Website: www.cisss-lanaudiere.gouv.qc.ca/liste-de-soins-et-services/liste-par-clientele/personnes-agees/deficiences

Email: guichet.ditsadp.cissslan@ssss.gouv.qc.ca

Services: Rehabilitation services coordination. * Reception and treatment of service requests.

Eligibility: children and adults living with a physical, visual, hearing, language, motor or intellectual disability, autistic children or adults

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

TDL - LANAUDIÈRE

2500 Mascouche Boulevard, Suite 215, Mascouche, Lanaudière, QC, J7K 0H5

450 474-8870

Website: dysphasielanaudiere.org

Email: administration@tdl-lanaudiere.org

Services: * Telephone listening and referral. * Documents for buying, loan or consultation. * Conferences and training. * Recreational activities for families. * Respite. * Horse therapy. * Activities for teenagers 12 to 15 years old. * Socialization and social integration for adults. * Job integration assistance, socioprofessional support. * Weekly recreational activities for adults. * Lexical development group. * Service point in Joliette: 200 de Salaberry Street, Suite 04. * Christmas lunch.

Eligibility: people with a developmental language disorder (dysphasia), parents of dysphasic children, professionals

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: families: \$45, TDL adults: \$25, TDL adults in couples and parents of TDL adults: \$35, professionals: \$100, partners: \$50

Financing: grants, self-financing, donations

Legal status: non-profit organization

Mobility aids

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support. * Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. * Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00
Fees: annual membership: \$25
Financing: membership fees, donations, grants
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES PHYSIQUES RIVE-NORD

50 Thouin Street, Suite 104, Repentigny, Lanaudière, QC, J6A 4J4

450 654-8279 Fax: 450 581-6885

Email: aphprn1@hotmail.com

Services: Advocacy and promotion of rights of people living with a physical disability. * Reception and referral. * Support in obtaining services. * Recreational, leisure, training and informational activities. * Socialization workshops. * Medical accompaniment (according to certain criteria).

Eligibility: people living with one or several physical disabilities (motor, visual, hearing or invisible disability), their family, volunteers

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: annual membership, fees for some activities

Financing: donations, provincial

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Recreation and camps

AMIS DE LA DÉFICIENCE INTELLECTUELLE, RIVE-NORD (LES)

45 Industrial Boulevard, Suite 120, Repentigny, Lanaudière, QC, J6A 5R5

450 585-3632

Website: www.lesamisdelaide.org

Email: info@lesamisdelaide.org

Services: Raising awareness about the reality of people living with an intellectual disability. * Advocacy. * Consultation and representation. * Support to parents. * Recreational activities. * Training activities. * Referral and documentation centre.

Eligibility: people living with an intellectual disability, their close ones

Coverage area: MRC L'Assomption

Hours: office: Monday to Thursday 9h00 to 16h00, activities: 7 days, variable

Fees: annual membership: \$20

Financing: Centraide Lanaudière, municipal, provincial, self-financing

Legal status: non-profit organization

ARCHE LANAUDIÈRE (L')

160 Saint-Charles-Borromée Street South, Joliette, Lanaudière, QC, J6E 4T3

450 559-3124

Website: www.larchelanaudiere.ca/fr

Email: dir.larchelanaudiere@gmail.com

Services: Housing and community life for individuals living with an intellectual disability. Housing * Two buildings for long term housing: Foyer La Source and Foyer La Barque. * Adapted and personalized living environment with counselors on site. * Daily accompaniment. * Workshops of adapted work. Respite * Temporary rooms for short-term respite with a flexible duration from less than a day to one month. Community life * Events and group activities 10 to 12 times a year.

Eligibility: housing and respite: adults living with an intellectual disability, community life: teenagers and adults living with an intellectual disability, their family

Capacity: 5 adults per house, 2 rooms for respite

Coverage area: Lanaudière

Hours: administration: Monday to Friday 9h00 to 16h00

Fees: housing and respite: variable, annual membership: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support.

* Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. *

Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ASSOCIATION DES DEVENUS SOURDS ET MALENTENDANTS DU QUÉBEC - SECTEUR DES MRC DE L'ASSOMPTION ET DES MOULINS

50 Thouin Street, Suite 232, Lions pavilion, Repentigny, Lanaudière, QC, J6A 4J4

450 657-8500

Website: www.adsmqam.org

Email: adsmqam@gmail.com

Services: * Promotion of interests and rights. * Accompaniment and intervention. * Monthly meetings of members. * Occasional meetings with spouses and friends. * Peer mentoring program. * Talks and exchanges. * Periodic social activities. * Lip reading practice workshops. * Hearing health information workshop offered in seniors' residences. * Information on resources, means and devices available. * Distribution of documents. * Representation of members within local and regional authorities. * Virtual coffee meeting with subtitles. * Donation of amplified telephones (under certain conditions).

Eligibility: people who became deaf or hard of hearing

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: annual membership: \$20

Financing: provincial, Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES PHYSIQUES RIVE-NORD

50 Thouin Street, Suite 104, Repentigny, Lanaudière, QC, J6A 4J4

450 654-8279 Fax: 450 581-6885

Email: aphprn1@hotmail.com

Services: Advocacy and promotion of rights of people living with a physical disability. * Reception and referral.

* Support in obtaining services. * Recreational, leisure, training and informational activities. * Socialization workshops. * Medical accompaniment (according to certain criteria).

Eligibility: people living with one or several physical disabilities (motor, visual, hearing or invisible disability), their family, volunteers

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: annual membership, fees for some activities

Financing: donations, provincial

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES VISUELLES DE LANAUDIÈRE

50 Thouin Street, Suite 222, Repentigny, Lanaudière, QC, J6A 4J4

1 888 477-8174

Website: www.aphvsl.com

Email: info@aphvsl.com

Services: * Assistance and support in procedures to access services. * Information. * Newsletter for members.

* Monthly coffee-chats. * Activities and outings.

Eligibility: people living with a visual impairment, their close ones

Coverage area: Lanaudière

Hours: Tuesday to Friday 9h00 to 16h00, by appointment

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DES SOURDS DE LANAUDIÈRE

200 De Salaberry Street, Suite 312, Joliette, Lanaudière, QC, J6E 4G1

450 752-1426 Fax: 1 866 845-4350 **TTY:** 450 752-1426

Website: www.asljoliette.org

Email: direction@asljoliette.org

Services: * Information and referral. * Publication of a quarterly newsletter. * Recreational activities. *

Participation in awareness programs. * Classes to learn Québec Sign Language (QSL). * Conferences, trainings, animation. * Advocacy. * Assistance with communication and understanding documents.

Eligibility: deaf and hearing impaired people

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$20 per individual, \$30 per couple, \$17 per individual 55 years old and over, \$25 per couple 55 years old and over, \$15 per student, \$25 per association

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION PANDA-MRC LES MOULINS

737 de la Soeur-Marie-Rose Street, Terrebonne, Lanaudière, QC, J6V 1P1

1 833 740-8324

Website: www.associationpandalanaudiere.org

Email: info@pandamrclesmoulins.org

Services: Tools and information on attention deficit disorder with or without hyperactivity (ADD/ADHD). * Social skills development workshops for children 6 to 11 years old. * Workshops for teenagers in school settings. * Workshops for parents and adults. * Specialized day camp. * Counsellor training. * Active listening and referrals.

Eligibility: children, teenagers, adults showing signs of a diagnostic for an attention deficit disorder with or without hyperactivity, their parents

Capacity: variable

Coverage area: MRC Les Moulins, Montréal Island, Laval, MRC Montcalm, MRC Matawinie

Hours: office: variable

Fees: variable

Financing: provincial, donations, self-financing

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LA FIBROMYALGIE DE LANAUDIÈRE

762A de l'Industrie Boulevard, Saint-Paul, Lanaudière, QC, J0K 3E0

1 888 223-0227

Website: fibromyalgielanaudiere.com

Email: btaillefer2935@gmail.com

Services: * Rehabilitation activities: aquafitness. * Social activities. * Social network, testimony exchanges. * Information, document loans and consultation, conferences. * Art workshops. * Knitting workshop. * Mental health workshop.

Eligibility: people affected by fibromyalgia, their close ones

Coverage area: Lanaudière

Hours: by appointment

Fees: annual fees: \$20

Financing: fundraising campaigns, grants, contributions

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LANAUDIÈRE

200 de Salaberry Street, Suite 305, Joliette, Lanaudière, QC, J6E 4G1

1 888 522-2586

Website: arlphlanaudiere.org

Email: info@arlphlanaudiere.org

Services: Promotes access to an inclusive leisure experience for people living with a disability through consultation, training and support. * Facilitated Access to Recreation for Individuals with Disabilities program (FARIDP). * Loan of adapted equipment: racing wheelchair, adapted sledge with skates, water access ramp, etc. * Training. * Support for integration into day camps. * Universal accessibility in leisure activities. * Companion Leisure Card (CAL). * Consulting services.

Eligibility: people living with a handicap, regardless of age and disability

Coverage area: Lanaudière

Financing: provincial

Legal status: non-profit organization

ASSOCIATION SCLÉROSE EN PLAQUES DE LANAUDIÈRE

200 Salaberry Street, Suite 307, Joliette, Lanaudière, QC, J6E 4G1

450 753-5545

Website: www.asepl.org

Email: info@asepl.org

Services: Support to people living with multiple sclerosis and their close ones. * Information about the disease.

* Individual support, collective advocacy. * Financial support. * Visits at home and in care centres. * Activities for members. * Holiday meals and activities for members.

Eligibility: people living with multiple sclerosis, their close ones, social workers

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION UN COEUR POUR TOUS, LANAUDIÈRE (L')

144 Saint-Joseph Street, Suite 113, Joliette, Lanaudière, QC, J6E 5C2

450 760-3039

Email: uncoeurpourtous@hotmail.com

Services: * Information on heart diseases and their physical and moral consequences. * Breakfast-conferences 5 times per year. * Workshops. * Adapted physical activities: pool, chair yoga, Coeur en forme physical conditioning. * Social activities.

Eligibility: people with a heart disease or high blood pressure, their family

Capacity: pool: 24 people

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership card: \$15 per year, activities: \$50 per activity (\$5 per visit for 10 weeks)

Financing: donations, self-financing, grants

Legal status: non-profit organization

CAMP DE JOUR RICHELIEU-REPENTIGNY

830 Basile-Routhier Boulevard, Repentigny, Lanaudière, QC, J6A 7W9

514 865-2267

Website: www.richelieurepentigny.org/camp_repentigny.php

Email: camp-jour-richelieu@outlook.com

Services: * Summer camp for youth with specific needs: duration of 8 weeks.

Eligibility: autonomous youth 6 years old and older living with a mild or moderate intellectual disability, a language disorder, a behavioural disorder, attention disorder (ADD/ADHD), an autism spectrum disorder, a physical disability or with mental health issues and who is functional in big groups

Capacity: 50 people

Coverage area: Repentigny, L'Assomption, Charlemagne, L'Épiphanie, Lachenaie

Hours: summer camp: July and August, Monday to Friday 8h30 to 15h30, with childcare services possible from 7h00 to 8h30 and 15h30 to 18h00

Fees: youth 6 to 18 years old: \$500, youth 19 years old and older: \$900

Financing: donations, municipal, provincial

Legal status: non-profit organization

CAMP FAMILIAL SAINT-URBAIN

1651 de Chertsey Road, Chertsey, Lanaudière, QC, J0K 3K0

1 888 882-4719

Website: www.campfamilial.org

Email: info@campfamilial.org

Services: * 2 to 13 nights holiday stay. * Companion leisure card (CAL).

Eligibility: priority to families on a low income, immigrants, people living with a disability, seniors

Capacity: 225 persons

Coverage area: Province of Québec

Hours: 7 days, 9h00 to 16h30

Fees: summer stays: according to income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CORPORATION RÉPIT-DÉPANNAGE DE LANAUDIÈRE

159 Lajoie Street North, Joliette, Lanaudière, QC, J6E 5K6

450 755-2591

Website: www.maisonclementine.ca

Email: maisonclementine@hotmail.com

Services: Support for people living with a disability. * Respite home with possibility of staying the night during the weekend. * Recreational services. * Caretaking.

Eligibility: people 5 to 65 years old living with an intellectual impairment or a physical disability, autistic people 5 to 65 years old

Capacity: 10 people per day

Coverage area: Lanaudière

Hours: office: Monday to Thursday 8h00 to 16h00, respite: Wednesday to Friday in the daytime, Thursday to Sunday in the daytime and in the evening

Fees: variable

Financing: grants, self-financing, provincial

Legal status: non-profit organization

FADOQ - LANAUDIÈRE REGION

5 Saint-Barthélemy Street North, Joliette, Lanaudière, QC, J6E 5M8

1 800 544-9058

Website: www.fadoq.ca/lanaudiere

Email: info@fadoqlanaudiere.ca

Services: Grouping people 50 years and over and representing them in instances requiring the defense of their rights and needs. * Organization of recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years old and over

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 13h00

Fees: membership: \$30 per year, \$50 for 2 years

Financing: contributions, provincial

Legal status: non-profit organization

FONDATION PAPILLON - CAMP PAPILLON

210 Papillon Avenue, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

1 877 937-6172 Fax: 514 937-0082

Website: fondationpapillon.ca

Email: info@fondationpapillon.ca

Services: * Adapted camp with medical staff. * Adapted respite stays with medical staff * Nature class. * Group camp. * Adapted cottages for rent.

Eligibility: people living with a physical or intellectual disabilities or living with an autism spectrum disorder in different age groups: adults 18 years and older, adolescents 13 to 17 years old, children 2 to 12 years old

Coverage area: Province of Québec

Fees: according to the income

Financing: fundraising campaigns, grants, contributions

Legal status: non-profit organization

GYMNO LANAUDIÈRE

130 Valmont Street, Repentigny, Lanaudière, QC, J5Y 1N9

450 582-7930

Website: www.gymno.org/article/259-gymno-lanaudiere.html

Email: info@gymnolanaudiere.org

Services: Activities for youth with learning disabilities. * Activities offered during the school year. * Summer activities. * Activities to download through the website. * Mobile library for members.

Eligibility: youth living with a learning difficulty

Coverage area: Lanaudière, mainly Repentigny

Fees: variable

Financing: self-financing

Legal status: non-profit organization

JARDINS DU MÉANDRE

3021 de l'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 4S1

450 938-1546

Website: jardinsdumeandre.org

Email: info@jardinsdumeandre.org

Services: Recreational and educational farm offering adapted activities to promote social and professional integration. * Agricultural, horticultural and craft activities: starting seedlings, harvesting crops, garden maintenance, etc. * Guided tours of the farm. * Educational cookery workshops. * Day camp: 8 weeks during the summer. * Sale of products on site: vegetables, jams, herbal teas, etc. * Christmas activities: Christmas market in the town of l'Assomption.

Eligibility: people 12 years old and over living on the autism spectrum or living with an intellectual disability

Coverage area: Lanaudière

Hours: administration: Monday to Friday 9h00 to 16h00, activities: Monday to Thursday 9h00 to 16h00, by appointment only

Fees: annual membership: \$5, half-day: \$13, whole day: \$25

Financing: foundations, provincial, donations, fundraising activities

Legal status: non-profit organization

LITTLE BROTHERS - SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 119, Mascouche, Lanaudière, QC, J7K 0H5

514 248-3384

Website: littlebrothers.ca/regional-teams/southern-lanaudiere

Email: sudlanaudiere@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Other End of the Line: pairing telephone service. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * Christmas reception. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: MRC Montcalm, MRC Joliette, MRC Matawinie, MRC Des Moulins, MRC L'Assomption

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

RÉPITS DE GABY (LES)

51 19th Street, Crabtree, Lanaudière, QC, J0K 1B0

1 866 753-3914

Website: www.repitsdegaby.com

Email: direction@repitsdegaby.com

Services: * Summer, day and weekend respite. * La Barack youth centre: conferences, outings.

Eligibility: autistic (ASD) people, summer and weekend respite: children 5 years old and over, teenagers, adults

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h00, summer respite: Monday to Friday 8h30 to 16h30, day respite: one Saturday or Sunday every two weeks 9h00 to 16h30, weekend respite: Friday 19h00 to Sunday 19h00, La Barack: 2 Saturdays per month 14h00 to 21h00

Fees: membership: \$20 per year, summer and day respite, la Barack: \$30 per day, weekend respite: \$170 for 48 hours

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

RÉPITS DE GABY (LES) - JOLIETTE

Confidential Address

450 754-2782

Website: www.repitsdegaby.com

Email: direction@repitsdegaby.com

Services: * Summer and day respite.

Eligibility: people living with an autism spectrum disorder (ASD), summer and day respite: children, teenagers and adults 5 years old and over

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h00, summer respite: Monday to Friday 8h30 to 16h30, day respite: one Saturday or Sunday every two weeks 9h00 to 16h30

Fees: membership: \$15 per year, respite: \$26 per day

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

RÉPITS DE GABY (LES) - REPENTIGNY - CHALET LAROCHELLE

366 Marquis Street, Repentigny, Lanaudière, QC, J5Y 2B6

1 866 753-3914

Website: www.repitsdegaby.com

Email: direction@repitsdegaby.com

Services: Summer respite.

Eligibility: youth 5 years old and over living with an autism spectrum disorder (ASD)

Capacity: 6 people

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h00, summer respite: Monday to Friday 8h30 to 16h30

Fees: membership: \$15 per year, respite: \$26 per day

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

RÉPITS DE GABY (LES) - TERREBONNE - ÉCOLE LES TROIS SAISONS

1658 des Seigneurs Boulevard, Terrebonne, Lanaudière, QC, J6X 4T1

450 754-2782

Website: www.repitsdegaby.com

Email: direction@repitsdegaby.com

Services: Summer respite.

Eligibility: people living with an autism spectrum disorder 5 years old and over

Capacity: 14 people

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h00, summer respite: Monday to Friday 8h30 to 16h30

Fees: membership: \$15 per year, respite: \$26 per day

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

ROSE BLEUE (LA) - ASSOCIATION DES PERSONNES HANDICAPÉES LES MOULINS

2904 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-7007

Website: www.associationlarosebleue.com

Email: assrosebleue@videotron.ca

Services: * Music therapy. * Soft gymnastics. * Zootherapy. * Arts and crafts. * Sociocultural and recreational activities, outings. * Summer activities. * Advocacy of rights.

Eligibility: people living with an intellectual disability

Capacity: groups of 10 people

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10 per year, activities: \$15 per day, summer activities: \$18 per day

Financing: provincial, Centraide régions centre-ouest du Québec, fundraising campaigns, membership fees

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

TDL - LANAUDIÈRE

2500 Mascouche Boulevard, Suite 215, Mascouche, Lanaudière, QC, J7K 0H5

450 474-8870

Website: dysphasielanaudiere.org

Email: administration@tdl-lanaudiere.org

Services: * Telephone listening and referral. * Documents for buying, loan or consultation. * Conferences and training. * Recreational activities for families. * Respite. * Horse therapy. * Activities for teenagers 12 to 15 years old. * Socialization and social integration for adults. * Job integration assistance, socioprofessional support. * Weekly recreational activities for adults. * Lexical development group. * Service point in Joliette: 200 de Salaberry Street, Suite 04. * Christmas lunch.

Eligibility: people with a developmental language disorder (dysphasia), parents of dysphasic children, professionals

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: families: \$45, TDL adults: \$25, TDL adults in couples and parents of TDL adults: \$35, professionals: \$100, partners: \$50

Financing: grants, self-financing, donations

Legal status: non-profit organization

Respite services and housing

ARCHE LANAUDIÈRE (L')

160 Saint-Charles-Borromée Street South, Joliette, Lanaudière, QC, J6E 4T3

450 559-3124

Website: www.larchelanaudiere.ca/fr

Email: dir.larchelanaudiere@gmail.com

Services: Housing and community life for individuals living with an intellectual disability. Housing * Two buildings for long term housing: Foyer La Source and Foyer La Barque. * Adapted and personalized living environment with counselors on site. * Daily accompaniment. * Workshops of adapted work. Respite * Temporary rooms for short-term respite with a flexible duration from less than a day to one month. Community life * Events and group activities 10 to 12 times a year.

Eligibility: housing and respite: adults living with an intellectual disability, community life: teenagers and adults living with an intellectual disability, their family

Capacity: 5 adults per house, 2 rooms for respite

Coverage area: Lanaudière

Hours: administration: Monday to Friday 9h00 to 16h00

Fees: housing and respite: variable, annual membership: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support.

* Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. *

Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CARREFOUR POUR SOUFFLER À TÊTE REPOSÉE

588 Montcalm Street, Suite 219, Berthierville, Lanaudière, QC, J0k 1A0

1 877 374-8783 Fax: 450 836-2040

Website: www.atetereposee.org

Email: atetereposee@live.fr

Services: Respite resources for families of people living with a disability. * At-home respite: non-urgent planned respite in the family home for a period of less than 24 hours. * 24h+ respite: referrals to respite homes for a planned period of 24 hours or more.

Eligibility: family of a person living with a disability: intellectual or physical disability, autism spectrum disorder, sensory disability, cognitive disorder, Alzheimer

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

CENTRE DE JOUR JARDIN D'ÉTOILES

3931 Lakeshore Drive Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 1027

Website: jardinetoiles.ca

Email: info@jardinetoiles.ca

Services: Day centre for adults 18 to 65 years old living with a severe disability. * Adapted play activities. * Supervision of the participants by counsellors, individually or in pairs according to their needs. * Music therapy and zootherapy. * Sensory room.

Eligibility: adults 18 to 65 years old living with a severe disability

Coverage area: Lanaudière

Hours: Monday, Wednesday and Friday 9h00 to 11h30 and 13h00 to 15h30

Fees: sensory room: none, other services: variable

Financing: donations, provincial

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ EN AIDE À DOMICILE DIMAVIE

2500 Mascouche Boulevard, Suite 125, Mascouche, Lanaudière, QC, J7K 0H5

450 966-4446 Fax: 450 966-4447

Website: www.dimavie.ca

Email: info@coopdesmoulins.ca

Services: * Domestic assistance: housekeeping, laundry. * Shopping assistance. * Meal preparation. * Personal assistance: presence and surveillance, assistance for food and hygiene, assistance for transfers. * Caregiver respite, Alzheimer respite, stimulation activities. * Joliette service point: 414 Beaudry Street North, Joliette, J6E 6A8.

Eligibility: single people, couples, families, new parents, adults with temporary or permanent loss of autonomy, seniors, people living with a disability, people who have had an accident or in recovery, caregivers

Coverage area: Crabtree, Joliette, Mascouche, Notre-Dame-de-Lourdes, Notre-Dame-des-Prairies, Saint-Ambroise-de-Kildare, Saint-Charles-Borromée, Saint-Paul, Saint-Pierre, Saint-Thomas, Sainte-Mélanie, Terrebonne

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, domestic assistance: Monday to Friday 8h00 to 17h00, assistance and respite: everyday 8h00 to 22h00

Fees: variable according to the type of service, age, health status and family income, RAMQ financial exemption program for domestic help (PEFSAD), tax credit

Financing: self-financing

Legal status: cooperative

CORPORATION RÉPIT-DÉPANNAGE DE LANAUDIÈRE

159 Lajoie Street North, Joliette, Lanaudière, QC, J6E 5K6

450 755-2591

Website: www.maisonclementine.ca

Email: maisonclementine@hotmail.com

Services: Support for people living with a disability. * Respite home with possibility of staying the night during the weekend. * Recreational services. * Caretaking.

Eligibility: people 5 to 65 years old living with an intellectual impairment or a physical disability, autistic people 5 to 65 years old

Capacity: 10 people per day

Coverage area: Lanaudière

Hours: office: Monday to Thursday 8h00 to 16h00, respite: Wednesday to Friday in the daytime, Thursday to Sunday in the daytime and in the evening

Fees: variable

Financing: grants, self-financing, provincial

Legal status: non-profit organization

FONDATION PAPILLON - CAMP PAPILLON

210 Papillon Avenue, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

1 877 937-6172 Fax: 514 937-0082

Website: fondationpapillon.ca

Email: info@fondationpapillon.ca

Services: * Adapted camp with medical staff. * Adapted respite stays with medical staff * Nature class. * Group camp. * Adapted cottages for rent.

Eligibility: people living with a physical or intellectual disabilities or living with an autism spectrum disorder in different age groups: adults 18 years and older, adolescents 13 to 17 years old, children 2 to 12 years old

Coverage area: Province of Québec

Fees: according to the income

Financing: fundraising campaigns, grants, contributions

Legal status: non-profit organization

PAS DE DEUX (LE)

Confidential Address

450 559-6759

Website: www.lepasdedeux.org

Email: info@lepasdedeux.org

Services: Development and operation of adapted and supervised housing for young adults living with an intellectual disability or an autism spectrum disorder. * Housing with support services. * Adapted housing on the ground floor. * Common room. * Collective kitchen. * Residential activities aimed at social participation and integration.

Eligibility: young adults 21 years old and over who are autistic or are living with an intellectual disability and have a low or moderate income

Capacity: housing: 5 units, 5 adapted units

Coverage area: Lanaudière, housing: Terrebonne

Fees: rent: 25% of income plus electricity, support services: free, activities: variable

Financing: self-financing, donations, provincial

Legal status: non-profit organization

RÉPITS DE GABY (LES)

51 19th Street, Crabtree, Lanaudière, QC, J0K 1B0

1 866 753-3914

Website: www.repitsdegaby.com

Email: direction@repitsdegaby.com

Services: * Summer, day and weekend respite. * La Barack youth centre: conferences, outings.

Eligibility: autistic (ASD) people, summer and weekend respite: children 5 years old and over, teenagers, adults

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h00, summer respite: Monday to Friday 8h30 to 16h30, day respite: one Saturday or Sunday every two weeks 9h00 to 16h30, weekend respite: Friday 19h00 to Sunday 19h00, La Barack: 2 Saturdays per month 14h00 to 21h00

Fees: membership: \$20 per year, summer and day respite, la Barack: \$30 per day, weekend respite: \$170 for 48 hours

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

RÉPITS DE GABY (LES) - JOLIETTE

Confidential Address

450 754-2782

Website: www.repitsdegaby.com

Email: direction@repitsdegaby.com

Services: * Summer and day respite.

Eligibility: people living with an autism spectrum disorder (ASD), summer and day respite: children, teenagers and adults 5 years old and over

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h00, summer respite: Monday to Friday 8h30 to 16h30, day respite: one Saturday or Sunday every two weeks 9h00 to 16h30

Fees: membership: \$15 per year, respite: \$26 per day

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

RÉPITS DE GABY (LES) - REPENTIGNY - ÉCOLE ALPHONSE-DESJARDINS

31 Brien Boulevard, Repentigny, Lanaudière, QC, J6A 4R9

450 754-2782

Website: www.repitsdegaby.com

Email: direction@repitsdegaby.com

Services: School respite.

Eligibility: people living with an autism spectrum disorder 5 years old and over

Capacity: 11 children

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h00, school respite: every second Saturday or Sunday 9h00 to 16h30

Fees: membership: \$15 per year, respite: \$26 per day

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

RÉPITS DE GABY (LES) - TERREBONNE

5900 Rodrigue Street, Terrebonne, Lanaudière, QC, J7M 2C1

1 866 753-3914

Website: www.repitsdegaby.com

Email: direction@repitsdegaby.com

Services: School respite.

Eligibility: people 5 to 21 years old living with an autism spectrum disorder (ASD)

Capacity: 8 children on Sundays and 6 children on Saturdays

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h00, school respite: once every second Sunday and every Saturday 9h30 to 16h30

Fees: membership: \$15 per year, respite: \$26 per day

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

ROSE BLEUE (LA) - ASSOCIATION DES PERSONNES HANDICAPÉES LES MOULINS

2904 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-7007

Website: www.associationlarosebleue.com

Email: assrosebleue@videotron.ca

Services: * Music therapy. * Soft gymnastics. * Zootherapy. * Arts and crafts. * Sociocultural and recreational activities, outings. * Summer activities. * Advocacy of rights.

Eligibility: people living with an intellectual disability

Capacity: groups of 10 people

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10 per year, activities: \$15 per day, summer activities: \$18 per day

Financing: provincial, Centraide régions centre-ouest du Québec, fundraising campaigns, membership fees

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

VILAVI

1600 Côte de Terrebonne, Terrebonne, Lanaudière, QC, J6Y 1G8

450 964-6566 Fax: 514 875-5871

Website: vilavi.ca/en

Email: info@vilavi.ca

Services: Programs designed to help people regain their autonomy. * Inpatient rehabilitation program. * VILAVI-TSA shelter unit.

Eligibility: inpatient rehabilitation program: adult men and women struggling with drug, alcohol and medication problematic use, VILAVI-TSA: autistic people with challenging behaviors

Coverage area: Province of Québec

Hours: Monday to Friday 9h30 to 16h30

Fees: phone evaluation: \$50

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

Support Associations

ACCUEIL MULTIETHNIQUE ET INTÉGRATION DES NOUVEAUX ARRIVANTS À TERREBONNE ET MASCOUCHE

500 des Seigneurs Boulevard, Suite 002, basement, Terrebonne, Lanaudière, QC, J6W 1T3

450 492-7989 ext. 0 Fax: 450 492-1303

Website: www.en.aminat.qc.ca

Email: reception@aminat.qc.ca

Services: * Reception and information. * Referral. * Accompaniment and integration. * Awareness and promotion of cultural diversity. * Espace Parents: group discussion workshops for parents on the education system in Québec, the DYP, children integration, etc. * Session Objectif Intégration: workshop for newcomers. * Services for businesses: managing diversity in business. * Organization of intercultural events.

Eligibility: newcomers, immigrants, businesses

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h30, activities: variable

Fees: none

Financing: federal, provincial, municipal

Legal status: non-profit organization

ALBATROS LANAUDIÈRE

2500 Mascouche Boulevard, Suite 139, Mascouche, Lanaudière, QC, J7K 0H5

450 966-9508 Fax: 450 966-9508

Website: albatros-lanaudiere.com

Email: infos@albatros-lanaudiere.org

Services: * Accompaniment of people in end of life and palliative care. * Training for accompaniment in end of life and palliative care. * Support groups for bereaved people. * Telephone support for the bereaved people.

Eligibility: people 18 years and over who are terminally ill, bereaved, their family and caregivers

Coverage area: Lanaudière

Hours: by appointment

Fees: variable

Financing: foundations, provincial, municipal, donations

Legal status: None or unknown

AMIS DE LA DÉFICIENCE INTELLECTUELLE, RIVE-NORD (LES)

45 Industrial Boulevard, Suite 120, Repentigny, Lanaudière, QC, J6A 5R5

450 585-3632

Website: www.lesamisdeladi.org

Email: info@lesamisdeladi.org

Services: Raising awareness about the reality of people living with an intellectual disability. * Advocacy. * Consultation and representation. * Support to parents. * Recreational activities. * Training activities. * Referral and documentation centre.

Eligibility: people living with an intellectual disability, their close ones

Coverage area: MRC L'Assomption

Hours: office: Monday to Thursday 9h00 to 16h00, activities: 7 days, variable

Fees: annual membership: \$20

Financing: Centraide Lanaudière, municipal, provincial, self-financing

Legal status: non-profit organization

AMIS DE LAMATER (LES)

695 Ouimet Street, Terrebonne, Lanaudière, QC, J6W 3B1

450 492-0030 Fax: 450 492-0734

Website: lesamisdelamater.org

Email: mjlriverie@lesamisdelamater.org

Services: Respite centre. * Support for caregivers. * Community luncheons and dinners. * Light exercises, skill games, memory exercise, Wii (video game console), music therapy, art therapy. * Days for seniors living with a cognitive problem or conditions related to aging. * Internship opportunities in social work and recreation fields. * Week of Christmas activities for members: traditional meal, visit from Santa Claus and gifts distribution.

Eligibility: people 50 years old and over, autonomous, semi-autonomous or with a loss of autonomy

Capacity: 30 persons per day

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: annual registration: \$60, additional costs charged per session

Financing: self-financing, provincial, donations

Legal status: non-profit organization

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support.

* Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. *

Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. *

Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ASSOCIATION DES DEVENUS SOURDS ET MALENTENDANTS DU QUÉBEC - SECTEUR DES MRC DE L'ASSOMPTION ET DES MOULINS

50 Thouin Street, Suite 232, Lions pavilion, Repentigny, Lanaudière, QC, J6A 4J4

450 657-8500

Website: www.adsmqam.org

Email: adsmqam@gmail.com

Services: * Promotion of interests and rights. * Accompaniment and intervention. * Monthly meetings of members. * Occasional meetings with spouses and friends. * Peer mentoring program. * Talks and exchanges.

* Periodic social activities. * Lip reading practice workshops. * Hearing health information workshop offered in seniors' residences. * Information on resources, means and devices available. * Distribution of documents. *

Representation of members within local and regional authorities. * Virtual coffee meeting with subtitles. *

Donation of amplified telephones (under certain conditions).

Eligibility: people who became deaf or hard of hearing

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: annual membership: \$20

Financing: provincial, Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES VISUELLES DE LANAUDIÈRE

50 Thouin Street, Suite 222, Repentigny, Lanaudière, QC, J6A 4J4

1 888 477-8174

Website: www.aphvsl.com

Email: info@aphvsl.com

Services: * Assistance and support in procedures to access services. * Information. * Newsletter for members.

* Monthly coffee-chats. * Activities and outings.

Eligibility: people living with a visual impairment, their close ones

Coverage area: Lanaudière

Hours: Tuesday to Friday 9h00 to 16h00, by appointment

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DES SOURDS DE LANAUDIÈRE

200 De Salaberry Street, Suite 312, Joliette, Lanaudière, QC, J6E 4G1

450 752-1426 Fax: 1 866 845-4350 **TTY:** 450 752-1426

Website: www.asljoliette.org

Email: direction@asljoliette.org

Services: * Information and referral. * Publication of a quarterly newsletter. * Recreational activities. *

Participation in awareness programs. * Classes to learn Québec Sign Language (QSL). * Conferences, trainings, animation. * Advocacy. * Assistance with communication and understanding documents.

Eligibility: deaf and hearing impaired people

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$20 per individual, \$30 per couple, \$17 per individual 55 years old and over, \$25 per couple 55 years old and over, \$15 per student, \$25 per association

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION PANDA-MRC LES MOULINS

737 de la Soeur-Marie-Rose Street, Terrebonne, Lanaudière, QC, J6V 1P1

1 833 740-8324

Website: www.associationpandalanaudiere.org

Email: info@pandamrclesmoulins.org

Services: Tools and information on attention deficit disorder with or without hyperactivity (ADD/ADHD). * Social skills development workshops for children 6 to 11 years old. * Workshops for teenagers in school settings. * Workshops for parents and adults. * Specialized day camp. * Counsellor training. * Active listening and referrals.

Eligibility: children, teenagers, adults showing signs of a diagnostic for an attention deficit disorder with or without hyperactivity, their parents

Capacity: variable

Coverage area: MRC Les Moulins, Montréal Island, Laval, MRC Montcalm, MRC Matawinie

Hours: office: variable

Fees: variable

Financing: provincial, donations, self-financing

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LA FIBROMYALGIE DE LANAUDIÈRE

762A de l'Industrie Boulevard, Saint-Paul, Lanaudière, QC, J0K 3E0

1 888 223-0227

Website: fibromyalgielanaudiere.com

Email: btaillefer2935@gmail.com

Services: * Rehabilitation activities: aquafitness. * Social activities. * Social network, testimony exchanges. * Information, document loans and consultation, conferences. * Art workshops. * Knitting workshop. * Mental health workshop.

Eligibility: people affected by fibromyalgia, their close ones

Coverage area: Lanaudière

Hours: by appointment

Fees: annual fees: \$20

Financing: fundraising campaigns, grants, contributions

Legal status: non-profit organization

ASSOCIATION SCLÉROSE EN PLAQUES DE LANAUDIÈRE

200 Salaberry Street, Suite 307, Joliette, Lanaudière, QC, J6E 4G1

450 753-5545

Website: www.asepl.org

Email: info@asepl.org

Services: Support to people living with multiple sclerosis and their close ones. * Information about the disease. * Individual support, collective advocacy. * Financial support. * Visits at home and in care centres. * Activities for members. * Holiday meals and activities for members.

Eligibility: people living with multiple sclerosis, their close ones, social workers

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION UN COEUR POUR TOUS, LANAUDIÈRE (L')

144 Saint-Joseph Street, Suite 113, Joliette, Lanaudière, QC, J6E 5C2

450 760-3039

Email: uncoeurpourtous@hotmail.com

Services: * Information on heart diseases and their physical and moral consequences. * Breakfast-conferences 5 times per year. * Workshops. * Adapted physical activities: pool, chair yoga, Coeur en forme physical conditioning. * Social activities.

Eligibility: people with a heart disease or high blood pressure, their family

Capacity: pool: 24 people

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership card: \$15 per year, activities: \$50 per activity (\$5 per visit for 10 weeks)

Financing: donations, self-financing, grants

Legal status: non-profit organization

CANCER-AIDE LANAUDIÈRE

330 Papineau Street, Joliette, Lanaudière, QC, J6E 2K7

450 756-0869

Website: www.canceraidelanaudiere.com

Email: canceraidelanaudiere@outlook.com

Services: * Listening and phone pairing. * Information, referral: resource guide, documentation, lending of books and audio/video tapes. * Support group. * Financial assistance: individual meetings with a therapist, massage therapy. * Monthly meetings.

Eligibility: people with cancer, their relatives

Coverage area: Lanaudière

Hours: meetings: 2nd Wednesday of the month 13h30 to 15h30

Fees: annual membership: \$10, activities: variable fees

Financing: provincial, membership fees

Legal status: non-profit organization

CANCER-AIDE LANAUDIÈRE - POINT DE SERVICE SUD

50 Thouin Street, Suite 237, Richelieu Pavillion, Repentigny, Lanaudière, QC, J6A 4J4

450 654-8437

Website: canceraidelanaudiere.com

Email: canceraide.lr@gmail.com

Services: * Phone listening. * Information and referral: resources guide, documentation, books and audio-video cassettes loans, Les Quatre Saisons journal. * Monthly and individual meetings. * Support group. * Conferences. * Activities with financial assistance: artistic workshops, outings, stretching sessions, counselling with a therapist and massage therapy sessions.

Eligibility: people living with cancer, their close ones

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: meetings: 3rd Wednesday of the month 13h30 to 15h30

Fees: annual membership: \$10, activities: variable

Financing: contributions, provincial, self-financing

Legal status: non-profit organization

CENTRE DE JOUR JARDIN D'ÉTOILES

3931 Lakeshore Drive Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 1027

Website: jardinettoiles.ca

Email: info@jardinettoiles.ca

Services: Day centre for adults 18 to 65 years old living with a severe disability. * Adapted play activities. * Supervision of the participants by counsellors, individually or in pairs according to their needs. * Music therapy and zootherapy. * Sensory room.

Eligibility: adults 18 to 65 years old living with a severe disability

Coverage area: Lanaudière

Hours: Monday, Wednesday and Friday 9h00 to 11h30 and 13h00 to 15h30

Fees: sensory room: none, other services: variable

Financing: donations, provincial

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

COULEURS DE LA VIE LANAUDIÈRE (AUX)

190 Montcalm Street, Joliette, Lanaudière, QC, J6E 5G4

450 752-4436

Website: auxcouleursdelavie.org

Email: info@auxcouleursdelavie.org

Services: Support and accompaniment in illness, loss, bereavement and caregiving. * Individual and group support and accompaniment. * Assistance with requests for medical assistance in dying. * Training and healing. * Conferences and workshops.

Eligibility: people experiencing loss or bereavement, caregivers, workers, health care professionals, caregivers whose person being cared for has died, people at the end of life, children, adults, seniors

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$10

Financing: provincial, grants

Legal status: non-profit organization

DIABÈTE RIVE-NORD

Confidential Address

438 392-8362

Website: diabeterivenord.org

Email: info@diabeterivenord.org

Services: Information, conferences, activities and telephone support for people with diabetes. * Awareness, prevention and advocacy of rights and interests of patients. * Screening clinics. * Grocery workshops. * Cycling excursions.

Eligibility: people with diabetes, their close ones

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: variable

Fees: \$20 per year

Financing: fundraising campaigns, membership fees

Legal status: non-profit organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

HYPOGLYCEMIA ACTION QUÉBEC

491 Des Seigneurs Boulevard, Terrebonne, Lanaudière, QC, J6W 1T5

450 325-1163

Website: hypoglycemie.qc.ca

Email: info@hypoglycemie.qc.ca

Services: * Helpline. * Courses to help people living with the problems caused by hypoglycemia. * Consultation, information, referral, education, screening and dietary support. * Diabetes prevention. * Awareness of the population and physicians: publications, workshops, conferences and media.

Eligibility: adults, teens and children affected by hypoglycemia, health professionals

Coverage area: Province of Québec

Hours: 5 days per week, answering machine: 24 hours / 7 days

Fees: none

Financing: grants

Legal status: non-profit organization

LITTLE BROTHERS - SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 119, Mascouche, Lanaudière, QC, J7K 0H5

514 248-3384

Website: littlebrothers.ca/regional-teams/southern-lanaudiere

Email: sudlanaudiere@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Other End of the Line: pairing telephone service. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * Christmas reception. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: MRC Montcalm, MRC Joliette, MRC Matawinie, MRC Des Moulins, MRC L'Assomption

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

NÉO (LE)

950 Moody Boulevard, Terrebonne, Lanaudière, QC, J6W 3K8

1 800 964-1860

Website: le-neo.com

Email: neo@le-neo.com

Services: Education, information, awareness and support regarding sexual health, gender identity, sexual orientation and STIs. * Support meetings with sexologists and counsellors. * Réseau des alliés. * L'apparte: living environment and social activities for LGBTQ+ youth 12 to 17 years old. * Support group for and by trans and non-binary people 18 years and older. * Support group for parents of trans and non-binary children. * Monitoring for people living with HIV/AIDS or hepatitis. * Training. * Workshops and awareness activities.

Eligibility: LGBTQ+ people and allies, people living with HIV/AIDS or hepatitis, people aged 12 years old and over

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

NOURRI-SOURCE - LANAUDIÈRE

2500 Mascouche Boulevard, Suite 212, Mascouche, Lanaudière, QC, J7K 0H5

1 888 524-9696

Website: www.nourrisourcelanaudiere.org

Email: info@nslanau.org

Services: Volunteer mothers offering support to mothers who wish to breastfeed. * Breastfeeding godmothers: phone pairing. * Breastfeeding drop-in. * Conferences. * Loan and sale of breast pump and baby carriers. * Prenatal workshops. * Positioning and breastfeeding clinics. * Breastfeeding challenge. * La Route du Lait de Lanaudière: grouping of public institutions, community organizations and shops that allow women to enter their facilities for breastfeeding. * Allaitement au fil du temps: information program for parents.

Eligibility: families wishing to practice breastfeeding

Coverage area: territory of the Outry-Berthierville, Outry-Lavaltrie, MRC de Joliette, Lamater, Meilleur, MRC Montcalm, MRC Matawinie-Ouest CLSCs

Hours: administration: Monday to Friday 8h00 to 15h00, godmothers are available 7 days per week

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

NOURRI-SOURCE - MEILLEUR

135 Claude-David Boulevard, Repentigny, Lanaudière, QC, J6A 1N6

450 654-2307 ext. 61290

Website: nourrisourcelanaudiere.org

Email: info@nslanau.org

Services: * Breastfeeding godmothers: phone pairing and support. * Breastfeeding drop-in. * Prenatal technical workshop on breastfeeding. * Loan, hire and sale of Breast pumps. * Activities and contests.

Eligibility: families practising or wishing to practice breastfeeding

Coverage area: Charlemagne, L'Assomption, city of l'Épiphanie, Repentigny, Saint-Sulpice

Hours: prenatal technical workshop: 1st Tuesday of the month 18h30 to 20h30, registration required

Fees: none

Financing: self-financing, federal, provincial

Legal status: non-profit organization

ORIGINAL TATOUÉ, CAFÉ DE RUE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 394-4384

Email: lorignaltatoue@gmail.com

Services: Place of listening and support. * Help, listening and referral. * Emergency assistance: food assistance, personal hygiene products, menstrual hygiene products, warm clothes and condoms. * Meals on site. * Recovery of used syringes. * Collective kitchens. * Shower, laundry room and lockers. * Computer and telephone available. * Monthly visit by a nurse: samples, screening, vaccination and answer to health questions. * Prevention and education activities.

Eligibility: young people 16 to 30 in a situation of social or family breakdown or experiencing difficulties related to drug addiction, homelessness and mental health problems

Capacity: 25 people

Coverage area: Joliette

Hours: Tuesday, Thursday and Friday 12h00 to 21h00, Wednesday and Saturday 12h00 to 17h00

Fees: none

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

PANDA DE LA MRC L'ASSOMPTION

50 Thouin Street, Suite 242, Repentigny, Lanaudière, QC, J6A 4J4

450 582-0003

Website: www.tdahpanda.ca

Email: panda3@bellnet.ca

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Parental coaching: 10-week support groups for parents. * Workshops: anger management, socialization, ADHD and anxiety, teens and ADHD. * Varied themed activities for children. * Groups for adults living with ADHD: 6 meetings every 2 weeks. * Meetings by appointment. * Information and documentation. * Conferences.

Eligibility: children and adults with or awaiting an attention deficit disorder diagnosis, with or without hyperactivity, their parents

Capacity: parent support groups: 10 people, support groups for adults and children: 6 people

Coverage area: MRC L'Assomption

Hours: groups for parents or adults: weeknights, groups for children: Saturday morning

Fees: annual membership: \$10 per family, parental coaching: \$100 for 10 meetings, groups for children or adults with ADHD: \$10 per meeting

Financing: self-financing, provincial, fundraising campaigns, membership fees, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - HEAD OFFICE

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

450 398-0696

Website: parrainageciviquelanaudiere.ca

Email: carolpcl@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person for social integration purposes. * Useful accompaniments, leisure activities.

Eligibility: people living with a motor or sensory disability, mental health disorder, intellectual disability, in loss of autonomy or with socio-emotional difficulties

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Lanaudière, fundraising campaigns

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE NORD DE LANAUDIÈRE

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

450 834-1728

Website: parrainageciviquelanaudiere.ca

Email: pclrawdon@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person. * Utility accompaniments, leisure activities.

Eligibility: people living with a motor or sensory disability, mental health problem or intellectual disability, in loss of autonomy or with socio-emotional difficulties

Coverage area: MRC D'Autray, MRC Joliette, MRC Matawinie, MRC Montcalm

Hours: by appointment

Fees: membership: \$5 per year

Financing: Centraide Lanaudière, fundraising campaigns, provincial

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 224, Mascouche, Lanaudière, QC, J7K 0H5

450 417-0922

Website: parrainageciviquelanaudiere.ca

Email: pclmascouche@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person. * Utility accompaniments, leisure activities.

Eligibility: people living with motor or sensory disabilities, mental health problems or intellectual disabilities, in loss of autonomy

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

ROSE BLEUE (LA) - ASSOCIATION DES PERSONNES HANDICAPÉES LES MOULINS

2904 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-7007

Website: www.associationlarosebleue.com

Email: assrosebleue@videotron.ca

Services: * Music therapy. * Soft gymnastics. * Zootherapy. * Arts and crafts. * Sociocultural and recreational activities, outings. * Summer activities. * Advocacy of rights.

Eligibility: people living with an intellectual disability

Capacity: groups of 10 people

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10 per year, activities: \$15 per day, summer activities: \$18 per day

Financing: provincial, Centraide régions centre-ouest du Québec, fundraising campaigns, membership fees

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER DE LANAUDIÈRE (LA)

190 Montcalm Street, Joliette, Lanaudière, QC, J6E 5G4

450 759-3057 Fax: 450 760-2633

Website: www.sadl.org

Email: info@sadl.org

Services: * Information and referral. * Telephone assistance. * Individual and family meetings. * Respite-Accompaniment-Stimulation program (RAS). * Group for people in the early stages. * Exchange group for caregivers. * Training for caregivers, workers and professionals. * Conferences, training, workshop meetings. * Books and videos loans.

Eligibility: people with Alzheimer or a related disease, their relatives, caregivers, health professionals and private residences.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: membership: \$25 per year, Respite-Accompaniment-Stimulation program: \$21 for 3 hours

Financing: grants, self-financing, donations

Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - SECTION LANAUDIÈRE

2500 Mascouche Boulevard, Suite 221, Mascouche, Lanaudière, QC, J7K 0H5

450 417-3562 Fax: 450 966-2814

Website: mscanada.ca/ms-canada-lanaudière

Email: info.lanaudiere@scleroseenplaques.ca

Services: * Information on research and on different aspects of the illness: documentation, information sessions, conferences, Espoir Famille annual conference. * Support: self-help groups, phone listening and accompaniment. * Advocacy. * Adapted physical activities. * Social action. * Fundraising.

Eligibility: people with multiple sclerosis, their close ones

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: variable depending on the activities

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

TDL - LANAUDIÈRE

2500 Mascouche Boulevard, Suite 215, Mascouche, Lanaudière, QC, J7K 0H5

450 474-8870

Website: dysphasielanaudiere.org

Email: administration@tdl-lanaudiere.org

Services: * Telephone listening and referral. * Documents for buying, loan or consultation. * Conferences and training. * Recreational activities for families. * Respite. * Horse therapy. * Activities for teenagers 12 to 15 years old. * Socialization and social integration for adults. * Job integration assistance, socioprofessional support. * Weekly recreational activities for adults. * Lexical development group. * Service point in Joliette: 200 de Salaberry Street, Suite 04. * Christmas lunch.

Eligibility: people with a developmental language disorder (dysphasia), parents of dysphasic children, professionals

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: families: \$45, TDL adults: \$25, TDL adults in couples and parents of TDL adults: \$35, professionals: \$100, partners: \$50

Financing: grants, self-financing, donations

Legal status: non-profit organization

Support and integration organizations

AMIS DE LA DÉFICIENCE INTELLECTUELLE, RIVE-NORD (LES)

45 Industrial Boulevard, Suite 120, Repentigny, Lanaudière, QC, J6A 5R5

450 585-3632

Website: www.lesamisdelaide.org

Email: info@lesamisdelaide.org

Services: Raising awareness about the reality of people living with an intellectual disability. * Advocacy. * Consultation and representation. * Support to parents. * Recreational activities. * Training activities. * Referral and documentation centre.

Eligibility: people living with an intellectual disability, their close ones

Coverage area: MRC L'Assomption

Hours: office: Monday to Thursday 9h00 to 16h00, activities: 7 days, variable

Fees: annual membership: \$20

Financing: Centraide Lanaudière, municipal, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support. * Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. * Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

JARDINS DU MÉANDRE

3021 de l'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 4S1

450 938-1546

Website: jardinsdumeandre.org

Email: info@jardinsdumeandre.org

Services: Recreational and educational farm offering adapted activities to promote social and professional integration. * Agricultural, horticultural and craft activities: starting seedlings, harvesting crops, garden maintenance, etc. * Guided tours of the farm. * Educational cookery workshops. * Day camp: 8 weeks during the summer. * Sale of products on site: vegetables, jams, herbal teas, etc. * Christmas activities: Christmas market in the town of l'Assomption.

Eligibility: people 12 years old and over living on the autism spectrum or living with an intellectual disability

Coverage area: Lanaudière

Hours: administration: Monday to Friday 9h00 to 16h00, activities: Monday to Thursday 9h00 to 16h00, by appointment only

Fees: annual membership: \$5, half-day: \$13, whole day: \$25

Financing: foundations, provincial, donations, fundraising activities

Legal status: non-profit organization

PANDA DE LA MRC L'ASSOMPTION

50 Thouin Street, Suite 242, Repentigny, Lanaudière, QC, J6A 4J4

450 582-0003

Website: www.tdahpanda.ca

Email: panda3@bellnet.ca

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Parental coaching: 10-week support groups for parents. * Workshops: anger management, socialization, ADHD and anxiety, teens and ADHD. * Varied themed activities for children. * Groups for adults living with ADHD: 6 meetings every 2 weeks. * Meetings by appointment. * Information and documentation. * Conferences.

Eligibility: children and adults with or awaiting an attention deficit disorder diagnosis, with or without hyperactivity, their parents

Capacity: parent support groups: 10 people, support groups for adults and children: 6 people

Coverage area: MRC L'Assomption

Hours: groups for parents or adults: weeknights, groups for children: Saturday morning

Fees: annual membership: \$10 per family, parental coaching: \$100 for 10 meetings, groups for children or adults with ADHD: \$10 per meeting

Financing: self-financing, provincial, fundraising campaigns, membership fees, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - HEAD OFFICE

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

450 398-0696

Website: parrainageciviquelanaudiere.ca

Email: carolpcl@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person for social integration purposes. * Useful accompaniments, leisure activities.

Eligibility: people living with a motor or sensory disability, mental health disorder, intellectual disability, in loss of autonomy or with socio-emotional difficulties

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Lanaudière, fundraising campaigns

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE NORD DE LANAUDIÈRE

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

450 834-1728

Website: parrainageciviquelanaudiere.ca

Email: pclawdon@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person. * Utility accompaniments, leisure activities.

Eligibility: people living with a motor or sensory disability, mental health problem or intellectual disability, in loss of autonomy or with socio-emotional difficulties

Coverage area: MRC D'Autray, MRC Joliette, MRC Matawinie, MRC Montcalm

Hours: by appointment

Fees: membership: \$5 per year

Financing: Centraide Lanaudière, fundraising campaigns, provincial

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 224, Mascouche, Lanaudière, QC, J7K 0H5

450 417-0922

Website: parrainageciviquelanaudiere.ca

Email: pclmascouche@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person. * Utility accompaniments, leisure activities.

Eligibility: people living with motor or sensory disabilities, mental health problems or intellectual disabilities, in loss of autonomy

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

PETITS MOUSSES - CENTRE DE SOUTIEN À L'ENFANCE DE LANAUDIÈRE (LES)

994 de Lanaudière Street, 2nd floor, Joliette, Lanaudière, QC, J6E 3N6

1 866 759-3327 Fax: 450 759-7113

Website: www.petits-mousses.org

Email: info@petitsmousses.ca

Services: Organization for children showing a delay of development. * Early childhood stimulation workshops. * Individual meetings. * Referrals. * Documentation centre.

Eligibility: children 3 to 5 years old showing a delay in their global or specific development (social, physical, intellectual, emotional or language)

Capacity: 30 to 40 children

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: monthly fees depending on the family income

Financing: provincial, federal, self-financing

Legal status: non-profit organization

ROSE BLEUE (LA) - ASSOCIATION DES PERSONNES HANDICAPÉES LES MOULINS

2904 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-7007

Website: www.associationlarosebleue.com

Email: assrosebleue@videotron.ca

Services: * Music therapy. * Soft gymnastics. * Zootherapy. * Arts and crafts. * Sociocultural and recreational activities, outings. * Summer activities. * Advocacy of rights.

Eligibility: people living with an intellectual disability

Capacity: groups of 10 people

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10 per year, activities: \$15 per day, summer activities: \$18 per day

Financing: provincial, Centraide régions centre-ouest du Québec, fundraising campaigns, membership fees

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

The Blind

ASSOCIATION DES PERSONNES HANDICAPÉES VISUELLES DE LANAUDIÈRE

50 Thouin Street, Suite 222, Repentigny, Lanaudière, QC, J6A 4J4

1 888 477-8174

Website: www.aphvsl.com

Email: info@aphvsl.com

Services: * Assistance and support in procedures to access services. * Information. * Newsletter for members. * Monthly coffee-chats. * Activities and outings.

Eligibility: people living with a visual impairment, their close ones

Coverage area: Lanaudière

Hours: Tuesday to Friday 9h00 to 16h00, by appointment

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LANAUDIÈRE

200 de Salaberry Street, Suite 305, Joliette, Lanaudière, QC, J6E 4G1

1 888 522-2586

Website: arlphlanaudiere.org

Email: info@arlphlanaudiere.org

Services: Promotes access to an inclusive leisure experience for people living with a disability through consultation, training and support. * Facilitated Access to Recreation for Individuals with Disabilities program (FARIDP). * Loan of adapted equipment: racing wheelchair, adapted sledge with skates, water access ramp, etc. * Training. * Support for integration into day camps. * Universal accessibility in leisure activities. * Companion Leisure Card (CAL). * Consulting services.

Eligibility: people living with a handicap, regardless of age and disability

Coverage area: Lanaudière

Financing: provincial

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LANAUDIÈRE - GUICHET D'ACCÈS CENTRALISÉ DÉFICIENCE INTELLECTUELLE, TROUBLE DU SPECTRE DE L'AUTISME ET DÉFICIENCE PHYSIQUE

1180 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3G8

1 877 322-2898 Fax: 450 756-2898

Website: www.cisss-lanaudiere.gouv.qc.ca/liste-de-soins-et-services/liste-par-clientele/personnes-agees/deficiences

Email: guichet.ditsadp.cissslan@ssss.gouv.qc.ca

Services: Rehabilitation services coordination. * Reception and treatment of service requests.

Eligibility: children and adults living with a physical, visual, hearing, language, motor or intellectual disability, autistic children or adults

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

PARRAINAGE CIVIQUE LANAUDIÈRE - HEAD OFFICE

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

450 398-0696

Website: parrainageciviquelanaudiere.ca

Email: carolpcl@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person for social integration purposes. * Useful accompaniments, leisure activities.

Eligibility: people living with a motor or sensory disability, mental health disorder, intellectual disability, in loss of autonomy or with socio-emotional difficulties

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Lanaudière, fundraising campaigns

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE NORD DE LANAUDIÈRE

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

450 834-1728

Website: parrainageciviquelanaudiere.ca

Email: pclrawdon@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person. * Utility accompaniments, leisure activities.

Eligibility: people living with a motor or sensory disability, mental health problem or intellectual disability, in loss of autonomy or with socio-emotional difficulties

Coverage area: MRC D'Autray, MRC Joliette, MRC Matawinie, MRC Montcalm

Hours: by appointment

Fees: membership: \$5 per year

Financing: Centraide Lanaudière, fundraising campaigns, provincial

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 224, Mascouche, Lanaudière, QC, J7K 0H5

450 417-0922

Website: parrainageciviquelanaudiere.ca

Email: pclmascouche@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person. * Utility accompaniments, leisure activities.

Eligibility: people living with motor or sensory disabilities, mental health problems or intellectual disabilities, in loss of autonomy

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LANAUDIÈRE

Confidential Address

450 755-1488 Fax: 450 759-8749

Website: tcrapht.org

Email: tcrapht@tcrapht.org

Services: * Advocacy of rights. * Consultation, representation and technical support.

Eligibility: associations of disabled people in the Lanaudière region

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual contribution: \$50 per association

Financing: contributions, provincial

Legal status: non-profit organization

UNIVERS DES MOTS

735 Notre-Dame Street, Suite 102, Repentigny, Lanaudière, QC, J6A 2X4

438 476-3339

Website: univers-des-mots.ca

Email: info@univers-des-mots.ca

Services: * Basic French training workshops: reading and writing. * Computer initiation. * Francization for immigrants. * Preparatory workshops for Secondary School Equivalency Test (SSET).

Eligibility: people 16 years old and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$20

Financing: provincial

Legal status: non-profit organization

Therapy and rehabilitation centres

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support.

* Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. *

Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. *

Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LA FIBROMYALGIE DE LANAUDIÈRE

762A de l'Industrie Boulevard, Saint-Paul, Lanaudière, QC, J0K 3E0

1 888 223-0227

Website: fibromyalgielanaudiere.com

Email: btaillefer2935@gmail.com

Services: * Rehabilitation activities: aquafitness. * Social activities. * Social network, testimony exchanges. * Information, document loans and consultation, conferences. * Art workshops. * Knitting workshop. * Mental health workshop.

Eligibility: people affected by fibromyalgia, their close ones

Coverage area: Lanaudière

Hours: by appointment

Fees: annual fees: \$20

Financing: fundraising campaigns, grants, contributions

Legal status: non-profit organization

ASSOCIATION UN COEUR POUR TOUS, LANAUDIÈRE (L')

144 Saint-Joseph Street, Suite 113, Joliette, Lanaudière, QC, J6E 5C2

450 760-3039

Email: uncoeurpourtous@hotmail.com

Services: * Information on heart diseases and their physical and moral consequences. * Breakfast-conferences 5 times per year. * Workshops. * Adapted physical activities: pool, chair yoga, Coeur en forme physical conditioning. * Social activities.

Eligibility: people with a heart disease or high blood pressure, their family

Capacity: pool: 24 people

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership card: \$15 per year, activities: \$50 per activity (\$5 per visit for 10 weeks)

Financing: donations, self-financing, grants

Legal status: non-profit organization

CANCER-AIDE LANAUDIÈRE - POINT DE SERVICE SUD

50 Thouin Street, Suite 237, Richelieu Pavillion, Repentigny, Lanaudière, QC, J6A 4J4

450 654-8437

Website: canceraidelanaudiere.com

Email: canceraide.lr@gmail.com

Services: * Phone listening. * Information and referral: resources guide, documentation, books and audio-video cassettes loans, Les Quatre Saisons journal. * Monthly and individual meetings. * Support group. * Conferences. * Activities with financial assistance: artistic workshops, outings, stretching sessions, counselling with a therapist and massage therapy sessions.

Eligibility: people living with cancer, their close ones

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: meetings: 3rd Wednesday of the month 13h30 to 15h30

Fees: annual membership: \$10, activities: variable

Financing: contributions, provincial, self-financing

Legal status: non-profit organization

CENTRE D'HÉBERGEMENT ET DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE L'ASSOMPTION

410 de l'Ange-Gardien Boulevard, L'Assomption, Lanaudière, QC, J5W 1S7

450 589-2101

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=686

Services: * Housing and long term cares. * Multidisciplinary rehabilitation services.

Eligibility: seniors, people with a loss of autonomy, people living with a physical disability

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLE DU SPECTRE DE L'AUTISME DE MASCOUCHE

1280 Saint-Henri Road, Mascouche, Lanaudière, QC, J7K 2N1

450 474-4175

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/di-tsa

Services: Adaptation and rehabilitation services for autistic people or people living with an intellectual disability.

Eligibility: people living with an intellectual disability, autistic people

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLE DU SPECTRE DE L'AUTISME DE REPENTIGNY

625 Leclerc Street, Repentigny, Lanaudière, QC, J6A 2E4

450 585-7804

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/di-tsa

Services: Adaptation and rehabilitation services for autistic people or people living with an intellectual disability.

Eligibility: people living with an intellectual disability, autistic people

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE REPENTIGNY

135 Claude-David Boulevard, Suite 0032, Repentigny, Lanaudière, QC, J6A 1N6

1 888 880-8240 ext. 60201

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/crdp

Services: Multidisciplinary rehabilitation services.

Eligibility: people living with a physical disability

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE TERREBONNE

819 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 866 365-4403

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/crdp

Services: Multidisciplinary rehabilitation services.

Eligibility: people living with a physical disability

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE ET DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE REPENTIGNY

630 Marseille Street, Suite 201, Repentigny, Lanaudière, QC, J6A 7A3

1 800 229-1879

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: * Psychosocial services. * Multidisciplinary rehabilitation services.

Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors, people living with a physical disability

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LANAUDIÈRE - GUICHET D'ACCÈS CENTRALISÉ DÉFICIENCE INTELLECTUELLE, TROUBLE DU SPECTRE DE L'AUTISME ET DÉFICIENCE PHYSIQUE

1180 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3G8

1 877 322-2898 **Fax:** 450 756-2898

Website: www.cisss-lanaudiere.gouv.qc.ca/liste-de-soins-et-services/liste-par-clientele/personnes-agees/deficiences

Email: guichet.ditsadp.cissslan@ssss.gouv.qc.ca

Services: Rehabilitation services coordination. * Reception and treatment of service requests.

Eligibility: children and adults living with a physical, visual, hearing, language, motor or intellectual disability, autistic children or adults

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - SECTION LANAUDIÈRE

2500 Mascouche Boulevard, Suite 221, Mascouche, Lanaudière, QC, J7K 0H5

450 417-3562 **Fax:** 450 966-2814

Website: mscanada.ca/ms-canada-lanaudiere

Email: info.lanaudiere@scleroseenplaques.ca

Services: * Information on research and on different aspects of the illness: documentation, information sessions, conferences, Espoir Famille annual conference. * Support: self-help groups, phone listening and accompaniment. * Advocacy. * Adapted physical activities. * Social action. * Fundraising.

Eligibility: people with multiple sclerosis, their close ones

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: variable depending on the activities

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

SCHOOL SERVICE CENTERS

Academic and vocational guidance

ACTION RH LANAUDIÈRE - BUREAU JOLIETTE

371 Notre-Dame Street, 2nd floor, Joliette, Lanaudière, QC, J6E 3H5

450 492-4104

Website: www.cceml.ca/en

Email: contact@actionrh.ca

Services: Job search program. * Job offers. * Guidance service, resume writing assistance, job search workshops and personalized follow-up. * Specialized service for people 35 years old and over. * Specialized service for people 50 years old and over.

Eligibility: employment insurance and income security beneficiaries, unemployed people aged 35 years old and over

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30

Fees: none for people who are unemployed

Financing: provincial

Legal status: non-profit organization

ACTION RH LANAUDIÈRE - BUREAU REPENTIGNY

50 Thouin Street, Suite 205, Repentigny, Lanaudière, QC, J6A 4J4

450 492-4104

Website: www.cceml.ca/en

Email: contact@actionrh.ca

Services: * Job seeking programs: job offers, resume writing assistance, personalized follow-up, workshops, Internet training, guidance service. * Specialized service for people 35 years old and over. * Specialized services for people 50 years old and over.

Eligibility: employment insurance beneficiaries, income security and individuals with no income

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ACTION RH LANAUDIÈRE - BUREAU TERREBONNE

3395 de la Pinière Boulevard, Suite 130, Terrebonne, Lanaudière, QC, J6X 4N1

450 492-4104

Website: www.cceml.ca/en

Email: contact@actionrh.ca

Services: * Job seeking programs: job offers, resume writing assistance, personalized follow-up, workshops, Internet training, guidance service. * Specialized service for people 35 years old and over. * Specialized service for people 50 years old and over.

Eligibility: employment insurance beneficiaries, income security beneficiaries and people without an income

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

AIRE OUVERTE DE JOLIETTE

107 Place Bourget Nord, Joliette, Lanaudière, QC, J6E 5E6

450 271-6382

Website: www.cisss-lanaudiere.gouv.qc.ca/aire-ouverte

Email: aireouvertelanaudiere@ssss.gouv.qc.ca

Services: Varied confidential services for youth 12 to 25 years old with or without an appointment. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention and education on alcohol, drugs, gambling and problematic Internet use. * School and career counseling. * Prevention of domestic violence.

Eligibility: youth 12 to 25 years old

Coverage area: Lanaudière

Hours: Monday 11h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Sunday 11h00 to 16h00, Summer schedule: Monday 10h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Friday by appointment

Fees: none

Financing: provincial

Legal status: provincial government agency

C.L.E.F., CENTRE LANAUDIÈRE D'EMPLOI POUR FEMMES (LA)

245 Papineau Street, Joliette, Lanaudière, QC, J6E 2K8

1 855 755-3244 Fax: 450 755-3758

Website: laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: Job market integration for women. * Information and career guidance. * Help with job search. * Group training. * Workplace internships.

Eligibility: unemployed women

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI L'ASSOMPTION

10 Notre-Dame Street, 3rd floor, Repentigny, Lanaudière, QC, J6A 2N9

450 581-3785 Fax: 450 582-6610

Website: cjela.qc.ca

Email: info@cjela.qc.ca

Services: Support and accompaniment of youth in their job search and return to school. * Welcoming, information and referral. * Job search assistance. * Professional and school guidance. * Documentation centre. * Youth entrepreneurship: conferences at schools, cooperative projects support. * School perseverance.

Eligibility: youth 14 to 35 years old

Coverage area: MRC L'Assomption

Hours: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 10h00 to 16h30, Friday 8h30 to 15h30, last Thursday of the month 8h30 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE L'AVENIR

508 Masson Street, Terrebonne, Lanaudière, QC, J6W 2Z3

450 492-3737 Fax: 450 471-5521

Website: www.centrelavenir.ca

Email: centre.lavenir@cssda.gouv.qc.ca

Services: General education centre for adults. * Welcoming, referral, guidance and accompaniment (SARCA). * Francization with possibility of financial assistance for newcomers. * Literacy. * Pre-secondary and secondary education. * Socioprofessional Integration Service (ISP): vocational guidance for students. * Social integration training (FIS). * External integration training (FISEX). * Attestation of Equivalence of Educational Level (AENS). * General Development Test (TDG). * Attestation of school prerequisites (CCQ). * Distance training.

Eligibility: francization: allophone immigrants, other services: people 16 years old and over

Coverage area: MRC L'Assomption, Terrebonne

Hours: Monday to Thursday 8h00 to 16h00 and 17h30 to 20h30, Friday 8h00 to 15h00

Fees: variable

Financing: provincial

Legal status: parapublic organization

CENTRE LA CROISÉE

777 Iberville Boulevard, C Wing, Repentigny, Lanaudière, QC, J5Y 1A2

450 492-3799 ext. 3785 Fax: 450 492-3759

Website: www.centrelacroisee.com

Email: centrelacroisee@cssda.gouv.qc.ca

Services: General training centre for adults. * Francization. * Welcoming, referral, guidance and accompaniment (SARCA). * Distance training. * Social integration service. * Common basic training in French, mathematics and English. * Diversified basic training in French, mathematics, English and science. * Optional courses: computer science and career strategies. * Semi-skilled training in janitorial services. * Socio-professional integration courses.

Eligibility: francization: allophone immigrants, other services: people 16 years and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 7h30 to 16h30 and 17h30 to 20h30, Friday 7h30 to 15h30

Financing: provincial

Legal status: parapublic organization

PERSPECTIVES NOUVELLES - JOLIETTE

245 Papineau Street, Joliette, Lanaudière, QC, J6E 2K8

1 855 755-3244 Fax: 450 755-3758

Website: www.laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: Employability services. * Individual and group assistance: counselling, CV, job search and interview techniques, skills transfer. * Vocational guidance. * Globe: introduction to the job market, support, individual or group assistance for a better use of job search tools.

Eligibility: people 35 years and over who are looking for a job, welfare or employment insurance recipients or without public income support, Globe service: immigrant people with permanent residency, citizenship or refugee status

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbssc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbssc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Computer workshops

A.B.C. DES MANOIRS

568 Léon-Martel Street, Terrebonne, Lanaudière, QC, J6W 2J8

450 471-6928

Website: www.labcdesmanoirs.com

Email: info@abcdesmanoirs.com

Services: Community literacy group. * Workshops in francization, literacy, numeracy, computer, and popular education workshops.

Eligibility: illiterate people or with low literacy over 16 years old

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 9h00 to 17h00, Friday 12h00 to 16h00, holiday schedule: closed from mid-December until start of January

Fees: annual registration: \$20, computer: \$15 per 1h30 workshop

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support.

* Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. *

Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrclassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonslassomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CENTRE D'INTÉGRATION PROFESSIONNELLE DE LANAUDIÈRE

547 Leclerc Street, Suite 200, Repentigny, Lanaudière, QC, J6A 8B4

450 582-6561 Fax: 450 582-4536

Website: cipl.ca

Email: info@cipl.ca

Services: Services for women seeking employment and returning to the labour market. * Help and accompaniment: personal and professional assessment, CV and cover letter writing, interview preparation, research methods and advice. * Employment preparation program: 15-week group project. * Cartes de l'emploi: continuous programme, individual meetings and group workshops, variable duration. * Accompaniment of women seeking employment in a traditionally male field. * Pre-employability program: accompaniment of women to integrate into an employability measure, training or employment. * Computer courses. * Referral to community organizations. * Monthly thematic workshops: self-esteem, stress management, communication and assertiveness, time management, etc.

Eligibility: women

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 12h45 to 16h00, Friday 8h30 to 12h00

Fees: employment support services: free if the person meets the eligibility criteria, variable

Financing: provincial

Legal status: non-profit organization

CENTRE LA CROISÉE

777 Iberville Boulevard, C Wing, Repentigny, Lanaudière, QC, J5Y 1A2

450 492-3799 ext. 3785 Fax: 450 492-3759

Website: www.centrelacroisee.com

Email: centrelacroisee@cssda.gouv.qc.ca

Services: General training centre for adults. * Francization. * Welcoming, referral, guidance and accompaniment (SARCA). * Distance training. * Social integration service. * Common basic training in French, mathematics and English. * Diversified basic training in French, mathematics, English and science. * Optional courses: computer science and career strategies. * Semi-skilled training in janitorial services. * Socio-professional integration courses.

Eligibility: francization: allophone immigrants, other services: people 16 years and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 7h30 to 16h30 and 17h30 to 20h30, Friday 7h30 to 15h30

Financing: provincial

Legal status: parapublic organization

SAINT-SULPICE PUBLIC LIBRARY

215 des Loisirs Street, Saint-Sulpice, Lanaudière, QC, J5W 6C9

450 589-7816

Website: biblietcie.ca/biblio/bibliotheque-de-saint-sulpice

Email: biblio133@reseaubibliocqlm.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Computer workshops. * Café area. * Biblio-Santé. * Exhibitions, contests and workshops.

Coverage area: Saint-Sulpice

Hours: Tuesday 9h00 to 16h30 and 18h00 to 20h00, Wednesday and Thursday 11h30 to 16h30 and 18h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: municipal

Legal status: municipal agency

UNIVERS DES MOTS

735 Notre-Dame Street, Suite 102, Repentigny, Lanaudière, QC, J6A 2X4

438 476-3339

Website: univers-des-mots.ca

Email: info@univers-des-mots.ca

Services: * Basic French training workshops: reading and writing. * Computer initiation. * Francization for immigrants. * Preparatory workshops for Secondary School Equivalency Test (SSET).

Eligibility: people 16 years old and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$20

Financing: provincial

Legal status: non-profit organization

Difficulties and learning disabilities

CENTRE L'AVENIR

508 Masson Street, Terrebonne, Lanaudière, QC, J6W 2Z3

450 492-3737 Fax: 450 471-5521

Website: www.centrelavenir.ca

Email: centre.lavenir@cssda.gouv.qc.ca

Services: General education centre for adults. * Welcoming, referral, guidance and accompaniment (SARCA). * Francization with possibility of financial assistance for newcomers. * Literacy. * Pre-secondary and secondary education. * Socioprofessional Integration Service (ISP): vocational guidance for students. * Social integration training (FIS). * External integration training (FISEX). * Attestation of Equivalence of Educational Level (AENS). * General Development Test (TDG). * Attestation of school prerequisites (CCQ). * Distance training.

Eligibility: francization: allophone immigrants, other services: people 16 years old and over

Coverage area: MRC L'Assomption, Terrebonne

Hours: Monday to Thursday 8h00 to 16h00 and 11h30 to 20h30, Friday 8h00 to 15h00

Fees: variable

Financing: provincial

Legal status: parapublic organization

GYMNO LANAUDIÈRE

130 Valmont Street, Repentigny, Lanaudière, QC, J5Y 1N9

450 582-7930

Website: www.gymno.org/article/259-gymno-lanaudiere.html

Email: info@gymnolanaudiere.org

Services: Activities for youth with learning disabilities. * Activities offered during the school year. * Summer activities. * Activities to download through the website. * Mobile library for members.

Eligibility: youth living with a learning difficulty

Coverage area: Lanaudière, mainly Repentigny

Fees: variable

Financing: self-financing

Legal status: non-profit organization

JARDINS DU MÉANDRE

3021 de l'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 4S1

450 938-1546

Website: jardinsdumeandre.org

Email: info@jardinsdumeandre.org

Services: Recreational and educational farm offering adapted activities to promote social and professional integration. * Agricultural, horticultural and craft activities: starting seedlings, harvesting crops, garden maintenance, etc. * Guided tours of the farm. * Educational cookery workshops. * Day camp: 8 weeks during the summer. * Sale of products on site: vegetables, jams, herbal teas, etc. * Christmas activities: Christmas market in the town of l'Assomption.

Eligibility: people 12 years old and over living on the autism spectrum or living with an intellectual disability

Coverage area: Lanaudière

Hours: administration: Monday to Friday 9h00 to 16h00, activities: Monday to Thursday 9h00 to 16h00, by appointment only

Fees: annual membership: \$5, half-day: \$13, whole day: \$25

Financing: foundations, provincial, donations, fundraising activities

Legal status: non-profit organization

PANDA DE LA MRC L'ASSOMPTION

50 Thouin Street, Suite 242, Repentigny, Lanaudière, QC, J6A 4J4

450 582-0003

Website: www.tdahpanda.ca

Email: panda3@bellnet.ca

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Parental coaching: 10-week support groups for parents. * Workshops: anger management, socialization, ADHD and anxiety, teens and ADHD. * Varied themed activities for children. * Groups for adults living with ADHD: 6 meetings every 2 weeks. * Meetings by appointment. * Information and documentation. * Conferences.

Eligibility: children and adults with or awaiting an attention deficit disorder diagnosis, with or without hyperactivity, their parents

Capacity: parent support groups: 10 people, support groups for adults and children: 6 people

Coverage area: MRC L'Assomption

Hours: groups for parents or adults: weeknights, groups for children: Saturday morning

Fees: annual membership: \$10 per family, parental coaching: \$100 for 10 meetings, groups for children or adults with ADHD: \$10 per meeting

Financing: self-financing, provincial, fundraising campaigns, membership fees, donations

Legal status: non-profit organization

QUÉBEC ASSOCIATION OF SPECIAL CARE COUNSELLORS

Confidential Address

514 928-2619**Website:** www.aeesq.ca/en/accueil-eng**Email:** info@aeesq.ca**Services:** Professional association. * Special care promotion. * Advocacy of their members. * Management of complaints against members.**Eligibility:** special care counsellors, general public**Coverage area:** Province of Québec**Hours:** Monday to Friday 9h00 to 16h00**Fees:** annual membership: \$50**Financing:** membership fees**Legal status:** non-profit organization**Homework assistance and tutoring****CENTRE D'AMITIÉ AUTOCHTONE DE LANAUDIÈRE**

523 Sainte-Anne Boulevard, Joliette, Lanaudière, QC, J6E 5A3

450 277-9911 Fax: 450 760-9923**Website:** www.caalanaudiere.ca**Email:** info@caalanaudiere.ca**Services:** Services and programs to improve the living conditions of Indigenous people. * Information and referral. * Hotline 24/7: 450 277-9911. * Accompaniment and support services in different procedures by an outreach worker. * Legal services: lawyer on site once a month. * Massage therapy and chiropractic services. * Nurse and doctor on site. * Programme d'aide préscolaire autochtone pour les communautés urbaines et nordique (PAPACUN): activities related to culture, health, nutrition and education for children from 0 to 5 years old and their families. * Educational services: homework help for elementary and secondary students, workspace, liaison between families and schools, low-cost school store and individual accompaniment for students and families. * Cultural and educational activities. * Youth activities for 12 to 17 years old. * Youth Council made up of 7 young people 14 to 22 years old. * Summer youth day camp program. * Sports and outdoor activities for all. * Proximity clinic. * Christmas baskets. * Tax clinic.**Eligibility:** Indigenous people of all ages**Coverage area:** Joliette**Hours:** Monday to Friday 9h00 to 17h00**Fees:** none**Financing:** federal, provincial, self-financing, donations, grants, foundations**Legal status:** non-profit organization**COLLATINES DE L'ÉPIPHANIE (LES)**

193 Notre-Dame Street, L'Épiphanie, Lanaudière, QC, J5X 2W3

450 313-0188**Website:** lescollatines.com**Email:** info@lescollatines.com**Services:** Food assistance and security in support of the academic success of the youth of L'Épiphanie. * Snacks in schools. * Vegetable baskets. * Tutoring and homework assistance. * Solidarity garden. * Hall rental.**Eligibility:** youth and their families, hall rental: community organizations**Coverage area:** L'Épiphanie**Hours:** Monday 8h00 to 16h00, Tuesday 7h00 to 16h00, Wednesday 8h00 to 18h30, Thursday and Friday on call**Fees:** none**Financing:** provincial, municipal**Legal status:** non-profit organization

MAISON DES JEUNES DE L'ASSOMPTION (LA)

379 Dorval Street, L'Assomption, Lanaudière, QC, J5W 1A1

450 705-4811

Website: www.maisondesjeuneslassomption.com

Email: mdjescapade@videotron.ca

Services: Lively meeting place. * Support, help and referral. * Help with homework. * Improvisation. * Sports activities: cosom hockey team. * Cooking workshops. * Leisure activities. * Democratic living environment.

Eligibility: youth 12 to 17 years old

Coverage area: L'Assomption

Hours: Monday, Tuesday and Thursday 18h00 to 21h00, Wednesday 17h00 to 21h00, Friday 18h00 to 22h00, sometimes on Saturday for special activities

Fees: none

Financing: Centraide Lanaudière, provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES DE REPENTIGNY

539 Notre-Dame Street, Repentigny, Lanaudière, QC, J6A 2T6

450 581-8159

Website: mdjrepentigny.ca

Email: direction@mdjrepentigny.com

Services: Meeting and discussion place promoting individual and collective expression through varied activities, under the supervision of significant adults. * Therapeutic relationship and active listening. * Varied workshops. * Homework and educational assistance. * Referral centre. * Discussion evenings and activities. * Recreational environment: lounge, video game area, amusement area (pool table, babyfoot, arcades and others), music room, mini-library, art and embroidery room.

Eligibility: youth 12 to 17 years old

Capacity: 50

Coverage area: Repentigny

Hours: Wednesday to Friday 16h00 to 21h00, Saturday 10h00 to 15h00

Fees: none

Financing: federal, provincial, grants, self-financing

Legal status: non-profit organization

REPENTIGNY PUBLIC LIBRARY - EDMOND-ARCHAMBAULT

231 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 470-3430

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Tuesday to Thursday 13h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-resident: \$100 per year

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - ROBERT-LUSSIER

1 Place d'Évry, Repentigny, Lanaudière, QC, J6A 8H7

450 470-3420

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Monday to Thursday 10h00 to 21h00, Friday and Saturday 9h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-residents: \$100 per year

Financing: municipal

Legal status: municipal agency

Language courses**ASSOCIATION DES SOURDS DE LANAUDIÈRE**

200 De Salaberry Street, Suite 312, Joliette, Lanaudière, QC, J6E 4G1

450 752-1426 Fax: 1 866 845-4350 **TTY:** 450 752-1426

Website: www.asljoliette.org

Email: direction@asljoliette.org

Services: * Information and referral. * Publication of a quarterly newsletter. * Recreational activities. * Participation in awareness programs. * Classes to learn Québec Sign Language (QSL). * Conferences, trainings, animation. * Advocacy. * Assistance with communication and understanding documents.

Eligibility: deaf and hearing impaired people

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$20 per individual, \$30 per couple, \$17 per individual 55 years old and over, \$25 per couple 55 years old and over, \$15 per student, \$25 per association

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LAURENT VENNE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 657-4877

Website: centrecommunautairerepentigny.ca

Email: info.cclv@sodem.net

Services: * Cultural activities, exhibitions, workshops and conferences. * Fitness. * Social and sports activities: art clubs, video games, etc. * Language courses: Spanish. * Arts classes: painting, singing, guitar, etc. * Community green fridge. * Repentigny youth center - Le Gardeur sector. * Special events.

Eligibility: general public

Capacity: 444

Coverage area: MRC L'Assomption

Hours: administration: Monday to Friday 9h00 to 22h00, Saturday and Sunday 9h00 to 16h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRES DES AFFLUENTS

80 Jean-Baptiste-Meilleur Street, Repentigny, Lanaudière, QC, J6A 6C5

450 492-9400 ext. 6700 Fax: 450 492-3720

Website: cssda.gouv.qc.ca

Email: info@cssda.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training and adult education. * Welcoming, referral, guidance and accompaniment (SARCA). * Vocational and general training centers. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Recognition of prior learning and skills (RAC). * Services for companies. * Francization services for newcomers. * School transportation coordination.

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: variable

Legal status: parapublic organization

CENTRE L'AVENIR

508 Masson Street, Terrebonne, Lanaudière, QC, J6W 2Z3

450 492-3737 Fax: 450 471-5521

Website: www.centrelavenir.ca

Email: centre.lavenir@cssda.gouv.qc.ca

Services: General education centre for adults. * Welcoming, referral, guidance and accompaniment (SARCA). * Francization with possibility of financial assistance for newcomers. * Literacy. * Pre-secondary and secondary education. * Socioprofessional Integration Service (ISP): vocational guidance for students. * Social integration training (FIS). * External integration training (FISEX). * Attestation of Equivalence of Educational Level (AENS). * General Development Test (TDG). * Attestation of school prerequisites (CCQ). * Distance training.

Eligibility: francization: allophone immigrants, other services: people 16 years old and over

Coverage area: MRC L'Assomption, Terrebonne

Hours: Monday to Thursday 8h00 to 16h00 and 11h30 to 20h30, Friday 8h00 to 15h00

Fees: variable

Financing: provincial

Legal status: parapublic organization

CENTRE LA CROISÉE

777 Iberville Boulevard, C Wing, Repentigny, Lanaudière, QC, J5Y 1A2

450 492-3799 ext. 3785 Fax: 450 492-3759

Website: www.centrelacroisee.com

Email: centrelacroisee@cssda.gouv.qc.ca

Services: General training centre for adults. * Francization. * Welcoming, referral, guidance and accompaniment (SARCA). * Distance training. * Social integration service. * Common basic training in French, mathematics and English. * Diversified basic training in French, mathematics, English and science. * Optional courses: computer science and career strategies. * Semi-skilled training in janitorial services. * Socio-professional integration courses.

Eligibility: francization: allophone immigrants, other services: people 16 years and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 7h30 to 16h30 and 17h30 to 20h30, Friday 7h30 to 15h30

Financing: provincial

Legal status: parapublic organization

SERVICE D'AIDE À LA FAMILLE IMMIGRANTE DE LA MRC DE L'ASSOMPTION

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

1 844 507-2683

Website: safima.ca

Email: info@safima.ca

Services: Reception and assistance for newly arrived immigrant families. * Information, training and referral. * Support in procedures. * Accompaniment and steps to break isolation. * Adapted and personalized intervention. * Francization and social activities.

Eligibility: immigrant families

Coverage area: MRC de L'Assomption

Hours: Monday to Friday 8h30 to 12h30 and 13h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

UNIVERS DES MOTS

735 Notre-Dame Street, Suite 102, Repentigny, Lanaudière, QC, J6A 2X4

438 476-3339

Website: univers-des-mots.ca

Email: info@univers-des-mots.ca

Services: * Basic French training workshops: reading and writing. * Computer initiation. * Francization for immigrants. * Preparatory workshops for Secondary School Equivalency Test (SSET).

Eligibility: people 16 years old and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$20

Financing: provincial

Legal status: non-profit organization

Literacy

A.B.C. DES MANOIRS

568 Léon-Martel Street, Terrebonne, Lanaudière, QC, J6W 2J8

450 471-6928

Website: www.labcdesmanoirs.com

Email: info@labcdesmanoirs.com

Services: Community literacy group. * Workshops in francization, literacy, numeracy, computer, and popular education workshops.

Eligibility: illiterate people or with low literacy over 16 years old

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 9h00 to 17h00, Friday 12h00 to 16h00, holiday schedule: closed from mid-December until start of January

Fees: annual registration: \$20, computer: \$15 per 1h30 workshop

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

ACTION DIGNITÉ LANAUDIÈRE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 756-1155

Email: administration@actiondignite.com

Services: * Literacy workshops. * School dropout prevention and retention. * Welcome and active listening. * Mobilization and consultation. * Advocacy for social assistance and unemployment: information, referrals, research and support. * Monthly café-rencontre: speaking out, education and group reflection.

Eligibility: people with little education and people on a low income

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: \$5

Financing: donations, grants

Legal status: non-profit organization

CENTRE L'AVENIR

508 Masson Street, Terrebonne, Lanaudière, QC, J6W 2Z3

450 492-3737 Fax: 450 471-5521

Website: www.centrelavenir.ca

Email: centre.lavenir@cssda.gouv.qc.ca

Services: General education centre for adults. * Welcoming, referral, guidance and accompaniment (SARCA). * Francization with possibility of financial assistance for newcomers. * Literacy. * Pre-secondary and secondary education. * Socioprofessional Integration Service (ISP): vocational guidance for students. * Social integration training (FIS). * External integration training (FISEX). * Attestation of Equivalence of Educational Level (AENS). * General Development Test (TDG). * Attestation of school prerequisites (CCQ). * Distance training.

Eligibility: francization: allophone immigrants, other services: people 16 years old and over

Coverage area: MRC L'Assomption, Terrebonne

Hours: Monday to Thursday 8h00 to 16h00 and 11h30 to 20h30, Friday 8h00 to 15h00

Fees: variable

Financing: provincial

Legal status: parapublic organization

L'ASSOMPTION PUBLIC LIBRARY

375 Saint-Pierre Street, L'Assomption, Lanaudière, QC, J5W 2B6

450 589-5671 ext. 3100 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/bibliotheque

Email: bibliotheque@ville.lassomption.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Book club for children. * Book club for adults. * Early literacy workshops. * Story time. * Biblio-Santé. * Home loan for people with reduced mobility. * Study rooms. * Conferences, exhibitions, workshops and author meetings. * Livre-service: service point at 2724 de l'Ange-Gardien Boulevard North.

Eligibility: home loans: seniors aged 65 and over with reduced mobility

Coverage area: L'Assomption

Hours: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00

Fees: subscription: free for residents

Financing: municipal

Legal status: municipal agency

MASCOUCHE PUBLIC LIBRARY

3015 des Ancêtres Avenue, Mascouche, Lanaudière, QC, J7K 1X6

450 474-4159 Fax: 450 474-3410

Website: biblio.ville.mascouche.qc.ca

Email: biblio@ville.mascouche.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Digital loans. * Computers and Internet access. * Story time. * Book club for children. * Book club for adults. * Early literacy workshops. * Conferences, activities, workshops, exhibitions.

Coverage area: Mascouche

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 9h30 to 17h00, summer: Monday to Thursday 10h00 to 20h00, Friday to Sunday 9h30 to 17h00

Fees: free for residents, \$75 per year for non-residents

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - EDMOND-ARCHAMBAULT

231 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 470-3430

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Tuesday to Thursday 13h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-resident: \$100 per year

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - ROBERT-LUSSIER

1 Place d'Évry, Repentigny, Lanaudière, QC, J6A 8H7

450 470-3420

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Monday to Thursday 10h00 to 21h00, Friday and Saturday 9h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-residents: \$100 per year

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ANDRÉ-GUÉRARD

3425 Camus Place, Terrebonne, Lanaudière, QC, J6Y 0C8

450 471-8265 ext. 1349

Website: biblio.ville.terrebonne.qc.ca/client/en_US

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ÎLE-DES-MOULINS

855 de l'Île-des-Moulins Place, Terrebonne, Lanaudière, QC, J6W 4N7

450 961-2001 ext. 1116 Fax: 450 471-3761

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Writing workshops. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 961-2001 ext. 1133

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LACHENAIE

3060 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A1

450 961-2001 ext. 1378

Website: biblio.ville.terrebonne.qc.ca/client/en_US/default

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé: information services for caregivers. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Knitting club. * Writing workshops. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

UNIVERS DES MOTS

735 Notre-Dame Street, Suite 102, Repentigny, Lanaudière, QC, J6A 2X4

438 476-3339

Website: univers-des-mots.ca

Email: info@univers-des-mots.ca

Services: * Basic French training workshops: reading and writing. * Computer initiation. * Francization for immigrants. * Preparatory workshops for Secondary School Equivalency Test (SSET).

Eligibility: people 16 years old and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$20

Financing: provincial

Legal status: non-profit organization

Public education

A.B.C. DES MANOIRS

568 Léon-Martel Street, Terrebonne, Lanaudière, QC, J6W 2J8

450 471-6928

Website: www.labcdesmanoirs.com

Email: info@abcdesmanoirs.com

Services: Community literacy group. * Workshops in francization, literacy, numeracy, computer, and popular education workshops.

Eligibility: illiterate people or with low literacy over 16 years old

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 9h00 to 17h00, Friday 12h00 to 16h00, holiday schedule: closed from mid-December until start of January

Fees: annual registration: \$20, computer: \$15 per 1h30 workshop

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

ACTION ZÉRO PAUVRETÉ

2500 Mascouche Boulevard, Suite 231, Mascouche, Lanaudière, QC, J7K 0H5

450 477-8985

Website: actionpopulaire.org

Email: info@actionpopulaire.org

Services: Individual and collective defense of the rights of people living in poverty, mainly people receiving last-resort financial assistance. * Individual assistance for citizens in understanding their rights and recourses, and the steps to take to ensure the defense of their rights. * Conferences, information workshops and discussion groups on economic and social rights and issues related to poverty and social exclusion. * Representation to public administrations and political bodies concerned with situations where the rights of citizens living in poverty are being violated or threatened. * Regular workshops and meetings for members. * Detailed schedule: agendaapm.blogspot.com

Eligibility: people on a low income or in a situation of poverty and social exclusion, including people receiving welfare or social solidarity, supporters interested in transformation and social justice, community workers

Coverage area: MRC Les Moulins and surroundings

Hours: walk-in appointment: usually every Tuesday from 9h00 to 12h00, other days of the week by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRES DES AFFLUENTS

80 Jean-Baptiste-Meilleur Street, Repentigny, Lanaudière, QC, J6A 6C5

450 492-9400 ext. 6700 Fax: 450 492-3720

Website: cssda.gouv.qc.ca

Email: info@cssda.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training and adult education. * Welcoming, referral, guidance and accompaniment (SARCA). * Vocational and general training centers. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Recognition of prior learning and skills (RAC). * Services for companies. * Francization services for newcomers. * School transportation coordination.

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: variable

Legal status: parapublic organization

CENTRE LA CROISÉE

777 Iberville Boulevard, C Wing, Repentigny, Lanaudière, QC, J5Y 1A2

450 492-3799 ext. 3785 Fax: 450 492-3759

Website: www.centrelacroisee.com

Email: centrelacroisee@cssda.gouv.qc.ca

Services: General training centre for adults. * Francization. * Welcoming, referral, guidance and accompaniment (SARCA). * Distance training. * Social integration service. * Common basic training in French, mathematics and English. * Diversified basic training in French, mathematics, English and science. * Optional courses: computer science and career strategies. * Semi-skilled training in janitorial services. * Socio-professional integration courses.

Eligibility: francization: allophone immigrants, other services: people 16 years and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 7h30 to 16h30 and 17h30 to 20h30, Friday 7h30 to 15h30

Financing: provincial

Legal status: parapublic organization

DÉVELOPPEMENT SOCIAL LANAUDIÈRE

200 De Salaberry Street, Joliette, Lanaudière, QC, J6E 4G1

450 759-9944 Fax: 450 759-8889

Website: dslanaudiere.org

Email: info@dslanaudiere.org

Services: Concertation table of community organizations for the improvement of the quality of life, the reduction of social inequalities and citizen participation in a sustainable development perspective. * Support, promotion, monitoring and expertise in social development. * Food security and housing consultation, forums. * Information, presentation and workshop facilitation. * Social development support for municipalities and MRCs. * Support for organizations to improve their governance.

Eligibility: community organizations, local social development committees, municipalities, MRCs

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

FIN À LA FAIM...

50 Thouin Street, Suite 223, Repentigny, Lanaudière, QC, J6A 4J4

450 654-3871

Website: www.finalafaim.org

Email: info@finalafaim.org

Services: * Weekly food assistance by appointment at 165 Ste-Marie in Charlemagne. * School projects: volunteering or community work. * Compensatory work and fines. * Prevention of elder abuse. * Help for new mothers who attend the organization. * Christmas baskets for members.

Eligibility: people and families on a low income

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h30, food distribution: by appointment, Thursday 12h00 to 16h00, holiday schedule: closed from december 24, 2024 to january 5, 2025

Fees: food assistance: \$3 per family per week

Financing: donations

Legal status: non-profit organization

MOUVEMENT D'ÉDUCATION POPULAIRE AUTONOME DE LANAUDIÈRE

144 Saint-Joseph Street, Suite 105, Joliette, Lanaudière, QC, J6E 5C4

450 752-4700 Fax: 450 760-3586

Website: www.mepal.net

Email: info@mepal.net

Services: Grouping of popular education organizations. * Popular education workshops: guide to elections at all levels of government, social and climate justice, media and misinformation, etc. * Collective advocacy. * Consultation and representation. * Information tools.

Eligibility: popular education organizations, autonomous community organizations

Coverage area: Lanaudière

Hours: on appointment, closed during summer

Fees: annual membership: \$40

Financing: provincial, donations, membership fees, fundraising campaigns, self-financing

Legal status: non-profit organization

ORGANISME DE BASSINS VERSANTS L'ASSOMPTION

3001 avenue 1st, Rawdon, Lanaudière, QC, J0K 1S0

450 755-1651 Fax: 450 755-1653

Website: www.cara.qc.ca

Email: info@obvlassomption.ca

Services: Protection, conservation and valorization of lakes and waterways. * Development, promotion and implementation of the Plan directeur de l'eau (PDE) and the Zone de gestion intégrée de l'eau par bassin versant (Zone GIEBV) action plan. * Conferences and symposia. * Educational workshops on the environment of lakes and rivers. * Water House: place of information, meetings and gatherings centre to promote respect of the environment and the sustainable use of our water resources. * Protection and development of the L'Assomption River. * Recreational tourism activities in harmony with the protection of lakes and waterways.

Eligibility: general public

Coverage area: MRC Matawinie, MRC Montcalm, MRC Joliette, MRC L'Assomption, MRC La Rivière-du-Nord, MRC D'Autray

Hours: Monday 9h00 to Friday 16h00, activities: variable

Financing: municipal, provincial, contributions

Legal status: non-profit organization

ORIGNAL TATOUÉ, CAFÉ DE RUE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 394-4384

Email: lorignaltatoue@gmail.com

Services: Place of listening and support. * Help, listening and referral. * Emergency assistance: food assistance, personal hygiene products, menstrual hygiene products, warm clothes and condoms. * Meals on site. * Recovery of used syringes. * Collective kitchens. * Shower, laundry room and lockers. * Computer and telephone available. * Monthly visit by a nurse: samples, screening, vaccination and answer to health questions. * Prevention and education activities.

Eligibility: young people 16 to 30 in a situation of social or family breakdown or experiencing difficulties related to drug addiction, homelessness and mental health problems

Capacity: 25 people

Coverage area: Joliette

Hours: Tuesday, Thursday and Friday 12h00 to 21h00, Wednesday and Saturday 12h00 to 17h00

Fees: none

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

School perseverance

ACTION DIGNITÉ LANAUDIÈRE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 756-1155

Email: administration@actiondignite.com

Services: * Literacy workshops. * School dropout prevention and retention. * Welcome and active listening. * Mobilization and consultation. * Advocacy for social assistance and unemployment: information, referrals, research and support. * Monthly café-rencontre: speaking out, education and group reflection.

Eligibility: people with little education and people on a low income

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: \$5

Financing: donations, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DES MOULINS

640 Langlois Street, Suite 3, Terrebonne, Lanaudière, QC, J6W 4P3

450 492-0088 Fax: 450 492-0473

Website: www.cjemoulins.org

Email: info@cjemoulins.org

Services: * Information and assessment. * Career counselling. * School retention and support. * Socioprofessional integration. * Employers services. * Documentation centre. * Youth entrepreneurship awareness. * Professional integration.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h30

Fees: none

Financing: provincial

Legal status: non-profit organization

COMITÉ RÉGIONAL POUR LA VALORISATION DE L'ÉDUCATION

165 Lajoie Street South, Joliette, Lanaudière, QC, J6E 5K9

450 404-4864

Website: www.crevale.org

Email: info@crevale.org

Services: Promoting cooperation among the Lanaudière community to increase the educational success of all. * Mobilization and awareness-raising. * Accompaniment. * Dissemination, transfer of knowledge and evaluation. * Development of tools to support the actions of organizations in terms of educational success. * Oser-Jeunes certification for employers from the Lanaudière region wishing to commit themselves to the promotion of education through the implementation of practices that promote a work-study balance.

Eligibility: organizations, professionals, schools, companies

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30

Financing: provincial, grants

Legal status: non-profit organization

MOUVEMENT ORGANISÉ DES MÈRES SOLIDAIRES

640 Langlois Street, Suite 1, Terrebonne, Lanaudière, QC, J6W 4P3

450 961-9107 Fax: 450 492-0473

Website: www.momsterrebonne.org

Email: info@momsterrebonne.org

Services: * Reception and referral. * Telephone follow-up. * Assistance with procedures. * Individual counselling. * School support in collaboration with the adult education centre. * Drop-in respite with volunteer grandmothers. * Various workshops: crafts and self-knowledge, budget, parenting skills, etc. * Collective kitchen. * Mother and child stimulation activities. * Support during and after pregnancy.

Eligibility: single young mothers 14 to 25 years old in vulnerable situations, their children

Capacity: 10 mothers per group

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h00 to 16h00, closed in summer

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

School service centers

CENTRE DE SERVICES SCOLAIRES DES AFFLUENTS

80 Jean-Baptiste-Meilleur Street, Repentigny, Lanaudière, QC, J6A 6C5

450 492-9400 ext. 6700 Fax: 450 492-3720

Website: cssda.gouv.qc.ca

Email: info@cssda.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training and adult education. * Welcoming, referral, guidance and accompaniment (SARCA). * Vocational and general training centers. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Recognition of prior learning and skills (RAC). * Services for companies. * Francization services for newcomers. * School transportation coordination.

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: variable

Legal status: parapublic organization

Employment and Income Support

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR SENIORS

EMPLOYMENT SUPPORT FOR WOMEN

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

ACTION ZÉRO PAUVRETÉ

2500 Mascouche Boulevard, Suite 231, Mascouche, Lanaudière, QC, J7K 0H5

450 477-8985

Website: actionpopulaire.org

Email: info@actionpopulaire.org

Services: Individual and collective defense of the rights of people living in poverty, mainly people receiving last-resort financial assistance. * Individual assistance for citizens in understanding their rights and recourses, and the steps to take to ensure the defense of their rights. * Conferences, information workshops and discussion groups on economic and social rights and issues related to poverty and social exclusion. * Representation to public administrations and political bodies concerned with situations where the rights of citizens living in poverty are being violated or threatened. * Regular workshops and meetings for members. * Detailed schedule: agendaapm.blogspot.com

Eligibility: people on a low income or in a situation of poverty and social exclusion, including people receiving welfare or social solidarity, supporters interested in transformation and social justice, community workers

Coverage area: MRC Les Moulins and surroundings

Hours: walk-in appointment: usually every Tuesday from 9h00 to 12h00, other days of the week by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES TRAVAILLEURS, TRAVAILLEUSES ACCIDENTÉS DE JOLI-MONT

4046 Queen Street, Suite 207, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1220 Fax: 450 834-1240

Website: attaj.ca

Email: info@attaj.ca

Services: * Phone information service on rights and recourses. * Information meetings on compensation for work-related accidents and illnesses. * Support and follow-up of files. * Popular education activities. * Collective rights defence action.

Eligibility: workers victim of work related accidents or occupational diseases

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE TERREBONNE

1679 Gascon Road, Terrebonne, Lanaudière, QC, J6X 3Z6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

LEGAL AID OFFICE - REPENTIGNY

10-A Brien Boulevard, Suite 100, Repentigny, Lanaudière, QC, J6A 4R7

450 581-8691 Fax: 450 581-1218

Website: www.ccjll.qc.ca

Email: bajrep@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - TERREBONNE

891 Saint-François-Xavier Street, Suite 210, Terrebonne, Lanaudière, QC, J6W 1H1

450 492-1535 Fax: 450 492-8378

Website: www.ccjll.qc.ca

Email: bajter@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible individuals. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

Budget management and consumption

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LANAUDIÈRE

200 de Salaberry Street, Suite 124, Joliette, Lanaudière, QC, J6E 4G1

450 756-1333 Fax: 450 759-8749

Website: aceflanaudiere.ca

Email: info@aceflanaudiere.ca

Services: * Budget consultation. * Budget workshop. * Telephone information about budget, credit and consumption. * Solidarity loan from the Desjardins Mutual Aid Fund. * Workshops and conferences: my personal finances, my consumption. * Support for Hydro-Quebec's payment arrangements.

Eligibility: adults, solidarity loan: people experiencing financial difficulties

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h30

Fees: workshops: variable

Financing: provincial
Legal status: Cooperative

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LANAUDIÈRE - MASCOUCHE SERVICE POINT

2500 Mascouche Boulevard, Suite 212, Mascouche, Lanaudière, QC, J7K 0H5

1 866 414-1333 Fax: 450 759-8749

Website: aceflanaudiere.ca/en

Email: info@aceflanaudiere.ca

Services: * Budget consultation. * Budget workshop. * Telephone information about budget, credit and consumption. * Solidarity loan from the Desjardins Mutual Aid Fund. * Workshops and conferences: my personal finances, my consumption. * Support for Hydro-Quebec's payment arrangements.

Eligibility: adults, solidarity loan: people experiencing financial difficulties

Coverage area: MRC Les Moulins

Hours: by appointment only

Fees: workshops: variable

Financing: provincial

Legal status: cooperative

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LANAUDIÈRE - REPENTIGNY SERVICE POINT

547 Leclerc Street, Repentigny, Lanaudière, QC, J6A 8B4

1 866 414-1333 Fax: 450 759-8749

Website: aceflanaudiere.ca

Email: info@aceflanaudiere.ca

Services: * Budget consultation. * Budget workshop. * Telephone information about budget, credit and consumption. * Solidarity loan from the Desjardins Mutual Aid Fund. * Workshops and conferences: my personal finances, my consumption. * Support for Hydro-Quebec's payment arrangements.

Eligibility: adults, solidarity loan: people experiencing financial difficulties

Coverage area: MRC L'Assomption

Hours: by appointment only

Fees: workshops: variable

Financing: provincial

Legal status: Cooperative

ASSOCIATION SCLÉROSE EN PLAQUES DE LANAUDIÈRE

200 Salaberry Street, Suite 307, Joliette, Lanaudière, QC, J6E 4G1

450 753-5545

Website: www.asepl.org

Email: info@asepl.org

Services: Support to people living with multiple sclerosis and their close ones. * Information about the disease. * Individual support, collective advocacy. * Financial support. * Visits at home and in care centres. * Activities for members. * Holiday meals and activities for members.

Eligibility: people living with multiple sclerosis, their close ones, social workers

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

MAISONS D'À CÔTÉ DE LANAUDIÈRE (LES)

639 Henri-Châlin Street, Joliette, Lanaudière, QC, J6E 0A4

438 863-9323 Fax: 450 398-0790

Website: www.lesmaisonsdacotelanaudiere.com

Email: direction@lesmac.org

Services: Adapted housing for people living with a physical disability. * Beneficiary attendant available 24/7. * Presence of auxiliary nurses. * Community intervention. * Rent supplement. Services for people not living in the Maisons d'à côté * Home support: personal care and domestic help. * Assistance in finding accessible and adapted housing. * Housing adaptations.

Eligibility: people 18 to 65 years old living with a physical disability

Capacity: 9 per residence

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: low price rent

Financing: self-financing

Legal status: non-profit organization

MOUVEMENT ORGANISÉ DES MÈRES SOLIDAIRES

640 Langlois Street, Suite 1, Terrebonne, Lanaudière, QC, J6W 4P3

450 961-9107 Fax: 450 492-0473

Website: www.momsterrebonne.org

Email: info@momsterrebonne.org

Services: * Reception and referral. * Telephone follow-up. * Assistance with procedures. * Individual counselling. * School support in collaboration with the adult education centre. * Drop-in respite with volunteer grandmothers. * Various workshops: crafts and self-knowledge, budget, parenting skills, etc. * Collective kitchen. * Mother and child stimulation activities. * Support during and after pregnancy.

Eligibility: single young mothers 14 to 25 years old in vulnerable situations, their children

Capacity: 10 mothers per group

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h00 to 16h00, closed in summer

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

PROGRAMME TRANSPORT-HÉBERGEMENT LANAUDIÈRE

1000 Saint-Anne Boulevard, Saint-Charles-Borromée, Lanaudière, QC, J6E 6J2

1 888 759-4033 Fax: 450 756-4951

Website: transport.hebergement.csssnl@ssss.gouv.qc.ca

Services: Financial support for transportation, parking and housing, for frequent and regular trips for medical or rehabilitation treatment.

Eligibility: people living with an intellectual or physical disability

Coverage area: Lanaudière

Fees: none

Financing: provincial

Legal status: parapublic organization

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE D'AIDE SEDAI T.S.S.

3677 Montée Gagnon, Terrebonne, Lanaudière, QC, J6Y 1K8

450 433-0888 Fax: 450 433-7999

Email: servicedaidesedai@hotmail.ca

Services: * Recovery and sale of used clothing and items. * Weekly food distribution. * Christmas baskets for members. * Financial support for families in need.

Eligibility: people in need

Coverage area: West Terrebonne: Très-Saint-Sacrement Parish

Hours: Monday to Wednesday 8h30 to 15h30, food assistance: Thursday

Fees: food assistance: \$2 per week

Financing: self-financing, grants, donations, contributions

Legal status: non-profit organization

Business development

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LANAUDIÈRE

260 Lavaltrie Street South, Joliette, Lanaudière, QC, J6E 5X7

1 800 668-9229

Website: www.cisss-lanaudiere.gouv.qc.ca

Email: info.cissslan@ssss.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 (except holidays)

Financing: provincial

Legal status: parapublic organization

CHAMBRE DE COMMERCE ET D'INDUSTRIE LES MOULINS

3115 de la Pinière Boulevard, Suite 300, Terrebonne, Lanaudière, QC, J6X 4P7

450 966-1536

Website: ccimoulins.com

Email: info@ccimoulins.com

Services: Socioeconomic development. * Networking activities. * Training and conferences. * Programs: Aile jeunesse, Affaires au Féminin, Cellule Industrielle, Achète chez nous. * Mentoring services. * Business circles.

Eligibility: entrepreneurs

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00

Fees: annual membership: \$159 for solopreneur and non-profit, \$259 for regular, \$399 for premium, \$599 for corporatif, plus taxes

Financing: contributions, donations, municipal

Legal status: non-profit organization

CIENOV

435 Notre-Dame Street, Repentigny, Lanaudière, QC, J6A 2T3

450 654-6488

Website: cienov.ca

Email: info@cienov.ca

Services: Encourages local economic growth. * Support for entrepreneurship. * Consultation with all local partners.

Eligibility: people residing in MRC Assomption, businesses

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h30

Financing: municipal, provincial, federal

Legal status: non-profit organization

EVOL - LANAUDIÈRE

104 Saint-Jacques Street, Saint-Jacques, Lanaudière, QC, J0K 2R0

1 844 523-7767

Website: evol.ca/en

Email: info@evol.ca

Services: Support for diversely owned and inclusive businesses seeking to make a positive impact on society. * Financing. * Accompaniment. * Training. * Networking events.

Eligibility: businesses owned at least by 25% by people from diverse backgrounds

Coverage area: Lanaudière

Financing: provincial

Legal status: non-profit organization

MRC LES MOULINS

710 des Seigneurs Boulevard, 2nd Floor, Terrebonne, Lanaudière, QC, J6W 1T6

450 471-9576 Fax: 450 471-8193

Website: www.mrclesmoulins.ca

Email: info@mrclesmoulins.ca

Services: Administration of regional services with supra-local character. * Land management and development. * Urban planning regulations. * Management of public services: watercourses, waste management, property assessment, civil, fire and public security. * Socio-economic and touristic development. * Promotion of heritage, culture and tourism.

Coverage area: MRC Les Moulins

Hours: administrative offices: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, tourist information: Monday to Thursday 13h00 to 17h00, Friday 10h00 to 14h00

Financing: municipal, self-financing, provincial

Legal status: municipal agency

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Employment support and training

ACTION RH LANAUDIÈRE - BUREAU JOLIETTE

371 Notre-Dame Street, 2nd floor, Joliette, Lanaudière, QC, J6E 3H5

450 492-4104

Website: www.cceml.ca/en

Email: contact@actionrh.ca

Services: Job search program. * Job offers. * Guidance service, resume writing assistance, job search workshops and personalized follow-up. * Specialized service for people 35 years old and over. * Specialized service for people 50 years old and over.

Eligibility: employment insurance and income security beneficiaries, unemployed people aged 35 years old and over

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30

Fees: none for people who are unemployed

Financing: provincial

Legal status: non-profit organization

ACTION RH LANAUDIÈRE - BUREAU REPENTIGNY

50 Thouin Street, Suite 205, Repentigny, Lanaudière, QC, J6A 4J4

450 492-4104

Website: www.cceml.ca/en

Email: contact@actionrh.ca

Services: * Job seeking programs: job offers, resume writing assistance, personalized follow-up, workshops, Internet training, guidance service. * Specialized service for people 35 years old and over. * Specialized services for people 50 years old and over.

Eligibility: employment insurance beneficiaries, income security and individuals with no income

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ACTION RH LANAUDIÈRE - BUREAU TERREBONNE

3395 de la Pinière Boulevard, Suite 130, Terrebonne, Lanaudière, QC, J6X 4N1

450 492-4104

Website: www.cceml.ca/en

Email: contact@actionrh.ca

Services: * Job seeking programs: job offers, resume writing assistance, personalized follow-up, workshops, Internet training, guidance service. * Specialized service for people 35 years old and over. * Specialized service for people 50 years old and over.

Eligibility: employment insurance beneficiaries, income security beneficiaries and people without an income

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DE REPENTIGNY POUR L'AVANCEMENT DE LA MUSIQUE

543 Notre-Dame Street, Suite 101, Repentigny, Lanaudière, QC, J6A 2T6

450 582-6714

Website: www.aramusique.org

Email: info@aramusique.org

Services: Promotion of concert music and of emerging musicians from Québec and Canada. * Concerts: annual series for children, annual series for the general public, summer concert, summer musical masses. * Competition for young classical musicians. * Children's choir. * Codiffusion and cooperation with other organizations.

Eligibility: children, adults

Capacity: 375

Coverage area: MRC L'Assomption

Hours: Monday to Friday 9h00 to 17h00

Fees: concerts: variable, subscription available

Financing: self-financing, donations, provincial, federal, municipal

Legal status: non-profit organization

BUFFET ACCÈS EMPLOI

355 Road 335, Saint-Lin–Laurentides, Lanaudière, QC, J5M 2C1

1 877 439-3465 **Fax:** 450 439-3400

Website: www.bae.qc.ca

Email: info@bae.qc.ca

Services: Employment enterprise specialized in food catering for events. * Workplace training of 22 to 26 weeks. * Post-training follow-up. * Events, corporate, CPE and daycare catering.

Eligibility: employment enterprise: adults on welfare assistance or unemployment insurance, frozen meals: general public

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: frozen meals: variable

Financing: autofinancement, subventions

Legal status: non-profit organization

C.L.E.F., CENTRE LANAUDIÈRE D'EMPLOI POUR FEMMES (LA)

245 Papineau Street, Joliette, Lanaudière, QC, J6E 2K8

1 855 755-3244 **Fax:** 450 755-3758

Website: laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: Job market integration for women. * Information and career guidance. * Help with job search. * Group training. * Workplace internships.

Eligibility: unemployed women

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

CAMPUS EMPLOI (LE) - POINT DE SERVICE REPENTIGNY

467 Notre-Dame Street, Suite 206 A, Repentigny, Lanaudière, QC, J6A 2T3

1 855 398-0687 **Fax:** 450 398-0685

Website: campusemploi.org

Email: info@campusemploi.org

Services: Employment counselling centre. * Le Virage and Le Virage Express programs: accompaniment in the process of professional reintegration, implementation of an individual action plan, work on self-esteem, group approach with individual support, duration of 8 or 12 weeks. * Profil Action Program: global intervention, accompaniment in the process of professional reintegration, implementation of an individual action plan, work on self-esteem, individual approach with group workshops, duration of 25 weeks. * Directory of job offers and online applications.

Eligibility: men 35 years old and over

Coverage area: Repentigny

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'INTÉGRATION PROFESSIONNELLE DE LANAUDIÈRE

547 Leclerc Street, Suite 200, Repentigny, Lanaudière, QC, J6A 8B4

450 582-6561 Fax: 450 582-4536

Website: cipl.ca

Email: info@cipl.ca

Services: Services for women seeking employment and returning to the labour market. * Help and accompaniment: personal and professional assessment, CV and cover letter writing, interview preparation, research methods and advice. * Employment preparation program: 15-week group project. * Cartes de l'emploi: continuous programme, individual meetings and group workshops, variable duration. * Accompaniment of women seeking employment in a traditionally male field. * Pre-employability program: accompaniment of women to integrate into an employability measure, training or employment. * Computer courses. * Referral to community organizations. * Monthly thematic workshops: self-esteem, stress management, communication and assertiveness, time management, etc.

Eligibility: women

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 12h45 to 16h00, Friday 8h30 to 12h00

Fees: employment support services: free if the person meets the eligibility criteria, variable

Financing: provincial

Legal status: non-profit organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

JARDIN HUMANI-TERRE

1172 Double Rank, Saint-Lin–Laurentides, Lanaudière, QC, J5M 1X8

450 439-3654

Website: www.jardinhumani-terre.ca

Email: info@jardinhumani-terre.ca

Services: To promote the socialization, integration, social and professional reintegration of any person through activities offered in an eco-responsible environment. * Social and professional reintegration: support, training, supervision, mentoring services through gardening activities and tasks. * Programme d'appui aux collectivités (PAC): awareness activities to promote better collective living. * Agrotourism: production, processing, marketing, visit of the gardens, themed days for schools and families, day camps. * Ecological collective gardens: design, development, animation. * Sale of handcrafted products made with the harvest of the land by volunteers through the reintegration program.

Eligibility: general population

Coverage area: Lanaudière

Hours: Monday to Thursday, or by appointment

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - JOLIETTE

245 Papineau Street, Joliette, Lanaudière, QC, J6E 2K8

1 855 755-3244 Fax: 450 755-3758

Website: www.laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: Employability services. * Individual and group assistance: counselling, CV, job search and interview techniques, skills transfer. * Vocational guidance. * Globe: introduction to the job market, support, individual or group assistance for a better use of job search tools.

Eligibility: people 35 years and over who are looking for a job, welfare or employment insurance recipients or without public income support, Globe service: immigrant people with permanent residency, citizenship or refugee status

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - SAINTE-JULIENNE

2484 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 399-0898

Website: www.laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: * Perspectives Nouvelles: job search assistance for people over 35 years old. * GLOBE: job search program for immigrant people. * Personalized services upon request.

Eligibility: Perspectives Nouvelles: people 35 years old and over, Globe: immigrant people searching for a job with a permanent resident, a refugee or a Canadian citizen status

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30 and by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

PROVISION COMPASSION

3719 des Commissaires Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4958

Email: provisioncompassion@outlook.com

Services: * Food counter: low cost baskets including perishable and non-perishable food. * Emergency food assistance. * Social integration programs.

Coverage area: Lanaudière

Hours: Thursday 13h00 to 19h00, Friday 13h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

Employment support for immigrants

PERSPECTIVES NOUVELLES - JOLIETTE

245 Papineau Street, Joliette, Lanaudière, QC, J6E 2K8

1 855 755-3244 Fax: 450 755-3758

Website: www.laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: Employability services. * Individual and group assistance: counselling, CV, job search and interview techniques, skills transfer. * Vocational guidance. * Globe: introduction to the job market, support, individual or group assistance for a better use of job search tools.

Eligibility: people 35 years and over who are looking for a job, welfare or employment insurance recipients or without public income support, Globe service: immigrant people with permanent residency, citizenship or refugee status

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - REPENTIGNY

50 Thouin Street, Suite 229, Repentigny, Lanaudière, QC, J6A 4J4

450 755-3244 ext. 115

Website: laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: * GLOBE: job search program for immigrant people with group workshops and individual assistance. * Personalized services upon request.

Eligibility: immigrant people seeking a job with a permanent resident, a refugee or a Canadian citizen status, or with a work permit according to the recommendations of an Emploi Québec agent

Coverage area: Lanaudière

Hours: Monday to Friday 9h30 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - SAINTE-JULIENNE

2484 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 399-0898

Website: www.laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: * Perspectives Nouvelles: job search assistance for people over 35 years old. * GLOBE: job search program for immigrant people. * Personalized services upon request.

Eligibility: Perspectives Nouvelles: people 35 years old and over, Globe: immigrant people searching for a job with a permanent resident, a refugee or a Canadian citizen status

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30 and by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - TERREBONNE

500 des Seigneurs Boulevard, Suite 2, Terrebonne, Lanaudière, QC, J6W 1T3

450 312-0300

Website: laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: * GLOBE: job search program for immigrant people with group workshops and individual accompaniment. * Personalized services according to need.

Eligibility: immigrant people seeking a job with a permanent resident, a refugee or a Canadian citizen status, or with a work permit according to the recommendations of an Emploi Québec agent

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office:

www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder:

www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch *

Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment

insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. *

Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information

for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and

organizations. Veterans Affairs Canada * Support and services related to mental and physical health. *

Education and employment: finding a job, returning to school, etc. * Financial programs and services: income

support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship *

Online information: using the services of a representative, sponsoring a family member, immigrating as a

refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you:

ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International

benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age

Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbssc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Employment support for seniors

ACTION RH LANAUDIÈRE - BUREAU JOLIETTE

371 Notre-Dame Street, 2nd floor, Joliette, Lanaudière, QC, J6E 3H5

450 492-4104

Website: www.cceml.ca/en

Email: contact@actionrh.ca

Services: Job search program. * Job offers. * Guidance service, resume writing assistance, job search workshops and personalized follow-up. * Specialized service for people 35 years old and over. * Specialized service for people 50 years old and over.

Eligibility: employment insurance and income security beneficiaries, unemployed people aged 35 years old and over

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30

Fees: none for people who are unemployed

Financing: provincial

Legal status: non-profit organization

ACTION RH LANAUDIÈRE - BUREAU REPENTIGNY

50 Thouin Street, Suite 205, Repentigny, Lanaudière, QC, J6A 4J4

450 492-4104

Website: www.cceml.ca/en

Email: contact@actionrh.ca

Services: * Job seeking programs: job offers, resume writing assistance, personalized follow-up, workshops, Internet training, guidance service. * Specialized service for people 35 years old and over. * Specialized services for people 50 years old and over.

Eligibility: employment insurance beneficiaries, income security and individuals with no income

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ACTION RH LANAUDIÈRE - BUREAU TERREBONNE

3395 de la Pinière Boulevard, Suite 130, Terrebonne, Lanaudière, QC, J6X 4N1

450 492-4104

Website: www.cceml.ca/en

Email: contact@actionrh.ca

Services: * Job seeking programs: job offers, resume writing assistance, personalized follow-up, workshops, Internet training, guidance service. * Specialized service for people 35 years old and over. * Specialized service for people 50 years old and over.

Eligibility: employment insurance beneficiaries, income security beneficiaries and people without an income

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - JOLIETTE

245 Papineau Street, Joliette, Lanaudière, QC, J6E 2K8

1 855 755-3244 Fax: 450 755-3758

Website: www.laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: Employability services. * Individual and group assistance: counselling, CV, job search and interview techniques, skills transfer. * Vocational guidance. * Globe: introduction to the job market, support, individual or group assistance for a better use of job search tools.

Eligibility: people 35 years and over who are looking for a job, welfare or employment insurance recipients or without public income support, Globe service: immigrant people with permanent residency, citizenship or refugee status

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - SAINTE-JULIENNE

2484 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 399-0898

Website: www.laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: * Perspectives Nouvelles: job search assistance for people over 35 years old. * GLOBE: job search program for immigrant people. * Personalized services upon request.

Eligibility: Perspectives Nouvelles: people 35 years old and over, Globe: immigrant people searching for a job with a permanent resident, a refugee or a Canadian citizen status

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30 and by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for women

C.L.E.F., CENTRE LANAUDIÈRE D'EMPLOI POUR FEMMES (LA)

245 Papineau Street, Joliette, Lanaudière, QC, J6E 2K8

1 855 755-3244 Fax: 450 755-3758

Website: laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: Job market integration for women. * Information and career guidance. * Help with job search. * Group training. * Workplace internships.

Eligibility: unemployed women

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

CENTRE D'INTÉGRATION PROFESSIONNELLE DE LANAUDIÈRE

547 Leclerc Street, Suite 200, Repentigny, Lanaudière, QC, J6A 8B4

450 582-6561 Fax: 450 582-4536

Website: cipl.ca

Email: info@cipl.ca

Services: Services for women seeking employment and returning to the labour market. * Help and accompaniment: personal and professional assessment, CV and cover letter writing, interview preparation, research methods and advice. * Employment preparation program: 15-week group project. * Cartes de l'emploi: continuous programme, individual meetings and group workshops, variable duration. * Accompaniment of women seeking employment in a traditionally male field. * Pre-employability program: accompaniment of women to integrate into an employability measure, training or employment. * Computer courses. * Referral to community organizations. * Monthly thematic workshops: self-esteem, stress management, communication and assertiveness, time management, etc.

Eligibility: women

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 12h45 to 16h00, Friday 8h30 to 12h00

Fees: employment support services: free if the person meets the eligibility criteria, variable

Financing: provincial

Legal status: non-profit organization

MAISON PAULINE BONIN

360 Saint-Louis Street, Suite 1, Joliette, Lanaudière, QC, J6E 2Y6

450 752-6730

Website: maisonpaulinebonin.org

Email: info@maisonpaulinebonin.org

Services: Subsidized temporary housing with services. * Housing for up to 3 years. * Individual support in the procedures, with or without housing. * Group accompaniment, with or without housing. * Information workshops, with or without housing.

Eligibility: single mothers who want to return to work or school

Capacity: 12 apartments

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: 25% of income according to the provincial notice of assessment

Financing: provincial, self-financing

Legal status: non-profit organization

Employment support for youth

ASSOCIATION QUÉBEC-FRANCE - LANAUDIÈRE

Confidential Address

Website: www.quebecfrancelanaudiere.org

Email: presidente@quebecfrancelanaudiere.org

Services: Development of direct and privileged France-Québec relationships. * Dinner and conferences. * Intermunicipal work exchange program for youth. * Slam-poetry contest. * Trips to France. * Reciprocity housing. * Cultural activities. * Christmas meal for members.

Eligibility: francophiles, French language defenders

Coverage area: Lanaudière

Fees: annual membership: \$30 for singles, \$55 for couples, \$60 for organizations

Financing: membership fees

Legal status: non-profit organization

CARREFOUR FAMILIAL DES MOULINS

427 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 492-1257 Fax: 450 492-6019

Website: www.carrefourfamilialdesmoulins.com

Email: info@carrefourfamilialdesmoulins.com

Services: Family centre and perinatal resource centre. * Individual parental support. * Respite. * Daycare. * Prenatal meetings: information on pregnancy, nutrition and baby care, etc. * Prenatal and postnatal yoga, prenatal pilates, fitness and cardio mommy. * Massage and sign language courses for babies. * Socialization and stimulation workshops. * Parent-child cooking workshop for 3 to 5 year olds. * Parenting skills development workshop. * Reception and referral. * Toy library for 0 to 5 years old. * Courses for teenagers: Stay Safe! and Babysitting. * Perinatal bereavement support group. * Coffee-chat.

Eligibility: families, future parents

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h15 and 13h00 to 16h00

Fees: member access: \$10 per year

Financing: provincial, municipal, contributions, self-financing, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DES MOULINS

640 Langlois Street, Suite 3, Terrebonne, Lanaudière, QC, J6W 4P3

450 492-0088 Fax: 450 492-0473

Website: www.cjemoulins.org

Email: info@cjemoulins.org

Services: * Information and assessment. * Career counselling. * School retention and support. * Socioprofessional integration. * Employers services. * Documentation centre. * Youth entrepreneurship awareness. * Professional integration.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI L'ASSOMPTION

10 Notre-Dame Street, 3rd floor, Repentigny, Lanaudière, QC, J6A 2N9

450 581-3785 Fax: 450 582-6610

Website: cjela.qc.ca

Email: info@cjela.qc.ca

Services: Support and accompaniment of youth in their job search and return to school. * Welcoming, information and referral. * Job search assistance. * Professional and school guidance. * Documentation centre. * Youth entrepreneurship: conferences at schools, cooperative projects support. * School perseverance.

Eligibility: youth 14 to 35 years old

Coverage area: MRC L'Assomption

Hours: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 10h00 to 16h30, Friday 8h30 to 15h30, last Thursday of the month 8h30 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Tax clinics**CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION - TAX CLINIC**

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.cabmrclassomption.com

Email: informations@cabmrclassomption.org

Services: Year-round tax clinic, by appointment.

Eligibility: people on a low income, seniors, immigrants

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00, 2024 Clinic: February 27 to April 30th, by appointment only

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CITÉ GÉNÉRACTION 55+ - TAX CLINIC

702 Montée Masson South, Terrebonne, Lanaudière, QC, J6W 0E7

514-974-3829

Website: www.cite55.org

Email: lorraine018@videotron.ca

Services: * Walk-in Tax clinic.

Eligibility: Elderly people and welfare

Coverage area: Terrebonne, Mascouche

Hours: 2025 tax clinic: walk-in, February 24th to April 30th, Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support.

* Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. *

Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

BUFFET ACCÈS EMPLOI

355 Road 335, Saint-Lin–Laurentides, Lanaudière, QC, J5M 2C1

1 877 439-3465 Fax: 450 439-3400

Website: www.bae.qc.ca

Email: info@bae.qc.ca

Services: Employment enterprise specialized in food catering for events. * Workplace training of 22 to 26 weeks. * Post-training follow-up. * Events, corporate, CPE and daycare catering.

Eligibility: employment enterprise: adults on welfare assistance or unemployment insurance, frozen meals: general public

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: frozen meals: variable

Financing: autofinancement, subventions

Legal status: non-profit organization

CAMPUS EMPLOI (LE) - POINT DE SERVICE REPENTIGNY

467 Notre-Dame Street, Suite 206 A, Repentigny, Lanaudière, QC, J6A 2T3

1 855 398-0687 Fax: 450 398-0685

Website: campusemploi.org

Email: info@campusemploi.org

Services: Employment counselling centre. * Le Virage and Le Virage Express programs: accompaniment in the process of professional reintegration, implementation of an individual action plan, work on self-esteem, group approach with individual support, duration of 8 or 12 weeks. * Profil Action Program: global intervention, accompaniment in the process of professional reintegration, implementation of an individual action plan, work on self-esteem, individual approach with group workshops, duration of 25 weeks. * Directory of job offers and online applications.

Eligibility: men 35 years old and over

Coverage area: Repentigny

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'INTÉGRATION PROFESSIONNELLE DE LANAUDIÈRE

547 Leclerc Street, Suite 200, Repentigny, Lanaudière, QC, J6A 8B4

450 582-6561 Fax: 450 582-4536

Website: cipl.ca

Email: info@cipl.ca

Services: Services for women seeking employment and returning to the labour market. * Help and accompaniment: personal and professional assessment, CV and cover letter writing, interview preparation, research methods and advice. * Employment preparation program: 15-week group project. * Cartes de l'emploi: continuous programme, individual meetings and group workshops, variable duration. * Accompaniment of women seeking employment in a traditionally male field. * Pre-employability program: accompaniment of women to integrate into an employability measure, training or employment. * Computer courses. * Referral to community organizations. * Monthly thematic workshops: self-esteem, stress management, communication and assertiveness, time management, etc.

Eligibility: women

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 12h45 to 16h00, Friday 8h30 to 12h00

Fees: employment support services: free if the person meets the eligibility criteria, variable

Financing: provincial

Legal status: non-profit organization

CENTRE RÉSIDENTIEL COMMUNAUTAIRE JOLIETTE-LANAUDIÈRE

785 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3G1

1 877 752-0556 Fax: 450 752-0824

Website: www.crcjoliette.ca

Email: stremlay@crcjoliette.ca

Services: Residential community centre. * Housing. * Accompaniment and referrals. * Individual and group counselling. * Various specialized programs. * Community and compensatory work assistance. * Prevention and awareness.

Eligibility: judicialized men 18 years old and over on a correctional measure with follow-up

Capacity: housing: 21

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: according to income

Financing: self-financing, provincial, federal

Legal status: non-profit organization

CYBER-CIBLE

3131 5th Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4440

Website: cyber-cible.org

Email: info@cyber-cible.org

Services: Socio-professional integration organization with a social economy component. * Activités de Travail Valorisantes (ATV) Program. * Work platform in companies and in the organization. * Copy and office automation services.

Eligibility: ATV program: adults living with an intellectual disability, recipients of social solidarity and with severe employment constraints, work platform: adults living with an intellectual disability or on the autism spectrum, recipients of social solidarity and with severe employment constraints, people not eligible for another employability measure from Emploi-Québec, training: people at risk of social exclusion, copy center: small businesses, community organizations and individuals

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, copy centre: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

DÉFI-INTÉGRATION-DÉVELOPPEMENT-ACCOMPAGNEMENT (DIDA) - REPENTIGNY

10 Notre-Dame Street, Suite 111, Repentigny, Lanaudière, QC, J6A 2N9

450 704-2777

Website: www.dida-integration.org

Email: info@dida-integration.org

Services: Social and professional skills development programs for adults living with intellectual disabilities. * Accompaniment in the job integration process. * Trainings. * Assembling, labeling, stamping, packaging, shredding, binding and other services.

Eligibility: adults 21 years old and over living with an intellectual disability

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h00 to 15h30

Fees: membership: \$20

Financing: provincial

Legal status: non-profit organization

JARDIN HUMANI-TERRE

1172 Double Rank, Saint-Lin–Laurentides, Lanaudière, QC, J5M 1X8

450 439-3654

Website: www.jardinhumani-terre.ca

Email: info@jardinhumani-terre.ca

Services: To promote the socialization, integration, social and professional reintegration of any person through activities offered in an eco-responsible environment. * Social and professional reintegration: support, training, supervision, mentoring services through gardening activities and tasks. * Programme d'appui aux collectivités (PAC): awareness activities to promote better collective living. * Agrotourism: production, processing, marketing, visit of the gardens, themed days for schools and families, day camps. * Ecological collective gardens: design, development, animation. * Sale of handcrafted products made with the harvest of the land by volunteers through the reintegration program.

Eligibility: general population

Coverage area: Lanaudière

Hours: Monday to Thursday, or by appointment

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

MAISON PAULINE BONIN

360 Saint-Louis Street, Suite 1, Joliette, Lanaudière, QC, J6E 2Y6

450 752-6730

Website: maisonpaulinebonin.org

Email: info@maisonpaulinebonin.org

Services: Subsidized temporary housing with services. * Housing for up to 3 years. * Individual support in the procedures, with or without housing. * Group accompaniment, with or without housing. * Information workshops, with or without housing.

Eligibility: single mothers who want to return to work or school

Capacity: 12 apartments

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: 25% of income according to the provincial notice of assessment

Financing: provincial, self-financing

Legal status: non-profit organization

PROVISION COMPASSION

3719 des Commissaires Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4958

Email: provisioncompassion@outlook.com

Services: * Food counter: low cost baskets including perishable and non-perishable food. * Emergency food assistance. * Social integration programs.

Coverage area: Lanaudière

Hours: Thursday 13h00 to 19h00, Friday 13h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

SERLAN - JOLIETTE

957 Raoul-Charette Street, Joliette, Lanaudière, QC, J6E 8S4

450 752-0030 Fax: 450 752-2015

Website: serlan.com

Email: sboucher@serlan.com

Services: Adapted workplace for people living with a physical or an intellectual disability, or with a mental health issue. * Assembling, mounting, shrink wrapping, bagging, labeling, die cutting, various handling, spiral binding and Wire-O.

Eligibility: adults living with a physical or an intellectual disability, or a mental health issue

Coverage area: Lanaudière

Hours: Monday to Thursday 7h00 to 16h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

SERLAN - REPENTIGNY

505 Lanaudière Street, Repentigny, Lanaudière, QC, J6A 7N1

450 654-9574 Fax: 450 654-5908

Website: serlan.com

Email: sboucher@serlan.com

Services: Adapted workplace for people living with a physical or an intellectual disability, or with a mental health issue. * Assembling, mounting, shrink wrapping, bagging, labeling, die cutting, various handling, spiral binding and Wire-O.

Eligibility: people living with a physical or an intellectual disability, or a mental health issue

Coverage area: Repentigny

Hours: Monday to Friday 7h00 to 16h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE SPÉCIALISÉ DE MAIN-D'OEUVRE ESSOR II

10 Notre-Dame Street, Suite 203, Repentigny, Lanaudière, QC, J6A 2N9

1 855 755-3855 Fax: 450 755-3266

Website: essor2.org

Email: info@essor2.org

Services: Employment assistance for people with functional limitations. * Assessment and consultation. * Referral to training organizations. * Job search assistance. * Contact with employers. * Follow-up and support during employment. * Work placements. * Services for employers: pre-selection of candidates, help in finding a solution, staff training, possibility of financial assistance for various measures, etc. * Mascouche point of service: 2500 Mascouche Boulevard, Suite 226-227. * Joliette point of service: 463 de Lanaudière Street.

Eligibility: people living with physical, intellectual or psychological limitations and who need help to enter or stay in employment

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Financing: grants

Legal status: non-profit organization

TDL - LANAUDIÈRE

2500 Mascouche Boulevard, Suite 215, Mascouche, Lanaudière, QC, J7K 0H5

450 474-8870

Website: dysphasielanaudiere.org

Email: administration@tdl-lanaudiere.org

Services: * Telephone listening and referral. * Documents for buying, loan or consultation. * Conferences and training. * Recreational activities for families. * Respite. * Horse therapy. * Activities for teenagers 12 to 15 years old. * Socialization and social integration for adults. * Job integration assistance, socioprofessional support. * Weekly recreational activities for adults. * Lexical development group. * Service point in Joliette: 200 de Salaberry Street, Suite 04. * Christmas lunch.

Eligibility: people with a developmental language disorder (dysphasia), parents of dysphasic children, professionals

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: families: \$45, TDL adults: \$25, TDL adults in couples and parents of TDL adults: \$35, professionals: \$100, partners: \$50

Financing: grants, self-financing, donations

Legal status: non-profit organization

Food**CHRISTMAS BASKET****COLLECTIVE KITCHENS AND COOKING WORKSHOPS****COMMUNITY GARDENS AND MARKETS****FOOD ASSISTANCE****FOOD AID FOR PREGNANT WOMEN AND CHILDREN****FOOD ASSISTANCE COORDINATION****FOOD ASSISTANCE IN SCHOOLS****LOW COST OR FREE MEALS****PREPARED MEALS AND MEALS-ON-WHEELS**

Christmas basket

CENTRE D'AMITIÉ AUTOCHTONE DE LANAUDIÈRE

523 Sainte-Anne Boulevard, Joliette, Lanaudière, QC, J6E 5A3

450 277-9911 Fax: 450 760-9923

Website: www.caalanaudiere.ca

Email: info@caalanaudiere.ca

Services: Services and programs to improve the living conditions of Indigenous people. * Information and referral. * Hotline 24/7: 450 277-9911. * Accompaniment and support services in different procedures by an outreach worker. * Legal services: lawyer on site once a month. * Massage therapy and chiropractic services. * Nurse and doctor on site. * Programme d'aide préscolaire autochtone pour les communautés urbaines et nordique (PAPACUN): activities related to culture, health, nutrition and education for children from 0 to 5 years old and their families. * Educational services: homework help for elementary and secondary students, workspace, liaison between families and schools, low-cost school store and individual accompaniment for students and families. * Cultural and educational activities. * Youth activities for 12 to 17 years old. * Youth Council made up of 7 young people 14 to 22 years old. * Summer youth day camp program. * Sports and outdoor activities for all. * Proximity clinic. * Christmas baskets. * Tax clinic.

Eligibility: Indigenous people of all ages

Coverage area: Joliette

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, self-financing, donations, grants, foundations

Legal status: non-profit organization

COMITÉ D'AIDE AUX PLAINOIS

5611 Laurier Boulevard, Terrebonne, Lanaudière, QC, J7M 1T7

450 477-8761

Email: cap.terrebonne@gmail.com

Services: * Food bank. * Christmas baskets. * Clothing assistance. * Sale of low-cost clothing, toys and other items. * Listening and referral.

Eligibility: people and families on a low income

Coverage area: La Plaine

Hours: Tuesday to Friday 13h00 to 16h30

Fees: none

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

COMITÉ D'AIDE LACHENOIS

1345 Grande-Allée Street, Suite 104, Terrebonne, Lanaudière, QC, J6W 4K6

450 964-0360

Services: * Welcoming, support and guidance. * Food bank. * Clothing counter. * Christmas baskets. * Collection points for donations: clothing, kitchen items, etc.

Eligibility: people in need

Coverage area: Lachenaie

Hours: Monday to Thursday 9h00 to 15h00, by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

ÉGLISE LA CITÉ

693 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3R5

514 834-5052

Website: www.lacitemascouche.ca

Email: info@egliselacite.ca

Services: * Cuisin'aide: food assistance, online form [click here](#) * Opération sac à dos: donations of school supplies. * Christmas baskets. * Grouping of religious activities and services.

Eligibility: people living in the Les Moulins region, Cuisin'aide: people going through a difficult situation, opération sac à dos: teachers or children in elementary or high school

Coverage area: Mascouche

Hours: variable

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

FIN À LA FAIM...

50 Thouin Street, Suite 223, Repentigny, Lanaudière, QC, J6A 4J4

450 654-3871

Website: www.finalafaim.org

Email: info@finalafaim.org

Services: * Weekly food assistance by appointment at 165 Ste-Marie in Charlemagne. * School projects: volunteering or community work. * Compensatory work and fines. * Prevention of elder abuse. * Help for new mothers who attend the organization. * Christmas baskets for members.

Eligibility: people and families on a low income

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h30, food distribution: by appointment, Thursday 12h00 to 16h00, holiday schedule: closed from december 24, 2024 to january 5, 2025

Fees: food assistance: \$3 per family per week

Financing: donations

Legal status: non-profit organization

MAISONS FAMILIALES PAR AMOUR (LES) - CHERTSEY

13200 335 Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-3535

Website: lesmaisonsfamilialesparamour.com

Email: info@lesmaisonsfamilialesparamour.com

Services: * Food assistance. * Christmas baskets.

Eligibility: people on a low income, people in vulnerable situations

Coverage area: Lanaudière

Hours: Tuesday 9h00 to 11h00, Friday 9h00 to 11h00 and 13h00 to 15h00

Fees: food basket: \$10

Financing: self-financing, donations

Legal status: non-profit organization

OEUVRES DE GALILÉE (LES)

766 Léopold-Lachapelle Street, Terrebonne, Lanaudière, QC, J6W 2T9

450 492-9442 Fax: 450 492-8404

Website: www.galileeterrebonne.com

Email: lesoeuvresdegallee@videotron.ca

Services: * Full food assistance every two weeks. * Emergency food aid available once a year. * Collective kitchen. * Community fridge. * Referral. * Christmas baskets. * Discussion workshops.

Eligibility: people on a low income

Coverage area: Terrebonne Centre

Hours: food assistance: Monday, Wednesday and Thursday 13h00 to 16h00, discussion group or collective kitchen: Monday

Fees: membership: \$10, every two weeks food distribution: \$5, emergency assistance: free

Financing: donations, municipal, grants

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE L'ASSOMPTION

168 Saint-Joseph Street, L'Assomption, Lanaudière, QC, J5W 3B8

450 589-6655

Website: www.ssvp-lassomption.org

Email: ssvplassomption@outlook.com

Services: * Food bank. * Depot: sale of low-cost clothes and furniture. * Christmas baskets. * School supplies

Eligibility: people in need

Coverage area: L'Assomption

Hours: Tuesday and Wednesday 13h00 to 16h00, Thursday 17h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE REPENTIGNY - L'ESSENTIEL

565 Leclerc Street, Repentigny, Lanaudière, QC, J6A 8C1

450 582-3388

Email: repentigny@ssvp-mtl.org

Services: * Food bank. * School supplies. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Repentigny and Le Gardeur, including Purification, Notre-Dame-des-Champs, Précieux-Sang and Saint-Paul-l'Ermite parishes

Hours: food bank: Monday and Wednesday 13h00 to 16h00, Thursday and Friday 9h30 to 14h00

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-GÉRARD-MAJELLA

2740 L'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 4R8

450 588-7934

Email: cpllassomption@ssvp-mtl.org

Services: * Clothing store. * Distribution of non-perishable goods and food vouchers. * Christmas baskets. * Aid for buying school supplies.

Eligibility: people on a low income

Coverage area: Saint-Gérard-Majella

Hours: Thursday 9h00 to 12h00, Saturday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization

Collective kitchens and cooking workshops

ACTION FAMILLES DE LA PLAINE

5900 Rodrigue Street, Terrebonne, Lanaudière, QC, J7M 2C1

438 499-4339

Email: actionfamillesdelaplaine@gmail.com

Services: * Collective kitchen.

Eligibility: families

Capacity: 32

Coverage area: Terrebonne

Hours: collective kitchen: Friday

Fees: registration: \$10, cooked portion: \$3, food box: \$10

Financing: self-financing

Legal status: non-profit organization

CUISINES COLLECTIVES LA JOYEUSE MARMITE

50 Thouin Street, Suite 114, Repentigny, Lanaudière, QC, J6A 4J4

450 581-0468

Website: www.lajoyeusemarmite.com

Email: cclajoyeusemarmite@hotmail.com

Services: * Collective kitchens: families, seniors, baby food. * Daycare during collective kitchens. * Respite for children aged 0 to 5 years old. * Other point of service: Épiphanie (120 Place Melançon, L'Épiphanie, J5X 1A1).

Eligibility: individuals and families on a low income, priority to families referred by CISSS de la Montérégie-Est or other community agencies and partners

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: \$4 per person at home aged 1 year and older, includes 1 soup, 4 main meals and 1 dessert, seniors: \$8 per person, respite: \$5 per half-day, \$8 per day, \$1 per additional child

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

MOUVEMENT ORGANISÉ DES MÈRES SOLIDAIRES

640 Langlois Street, Suite 1, Terrebonne, Lanaudière, QC, J6W 4P3

450 961-9107 Fax: 450 492-0473

Website: www.momsterrebonne.org

Email: info@momsterrebonne.org

Services: * Reception and referral. * Telephone follow-up. * Assistance with procedures. * Individual counselling. * School support in collaboration with the adult education centre. * Drop-in respite with volunteer grandmothers. * Various workshops: crafts and self-knowledge, budget, parenting skills, etc. * Collective kitchen. * Mother and child stimulation activities. * Support during and after pregnancy.

Eligibility: single young mothers 14 to 25 years old in vulnerable situations, their children

Capacity: 10 mothers per group

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h00 to 16h00, closed in summer

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

OEUVRES DE GALILÉE (LES)

766 Léopold-Lachapelle Street, Terrebonne, Lanaudière, QC, J6W 2T9

450 492-9442 Fax: 450 492-8404

Website: www.galileeterrebonne.com

Email: lesoeuvresdegalice@videotron.ca

Services: * Full food assistance every two weeks. * Emergency food aid available once a year. * Collective kitchen. * Community fridge. * Referral. * Christmas baskets. * Discussion workshops.

Eligibility: people on a low income

Coverage area: Terrebonne Centre

Hours: food assistance: Monday, Wednesday and Thursday 13h00 to 16h00, discussion group or collective kitchen: Monday

Fees: membership: \$10, every two weeks food distribution: \$5, emergency assistance: free

Financing: donations, municipal, grants

Legal status: non-profit organization

ORIGINAL TATOUÉ, CAFÉ DE RUE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 394-4384

Email: lorignaltatoue@gmail.com

Services: Place of listening and support. * Help, listening and referral. * Emergency assistance: food assistance, personal hygiene products, menstrual hygiene products, warm clothes and condoms. * Meals on site. * Recovery of used syringes. * Collective kitchens. * Shower, laundry room and lockers. * Computer and telephone available. * Monthly visit by a nurse: samples, screening, vaccination and answer to health questions. * Prevention and education activities.

Eligibility: young people 16 to 30 in a situation of social or family breakdown or experiencing difficulties related to drug addiction, homelessness and mental health problems

Capacity: 25 people

Coverage area: Joliette

Hours: Tuesday, Thursday and Friday 12h00 to 21h00, Wednesday and Saturday 12h00 to 17h00

Fees: none

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

PARENFANTS DE MASCOUCHE - MAISON DE LA FAMILLE

2492 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1M5

450 474-6431 Fax: 450 722-0599

Website: www.parenfants.org

Email: info@parenfants.com

Services: Place for exchanges, meetings and friendship. * Social, economic and educational activities. * Training, coaching and conferences. * Daycare. * Collective kitchen. * Activities for new parents. * Volunteering.

Eligibility: families

Coverage area: MRC Les Moulins

Hours: Monday to Friday 9h00 to 15h00, Saturday according to activities

Fees: membership: \$20 per year

Financing: provincial, municipal, donations, fundraising campaigns

Legal status: non-profit organization

Community gardens and markets**COLLATINES DE L'ÉPIPHANIE (LES)**

193 Notre-Dame Street, L'Épiphanie, Lanaudière, QC, J5X 2W3

450 313-0188

Website: lescollatines.com

Email: info@lescollatines.com

Services: Food assistance and security in support of the academic success of the youth of L'Épiphanie. * Snacks in schools. * Vegetable baskets. * Tutoring and homework assistance. * Solidarity garden. * Hall rental.

Eligibility: youth and their families, hall rental: community organizations

Coverage area: L'Épiphanie

Hours: Monday 8h00 to 16h00, Tuesday 7h00 to 16h00, Wednesday 8h00 to 18h30, Thursday and Friday on call

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

JARDIN HUMANI-TERRE

1172 Double Rank, Saint-Lin–Laurentides, Lanaudière, QC, J5M 1X8

450 439-3654

Website: www.jardinhumani-terre.ca

Email: info@jardinhumani-terre.ca

Services: To promote the socialization, integration, social and professional reintegration of any person through activities offered in an eco-responsible environment. * Social and professional reintegration: support, training, supervision, mentoring services through gardening activities and tasks. * Programme d'appui aux collectivités (PAC): awareness activities to promote better collective living. * Agrotourism: production, processing, marketing, visit of the gardens, themed days for schools and families, day camps. * Ecological collective gardens: design, development, animation. * Sale of handcrafted products made with the harvest of the land by volunteers through the reintegration program.

Eligibility: general population

Coverage area: Lanaudière

Hours: Monday to Thursday, or by appointment

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

POTAGERS COMMUNAUTAIRES DE REPENTIGNY (LES)

175 Philippe Goulet Street, Repentigny, Lanaudière, QC, J5Y 3M9

438 978-4592

Email: potagerderepentigny@gmail.com

Services: Community gardens.

Eligibility: residents

Capacity: 143 lots, 6 growing boxes for people with reduced mobility

Coverage area: Repentigny

Hours: mid-April to mid-October

Fees: \$35 per year

Financing: self-financing

Legal status: non-profit organization

RELAIS DE MASCOUCHE (LE)

815 Bombardier Street, Unit 5, Mascouche, Lanaudière, QC, J7K 3E6

450 918-9186

Website: www.relaismascouche.org

Email: info@relaismascouche.org

Services: * Weekly food assistance. * Beneficiaries committee: activities by and for members. * Collective gardens.

Eligibility: families living in a vulnerable situation

Coverage area: Mascouche

Hours: food assistance: Monday to Thursday

Fees: membership: \$10, food basket: \$5

Financing: donations

Legal status: non-profit organization

UNITÉ D'INFORMATION ET D'ACTION EN TOXICOMANIE

185 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3N8

450 968-0363 Fax: 450 968-3407

Website: uniatox.org

Email: info@uniatox.org

Services: Prevention of addictions and relapse through identification, detection, early intervention and social reintegration. * Welcoming, referral and accompaniment. * Individual follow-up. * Addiction trainings and awareness and information workshops. * Sharing groups with animation and autonomous self-help groups. * 4 relapse prevention support groups. * Community gardens. * Consultation and community collaboration.

Eligibility: adults with a drug or alcohol addiction and their families, any person or group with an interest in understanding addiction

Capacity: relapsing prevention: 10 participants minimum, parents of teenagers: 8 participants minimum

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: office: Monday to Friday 9h00 to 17h00, evening meetings by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Food Assistance

CAFÉ DE RUE DE TERREBONNE

654 Saint-Pierre Street, Terrebonne, Lanaudière, QC, J6W 1C8

450 806-9545

Website: cafederuesolidaire.org

Email: cafederue@hotmail.com

Services: * Prevention of youth homelessness. * Food assistance. * Free snacks and lunch. * Material assistance: clothing and hygiene products. * Shower, washer, dryer. * Nurse available once a month. * STBIs screening. * Pregnancy tests. * Distribution of sterile injection equipment and crack pipes. * Distribution of contraceptives and lubricants. * Social and cultural activities. * Listening and referral.

Eligibility: people 18 to 35 years old in a crisis situation, in a relationship breakdown or marginalized, homeless or not

Coverage area: Terrebonne

Hours: Tuesday 15h00 to 20h00, Wednesday 14h00 to 20h00, Thursday 13h00 to 20h00, Friday 13h00 to 19h30, food assistance: Monday 17h00 to 19h00 on registration

Fees: none

Financing: donations, federal, provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE DE MASCOUCHE

3320 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1P5

450 474-6588

Website: www.centredentraidedemascouche.org

Email: info@centredentraidedemascouche.org

Services: * Sale of items at a low cost: linen, furniture, household appliances, dishes, decorations, informatic devices, electronical devices, etc. * Delivery service for furniture available with additional fees. * School supplies at an affordable price. * Food assistance through food vouchers. * Distribution of furniture.

Eligibility: general public, food assistance: people temporarily in need

Coverage area: North Shore, food assistance: Mascouche

Hours: centre: Tuesday 9h00 to 11h00 and 13h00 to 15h00, Wednesday 9h00 to 11h00, Thursday 9h00 to 11h00, 13h00 to 15h00 and 18h00 to 20h00, Saturday 9h00 to 12h00, food vouchers: bby appointment, distribution Wednesday and Friday 9h00 to 11h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

COLLATINES DE L'ÉPIPHANIE (LES)

193 Notre-Dame Street, L'Épiphanie, Lanaudière, QC, J5X 2W3

450 313-0188

Website: lescollatines.com

Email: info@lescollatines.com

Services: Food assistance and security in support of the academic success of the youth of L'Épiphanie. * Snacks in schools. * Vegetable baskets. * Tutoring and homework assistance. * Solidarity garden. * Hall rental.

Eligibility: youth and their families, hall rental: community organizations

Coverage area: L'Épiphanie

Hours: Monday 8h00 to 16h00, Tuesday 7h00 to 16h00, Wednesday 8h00 to 18h30, Thursday and Friday on call

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

COMITÉ D'AIDE AUX PLAINOIS

5611 Laurier Boulevard, Terrebonne, Lanaudière, QC, J7M 1T7

450 477-8761

Email: cap.terrebonne@gmail.com

Services: * Food bank. * Christmas baskets. * Clothing assistance. * Sale of low-cost clothing, toys and other items. * Listening and referral.

Eligibility: people and families on a low income

Coverage area: La Plaine

Hours: Tuesday to Friday 13h00 to 16h30

Fees: none

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

COMITÉ D'AIDE LACHENOIS

1345 Grande-Allée Street, Suite 104, Terrebonne, Lanaudière, QC, J6W 4K6

450 964-0360

Services: * Welcoming, support and guidance. * Food bank. * Clothing counter. * Christmas baskets. * Collection points for donations: clothing, kitchen items, etc.

Eligibility: people in need

Coverage area: Lachenaie

Hours: Monday to Thursday 9h00 to 15h00, by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ LE CHEZ-NOUS DU COMMUNAUTAIRE DES MOULINS

2500 Mascouche Boulevard, Mascouche, Lanaudière, QC, J7K 0H5

450 966-9513 Fax: 450 966-2814

Email: service@le-chez-nous.org

Services: Gathering place for community organizations, non-profit organizations and social economy enterprises. * Friendly fridges: self-service fridge. * Community development. * Animation, training and information place. * Breeding place for projects responding to needs in cooperation with organizations. * Offices and room rental. * Mail, fax, photocopies and equipment rental.

Eligibility: community organizations, non-profit organizations, social economy enterprises

Capacity: 72 people

Coverage area: MRC Les Moulins

Hours: office: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00, rental: at all times

Fees: variable

Financing: self-financing

Legal status: cooperative

ÉGLISE LA CITÉ

693 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3R5

514 834-5052

Website: www.lacitemascouche.ca

Email: info@egliselacite.ca

Services: * Cuisin'aide: food assistance, online form click here * Opération sac à dos: donations of school supplies. * Christmas baskets. * Grouping of religious activities and services.

Eligibility: people living in the Les Moulins region, Cuisin'aide: people going through a difficult situation, opération sac à dos: teachers or children in elementary or high school

Coverage area: Mascouche

Hours: variable

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food bank: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

FERMETTE ENCHANTÉE (LA)

1283 Cabane-Ronde Road, Mascouche, Lanaudière, QC, J7K 0P2

438 837-9060

Website: la-fermette-enchantee.business.site

Email: fermetteenchantee@outlook.com

Services: Educational farm and therapeutic environment. * Life on the farm and market gardening: raising awareness of young adults and realizing their full potential. * Resourcing at the Farm: interacting with animals in a therapeutic setting. * Frigos sympathiques: self-service refrigerator. * Volunteer opportunities in a therapeutic setting. * Social reintegration. * Vegetable sales.

Eligibility: general public

Coverage area: MRC Les Moulins

Hours: Monday to Sunday 9h30 to 17h00

Fees: voluntary donations, activities: variable

Financing: donations, self-financing

Legal status: non-profit organization

FIN À LA FAIM...

50 Thouin Street, Suite 223, Repentigny, Lanaudière, QC, J6A 4J4

450 654-3871

Website: www.finalafaim.org

Email: info@finalafaim.org

Services: * Weekly food assistance by appointment at 165 Ste-Marie in Charlemagne. * School projects: volunteering or community work. * Compensatory work and fines. * Prevention of elder abuse. * Help for new mothers who attend the organization. * Christmas baskets for members.

Eligibility: people and families on a low income

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h30, food distribution: by appointment, Thursday 12h00 to 16h00, holiday schedule: closed from december 24, 2024 to january 5, 2025

Fees: food assistance: \$3 per family per week

Financing: donations

Legal status: non-profit organization

FRIGOS VERTS DE LA MRC DE L'ASSOMPTION (LES)

Confidential Address

438 921-7741

Website: www.frigosverts.ca

Email: info@frigosverts.ca

Services: * Frigo verts directory: www.frigosverts.ca

Eligibility: people in need

Coverage area: MRC l'Assomption

Fees: none

Financing: donations, grants

Legal status: non-profit organization

MAISON LA TRACE

245 Saint-Ursule Street, L'Assomption, Lanaudière, QC, J5W 1M6

450 589-6050

Email: marie_claire548@hotmail.com

Services: Meeting place aiming to break down isolation. * Listening. * Emergency food assistance, including on weekends. * Recreational activities: knitting, yoga, etc. * Workshops: health and well-being, healthy cooking, arts, etc. * Monthly dinner. * Christmas party and dinner. * Visits to seniors' residences. * Cultural outings. * Bi-annual garage sale. * Collection of donations: clothing, furniture, books, etc.

Eligibility: general public

Coverage area: L'Assomption

Hours: reception: Monday to Thursday 13h00 to 16h00, food assistance: Wednesday 8h30 to 12h00, Friday 8h30 to 12h00 and 13h00 to 16h00, emergency food assistance: by appointment

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

MAISONS FAMILIALES PAR AMOUR (LES) - CHERTSEY

13200 335 Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-3535

Website: lesmaisonsfamilialesparamour.com

Email: info@lesmaisonsfamilialesparamour.com

Services: * Food assistance. * Christmas baskets.

Eligibility: people on a low income, people in vulnerable situations

Coverage area: Lanaudière

Hours: Tuesday 9h00 to 11h00, Friday 9h00 to 11h00 and 13h00 to 15h00

Fees: food basket: \$10

Financing: self-financing, donations

Legal status: non-profit organization

OEUVRES DE GALILÉE (LES)

766 Léopold-Lachapelle Street, Terrebonne, Lanaudière, QC, J6W 2T9

450 492-9442 Fax: 450 492-8404

Website: www.galileeterrebonne.com

Email: lesoeuvresdegallee@videotron.ca

Services: * Full food assistance every two weeks. * Emergency food aid available once a year. * Collective kitchen. * Community fridge. * Referral. * Christmas baskets. * Discussion workshops.

Eligibility: people on a low income

Coverage area: Terrebonne Centre

Hours: food assistance: Monday, Wednesday and Thursday 13h00 to 16h00, discussion group or collective kitchen: Monday

Fees: membership: \$10, every two weeks food distribution: \$5, emergency assistance: free

Financing: donations, municipal, grants

Legal status: non-profit organization

ORIGINAL TATOUÉ, CAFÉ DE RUE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 394-4384

Email: lorignaltatoue@gmail.com

Services: Place of listening and support. * Help, listening and referral. * Emergency assistance: food assistance, personal hygiene products, menstrual hygiene products, warm clothes and condoms. * Meals on site. * Recovery of used syringes. * Collective kitchens. * Shower, laundry room and lockers. * Computer and telephone available. * Monthly visit by a nurse: samples, screening, vaccination and answer to health questions. * Prevention and education activities.

Eligibility: young people 16 to 30 in a situation of social or family breakdown or experiencing difficulties related to drug addiction, homelessness and mental health problems

Capacity: 25 people

Coverage area: Joliette

Hours: Tuesday, Thursday and Friday 12h00 to 21h00, Wednesday and Saturday 12h00 to 17h00

Fees: none

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

PROVISION COMPASSION

3719 des Commissaires Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4958

Email: provisioncompassion@outlook.com

Services: * Food counter: low cost baskets including perishable and non-perishable food. * Emergency food assistance. * Social integration programs.

Coverage area: Lanaudière

Hours: Thursday 13h00 to 19h00, Friday 13h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

RELAIS DE MASCOUCHE (LE)

815 Bombardier Street, Unit 5, Mascouche, Lanaudière, QC, J7K 3E6

450 918-9186

Website: www.relaismascouche.org

Email: info@relaismascouche.org

Services: * Weekly food assistance. * Beneficiaries committee: activities by and for members. * Collective gardens.

Eligibility: families living in a vulnerable situation

Coverage area: Mascouche

Hours: food assistance: Monday to Thursday

Fees: membership: \$10, food basket: \$5

Financing: donations

Legal status: non-profit organization

RÉSEAU MOULINOIS DES FRIGOS SYMPATHIQUES

815 Bombardier Street, Suite 4, Mascouche, Lanaudière, QC, J7K 3E6

450 918-9186

Website: www.relaismascouche.org

Email: operations@relaismascouche.org

Services: * Self-service community refrigerators installed in public spaces. * Several points of service: interactive service point map

Eligibility: general public

Coverage area: MRC Les Moulins

Hours: administration: Monday to Thursday 9h00 to 16h00, variable, consult the interactive map on the website

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

SERVICE D'AIDE SEDAI T.S.S.

3677 Montée Gagnon, Terrebonne, Lanaudière, QC, J6Y 1K8

450 433-0888 Fax: 450 433-7999

Email: servicedaidesedai@hotmail.ca

Services: * Recovery and sale of used clothing and items. * Weekly food distribution. * Christmas baskets for members. * Financial support for families in need.

Eligibility: people in need

Coverage area: West Terrebonne: Très-Saint-Sacrement Parish

Hours: Monday to Wednesday 8h30 to 15h30, food assistance: Thursday

Fees: food assistance: \$2 per week

Financing: self-financing, grants, donations, contributions

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE L'ASSOMPTION

168 Saint-Joseph Street, L'Assomption, Lanaudière, QC, J5W 3B8

450 589-6655

Website: www.ssvp-lassomption.org

Email: ssvplassomption@outlook.com

Services: * Food bank. * Depot: sale of low-cost clothes and furniture. * Christmas baskets. * School supplies

Eligibility: people in need

Coverage area: L'Assomption

Hours: Tuesday and Wednesday 13h00 to 16h00, Thursday 17h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE REPENTIGNY - L'ESSENTIEL

565 Leclerc Street, Repentigny, Lanaudière, QC, J6A 8C1

450 582-3388

Email: repentigny@ssvp-mtl.org

Services: * Food bank. * School supplies. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Repentigny and Le Gardeur, including Purification, Notre-Dame-des-Champs, Précieux-Sang and Saint-Paul-l'Ermite parishes

Hours: food bank: Monday and Wednesday 13h00 to 16h00, Thursday and Friday 9h30 to 14h00

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-GÉRARD-MAJELLA

2740 L'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 4R8

450 588-7934

Email: cplassomption@ssvp-mtl.org

Services: * Clothing store. * Distribution of non-perishable goods and food vouchers. * Christmas baskets. * Aid for buying school supplies.

Eligibility: people on a low income

Coverage area: Saint-Gérard-Majella

Hours: Thursday 9h00 to 12h00, Saturday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization

ZONE ADOS SECTEUR CÔTE BOISÉE

1154 Côte Boisée, Terrebonne, Lanaudière, QC, J6X 4R8

438 370-4382

Website: zoneados.ca

Email: communication@zoneados.ca

Services: * Educational, cultural and social activities designed for prevention, awareness and acquisition of autonomy. * Friendly fridges: self-service fridge.

Eligibility: youth 12 to 17 years old

Coverage area: Terrebonne

Hours: school period: Monday to Friday 15h30 to 21h00, summer: Tuesday to Friday 11h30 to 17h00

Fees: none

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

Food aid for pregnant women and children**CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA**

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

COLLATINES DE L'ÉPIPHANIE (LES)

193 Notre-Dame Street, L'Épiphanie, Lanaudière, QC, J5X 2W3

450 313-0188

Website: lescollatines.com

Email: info@lescollatines.com

Services: Food assistance and security in support of the academic success of the youth of L'Épiphanie. * Snacks in schools. * Vegetable baskets. * Tutoring and homework assistance. * Solidarity garden. * Hall rental.

Eligibility: youth and their families, hall rental: community organizations

Coverage area: L'Épiphanie

Hours: Monday 8h00 to 16h00, Tuesday 7h00 to 16h00, Wednesday 8h00 to 18h30, Thursday and Friday on call

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

CUISINES COLLECTIVES LA JOYEUSE MARMITE

50 Thouin Street, Suite 114, Repentigny, Lanaudière, QC, J6A 4J4

450 581-0468

Website: www.lajoyeusemarmite.com

Email: cclajoyeusemarmite@hotmail.com

Services: * Collective kitchens: families, seniors, baby food. * Daycare during collective kitchens. * Respite for children aged 0 to 5 years old. * Other point of service: Épiphanie (120 Place Melançon, L'Épiphanie, J5X 1A1).

Eligibility: individuals and families on a low income, priority to families referred by CISSS de la Montérégie-Est or other community agencies and partners

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: \$4 per person at home aged 1 year and older, includes 1 soup, 4 main meals and 1 dessert, seniors: \$8 per person, respite: \$5 per half-day, \$8 per day, \$1 per additional child

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

Food assistance coordination**CAFÉ DE RUE DE TERREBONNE**

654 Saint-Pierre Street, Terrebonne, Lanaudière, QC, J6W 1C8

450 806-9545

Website: cafederuesolidaire.org

Email: cafederue@hotmail.com

Services: * Prevention of youth homelessness. * Food assistance. * Free snacks and lunch. * Material assistance: clothing and hygiene products. * Shower, washer, dryer. * Nurse available once a month. * STBIs screening. * Pregnancy tests. * Distribution of sterile injection equipment and crack pipes. * Distribution of contraceptives and lubricants. * Social and cultural activities. * Listening and referral.

Eligibility: people 18 to 35 years old in a crisis situation, in a relationship breakdown or marginalized, homeless or not

Coverage area: Terrebonne

Hours: Tuesday 15h00 to 20h00, Wednesday 14h00 to 20h00, Thursday 13h00 to 20h00, Friday 13h00 to 19h30, food assistance: Monday 17h00 to 19h00 on registration

Fees: none

Financing: donations, federal, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ESSALAM

2685 Sainte-Marie Road, Suite L, Mascouche, Lanaudière, QC, J7K 1M8

438 396-6648

Website: www.essalam.ca

Email: contact@essalam.ca

Services: Exchange, meeting and socialization place. * Cultural, social, sports and educational activities. * On-site recovery of non-perishable food and clothing and redistribution of donations to partner community organizations.

Eligibility: people from the muslim community

Capacity: 100

Coverage area: MRC Les Moulins

Hours: variable

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE DE MASCOUCHE - RÉCUPÉRATION D'ARTICLES USAGÉS

3320 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1P5

450 474-7331

Website: www.centredentraidedemascouche.org

Email: info@centredentraidedemascouche.org

Services: * At-home donation pick-up of appliances and furniture. * On-site recovery of items: linen, dishes, decorations, informatic devices, electronical devices, etc.

Eligibility: general public

Coverage area: Mascouche, Terrebonne, Bois-Des-Filion, Saint-Lin-Laurentides, Saint Roch-de-l'Achigan, L'Épiphanie, L'Assomption, Le Gardeur

Hours: at-home pick-up: Tuesday to Saturday, by appointment, centre: Tuesday 9h00 to 11h00 and 13h00 to 15h00, Wednesday 9h00 to 11h00, Thursday 9h00 to 11h00, 13h00 to 15h00 and 18h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

CENTRE LE DIAPASON

1731 Maple Street, Mascouche, Lanaudière, QC, J7L 2K9

450 477-6201

Website: www.centrelediapason.com

Email: diapason@centrelediapason.com

Services: * Temporary shelter (room and board) up to 60 days. * Telephone support. * Family mediation. * Information meetings. * Accompaniment with job search procedures. * Workshops on varied youth issues. * Referrals. * Post-housing support: calls and meetings. * Supervised apartments.

Eligibility: temporary shelter: youth in difficulty 14 to 18 years old willing to receive help

Capacity: 9 places

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: voluntary contribution from parents

Financing: provincial, donations

Legal status: non-profit organization

COMITÉ D'AIDE AUX PLAINOIS

5611 Laurier Boulevard, Terrebonne, Lanaudière, QC, J7M 1T7

450 477-8761

Email: cap.terrebonne@gmail.com

Services: * Food bank. * Christmas baskets. * Clothing assistance. * Sale of low-cost clothing, toys and other items. * Listening and referral.

Eligibility: people and families on a low income

Coverage area: La Plaine

Hours: Tuesday to Friday 13h00 to 16h30

Fees: none

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

COMITÉ D'AIDE LACHENOIS

1345 Grande-Allée Street, Suite 104, Terrebonne, Lanaudière, QC, J6W 4K6

450 964-0360

Services: * Welcoming, support and guidance. * Food bank. * Clothing counter. * Christmas baskets. * Collection points for donations: clothing, kitchen items, etc.

Eligibility: people in need

Coverage area: Lachenaie

Hours: Monday to Thursday 9h00 to 15h00, by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

DÉVELOPPEMENT SOCIAL LANAUDIÈRE

200 De Salaberry Street, Joliette, Lanaudière, QC, J6E 4G1

450 759-9944 Fax: 450 759-8889

Website: dslanaudiere.org

Email: info@dslanaudiere.org

Services: Concertation table of community organizations for the improvement of the quality of life, the reduction of social inequalities and citizen participation in a sustainable development perspective. * Support, promotion, monitoring and expertise in social development. * Food security and housing consultation, forums. * Information, presentation and workshop facilitation. * Social development support for municipalities and MRCs. * Support for organizations to improve their governance.

Eligibility: community organizations, local social development committees, municipalities, MRCs

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

FIN À LA FAIM...

50 Thouin Street, Suite 223, Repentigny, Lanaudière, QC, J6A 4J4

450 654-3871

Website: www.finalafaim.org

Email: info@finalafaim.org

Services: * Weekly food assistance by appointment at 165 Ste-Marie in Charlemagne. * School projects: volunteering or community work. * Compensatory work and fines. * Prevention of elder abuse. * Help for new mothers who attend the organization. * Christmas baskets for members.

Eligibility: people and families on a low income

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h30, food distribution: by appointment, Thursday 12h00 to 16h00, holiday schedule: closed from december 24, 2024 to january 5, 2025

Fees: food assistance: \$3 per family per week

Financing: donations

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE À JOLIETTE

Confidential Address

450 753-7735**Website:** lahutte.org**Email:** pascalhutte@hotmail.com

Services: Emergency and short-term accommodation for homeless adults. * Dormitory: overnight shelter. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords. * Support for relatives.

Eligibility: homeless people 18 years old and over, with or without a pet

Capacity: 8 beds

Coverage area: Lanaudière, Laurentians

Hours: 24 hours / 7 days, le Dortoir: 16h30 to 8h00

Fees: dormitory and other services: free

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE TERREBONNE

Confidential Address

450 471-4664 Fax: 450 471-1227**Website:** lahutte.org**Email:** info@lahutte.org

Services: Emergency and short-term accommodation for homeless adults. * Dormitory: overnight shelter. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords. * Support for relatives. * Fixed-price housing for people aged 18 to 25.

Eligibility: homeless people 18 years old and over

Coverage area: Lanaudière, Laurentians

Hours: 24 hours / 7 days, dormitory registration: from 16h00, dormitory: 16h30 to 8h00

Fees: dormitory: free, youth housing: \$425 per month

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

MAISON LA TRACE

245 Saint-Ursule Street, L'Assomption, Lanaudière, QC, J5W 1M6

450 589-6050**Email:** marie_claire548@hotmail.com

Services: Meeting place aiming to break down isolation. * Listening. * Emergency food assistance, including on weekends. * Recreational activities: knitting, yoga, etc. * Workshops: health and well-being, healthy cooking, arts, etc. * Monthly dinner. * Christmas party and dinner. * Visits to seniors' residences. * Cultural outings. * Bi-annual garage sale. * Collection of donations: clothing, furniture, books, etc.

Eligibility: general public

Coverage area: L'Assomption

Hours: reception: Monday to Thursday 13h00 to 16h00, food assistance: Wednesday 8h30 to 12h00, Friday 8h30 to 12h00 and 13h00 to 16h00, emergency food assistance: by appointment

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

MARRAINES COUP DE POUCE

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 ext. 229**Website:** maisonlaparenthese.org/marraines-coup-de-pouce**Email:** info@maisonlaparenthese.org

Services: 3-hour per week postnatal assistance to parents for 10 weeks. * Baby care. * Housekeeping. * Accompaniment to appointments. * Postnatal follow-up and psychosocial support. * Prevention of postpartum depression. * Material assistance for families on a low income. * On-site recovery and sale of clothing, food, books and toys. * Referral.

Eligibility: parents of a child younger than a year

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MOISSON LANAUDIÈRE

1450 de Lanaudière Street, Joliette, Lanaudière, QC, J6E 3P2

1 866 755-4143

Website: www.moissonlanaudiere.org

Email: dg@moissonlanaudiere.org

Services: Regional food bank. * Recovery of food supplies and redistribution to local organizations. * Registry of accredited food assistance organizations: www.moissonlanaudiere.org/Pages/organismes.htm * Christmas baskets for member organizations.

Eligibility: organismes accrédités

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 15h00

Fees: none

Financing: Centraide Lanaudière, grants, fundraising campaigns, donations, foundations

Legal status: non-profit organization

OEUVRES DE GALILÉE (LES)

766 Léopold-Lachapelle Street, Terrebonne, Lanaudière, QC, J6W 2T9

450 492-9442 Fax: 450 492-8404

Website: www.galileeterrebonne.com

Email: lesoeuvresdegallee@videotron.ca

Services: * Full food assistance every two weeks. * Emergency food aid available once a year. * Collective kitchen. * Community fridge. * Referral. * Christmas baskets. * Discussion workshops.

Eligibility: people on a low income

Coverage area: Terrebonne Centre

Hours: food assistance: Monday, Wednesday and Thursday 13h00 to 16h00, discussion group or collective kitchen: Monday

Fees: membership: \$10, every two weeks food distribution: \$5, emergency assistance: free

Financing: donations, municipal, grants

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE L'ASSOMPTION

168 Saint-Joseph Street, L'Assomption, Lanaudière, QC, J5W 3B8

450 589-6655

Website: www.ssvp-lassomption.org

Email: ssvplassomption@outlook.com

Services: * Food bank. * Depot: sale of low-cost clothes and furniture. * Christmas baskets. * School supplies

Eligibility: people in need

Coverage area: L'Assomption

Hours: Tuesday and Wednesday 13h00 to 16h00, Thursday 17h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE REPENTIGNY - L'ESSENTIEL

565 Leclerc Street, Repentigny, Lanaudière, QC, J6A 8C1

450 582-3388

Email: repentigny@ssvp-mtl.org

Services: * Food bank. * School supplies. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Repentigny and Le Gardeur, including Purification, Notre-Dame-des-Champs, Précieux-Sang and Saint-Paul-l'Ermite parishes

Hours: food bank: Monday and Wednesday 13h00 to 16h00, Thursday and Friday 9h30 to 14h00

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-GÉRARD-MAJELLA

2740 L'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 4R8

450 588-7934

Email: cpllassomption@ssvp-mtl.org

Services: * Clothing store. * Distribution of non-perishable goods and food vouchers. * Christmas baskets. * Aid for buying school supplies.

Eligibility: people on a low income

Coverage area: Saint-Gérard-Majella

Hours: Thursday 9h00 to 12h00, Saturday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization

Food assistance in schools**COLLATINES DE L'ÉPIPHANIE (LES)**

193 Notre-Dame Street, L'Épiphanie, Lanaudière, QC, J5X 2W3

450 313-0188

Website: lescollatines.com

Email: info@lescollatines.com

Services: Food assistance and security in support of the academic success of the youth of L'Épiphanie. * Snacks in schools. * Vegetable baskets. * Tutoring and homework assistance. * Solidarity garden. * Hall rental.

Eligibility: youth and their families, hall rental: community organizations

Coverage area: L'Épiphanie

Hours: Monday 8h00 to 16h00, Tuesday 7h00 to 16h00, Wednesday 8h00 to 18h30, Thursday and Friday on call

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Low cost or free meals**AMIS DE LAMATER (LES)**

695 Ouimet Street, Terrebonne, Lanaudière, QC, J6W 3B1

450 492-0030 Fax: 450 492-0734

Website: lesamisdelamater.org

Email: mjlriverie@lesamisdelamater.org

Services: Respite centre. * Support for caregivers. * Community luncheons and dinners. * Light exercises, skill games, memory exercise, Wii (video game console), music therapy, art therapy. * Days for seniors living with a cognitive problem or conditions related to aging. * Internship opportunities in social work and recreation fields. * Week of Christmas activities for members: traditional meal, visit from Santa Claus and gifts distribution.

Eligibility: people 50 years old and over, autonomous, semi-autonomous or with a loss of autonomy

Capacity: 30 persons per day

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: annual registration: \$60, additional costs charged per session

Financing: self-financing, provincial, donations

Legal status: non-profit organization

ASSOCIATION DE L'ÂGE D'OR DE BOIS-DES-FILION

30 Montée Gagnon Street, Terrebonne, Lanaudière, QC, J6Y 0H4

514 947-8672

Website: www.agedorbdf.com

Email: alain.barsalou@videotron.ca

Services: Recreational and social activities for seniors. * Bingo, cards and bowling. * Dance classes. * Outings: casino, sugar shack, theatre and apple picking. * Community lunches. * Film club. * Performances.

Eligibility: people 50 years old and over

Coverage area: Bois-des-Filion and radius of 25 kilometers around Bois-des-Filion

Hours: Tuesday and Thursday 9h00 to 16h00

Fees: membership card: 10\$ for Bois-des-Filion residents, 15\$ for non-residents

Financing: self-financing

Legal status: non-profit organization

CAFÉ DE RUE DE TERREBONNE

654 Saint-Pierre Street, Terrebonne, Lanaudière, QC, J6W 1C8

450 806-9545

Website: cafederuesolidaire.org

Email: cafederue@hotmail.com

Services: * Prevention of youth homelessness. * Food assistance. * Free snacks and lunch. * Material assistance: clothing and hygiene products. * Shower, washer, dryer. * Nurse available once a month. * STBIs screening. * Pregnancy tests. * Distribution of sterile injection equipment and crack pipes. * Distribution of contraceptives and lubricants. * Social and cultural activities. * Listening and referral.

Eligibility: people 18 to 35 years old in a crisis situation, in a relationship breakdown or marginalized, homeless or not

Coverage area: Terrebonne

Hours: Tuesday 15h00 to 20h00, Wednesday 14h00 to 20h00, Thursday 13h00 to 20h00, Friday 13h00 to 19h30, food assistance: Monday 17h00 to 19h00 on registration

Fees: none

Financing: donations, federal, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrclassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonsl'assomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CENTRE DE F.A.M. DES MOULINS

502 Langlois Street, Terrebonne, Lanaudière, QC, J6W 4C3

450 964-5827 Fax: 450 964-5826

Website: www.centrefamdesmoulins.com

Email: centrefam@videotron.ca

Services: Reception, accompaniment, information and referral. * One-on-one support. * Discussion group. * Educational activities: workshops, conferences, classes. * Women community meals. * Special events: outings, dinners. * Collective actions.

Eligibility: women 18 years old and over

Coverage area: MRC Les Moulins and surrounding area

Hours: Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 13h00 to 16h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE REPENTIGNY

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

450 657-8791

Email: lagedor.repentigny@outlook.com

Services: * Social and recreational activities: dancing, bowling, bingo, pétanque, pockets, etc. * Dancing dinners. * Annual seniors' picnic. * Organized trips.

Eligibility: people 50 years old and over

Coverage area: Repentigny

Hours: variable

Fees: annual membership: \$10

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LES BONS VIVANTS DE LE GARDEUR

225 J.A. Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

514 705-2150

Email: francecaronadbv@hotmail.com

Services: * Social and recreational activities: line dancing, bingo, cribbage, canasta, petanque. * Community dinners. * Punctual outings: shows, theatre, etc.

Eligibility: people 50 years old and over

Coverage area: Repentigny

Hours: activities: Monday to Friday 9h00 to 23h00

Fees: membership: \$10

Financing: self-financing, membership fees

Legal status: non-profit organization

MAISON LA TRACE

245 Saint-Ursule Street, L'Assomption, Lanaudière, QC, J5W 1M6

450 589-6050

Email: marie_claire548@hotmail.com

Services: Meeting place aiming to break down isolation. * Listening. * Emergency food assistance, including on weekends. * Recreational activities: knitting, yoga, etc. * Workshops: health and well-being, healthy cooking, arts, etc. * Monthly dinner. * Christmas party and dinner. * Visits to seniors' residences. * Cultural outings. * Bi-annual garage sale. * Collection of donations: clothing, furniture, books, etc.

Eligibility: general public

Coverage area: L'Assomption

Hours: reception: Monday to Thursday 13h00 to 16h00, food assistance: Wednesday 8h30 to 12h00, Friday 8h30 to 12h00 and 13h00 to 16h00, emergency food assistance: by appointment

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

RESCOUSSE AMICALE (LA)

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151

Website: rescousseamicale.ca

Email: info@rescousseamicale.ca

Services: Alternative mental health support group. * Reception, information and referral. * Individual meetings. * Support group. * Thematic workshops, trainings and conferences. * Coffee-meeting and community lunches. * Sporting and cultural activities. * Transportation and accompaniment for the activities of the organization. * Library.

Eligibility: people 18 years and over living with or having lived with a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services: free, membership card: \$6

Financing: contributions

Legal status: non-profit organization

SERVICES AMITIÉS L'ASSOMPTION

255 Saint-Etienne Street, L'Assomption, Lanaudière, QC, J5W 1W7

514 793-0840

Website: www.servicesamities.org

Email: servicesamities@outlook.com

Services: * Information and referral by phone. * Community lunches. * Friendly home visits. * Friendly calls. * Chair yoga workshops and fitness. * Painting workshops. * Memory games. * Outings.

Eligibility: seniors, isolated people

Coverage area: L'Assomption, L'Épiphanie, Saint-Sulpice

Hours: by appointment

Fees: annual membership: \$15

Financing: contributions, grants

Legal status: non-profit organization

TRAVAIL DE RUE DE REPENTIGNY

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

514 793-5565

Website: www.TRRepentigny.com

Email: trr@trrepentigny.com

Services: Mobile team available for listening, information and referral. * Management of risky behaviors regarding sexuality, substance abuse, homelessness and crime using a harm reduction approach. * Distribution of condoms, needles and other prevention material. * Naloxone kits distribution. * Distribution of fentanyl and benzodiazepines test strips. * Emergency food aid and supplies. * Guidance and accompaniment to the Court. * Accompaniment throughout legal, medical and social rehabilitation procedures. * Crisis intervention and mediation within families and among peers.

Eligibility: people 12 to 30 years old, homeless people, marginalized people or struggling with mental health issues

Coverage area: Repentigny

Hours: Monday to Friday

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

VAISSEAU D'OR (DES MOULINS) (LE)

486 Gagnon Street, Terrebonne, Lanaudière, QC, J6W 2N7

450 964-2418 Fax: 450 964-8702

Website: vaisseaudor.com

Email: entraide@vaisseaudor.com

Services: Support for people living or having experienced mental health issues. * Support group. * Temporary housing. * Reception, referral, information, accompaniment and listening. * Training. * Organized outings and leisure activities. * Community meals. * Painting and creativity workshops.

Eligibility: adults living, having lived with or likely to experience mental health issues

Coverage area: MRC Les Moulins

Hours: Monday to Friday 10h00 to 17h00

Fees: membership: \$15 per year, housing: variable

Financing: provincial

Legal status: non-profit organization

Prepared meals and Meals-on-wheels**BUFFET ACCÈS EMPLOI**

355 Road 335, Saint-Lin-Laurentides, Lanaudière, QC, J5M 2C1

1 877 439-3465 Fax: 450 439-3400

Website: www.bae.qc.ca

Email: info@bae.qc.ca

Services: Employment enterprise specialized in food catering for events. * Workplace training of 22 to 26 weeks. * Post-training follow-up. * Events, corporate, CPE and daycare catering.

Eligibility: employment enterprise: adults on welfare assistance or unemployment insurance, frozen meals: general public

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: frozen meals: variable

Financing: autofinancement, subventions

Legal status: non-profit organization

POPOTE DU PORTAGE

379 Dorval Street, L'Assomption, Lanaudière, QC, J5W 3A2

450 589-7517

Services: * Home delivery of hot or frozen complete meals.

Eligibility: people aged 65 and over, people with special needs: recovery, illness, disabilities, etc.

Capacity: 60 clients

Coverage area: L'Assomption, L'Épiphanie, Saint-Sulpice

Hours: Wednesday and Friday 11h00 to 12h00

Fees: hot meal: \$5, frozen meal: \$4

Financing: self-financing

Legal status: non-profit organization

POPOTE ROULANTE LES MOULINS

4400 Angora Street, Suite 500, Terrebonne, Lanaudière, QC, J6X 0A4

450 824-1240

Website: popoteroulantelesmoulins.com

Email: popoteroulantelesmoulins@outlook.com

Services: Complete frozen meals delivery.

Eligibility: people 70 years old and over, people 69 years old and under living with a permanent or temporary health problem

Coverage area: Mascouche, Terrebonne

Hours: administration: Monday to Thursday 8h00 to 15h00, delivery: Thursday, pick-up: Friday 9h00 to 12h00

Fees: meal: \$8, delivery fees: \$4, minimum 10 meals per delivery, if the person wants less than 10 meals, they must pick-up on site

Financing: autofinancement, provincial, municipal

Legal status: non-profit organization

POPOTE ROULANTE RIVE-NORD

50 Thouin Street, Suite 108, Door A, Repentigny, Lanaudière, QC, J6A 4J4

438 886-4734

Website: www.popoteroulanterivenord.com

Email: popoteroulanterivenord@hotmail.ca

Services: Hot or frozen complete meals delivery.

Eligibility: people 75 years old and over, people losing their independence, convalescing, or with a disability (physical, sensory, mental or intellectual)

Coverage area: Repentigny, Charlemagne

Hours: Monday, Wednesday and Thursday 7h00 et 13h00, delivery: Monday, Wednesday and Thursday 10h00 to 12h00

Fees: complete meal: \$7, main course only: \$6

Financing: self-financing, grants, fundraising campaigns

Legal status: non-profit organization

Government services**FEDERAL SERVICES****INCOME STATEMENTS****MUNICIPAL SERVICES****MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)****OFFICIAL DOCUMENTS****PROVINCIAL SERVICES**

Federal services

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Income statements

CENTRE DE SERVICES SCOLAIRES DES AFFLUENTS

80 Jean-Baptiste-Meilleur Street, Repentigny, Lanaudière, QC, J6A 6C5

450 492-9400 ext. 6700 Fax: 450 492-3720

Website: cssda.gouv.qc.ca

Email: info@cssda.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training and adult education. * Welcoming, referral, guidance and accompaniment (SARCA). * Vocational and general training centers. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Recognition of prior learning and skills (RAC). * Services for companies. * Francization services for newcomers. * School transportation coordination.

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: variable

Legal status: parapublic organization

CHARLEMAGNE - CITY

84 du Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-2541 Fax: 450 581-0597

Website: www.charlemagne.ca

Email: info@charlemagne.ca

Services: Municipal service management. * Management and payment of municipal taxes. * Construction permits. * Garbage collection. * Pet licences. * Emergency notification system. * Traffic and work information. * Public safety.

Coverage area: Charlemagne

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

L'ASSOMPTION - VILLE

781 du Bas-de-L'Assomption Road North, L'Assomption, Lanaudière, QC, J5W 2H1

450 589-5671 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca

Email: bureauducitoyen@ville.lassomption.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Construction permits. * Garbage collection. * Police department. * Fire department. * Dog license.

Coverage area: L'Assomption

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

L'ÉPIPHANIE - CITY

66 Notre-Dame Street, L'Épiphanie, Lanaudière, QC, J5X 1A1

450 588-5515

Website: www.lepiphanie.ca

Email: info@lepiphanie.ca

Services: Municipal service management. * Payment of municipal taxes. * Garbage collection. * Dog license. * Construction permits. * Police department. * Fire department.

Coverage area: L'Épiphanie

Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 8h30 to 12h00 and 13h00 to 18h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

MASCOUCHE - VILLE

3034 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1P1

311 Fax: 450 474-6401

Website: ville.mascouche.qc.ca

Email: info@ville.mascouche.qc.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection: mascouche.ca/services-aux-citoyens/collectes. * Construction permits. * Fire department. * Police department. * Recreation department. * Public library.

Coverage area: Mascouche

Hours: Monday to Friday 8h15 to 12h00 and 13h15 to 16h30

Financing: municipal

Legal status: municipal agency

REPENTIGNY - CITY

435 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2B6

450 470-3000 Fax: 450 470-3082

Website: repentigny.ca

Email: communication@repentigny.ca

Services: Municipal service management. * Payment of municipal taxes. * Property assessment. * Construction permits. * Collection of residual materials. * Dog licenses. * Fire department. * Emergency notification system. * Grant for washable diapers. * Libraries. * Ecocentre. * Public safety: police and fire department.

Coverage area: Repentigny

Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 17h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-SULPICE - MUNICIPALITY

1089 Notre-Dame Street, Saint-Sulpice, Lanaudière, QC, J5W 1G1

450 589-4450 Fax: 450 589-9647

Website: www.municipalitesaintsulpice.com

Email: reception@st-sulpice.com

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Grant for cloth diapers.

Coverage area: Saint-Sulpice

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

TERREBONNE - CITY

775 Saint-Jean-Baptiste Street, Terrebonne, Lanaudière, QC, J6W 1B5

450 961-2001

Website: www.ville.terrebonne.qc.ca

Email: information@ville.terrebonne.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Police department. * Construction permits. * Waste collection.

Coverage area: Terrebonne

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

Municipal services

CHARLEMAGNE - CITY

84 du Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-2541 Fax: 450 581-0597

Website: www.charlemagne.ca

Email: info@charlemagne.ca

Services: Municipal service management. * Management and payment of municipal taxes. * Construction permits. * Garbage collection. * Pet licences. * Emergency notification system. * Traffic and work information. * Public safety.

Coverage area: Charlemagne

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

CHARLEMAGNE - LOISIRS ET CULTURE

84 Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-2541 ext. 27

Website: www.ville.charlemagne.qc.ca/fr/loisirs-et-culture

Email: pelletier@charlemagne.ca

Services: * Recreational and sporting activities. * Swimming pools, parks, sports fields, ice rinks, community centre. * Summer and spring break day camps. * Room rental. * Festivities.

Coverage area: Charlemagne

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

CONSEIL RÉGIONAL DE L'ENVIRONNEMENT DE LANAUDIÈRE

481, 131 Road, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 0M1

450 756-0186

Website: crelanaudiere.ca

Email: info@crelanaudiere.ca

Services: * Environmental concertation and consultation: climate change, development and protection of natural environments, waste management, local agriculture, water management and sustainable development.

* Virtual informative capsules and conferences:

www.youtube.com/channel/UCXcnLYsQdwMfNw4eBrMPUhg/featured

Eligibility: general public, organizations, businesses, government instances

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$15 for individuals, \$20 for families, \$45 for NPO, between \$100 and \$200 for municipalities \$100 or \$150 for businesses

Financing: municipal, grants, contributions, donations, self-financing

Legal status: Nonprofit - Incorporated

L'ASSOMPTION - LOISIRS, CULTURE ET TOURISME

781 du Bas-de-L'Assomption Road North, L'Assomption, Lanaudière, QC, J5W 2H1

450 589-5671 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/loisirs-culture-et-tourisme

Email: bureauducitoyen@ville.lassomption.qc.ca

Services: * Community, sociocultural and sporting activities. * Swimming pools, ice rinks, parks, sports fields, community centre, cultural centre. * Coordination with community organizations. * Summer day camp. * Facilities rental. * Events.

Coverage area: L'Assomption

Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 17h30, Friday 8h30 to 12h30

Fees: variable

Financing: municipal

Legal status: municipal agency

L'ASSOMPTION - VILLE

781 du Bas-de-L'Assomption Road North, L'Assomption, Lanaudière, QC, J5W 2H1

450 589-5671 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca

Email: bureauducitoyen@ville.lassomption.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Construction permits. * Garbage collection. * Police department. * Fire department. * Dog license.

Coverage area: L'Assomption

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

L'ÉPIPHANIE - CITY

66 Notre-Dame Street, L'Épiphanie, Lanaudière, QC, J5X 1A1

450 588-5515

Website: www.lepiphanie.ca

Email: info@lepiphanie.ca

Services: Municipal service management. * Payment of municipal taxes. * Garbage collection. * Dog license. * Construction permits. * Police department. * Fire department.

Coverage area: L'Épiphanie

Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 8h30 to 12h00 and 13h00 to 18h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

L'ÉPIPHANIE - LOISIRS ET CULTURE

68 Amireault Street, L'Épiphanie, Lanaudière, QC, J5X 1A1

450 588-6828

Website: www.lepiphanie.ca/programmation

Email: loisirs@lepiphanie.ca

Services: * Community, sociocultural and sporting activities. * Community centre, ice rinks, parks, playgrounds. * Summer day camp and spring break camp. * Hall rental. * Coordination with community organizations. * Events.

Coverage area: L'Épiphanie

Hours: community centre: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

MASCOUCHE - SERVICES DES ACTIVITÉS SPORTIVES ET DES PARCS

2936 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-4133 ext. 2000 Fax: 450 474-6401

Website: mascouche.ca/services-aux-citoyens/mloisirs

Email: loisirs@mascouche.ca

Services: * Community, sociocultural and sporting activities. * Swimming pool, ice rinks, arena, parks and playgrounds. * Coordination with community organizations. * Support for artists. * Summer day camp. * Room rental.

Coverage area: Mascouche

Hours: Monday to Friday 8h15 to 12h00 and 13h15 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

MASCOUCHE - VILLE

3034 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1P1

311 Fax: 450 474-6401

Website: ville.mascouche.qc.ca

Email: info@ville.mascouche.qc.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection: mascouche.ca/services-aux-citoyens/collectes. * Construction permits. * Fire department. * Police department. * Recreation department. * Public library.

Coverage area: Mascouche

Hours: Monday to Friday 8h15 to 12h00 and 13h15 to 16h30

Financing: municipal

Legal status: municipal agency

MRC L'ASSOMPTION - ÉCOPARC

134 des Commissaires Road, L'Assomption, Lanaudière, QC, J5W 2T7

450 589-9999

Website: www.mrclassomption.qc.ca/services/amenagement-du-territoire/environnement/gestion-des-matieres-residuelles/ecoparcs

Services: Recovery of residual materials. * Large items: furniture, appliances. * Electronics. * Textile. * Dry materials. * Construction materials. * Tires. * Green waste. * Recyclable materials. * Household hazardous waste: paint, oil, batteries, etc. * Branches and shrubs. * Metal.

Eligibility: citizens

Coverage area: MRC L'Assomption

Hours: November 1st to March 31st: Thursday to Sunday 10h00 to 17h00, April 1st to August 31st: 7days, 8h00 to 17h00, September 1st to October 31st: Monday to Thursday 11h00 to 17h00, Friday 10h00 to 17h00, Saturday and Sunday 9h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

REPENTIGNY - CITY

435 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2B6

450 470-3000 Fax: 450 470-3082

Website: repentigny.ca

Email: communication@repentigny.ca

Services: Municipal service management. * Payment of municipal taxes. * Property assessment. * Construction permits. * Collection of residual materials. * Dog licenses. * Fire department. * Emergency notification system. * Grant for washable diapers. * Libraries. * Ecocentre. * Public safety: police and fire department.

Coverage area: Repentigny

Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 17h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

REPENTIGNY - ÉCOCENTRE

336 Charles-Marchand Street, Repentigny, Lanaudière, QC, J5Z 4P1

450 470-3830

Website: repentigny.ca

Email: info-environnement@ville.repentigny.qc.ca

Services: Recovery of residual materials. * Hazardous household waste. * Electronic goods. * Construction, renovation and demolition waste products. * Recyclable material surplus. * Green residues.

Eligibility: citizens

Coverage area: Repentigny

Hours: April 1st to October 31st: Wednesday and Friday 12h00 to 16h30, Saturday and Sunday 9h00 to 16h30, public holidays 9h00 to 16h30, November 1st to March 31st: Saturday and public holidays 9h30 to 16h30, December 26th to January 2nd: 9h00 to 13h00, December 24th, 25th and 31st and January 1st: closed

Fees: none

Financing: municipal

Legal status: municipal agency

REPENTIGNY - LOISIRS, SPORTS ET VIE COMMUNAUTAIRE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4L3

450 470-3400 Fax: 450 470-3082

Website: repentigny.ca

Email: loisirs@repentigny.ca

Services: * Community, sociocultural and sporting activities. * Arenas and ice rinks, swimming pools, sports and community centres, parks and playgrounds. * Créalab: digital creation tools. * Summer day camp. * Coordination with community organizations. * Room rental. * Events.

Coverage area: Repentigny

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-SULPICE - MUNICIPALITY

1089 Notre-Dame Street, Saint-Sulpice, Lanaudière, QC, J5W 1G1

450 589-4450 Fax: 450 589-9647

Website: www.municipalitesaintsulpice.com

Email: reception@st-sulpice.com

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Grant for cloth diapers.

Coverage area: Saint-Sulpice

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-SULPICE - SERVICE DES LOISIRS

185 Émile Street, Saint-Sulpice, Lanaudière, QC, J5W 1B1

450 705-3430

Website: www.loisirsstsulpice.com

Email: info@loisirsstsulpice.com

Services: * Sporting and recreational activities. * Parks. * Day camp. * Room rental.

Eligibility: day camp: children 5 to 12 years old

Coverage area: Saint-Sulpice
Fees: variable
Financing: municipal
Legal status: municipal agency

SERVICE DE POLICE DE L'ASSOMPTION - SAINT-SULPICE

399 Dorval Street, L'Assomption, Lanaudière, QC, J5W 1A1

450 589-4777

Website: www.ville.lassomption.qc.ca/service-police

Email: police@ville.lassomption.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: L'Assomption, Saint-Sulpice

Hours: administration: Monday to Friday 8h00 to 16h30

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE MASCOUCHE

Confidential Address

450 474-6114 TTY: 911

Website: ville.mascouche.qc.ca/services-aux-citoyens/securite-publique/service-de-police

Email: police@ville.mascouche.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * Space for exchanging goods for people with whom a transaction on online sales sites has been made. * Supervised space for custody exchange. * Sécur+Or program: home visit by a police officer, firefighter or social worker for home support (security of premises, referrals).

Eligibility: Sécur+Or program: seniors 65 years and over

Coverage area: Mascouche

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE REPENTIGNY

1 Montée des Arsenaux, Repentigny, Lanaudière, QC, J5Z 2C1

450 470-3600

Website: repentigny.ca/services/citoyens/sante-securite-publiques/police-prevention-criminalite

Email: police@repentigny.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Community support: education, prevention and outreach. * Awareness-raising.

Coverage area: Repentigny, Charlemagne

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE TERREBONNE

1004 Gabrielle-Roy Avenue, Terrebonne, Lanaudière, QC, J6Y 0P2

450 471-4121

Website: www.ville.terrebonne.qc.ca/service-de-police

Email: police.terrebonne@ville.terrebonne.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: Terrebonne, Sainte-Anne-des-Plaines, Bois-des-Filion

Financing: municipal

Legal status: municipal agency

TERREBONNE - CITY

775 Saint-Jean-Baptiste Street, Terrebonne, Lanaudière, QC, J6W 1B5

450 961-2001

Website: www.ville.terrebonne.qc.ca

Email: information@ville.terrebonne.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Police department. * Construction permits. * Waste collection.

Coverage area: Terrebonne

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

TERREBONNE - LOISIR ET VIE COMMUNAUTAIRE

940 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C9

450 961-2001 ext. 4000

Website: www.ville.terrebonne.qc.ca

Email: loisirs@ville.terrebonne.qc.ca

Services: * Community, sociocultural and sporting activities. * Arenas, ice rinks, swimming pools, sports and community centre, parks and playgrounds. * Libraries. * Coordination with community organizations. * Summer day camp.

Coverage area: Terrebonne

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

Municipalité régionale de comté (MRC)

MRC L'ASSOMPTION

300-A Dorval Street, L'Assomption, Lanaudière, QC, J5W 3A1

450 589-2288 Fax: 450 589-9430

Website: mrclassomption.qc.ca

Email: mrinfo@mrclassomption.qc.ca

Services: Administration of regional services with supra-local character. * Land management and development. * Urban planning regulations. * Management of public services: watercourses, waste management, property assessment, civil, fire and public security. * Participation in socio-economic development. * Promotion of heritage, culture and tourism.

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal, self-financing, provincial

Legal status: municipal agency

MRC LES MOULINS

710 des Seigneurs Boulevard, 2nd Floor, Terrebonne, Lanaudière, QC, J6W 1T6

450 471-9576 Fax: 450 471-8193

Website: www.mrclesmoulins.ca

Email: info@mrclesmoulins.ca

Services: Administration of regional services with supra-local character. * Land management and development. * Urban planning regulations. * Management of public services: watercourses, waste management, property assessment, civil, fire and public security. * Socio-economic and touristic development. * Promotion of heritage, culture and tourism.

Coverage area: MRC Les Moulins

Hours: administrative offices: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, tourist information: Monday to Thursday 13h00 to 17h00, Friday 10h00 to 14h00

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Official documents

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE LANAUDIÈRE

260 Lavaltrie Street South, Joliette, Lanaudière, QC, J6E 5X7

1 800 229-1152

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Administration of Youth Centres and direction de la protection de la jeunesse. * Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Act on the Protection of youth. * Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). * Network of alternative environment: host families, group homes, rehabilitation centres and intermediate resources. * Adoption, biological background research, reunion, expertise at the Superior Court, subsidized guardianship. * Psychosocial services, rehabilitation, social integration, guidance, support and social emergency.

Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Social emergency and reporting: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

JOLIETTE COURTHOUSE

200 Saint-Marc Street, Joliette, Lanaudière, QC, J6E 8C2

450 753-4807 Fax: 450 752-1733

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/joliette-courthouse

Services: Administration of court services of Joliette. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbssc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbssc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE DE POLICE DE L'ASSOMPTION - SAINT-SULPICE

399 Dorval Street, L'Assomption, Lanaudière, QC, J5W 1A1

450 589-4777

Website: www.ville.lassomption.qc.ca/service-police

Email: police@ville.lassomption.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: L'Assomption, Saint-Sulpice

Hours: administration: Monday to Friday 8h00 to 16h30

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE MASCOUCHE

Confidential Address

450 474-6114 TTY: 911

Website: ville.mascouche.qc.ca/services-aux-citoyens/securite-publique/service-de-police

Email: police@ville.mascouche.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * Space for exchanging goods for people with whom a transaction on online sales sites has been made. * Supervised space for custody exchange. * Sécur+Or program: home visit by a police officer, firefighter or social worker for home support (security of premises, referrals).

Eligibility: Sécur+Or program: seniors 65 years and over

Coverage area: Mascouche

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE REPENTIGNY

1 Montée des Arsenaux, Repentigny, Lanaudière, QC, J5Z 2C1

450 470-3600

Website: repentigny.ca/services/citoyens/sante-securite-publiques/police-prevention-criminalite

Email: police@repentigny.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Community support: education, prevention and outreach. * Awareness-raising.

Coverage area: Repentigny, Charlemagne

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE TERREBONNE

1004 Gabrielle-Roy Avenue, Terrebonne, Lanaudière, QC, J6Y 0P2

450 471-4121

Website: www.ville.terrebonne.qc.ca/service-de-police

Email: police.terrebonne@ville.terrebonne.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: Terrebonne, Sainte-Anne-des-Plaines, Bois-des-Filion

Financing: municipal

Legal status: municipal agency

TERREBONNE - CITY

775 Saint-Jean-Baptiste Street, Terrebonne, Lanaudière, QC, J6W 1B5

450 961-2001

Website: www.ville.terrebonne.qc.ca

Email: information@ville.terrebonne.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Police department. * Construction permits. * Waste collection.

Coverage area: Terrebonne

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

Provincial services**COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE TERREBONNE**

1679 Gascon Road, Terrebonne, Lanaudière, QC, J6X 3Z6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

LEGAL AID OFFICE - REPENTIGNY

10-A Brien Boulevard, Suite 100, Repentigny, Lanaudière, QC, J6A 4R7

450 581-8691 Fax: 450 581-1218

Website: www.ccjll.qc.ca

Email: bajrep@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - TERREBONNE

891 Saint-François-Xavier Street, Suite 210, Terrebonne, Lanaudière, QC, J6W 1H1

450 492-1535 Fax: 450 492-8378

Website: www.ccjll.qc.ca

Email: bajter@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible individuals. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

Health**DENTAL CARE****EMERGENCY****EYE CARE****FAMILY PLANNING****HOME CARE****PALLIATIVE CARE****PATIENT SUPPORT ASSOCIATIONS****PUBLIC HEALTH**

Dental care

CÉGEP RÉGIONAL DE LANAUDIÈRE - CLINIQUE D'HYGIÈNE DENTAIRE DU COLLÈGE CONSTITUANT DE TERREBONNE

2505 des Entreprises Boulevard, Terrebonne, Lanaudière, QC, J6X 5S5

1 855 833-2032

Website: cegep-lanaudiere.qc.ca/terrebonne/espace-de-vie/clinique-hygiene-dentaire

Email: cliniquehd@cegep-lanaudiere.qc.ca

Services: Low-cost dental hygiene care provided by students in the Dental Hygiene Techniques program, supervised by teachers and under the supervision of a dentist. * Complete examination and follow-up. * Scaling and polishing. * Sealant for pits and grooves. * Radiography. * Mouth guard. * Whitening. * Operative dentistry (obturation-fillings).

Coverage area: Province of Québec

Hours: Monday to Thursday 8h15 to 16h00, according to the Cégep's calendar (mid-September to mid-December and mid-January to mid-May)

Fees: variable

Financing: self-financing

Legal status: parapublic organization

Emergency

QUÉBEC SECOURS

395 St-Léon Range, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

1 877 628-9977

Website: quebecsecours.qc.ca

Email: info@quebecsecours.qc.ca

Services: Search and rescue of missing people in forest or urban areas. * Volunteers training: searching, forest rescuing and human tracking. * Dissemination of missing notices. * Educative workshops for children on what to do if they get lost in a forest or urban areas.

Eligibility: general public

Coverage area: Province of Québec

Fees: none

Financing: donations

Legal status: non-profit organization

Eye care

CÉGEP RÉGIONAL DE LANAUDIÈRE - CLINIQUE D'ORTHÈSES VISUELLES DU COLLÈGE CONSTITUANT DE L'ASSOMPTION

180 Dorval Street, L'Assomption, Lanaudière, QC, J5W 6C1

450 470-1446

Website: cegep-lanaudiere.qc.ca/lassomption/espace-de-vie/clinique-ortheses-visuelles

Email: tov@cegep-lanaudiere.qc.ca

Services: * Complete eye exam by a certified optometrist (outside prescriptions accepted). * Sale, adjustment and repair of eyeglasses and sunglasses. * Sale and adjustment of contact lenses.

Coverage area: Province of Québec

Hours: Tuesday to Thursday 8h00 to 18h00, according to the Cégep's calendar, 2024 summer schedule: May 27 to August 27 by appointment

Fees: variable

Financing: self-financing

Legal status: parapublic organization

Family planning

CAFÉ DE RUE DE TERREBONNE

654 Saint-Pierre Street, Terrebonne, Lanaudière, QC, J6W 1C8

450 806-9545

Website: cafederuesolidaire.org

Email: cafederue@hotmail.com

Services: * Prevention of youth homelessness. * Food assistance. * Free snacks and lunch. * Material assistance: clothing and hygiene products. * Shower, washer, dryer. * Nurse available once a month. * STBIs screening. * Pregnancy tests. * Distribution of sterile injection equipment and crack pipes. * Distribution of contraceptives and lubricants. * Social and cultural activities. * Listening and referral.

Eligibility: people 18 to 35 years old in a crisis situation, in a relationship breakdown or marginalized, homeless or not

Coverage area: Terrebonne

Hours: Tuesday 15h00 to 20h00, Wednesday 14h00 to 20h00, Thursday 13h00 to 20h00, Friday 13h00 to 19h30, food assistance: Monday 17h00 to 19h00 on registration

Fees: none

Financing: donations, federal, provincial

Legal status: non-profit organization

CENTRE HOSPITALIER DE LANAUDIÈRE

1000 Sainte-Anne Boulevard, Saint-Charles-Borromée, Lanaudière, QC, J6E 6J2

450 759-8222

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1203#

Services: Hospital centre offering general and specialized cares. * Emergencies. * Specialized services for victims of sexual assault. * Contraception. * Emergency oral contraception. * Distribution of new injection equipment to people who use drugs and recovery of used needles and syringes. * Detoxification. * Test centre. * Radiology. * Magnetic resonance. * Breast feeding room. * End of life care.

Coverage area: Province of Québec

Hours: 24 hours / 7 days, test centre: by appointment

Financing: provincial

Legal status: parapublic organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

CLSC DE JOLIETTE

380 Base-de-Roc Boulevard, Joliette, Lanaudière, QC, J6E 9J6

450 755-2111

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1337&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6E9J6

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Abortion. * Bandage change and follow-up. * Nurse consultation. * Contraception. * Emergency oral contraception. * Prenatal classes. * Screening. * Distribution of new injection material to people who use drugs (free service). * Telephone support and listening. * Recovery of used needles and syringes. * Breastfeeding room. * SIDEP - Integrated STI screening and prevention service. * General vaccination.

Coverage area: Québec

Financing: provincial

Legal status: parapublic organization

CLSC DE LAVALTRIE

1400 Notre-Dame Street, Suite 203, Lavaltrie, Lanaudière, QC, J5T 1M6

450 586-1020

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1810&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5T1M6

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Contraception. * Medical consultations. * Telephone support and listening. * Radiology. * Recovery of used needles and syringes. * Psychological services (AAOR). * Children's vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h00 to 16h00, collection centre: Monday, Wednesday, Thursday 7h15 to 9h45

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-DONAT

377 du Foyer Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-1511

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1725&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0T2C0

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Same day or next day medical consultations (for all). * Contraception. * Telephone support and listening. * Radiology. * Recovery of used needles and syringes. * Psychological services (AAOR). * General vaccination.

Coverage area: Québec

Hours: Monday and Thursday 8h00 to 16h30, Tuesday, Wednesday and Friday 8h30 to 16h30, Saturday and Sunday 9h30 to 16h30

Financing: provincial

Legal status: parapublic organization

CLSC LAMATER DE TERREBONNE

1317 des Seigneurs Boulevard, Terrebonne, Lanaudière, QC, J6W 5B1

450 471-2881

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1145&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6W5B1

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Abortion. * Distribution of new injection material to people who use drugs (free service). * Recovery of used needles and syringes. * STI screening and prevention.

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 19h30, Friday 8h00 to 15h30

Financing: provincial

Legal status: parapublic organization

MARRAINES COUP DE POUCE

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 ext. 229

Website: maisonlaparenthese.org/marraines-coup-de-pouce

Email: info@maisonlaparenthese.org

Services: 3-hour per week postnatal assistance to parents for 10 weeks. * Baby care. * Housekeeping. * Accompaniment to appointments. * Postnatal follow-up and psychosocial support. * Prevention of postpartum depression. * Material assistance for families on a low income. * On-site recovery and sale of clothing, food, books and toys. * Referral.

Eligibility: parents of a child younger than a year

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ORIGINAL TATOUE, CAFÉ DE RUE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 394-4384

Email: lorignaltatoue@gmail.com

Services: Place of listening and support. * Help, listening and referral. * Emergency assistance: food assistance, personal hygiene products, menstrual hygiene products, warm clothes and condoms. * Meals on site. * Recovery of used syringes. * Collective kitchens. * Shower, laundry room and lockers. * Computer and telephone available. * Monthly visit by a nurse: samples, screening, vaccination and answer to health questions. * Prevention and education activities.

Eligibility: young people 16 to 30 in a situation of social or family breakdown or experiencing difficulties related to drug addiction, homelessness and mental health problems

Capacity: 25 people

Coverage area: Joliette

Hours: Tuesday, Thursday and Friday 12h00 to 21h00, Wednesday and Saturday 12h00 to 17h00

Fees: none

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

TRAVAIL DE RUE DE REPENTIGNY

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

514 793-5565

Website: www.TRRepentigny.com

Email: trr@trrepentigny.com

Services: Mobile team available for listening, information and referral. * Management of risky behaviors regarding sexuality, substance abuse, homelessness and crime using a harm reduction approach. * Distribution of condoms, needles and other prevention material. * Naloxone kits distribution. * Distribution of fentanyl and benzodiazepines test strips. * Emergency food aid and supplies. * Guidance and accompaniment to the Court. * Accompaniment throughout legal, medical and social rehabilitation procedures. * Crisis intervention and mediation within families and among peers.

Eligibility: people 12 to 30 years old, homeless people, marginalized people or struggling with mental health issues

Coverage area: Repentigny

Hours: Monday to Friday

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

TRAVAIL DE RUE LAVALTRIE

1341 Notre-Dame Street, Lavaltrie, Lanaudière, QC, J5T 4A9

450 586-0080

Website: www.travailderuelavaltrie.org

Email: info@travaltrie.com

Services: * Street work. * Naloxone kit distribution. * Distribution of contraceptives.

Eligibility: youth and adults that are not reached by traditional services, youth who have dropped out of school

Coverage area: Berthierville, Lanoraie, Lavaltrie

Hours: office: 8h30 to 16h30, street work: variable

Fees: none

Financing: federal, provincial, municipal, Centraide Lanaudière, grants

Legal status: non-profit organization

TRAVAIL DE RUE LE TRAJET

2026 Gascon Road, Terrebonne, Lanaudière, QC, J6X 2E5

514 430-0362

Website: letrajet.ca

Email: direction@letrajet.ca

Services: Intervention services in the street. * Listening and referrals. * Support and accompaniment. *

Prevention of STI and hepatitis: needle exchange and distribution of condoms. * Naloxone kits distribution. *

Distribution and delivery of fentanyl test strips.

Eligibility: people of all ages experiencing social disruption

Coverage area: Terrebonne, Mascouche

Hours: variable

Fees: none

Financing: provincial, foundations, fundraising campaigns

Legal status: non-profit organization

Home care**CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA**

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Palliative care**ALBATROS LANAUDIÈRE**

2500 Mascouche Boulevard, Suite 139, Mascouche, Lanaudière, QC, J7K 0H5

450 966-9508 Fax: 450 966-9508

Website: albatros-lanaudiere.com

Email: infos@albatros-lanaudiere.org

Services: * Accompaniment of people in end of life and palliative care. * Training for accompaniment in end of life and palliative care. * Support groups for bereaved people. * Telephone support for the bereaved people.

Eligibility: people 18 years and over who are terminally ill, bereaved, their family and caregivers

Coverage area: Lanaudière

Hours: by appointment

Fees: variable

Financing: foundations, provincial, municipal, donations

Legal status: None or unknown

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

HÔPITAL PIERRE-LE GARDEUR

911 Montée des Pionniers, Terrebonne, Lanaudière, QC, J6V 2H2

1 888 654-7525

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/hopitaux

Services: Hospital centre offering general and specialized cares. * Emergency. * Physical and psychiatric healthcare. * Surgery. * Out-patient and specialized services. * Oncology centre. * Medical imaging and tests centre. * Detoxification. * End-of-life care.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

LITTLE BROTHERS - SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 119, Mascouche, Lanaudière, QC, J7K 0H5

514 248-3384

Website: littlebrothers.ca/regional-teams/southern-lanaudiere

Email: sudlanaudiere@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Other End of the Line: pairing telephone service. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * Christmas reception. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: MRC Montcalm, MRC Joliette, MRC Matawinie, MRC Des Moulins, MRC L'Assomption

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MAISON ADHÉMAR-DION (LA)

4500 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A3

450 932-0870 Fax: 450 932-1050

Website: lamaisonadhemardion.ca

Email: info@maisonadhemardion.com

Services: Palliative care centre. * Possibility for relatives to live with the resident. * Free services to the residents: food, medical care and hygiene, nursing services, psychosocial support, aesthetic care (hairdressing, manicure-pedicure), osteopathy, massage therapy and spiritual and family support. * Bereavement workshops. * Bereavement support groups. * Weekly bereavement coffee meetings. * Individual bereavement counselling.

Eligibility: people 18 years old and over with a prognosis of three months or less to live, living or having a caregiver living on the Lanaudière territory

Capacity: 12 beds

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: aucun

Financing: fundraising campaigns, donations, provincial

Legal status: non-profit organization

Patient support associations

ASSOCIATION PANDA-MRC LES MOULINS

737 de la Soeur-Marie-Rose Street, Terrebonne, Lanaudière, QC, J6V 1P1

1 833 740-8324

Website: www.associationpandalanaudiere.org

Email: info@pandamrclesmoulins.org

Services: Tools and information on attention deficit disorder with or without hyperactivity (ADD/ADHD). * Social skills development workshops for children 6 to 11 years old. * Workshops for teenagers in school settings. * Workshops for parents and adults. * Specialized day camp. * Counsellor training. * Active listening and referrals.

Eligibility: children, teenagers, adults showing signs of a diagnostic for an attention deficit disorder with or without hyperactivity, their parents

Capacity: variable

Coverage area: MRC Les Moulins, Montréal Island, Laval, MRC Montcalm, MRC Matawinie

Hours: office: variable

Fees: variable

Financing: provincial, donations, self-financing

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LA FIBROMYALGIE DE LANAUDIÈRE

762A de l'Industrie Boulevard, Saint-Paul, Lanaudière, QC, J0K 3E0

1 888 223-0227

Website: fibromyalgielanaudiere.com

Email: btaillefer2935@gmail.com

Services: * Rehabilitation activities: aquafitness. * Social activities. * Social network, testimony exchanges. * Information, document loans and consultation, conferences. * Art workshops. * Knitting workshop. * Mental health workshop.

Eligibility: people affected by fibromyalgia, their close ones

Coverage area: Lanaudière

Hours: by appointment

Fees: annual fees: \$20

Financing: fundraising campaigns, grants, contributions

Legal status: non-profit organization

ASSOCIATION SCLÉROSE EN PLAQUES DE LANAUDIÈRE

200 Salaberry Street, Suite 307, Joliette, Lanaudière, QC, J6E 4G1

450 753-5545

Website: www.asepl.org

Email: info@asepl.org

Services: Support to people living with multiple sclerosis and their close ones. * Information about the disease. * Individual support, collective advocacy. * Financial support. * Visits at home and in care centres. * Activities for members. * Holiday meals and activities for members.

Eligibility: people living with multiple sclerosis, their close ones, social workers

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION UN COEUR POUR TOUS, LANAUDIÈRE (L')

144 Saint-Joseph Street, Suite 113, Joliette, Lanaudière, QC, J6E 5C2

450 760-3039

Email: uncoeurpourtous@hotmail.com

Services: * Information on heart diseases and their physical and moral consequences. * Breakfast-conferences 5 times per year. * Workshops. * Adapted physical activities: pool, chair yoga, Coeur en forme physical conditioning. * Social activities.

Eligibility: people with a heart disease or high blood pressure, their family

Capacity: pool: 24 people

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership card: \$15 per year, activities: \$50 per activity (\$5 per visit for 10 weeks)

Financing: donations, self-financing, grants

Legal status: non-profit organization

CANCER-AIDE LANAUDIÈRE

330 Papineau Street, Joliette, Lanaudière, QC, J6E 2K7

450 756-0869

Website: www.canceraidelanaudiere.com

Email: canceraidelanaudiere@outlook.com

Services: * Listening and phone pairing. * Information, referral: resource guide, documentation, lending of books and audio/video tapes. * Support group. * Financial assistance: individual meetings with a therapist, massage therapy. * Monthly meetings.

Eligibility: people with cancer, their relatives

Coverage area: Lanaudière

Hours: meetings: 2nd Wednesday of the month 13h30 to 15h30

Fees: annual membership: \$10, activities: variable fees

Financing: provincial, membership fees

Legal status: non-profit organization

CANCER-AIDE LANAUDIÈRE - POINT DE SERVICE SUD

50 Thouin Street, Suite 237, Richelieu Pavillion, Repentigny, Lanaudière, QC, J6A 4J4

450 654-8437

Website: canceraidelanaudiere.com

Email: canceraide.lr@gmail.com

Services: * Phone listening. * Information and referral: resources guide, documentation, books and audio-video cassettes loans, Les Quatre Saisons journal. * Monthly and individual meetings. * Support group. * Conferences. * Activities with financial assistance: artistic workshops, outings, stretching sessions, counselling with a therapist and massage therapy sessions.

Eligibility: people living with cancer, their close ones

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: meetings: 3rd Wednesday of the month 13h30 to 15h30

Fees: annual membership: \$10, activities: variable

Financing: contributions, provincial, self-financing

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

DIABÈTE RIVE-NORD

Confidential Address

438 392-8362

Website: diabeterivenord.org

Email: info@diabeterivenord.org

Services: Information, conferences, activities and telephone support for people with diabetes. * Awareness, prevention and advocacy of rights and interests of patients. * Screening clinics. * Grocery workshops. * Cycling excursions.

Eligibility: people with diabetes, their close ones

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: variable

Fees: \$20 per year

Financing: fundraising campaigns, membership fees

Legal status: non-profit organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food bank: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

HYPOGLYCEMIA ACTION QUÉBEC

491 Des Seigneurs Boulevard, Terrebonne, Lanaudière, QC, J6W 1T5

450 325-1163

Website: hypoglycemie.qc.ca

Email: info@hypoglycemie.qc.ca

Services: * Helpline. * Courses to help people living with the problems caused by hypoglycemia. * Consultation, information, referral, education, screening and dietary support. * Diabetes prevention. * Awareness of the population and physicians: publications, workshops, conferences and media.

Eligibility: adults, teens and children affected by hypoglycemia, health professionals

Coverage area: Province of Québec

Hours: 5 days per week, answering machine: 24 hours / 7 days

Fees: none

Financing: grants

Legal status: non-profit organization

NÉO (LE)

950 Moody Boulevard, Terrebonne, Lanaudière, QC, J6W 3K8

1 800 964-1860

Website: le-neo.com

Email: neo@le-neo.com

Services: Education, information, awareness and support regarding sexual health, gender identity, sexual orientation and STIs. * Support meetings with sexologists and counsellors. * Réseau des alliés. * L'apparte: living environment and social activities for LGBTQ+ youth 12 to 17 years old. * Support group for and by trans and non-binary people 18 years and older. * Support group for parents of trans and non-binary children. * Monitoring for people living with HIV/AIDS or hepatitis. * Training. * Workshops and awareness activities.

Eligibility: LGBTQ+ people and allies, people living with HIV/AIDS or hepatitis, people aged 12 years old and over

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

ORIGNAL TATOUÉ, CAFÉ DE RUE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 394-4384

Email: lorignaltatoue@gmail.com

Services: Place of listening and support. * Help, listening and referral. * Emergency assistance: food assistance, personal hygiene products, menstrual hygiene products, warm clothes and condoms. * Meals on site. * Recovery of used syringes. * Collective kitchens. * Shower, laundry room and lockers. * Computer and telephone available. * Monthly visit by a nurse: samples, screening, vaccination and answer to health questions. * Prevention and education activities.

Eligibility: young people 16 to 30 in a situation of social or family breakdown or experiencing difficulties related to drug addiction, homelessness and mental health problems

Capacity: 25 people

Coverage area: Joliette

Hours: Tuesday, Thursday and Friday 12h00 to 21h00, Wednesday and Saturday 12h00 to 17h00

Fees: none

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

PANDA DE LA MRC L'ASSOMPTION

50 Thouin Street, Suite 242, Repentigny, Lanaudière, QC, J6A 4J4

450 582-0003

Website: www.tdahpanda.ca

Email: panda3@bellnet.ca

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Parental coaching: 10-week support groups for parents. * Workshops: anger management, socialization, ADHD and anxiety, teens and ADHD. * Varied themed activities for children. * Groups for adults living with ADHD: 6 meetings every 2 weeks. * Meetings by appointment. * Information and documentation. * Conferences.

Eligibility: children and adults with or awaiting an attention deficit disorder diagnosis, with or without hyperactivity, their parents

Capacity: parent support groups: 10 people, support groups for adults and children: 6 people

Coverage area: MRC L'Assomption

Hours: groups for parents or adults: weeknights, groups for children: Saturday morning

Fees: annual membership: \$10 per family, parental coaching: \$100 for 10 meetings, groups for children or adults with ADHD: \$10 per meeting

Financing: self-financing, provincial, fundraising campaigns, membership fees, donations

Legal status: non-profit organization

PROGRAMME TRANSPORT-HÉBERGEMENT LANAUDIÈRE

1000 Saint-Anne Boulevard, Saint-Charles-Borromée, Lanaudière, QC, J6E 6J2

1 888 759-4033 Fax: 450 756-4951

Website: transport.hebergement.csssnl@ssss.gouv.qc.ca

Services: Financial support for transportation, parking and housing, for frequent and regular trips for medical or rehabilitation treatment.

Eligibility: people living with an intellectual or physical disability

Coverage area: Lanaudière

Fees: none

Financing: provincial

Legal status: parapublic organization

SOCIÉTÉ ALZHEIMER DE LANAUDIÈRE (LA)

190 Montcalm Street, Joliette, Lanaudière, QC, J6E 5G4

450 759-3057 Fax: 450 760-2633

Website: www.sadl.org

Email: info@sadl.org

Services: * Information and referral. * Telephone assistance. * Individual and family meetings. * Respite-Accompaniment-Stimulation program (RAS). * Group for people in the early stages. * Exchange group for caregivers. * Training for caregivers, workers and professionals. * Conferences, training, workshop meetings. * Books and videos loans.

Eligibility: people with Alzheimer or a related disease, their relatives, caregivers, health professionals and private residences.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: membership: \$25 per year, Respite-Accompaniment-Stimulation program: \$21 for 3 hours

Financing: grants, self-financing, donations

Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - SECTION LANAUDIÈRE

2500 Mascouche Boulevard, Suite 221, Mascouche, Lanaudière, QC, J7K 0H5

450 417-3562 Fax: 450 966-2814

Website: mscanada.ca/ms-canada-lanaudière

Email: info.lanaudiere@scleroseenplaques.ca

Services: * Information on research and on different aspects of the illness: documentation, information sessions, conferences, Espoir Famille annual conference. * Support: self-help groups, phone listening and accompaniment. * Advocacy. * Adapted physical activities. * Social action. * Fundraising.

Eligibility: people with multiple sclerosis, their close ones

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: variable depending on the activities

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

TDL - LANAUDIÈRE

2500 Mascouche Boulevard, Suite 215, Mascouche, Lanaudière, QC, J7K 0H5

450 474-8870

Website: dysphasielanaudiere.org

Email: administration@tdl-lanaudiere.org

Services: * Telephone listening and referral. * Documents for buying, loan or consultation. * Conferences and training. * Recreational activities for families. * Respite. * Horse therapy. * Activities for teenagers 12 to 15 years old. * Socialization and social integration for adults. * Job integration assistance, socioprofessional support. * Weekly recreational activities for adults. * Lexical development group. * Service point in Joliette: 200 de Salaberry Street, Suite 04. * Christmas lunch.

Eligibility: people with a developmental language disorder (dysphasia), parents of dysphasic children, professionals

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: families: \$45, TDL adults: \$25, TDL adults in couples and parents of TDL adults: \$35, professionals: \$100, partners: \$50

Financing: grants, self-financing, donations

Legal status: non-profit organization

Public Health

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LANAUDIÈRE

260 Lavaltrie Street South, Joliette, Lanaudière, QC, J6E 5X7

1 800 668-9229

Website: www.cisss-lanaudiere.gouv.qc.ca

Email: info.cissslan@ssss.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 (except holidays)

Financing: provincial

Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LANAUDIÈRE - VACCINATION CONTRE LA GRIPPE

Confidential Address

1 877 644-4545

Website: www.cisss-lanaudiere.gouv.qc.ca/vaccin-contre-la-grippe

Services: Vaccination campaign against seasonal influenza. * Online appointment system: portal3.clicsante.ca

Coverage area: Lanaudière

Hours: appointments: autumn 2024, appointments by telephone: Monday to Friday 8h00 to 18h00

Fees: free for these people: pregnant people for 13 weeks or more, people with certain chronic illnesses over 6 months old, pregnant people with certain chronic illnesses, people 75 years and over, caregivers and people living under the same roof as these people or children under 6 months, health workers, healthy children 6 to 23 months, healthy seniors 60 to 74 years

Financing: provincial

Legal status: provincial government agency

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

DIRECTION DE LA SANTÉ PUBLIQUE DE LANAUDIÈRE

245 du Curé Majeau Street, Joliette, Lanaudière, QC, J6E 8S8

1 855 759-6660 Fax: 450 759-3742

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Continuous surveillance of public health. * Informs population about general health state, high-priority health problems, vulnerable groups, main risk factors and efficient interventions. * Identification of potentially problematic situation. * Prevention and health promotion.

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food bank: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

GUICHET D'ACCÈS À LA PREMIÈRE LIGNE - LANAUDIÈRE

Confidential Address

811 option 3

Website: www.quebec.ca/en/health/finding-a-resource/primary-care-access-point

Services: * Access point for referral to a professional or medical service. * Digital access point: <https://gap.soinsvirtuels.gouv.qc.ca/en>

Eligibility: people without a family doctor

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and public holidays: 8h00 to 16h00

Fees: none

Legal status: parapublic organization

MILIEU D'INTERVENTION ET DE THÉRAPIE EN AGRESSION SEXUELLE

Confidential Address

450 755-6755 Fax: 450 755-1773

Website: www.mitas.ca

Email: mitas@mitas.ca

Services: Group and individual therapy.

Eligibility: children victims of sexual assault and their family, children presenting problematic sexual misconduct behaviour, men victims of sexual abuse during childhood, teenagers and adults authors or who feel at risk of committing sexual transgressions on minors

Capacity: groups: 8 people

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 16h00, therapies for adults in the evening

Fees: children: free, adults: variable

Financing: provincial, self-financing, grants, donations

Legal status: non-profit organization

NÉO (LE)

950 Moody Boulevard, Terrebonne, Lanaudière, QC, J6W 3K8

1 800 964-1860

Website: le-neo.com

Email: neo@le-neo.com

Services: Education, information, awareness and support regarding sexual health, gender identity, sexual orientation and STIs. * Support meetings with sexologists and counsellors. * Réseau des alliés. * L'apparte: living environment and social activities for LGBTQ+ youth 12 to 17 years old. * Support group for and by trans and non-binary people 18 years and older. * Support group for parents of trans and non-binary children. * Monitoring for people living with HIV/AIDS or hepatitis. * Training. * Workshops and awareness activities.

Eligibility: LGBTQ+ people and allies, people living with HIV/AIDS or hepatitis, people aged 12 years old and over

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

QUÉBEC SECOURS

395 St-Léon Range, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

1 877 628-9977

Website: quebecsecours.qc.ca

Email: info@quebecsecours.qc.ca

Services: Search and rescue of missing people in forest or urban areas. * Volunteers training: searching, forest rescuing and human tracking. * Dissemination of missing notices. * Educative workshops for children on what to do if they get lost in a forest or urban areas.

Eligibility: general public

Coverage area: Province of Québec

Fees: none

Financing: donations

Legal status: non-profit organization

TRAVAIL DE RUE DE REPENTIGNY

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

514 793-5565

Website: www.TRRepentigny.com

Email: trr@trrepentigny.com

Services: Mobile team available for listening, information and referral. * Management of risky behaviors regarding sexuality, substance abuse, homelessness and crime using a harm reduction approach. * Distribution of condoms, needles and other prevention material. * Naloxone kits distribution. * Distribution of fentanyl and benzodiazepines test strips. * Emergency food aid and supplies. * Guidance and accompaniment to the Court. * Accompaniment throughout legal, medical and social rehabilitation procedures. * Crisis intervention and mediation within families and among peers.

Eligibility: people 12 to 30 years old, homeless people, marginalized people or struggling with mental health issues

Coverage area: Repentigny

Hours: Monday to Friday

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Homelessness

ADVOCACY

DAY AND EVENING CENTRES

MOBILE UNITS AND STREET WORK

SHELTERS

TRANSITIONAL HOUSING

YOUTH SHELTERS

Advocacy

TRAVAIL DE RUE DE REPENTIGNY

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

514 793-5565

Website: www.TRRepentigny.com

Email: trr@trrepentigny.com

Services: Mobile team available for listening, information and referral. * Management of risky behaviors regarding sexuality, substance abuse, homelessness and crime using a harm reduction approach. * Distribution of condoms, needles and other prevention material. * Naloxone kits distribution. * Distribution of fentanyl and benzodiazepines test strips. * Emergency food aid and supplies. * Guidance and accompaniment to the Court. * Accompaniment throughout legal, medical and social rehabilitation procedures. * Crisis intervention and mediation within families and among peers.

Eligibility: people 12 to 30 years old, homeless people, marginalized people or struggling with mental health issues

Coverage area: Repentigny

Hours: Monday to Friday

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Day and evening centres

CAFÉ DE RUE DE TERREBONNE

654 Saint-Pierre Street, Terrebonne, Lanaudière, QC, J6W 1C8

450 806-9545

Website: cafederuesolidaire.org

Email: cafederue@hotmail.com

Services: * Prevention of youth homelessness. * Food assistance. * Free snacks and lunch. * Material assistance: clothing and hygiene products. * Shower, washer, dryer. * Nurse available once a month. * STBIs screening. * Pregnancy tests. * Distribution of sterile injection equipment and crack pipes. * Distribution of contraceptives and lubricants. * Social and cultural activities. * Listening and referral.

Eligibility: people 18 to 35 years old in a crisis situation, in a relationship breakdown or marginalized, homeless or not

Coverage area: Terrebonne

Hours: Tuesday 15h00 to 20h00, Wednesday 14h00 to 20h00, Thursday 13h00 to 20h00, Friday 13h00 to 19h30, food assistance: Monday 17h00 to 19h00 on registration

Fees: none

Financing: donations, federal, provincial

Legal status: non-profit organization

CENTRE DE FORMATION PROFESSIONNELLE DES RIVERAINS - SALON DE COIFFURE

120 Valmont Street, Repentigny, Lanaudière, QC, J5Y 1N9

450 492-3538 ext. 2791 **Fax:** 450 581-3026

Website: www.cfpriverains.qc.ca

Email: Cfp-desriverains@cssda.gouv.qc.ca

Services: Hairdresser-school at low prices.

Coverage area: Repentigny

Hours: Monday to Friday 9h30 to 16h30

Fees: variable

Financing: provincial

Legal status: provincial government agency

HABITAT LANAUDIÈRE

2973 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1N8

450 474-4938

Website: habitatlanaudiere.com

Email: habitatjeunesse@videotron.ca

Services: * Temporary accommodation for adults living with a mental health problem. * Home accompaniment. * Help in finding accommodation. * Training and workshops: dealing with psychological distress, intrusive thinking, etc.

Eligibility: people 10 to 70 years old living with a mental health problem, accommodation: people 18 years old and over living with a mental health problem

Capacity: accommodation: 9 mixed beds (single rooms)

Coverage area: MRC Les Moulins, MRC de L'Assomption

Hours: 24 hours / 7 days

Fees: accommodation: \$300 per month

Financing: grants

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LANAUDIÈRE SUD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W 5B1

450 471-9424 Fax: 450 471-9434

Website: www.omhls.com

Email: infosac@omhls.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service. * Accès Logis Québec program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: single individuals, seniors and families on a low and moderate income, SARL: households and single people at risk of soon becoming homeless or whose housing does not meet their needs and who are searching for new housing on the private market

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

ORIGNAL TATOUE, CAFÉ DE RUE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 394-4384

Email: lorignaltatoue@gmail.com

Services: Place of listening and support. * Help, listening and referral. * Emergency assistance: food assistance, personal hygiene products, menstrual hygiene products, warm clothes and condoms. * Meals on site. * Recovery of used syringes. * Collective kitchens. * Shower, laundry room and lockers. * Computer and telephone available. * Monthly visit by a nurse: samples, screening, vaccination and answer to health questions. * Prevention and education activities.

Eligibility: young people 16 to 30 in a situation of social or family breakdown or experiencing difficulties related to drug addiction, homelessness and mental health problems

Capacity: 25 people

Coverage area: Joliette

Hours: Tuesday, Thursday and Friday 12h00 to 21h00, Wednesday and Saturday 12h00 to 17h00

Fees: none

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

TRAVAIL DE RUE DE REPENTIGNY

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

514 793-5565

Website: www.TRRepentigny.com

Email: trr@trrepentigny.com

Services: Mobile team available for listening, information and referral. * Management of risky behaviors regarding sexuality, substance abuse, homelessness and crime using a harm reduction approach. * Distribution of condoms, needles and other prevention material. * Naloxone kits distribution. * Distribution of fentanyl and benzodiazepines test strips. * Emergency food aid and supplies. * Guidance and accompaniment to the Court. * Accompaniment throughout legal, medical and social rehabilitation procedures. * Crisis intervention and mediation within families and among peers.

Eligibility: people 12 to 30 years old, homeless people, marginalized people or struggling with mental health issues

Coverage area: Repentigny

Hours: Monday to Friday

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

UNITÉ POINT DE DÉPART

220 Lajoie Street South, Joliette, Lanaudière, QC, J6E 5L2

450 759-6848

Email: unitepd@outlook.com

Services: * Day centre and assistance. * Support groups for continued abstinence and sobriety. * One-on-one counseling. * Support, accompaniment and referrals for all kinds of addictions. * Relapse prevention.

Eligibility: services and activities: people 18 years old and over with addiction (all addictions), their close ones, day centre: general population

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 15h00, extremely cold nights: 22h00 to 6h00

Fees: none

Financing: grants

Legal status: non-profit organization

Mobile units and street work**ORIGINAL TATOUÉ, CAFÉ DE RUE**

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 394-4384

Email: lorignaltatoue@gmail.com

Services: Place of listening and support. * Help, listening and referral. * Emergency assistance: food assistance, personal hygiene products, menstrual hygiene products, warm clothes and condoms. * Meals on site. * Recovery of used syringes. * Collective kitchens. * Shower, laundry room and lockers. * Computer and telephone available. * Monthly visit by a nurse: samples, screening, vaccination and answer to health questions. * Prevention and education activities.

Eligibility: young people 16 to 30 in a situation of social or family breakdown or experiencing difficulties related to drug addiction, homelessness and mental health problems

Capacity: 25 people

Coverage area: Joliette

Hours: Tuesday, Thursday and Friday 12h00 to 21h00, Wednesday and Saturday 12h00 to 17h00

Fees: none

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

TRAVAIL DE RUE DE REPENTIGNY

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

514 793-5565

Website: www.TRRepentigny.com

Email: trr@trrepentigny.com

Services: Mobile team available for listening, information and referral. * Management of risky behaviors regarding sexuality, substance abuse, homelessness and crime using a harm reduction approach. * Distribution of condoms, needles and other prevention material. * Naloxone kits distribution. * Distribution of fentanyl and benzodiazepines test strips. * Emergency food aid and supplies. * Guidance and accompaniment to the Court. * Accompaniment throughout legal, medical and social rehabilitation procedures. * Crisis intervention and mediation within families and among peers.

Eligibility: people 12 to 30 years old, homeless people, marginalized people or struggling with mental health issues

Coverage area: Repentigny

Hours: Monday to Friday

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

TRAVAIL DE RUE LAVALTRIE

1341 Notre-Dame Street, Lavaltrie, Lanaudière, QC, J5T 4A9

450 586-0080

Website: www.travailderuelavaltrie.org

Email: info@trlavaltrie.com

Services: * Street work. * Naloxone kit distribution. * Distribution of contraceptives.

Eligibility: youth and adults that are not reached by traditional services, youth who have dropped out of school

Coverage area: Berthierville, Lanoraie, Lavaltrie

Hours: office: 8h30 to 16h30, street work: variable

Fees: none

Financing: federal, provincial, municipal, Centraide Lanaudière, grants

Legal status: non-profit organization

TRAVAIL DE RUE LE TRAJET

2026 Gascon Road, Terrebonne, Lanaudière, QC, J6X 2E5

514 430-0362

Website: letrajet.ca

Email: direction@letrajet.ca

Services: Intervention services in the street. * Listening and referrals. * Support and accompaniment. * Prevention of STI and hepatitis: needle exchange and distribution of condoms. * Naloxone kits distribution. * Distribution and delivery of fentanyl test strips.

Eligibility: people of all ages experiencing social disruption

Coverage area: Terrebonne, Mascouche

Hours: variable

Fees: none

Financing: provincial, foundations, fundraising campaigns

Legal status: non-profit organization

TRAVAIL DE RUE SECTEUR BRANDON

19, rue Saint-Gabriel, Saint-Gabriel, Lanaudière, QC, J0K 2N0

450 803-3793

Email: trbrandon@hotmail.com

Services: Street working services. * Listening and referral by phone and in person. * Support and accompaniment. * Distribution of naloxone kits. * Distribution of fentanyl test strips.

Eligibility: teenagers 12 years and over, adults, seniors

Coverage area: MRC D'Autray, MRC Matawinie

Hours: administration: Monday to Friday 8h30 to 16h30, phone service: 24 hours / 7 days

Fees: none

Financing: grants, municipal

Legal status: parapublic organization

Shelters

HUTTE (LA) - HÉBERGEMENT D'URGENCE À JOLIETTE

Confidential Address

450 753-7735

Website: lahutte.org

Email: pascalhutte@hotmail.com

Services: Emergency and short-term accommodation for homeless adults. * Dormitory: overnight shelter. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords. * Support for relatives.

Eligibility: homeless people 18 years old and over, with or without a pet

Capacity: 8 beds

Coverage area: Lanaudière, Laurentians

Hours: 24 hours / 7 days, le Dortoir: 16h30 to 8h00

Fees: dormitory and other services: free

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE À JOLIETTE - HÉBERGEMENT D'URGENCE SOCIALE

Confidential Address

450 753-7735

Website: lahutte.org

Email: pascalhutte@hotmail.com

Services: Emergency and short-term housing for homeless adults. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords.

Eligibility: people 18 years old and over in a situation of homeless, with or without pets

Capacity: 38

Coverage area: Lanaudière, Laurentians

Hours: 24 hours / 7 days

Fees: emergency housing: \$7 per person per day, other services free

Financing: Centraide Laurentides, municipal, dons, autofinancement, fédéral, provincial

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE TERREBONNE

Confidential Address

450 471-4664 Fax: 450 471-1227

Website: lahutte.org

Email: info@lahutte.org

Services: Emergency and short-term accommodation for homeless adults. * Dormitory: overnight shelter. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords. * Support for relatives. * Fixed-price housing for people aged 18 to 25.

Eligibility: homeless people 18 years old and over

Coverage area: Lanaudière, Laurentians

Hours: 24 hours / 7 days, dormitory registration: from 16h00, dormitory: 16h30 to 8h00

Fees: dormitory: free, youth housing: \$425 per month

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE TERREBONNE - HÉBERGEMENT D'URGENCE SOCIALE

Confidential Address

450 471-4664 Fax: 450 471-1227

Website: lahutte.ca

Email: pascalhutte@hotmail.com

Services: Emergency and short-term housing for homeless adults. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords.

Eligibility: homeless people 18 years old and over

Capacity: 22 mix beds

Coverage area: Lanaudière, Laurentians

Fees: emergency housing: \$7 per person per day, other services free

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

MAISON D'ACCUEIL LA TRAVERSE

Confidential Address

1 800 363-9010 Fax: 450 759-0357

Website: www.maisonlatraverse.org

Email: equipe@maisonlatraverse.org

Services: Shelter for women experiencing domestic violence. * Helpline. * Temporary housing. * Confidential online messaging: maisonlatraverse.messageconfidentiel.ca * Accompaniment in the procedures. * Preventive external meetings. * On-site youth worker. * Post-housing follow-up. * Animated group meetings. * Information on rights and recourses. * Awareness-raising and prevention.

Eligibility: women experiencing domestic violence, with or without children

Capacity: 15 places for women or children

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON OXYGÈNE JOLIETTE-LANAUDIÈRE

Confidential Address

450 499-2617

Website: www.maisonoxygenejoliettelanaudiere.org

Email: administration@mojl.org

Services: Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up.

Eligibility: fathers and their children living with a family problem

Coverage area: Lanaudière

Hours: variable

Fees: housing: according to income, psychosocial follow-up: free

Financing: grants, donations

Legal status: non-profit organization

MAISON OXYGÈNE L'ASSOMPTION

980 de l'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 1P1

450 591-2617

Website: www.maisonoxygenejoliettelanaudiere.org

Email: j.beliveau.mojl@gmail.com

Services: Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up

Eligibility: fathers and their children living with a family problem

Coverage area: Lanaudière

Hours: variable

Fees: housing: according to income, psychosocial follow-up: free

Financing: grants, donations

Legal status: None or unknown

UNITÉ POINT DE DÉPART

220 Lajoie Street South, Joliette, Lanaudière, QC, J6E 5L2

450 759-6848

Email: unitepd@outlook.com

Services: * Day centre and assistance. * Support groups for continued abstinence and sobriety. * One-on-one counseling. * Support, accompaniment and referrals for all kinds of addictions. * Relapse prevention.

Eligibility: services and activities: people 18 years old and over with addiction (all addictions), theirs close ones, day centre: general population

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 15h00, extremely cold nights: 22h00 to 6h00

Fees: none

Financing: grants

Legal status: non-profit organization

Transitional housing**AUBERGE DU COEUR ROLAND-GAUVREAU**

638 de la Base-de-Roc Boulevard, Joliette, Lanaudière, QC, J6E 5P7

450 759-2114

Email: administration@rolandgauvreau.ca

Services: * Shelter for young people with the aim of social reintegration.

Eligibility: youth between 18 and 30 years old

Capacity: 12 rooms

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: depending on income: minimum \$4.85 and maximum \$10 per day

Financing: provincial

Legal status: non-profit organization

AUBERGE DU COEUR ROLAND-GAUVREAU - PAVILLON POUR ELLE

Confidential Address

450 512-3441

Email: administration@rolandgauvreau.ca

Services: Accommodation for women with or without children.

Eligibility: women aged 18 and over with or without children

Capacity: 9 rooms

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: depending on income: minimum \$4.85 and maximum \$10 per day

Financing: provincial

Legal status: non-profit organization

CENTRE LE DIAPASON

1731 Maple Street, Mascouche, Lanaudière, QC, J7L 2K9

450 477-6201

Website: www.centrelediapason.com

Email: diapason@centrelediapason.com

Services: * Temporary shelter (room and board) up to 60 days. * Telephone support. * Family mediation. * Information meetings. * Accompaniment with job search procedures. * Workshops on varied youth issues. * Referrals. * Post-housing support: calls and meetings. * Supervised apartments.

Eligibility: temporary shelter: youth in difficulty 14 to 18 years old willing to receive help

Capacity: 9 places

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: voluntary contribution from parents

Financing: provincial, donations

Legal status: non-profit organization

CENTRE LE DIAPASON - APPARTEMENTS SUPERVISÉS

1731 Maple Street, Mascouche, Lanaudière, QC, J7L 2K9

450 477-6201

Website: www.centrelediapason.com

Email: centrelediapason@videotron.ca

Services: Supervised apartments for young adults. * Support from a community worker during the stay. * Maximum stay of 1 year.

Eligibility: young adults 18 to 25 years old in need of stable and safe housing

Capacity: 5 places

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Financing: provincial, donations

Legal status: non-profit organization

CHAUMIÈRE JEUNESSE DE RAWDON (LA)

3299 14th Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2517 Fax: 450 834-1335

Website: www.chaumierejeunesse.com

Email: direction@chaumierejeunesse.com

Services: Transitional housing. * Maximum duration of 1 year. * Listening, support and accompaniment. * Social reintegration. * Advocacy. * Post-housing follow-up.

Eligibility: young adults 18 to 30 years old, experiencing difficulties and at risk of experiencing homelessness

Capacity: 9 mixed places

Coverage area: Lanaudière

Hours: admission: 7 days, 8h00 to 20h00, housing: 24 hours / 7 days

Fees: \$300 per month

Financing: provincial, federal, fundraising campaigns, donations

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE À JOLIETTE - CHAMBRES DE TRANSITION

Confidential Address

450 753-7735**Website:** lahutte.org**Email:** pascalhutte@hotmail.com**Services:** Transitional housing. * Shower and laundry. * Assistance with social integration procedures. * Material assistance, clothing.**Eligibility:** homeless people 18 years old and over**Capacity:** 4 beds**Coverage area:** Joliette**Hours:** 24 hours / 7 days**Fees:** 320 per month**Financing:** Centraide Laurentides, municipal, dons, self-financing, federal, provincial**Legal status:** non-profit organization**HUTTE (LA) - HÉBERGEMENT D'URGENCE TERREBONNE - CHAMBRES DE TRANSITION**

Confidential Address

450 471-4664 Fax: 450 471-1227**Website:** lahutte.ca**Email:** pascalhutte@hotmail.com**Services:** Transitional housing. * Shower and laundry. * Assistance with social integration procedures. * Material assistance, clothing.**Eligibility:** homeless people 18 years old and over**Coverage area:** Lanaudière, Laurentians**Fees:** 320 per month**Financing:** Centraide Laurentides, municipal, donations, self-financing, federal, provincial**Legal status:** non-profit organization**MAISON D'HÉBERGEMENT JEUNESSE ROLAND-GAUVREAU**

638 Base-de-Roc Boulevard, Joliette, Lanaudière, QC, J6E 5P7

450 759-2114 Fax: 450 759-6524**Email:** administration@rolandgauvreau.ca**Services:** * Short-term housing of 3 to 6 months. * Helping relationship, listening, accompaniment, information and referral.**Eligibility:** young adults from 18 to 30 years old experiencing difficulties**Capacity:** 12**Coverage area:** Lanaudière**Hours:** 24 hours / 7 days**Fees:** \$300 per month or 46% of income**Financing:** self-financing, donations**Legal status:** non-profit organization**MAISON OXYGÈNE JOLIETTE-LANAUDIÈRE**

Confidential Address

450 499-2617**Website:** www.maisonoxygenejoliettelanaudiere.org**Email:** administration@mojl.org**Services:** Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up.**Eligibility:** fathers and their children living with a family problem**Coverage area:** Lanaudière**Hours:** variable**Fees:** housing: according to income, psychosocial follow-up: free

Financing: grants, donations

Legal status: non-profit organization

MAISON OXYGÈNE L'ASSOMPTION

980 de l'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 1P1

450 591-2617

Website: www.maisonoxygenejoliettelanaudiere.org

Email: j.beliveau.mojl@gmail.com

Services: Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up

Eligibility: fathers and their children living with a family problem

Coverage area: Lanaudière

Hours: variable

Fees: housing: according to income, psychosocial follow-up: free

Financing: grants, donations

Legal status: None or unknown

MAISON PAULINE BONIN

360 Saint-Louis Street, Suite 1, Joliette, Lanaudière, QC, J6E 2Y6

450 752-6730

Website: maisonpaulinebonin.org

Email: info@maisonpaulinebonin.org

Services: Subsidized temporary housing with services. * Housing for up to 3 years. * Individual support in the procedures, with or without housing. * Group accompaniment, with or without housing. * Information workshops, with or without housing.

Eligibility: single mothers who want to return to work or school

Capacity: 12 apartments

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: 25% of income according to the provincial notice of assessment

Financing: provincial, self-financing

Legal status: non-profit organization

REGARD EN ELLE - SECOND STAGE HOUSING

Confidential Address

1 888 582-6005 Fax: 450 582-2206

Website: www.regardenelle.org/index.php

Email: equipe@regardenelle.org

Services: Second stage housing for women who have experienced or are experiencing violence, with or without children. * Housing for a maximum stay of two years. * Support and accompaniment. * Individual and group follow-up.

Eligibility: women who have experienced or are experiencing violence, with or without children

Capacity: 6 units: five 3½ and one 4½

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: grants, donations, autofinancing

Legal status: non-profit organization

Youth shelters

ACCUEIL JEUNESSE

1094 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3G8

450 759-4610

Email: accueiljeunesse1981@gmail.com

Services: Shelter for youth. * Support, information and referral.

Eligibility: youth 12 to 17 years old in difficulty

Capacity: 9 beds

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: \$7 per day

Financing: self-financing, donations

Legal status: non-profit organization

AUBERGE DU COEUR ROLAND-GAUVREAU

638 de la Base-de-Roc Boulevard, Joliette, Lanaudière, QC, J6E 5P7

450 759-2114

Email: administration@rolandgauvreau.ca

Services: * Shelter for young people with the aim of social reintegration.

Eligibility: youth between 18 and 30 years old

Capacity: 12 rooms

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: depending on income: minimum \$4.85 and maximum \$10 per day

Financing: provincial

Legal status: non-profit organization

CENTRE LE DIAPASON

1731 Maple Street, Mascouche, Lanaudière, QC, J7L 2K9

450 477-6201

Website: www.centrelediapason.com

Email: diapason@centrelediapason.com

Services: * Temporary shelter (room and board) up to 60 days. * Telephone support. * Family mediation. * Information meetings. * Accompaniment with job search procedures. * Workshops on varied youth issues. * Referrals. * Post-housing support: calls and meetings. * Supervised apartments.

Eligibility: temporary shelter: youth in difficulty 14 to 18 years old willing to receive help

Capacity: 9 places

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: voluntary contribution from parents

Financing: provincial, donations

Legal status: non-profit organization

MAISON D'HÉBERGEMENT JEUNESSE ROLAND-GAUVREAU

638 Base-de-Roc Boulevard, Joliette, Lanaudière, QC, J6E 5P7

450 759-2114 **Fax:** 450 759-6524

Email: administration@rolandgauvreau.ca

Services: * Short-term housing of 3 to 6 months. * Helping relationship, listening, accompaniment, information and referral.

Eligibility: young adults from 18 to 30 years old experiencing difficulties

Capacity: 12

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: \$300 per month or 46% of income

Financing: self-financing, donations

Legal status: non-profit organization

Housing**ADVOCACY FOR HOUSING****EMERGENCY****HOUSING COOPERATIVES AND CORPORATIONS****HOUSING SEARCH ASSISTANCE****SOCIAL HOUSING AND HOUSING COOPERATIVES**

Advocacy for housing

ACTION-LOGEMENT LANAUDIÈRE

144 Saint-Joseph Street, Suite 213, Joliette, Lanaudière, QC, J6E 5C4

1 855 394-1778 Fax: 450 760-3586

Website: www.logementlanaudiere.org

Email: action-logementlanaudiere@live.ca

Services: Individual and collective advocacy for tenants. * Information on rights, procedures and resources. * Trainings and popular education activities. * Representation in front of decision makers.

Eligibility: tenants

Coverage area: Lanaudière

Hours: by appointment

Fees: none

Financing: provincial, foundations, donations

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LA RIVE NORD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W5B1

450 434-1149 Fax: 450-471-9434

Website: www.omhrn.com

Email: info@omhrn.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Accès Logis program. * Referral.

Eligibility: individuals, seniors and families on a low or moderate income

Capacity: 1200 units

Coverage area: Blainville, Bois-des-Filion, Boisbriand, Charlemagne, L'Assomption, Mascouche, Mirabel, Repentigny, Rosemère, Sainte-Anne-des-Plaines, Sainte-Thérèse, Terrebonne

Hours: Monday and Wednesday 9h00 to 12h00 and 13h30 to 14h00, Tuesday, Thursday and Friday 9h00 to 12h00

Financing: federal, provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LANAUDIÈRE SUD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W 5B1

450 471-9424 Fax: 450 471-9434

Website: www.omhls.com

Email: infosac@omhls.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service. * Accès Logis Québec program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: single individuals, seniors and families on a low and moderate income, SARL: households and single people at risk of soon becoming homeless or whose housing does not meet their needs and who are searching for new housing on the private market

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Emergency

ASSOCIATION DES POMPIERS AUXILIAIRES DE LANAUDIÈRE

47 Forest Street, Station A, L'Assomption, Lanaudière, QC, J5W 3J4

450 600-6911

Website: apalanaudiere.com/Default.aspx

Email: info@apall.org

Services: Disaster support.

Coverage area: Lanaudière

Financing: municipal, provincial

Legal status: non-profit organization

CHARLEMAGNE - CITY

84 du Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-2541 Fax: 450 581-0597

Website: www.charlemagne.ca

Email: info@charlemagne.ca

Services: Municipal service management. * Management and payment of municipal taxes. * Construction permits. * Garbage collection. * Pet licences. * Emergency notification system.* Traffic and work information.* Public safety.

Coverage area: Charlemagne

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

L'ASSOMPTION - VILLE

781 du Bas-de-L'Assomption Road North, L'Assomption, Lanaudière, QC, J5W 2H1

450 589-5671 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca

Email: bureauducitoyen@ville.lassomption.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Construction permits. * Garbage collection. * Police department. * Fire department. * Dog license.

Coverage area: L'Assomption

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

L'ÉPIPHANIE - CITY

66 Notre-Dame Street, L'Épiphanie, Lanaudière, QC, J5X 1A1

450 588-5515

Website: www.lepiphanie.ca

Email: info@lepiphanie.ca

Services: Municipal service management. * Payment of municipal taxes. * Garbage collection. * Dog license. * Construction permits. * Police department. * Fire department.

Coverage area: L'Épiphanie

Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 8h30 to 12h00 and 13h00 to 18h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

MASCOUCHE - VILLE

3034 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1P1

311 Fax: 450 474-6401

Website: ville.mascouche.qc.ca

Email: info@ville.mascouche.qc.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection: mascouche.ca/services-aux-citoyens/collectes. * Construction permits. * Fire department. * Police department. * Recreation department. * Public library.

Coverage area: Mascouche

Hours: Monday to Friday 8h15 to 12h00 and 13h15 to 16h30

Financing: municipal

Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE L'ÉPIPHANIE

101 Vanier Street, L'Épiphanie, Lanaudière, QC, J5X 3A6

450 580-3137 Fax: 450 580-3138

Email: info@omhe.ca

Services: Management of housing and housing programs. * Low-rent housing (HLM).

Eligibility: seniors and families on a low or moderate income

Coverage area: L'Épiphanie

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Financing: provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LANAUDIÈRE SUD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W 5B1

450 471-9424 Fax: 450 471-9434

Website: www.omhls.com

Email: infosac@omhls.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service. * Accès Logis Québec program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: single individuals, seniors and families on a low and moderate income, SARL: households and single people at risk of soon becoming homeless or whose housing does not meet their needs and who are searching for new housing on the private market

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

REPENTIGNY - CITY

435 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2B6

450 470-3000 Fax: 450 470-3082

Website: repentigny.ca

Email: communication@repentigny.ca

Services: Municipal service management. * Payment of municipal taxes. * Property assessment. * Construction permits. * Collection of residual materials. * Dog licenses. * Fire department. * Emergency notification system. * Grant for washable diapers. * Libraries. * Ecocentre. * Public safety: police and fire department.

Coverage area: Repentigny

Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 17h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-SULPICE - MUNICIPALITY

1089 Notre-Dame Street, Saint-Sulpice, Lanaudière, QC, J5W 1G1

450 589-4450 Fax: 450 589-9647

Website: www.municipalitesaintsulpice.com

Email: reception@st-sulpice.com

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Grant for cloth diapers.

Coverage area: Saint-Sulpice

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

TERREBONNE - CITY

775 Saint-Jean-Baptiste Street, Terrebonne, Lanaudière, QC, J6W 1B5

450 961-2001

Website: www.ville.terrebonne.qc.ca

Email: information@ville.terrebonne.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Police department. * Construction permits. * Waste collection.

Coverage area: Terrebonne

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations

ACTION-LOGEMENT LANAUDIÈRE

144 Saint-Joseph Street, Suite 213, Joliette, Lanaudière, QC, J6E 5C4

1 855 394-1778 Fax: 450 760-3586

Website: www.logementlanaudiere.org

Email: action-logementlanaudiere@live.ca

Services: Individual and collective advocacy for tenants. * Information on rights, procedures and resources. * Trainings and popular education activities. * Representation in front of decision makers.

Eligibility: tenants

Coverage area: Lanaudière

Hours: by appointment

Fees: none

Financing: provincial, foundations, donations

Legal status: non-profit organization

HABEO - GRT COOP DE SOLIDARITÉ

457 Laval Street, Joliette, Lanaudière, QC, J6E 5G9

450 759-8488

Website: habeo.ca

Email: info@habeo.ca

Services: Technical resource group recognized by the Société d'habitation du Québec. * Accompaniment of groups in achieving their social and community housing project. * Development of housing cooperatives or NPOs.

Eligibility: groups wishing to carry out social and community housing projects

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: Cooperative

MAISONS D'À CÔTÉ DE LANAUDIÈRE (LES)

639 Henri-Châlin Street, Joliette, Lanaudière, QC, J6E 0A4

438 863-9323 Fax: 450 398-0790

Website: www.lesmaisonsdacotelanaudiere.com

Email: direction@lesmac.org

Services: Adapted housing for people living with a physical disability. * Beneficiary attendant available 24/7. * Presence of auxiliary nurses. * Community intervention. * Rent supplement. Services for people not living in the Maisons d'à côté * Home support: personal care and domestic help. * Assistance in finding accessible and adapted housing. * Housing adaptations.

Eligibility: people 18 to 65 years old living with a physical disability

Capacity: 9 per residence

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: low price rent

Financing: self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LA RIVE NORD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W5B1

450 434-1149 Fax: 450-471-9434

Website: www.omhrn.com

Email: info@omhrn.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Accès Logis program. * Referral.

Eligibility: individuals, seniors and families on a low or moderate income

Capacity: 1200 units

Coverage area: Blainville, Bois-des-Filion, Boisbriand, Charlemagne, L'Assomption, Mascouche, Mirabel, Repentigny, Rosemère, Sainte-Anne-des-Plaines, Sainte-Thérèse, Terrebonne

Hours: Monday and Wednesday 9h00 to 12h00 and 13h30 to 14h00, Tuesday, Thursday and Friday 9h00 to 12h00

Financing: federal, provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE L'ÉPIPHANIE

101 Vanier Street, L'Épiphanie, Lanaudière, QC, J5X 3A6

450 580-3137 Fax: 450 580-3138

Email: info@omhe.ca

Services: Management of housing and housing programs. * Low-rent housing (HLM).

Eligibility: seniors and families on a low or moderate income

Coverage area: L'Épiphanie

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Financing: provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LANAUDIÈRE SUD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W 5B1

450 471-9424 Fax: 450 471-9434

Website: www.omhls.com

Email: infosac@omhls.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service. * Accès Logis Québec program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: single individuals, seniors and families on a low and moderate income, SARL: households and single people at risk of soon becoming homeless or whose housing does not meet their needs and who are searching for new housing on the private market

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Housing search assistance**CENTRE D'AMITIÉ AUTOCHTONE DE LANAUDIÈRE**

523 Sainte-Anne Boulevard, Joliette, Lanaudière, QC, J6E 5A3

450 277-9911 Fax: 450 760-9923

Website: www.caalanaudiere.ca

Email: info@caalanaudiere.ca

Services: Services and programs to improve the living conditions of Indigenous people. * Information and referral. * Hotline 24/7: 450 277-9911. * Accompaniment and support services in different procedures by an outreach worker. * Legal services: lawyer on site once a month. * Massage therapy and chiropractic services. * Nurse and doctor on site. * Programme d'aide préscolaire autochtone pour les communautés urbaines et nordique (PAPACUN): activities related to culture, health, nutrition and education for children from 0 to 5 years old and their families. * Educational services: homework help for elementary and secondary students, workspace, liaison between families and schools, low-cost school store and individual accompaniment for students and families. * Cultural and educational activities. * Youth activities for 12 to 17 years old. * Youth Council made up of 7 young people 14 to 22 years old. * Summer youth day camp program. * Sports and outdoor activities for all. * Proximity clinic. * Christmas baskets. * Tax clinic.

Eligibility: Indigenous people of all ages

Coverage area: Joliette

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, self-financing, donations, grants, foundations

Legal status: non-profit organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - L'ASSOMPTION

379 Dorval Street, L'Assomption, Lanaudière, QC, J5W 1A1

450 705-4811

Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif

Email: team.coop@hotmail.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: general public

Coverage area: L'Assomption

Hours: June to September

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - TERREBONNE

640 Langlois Street, Suite 3, Terrebonne, Lanaudière, QC, J6W 4P3

450 492-0088

Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: general public

Coverage area: Terrebonne, La Plaine, Lachenaie, Mascouche, Bois-des-Filion

Hours: June to September

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

HABITAT LANAUDIÈRE

2973 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1N8

450 474-4938

Website: habitatlanaudiere.com

Email: habitatjeunesse@videotron.ca

Services: * Temporary accommodation for adults living with a mental health problem. * Home accompaniment. * Help in finding accommodation. * Training and workshops: dealing with psychological distress, intrusive thinking, etc.

Eligibility: people 10 to 70 years old living with a mental health problem, accommodation: people 18 years old and over living with a mental health problem

Capacity: accommodation: 9 mixed beds (single rooms)

Coverage area: MRC Les Moulins, MRC de L'Assomption

Hours: 24 hours / 7 days

Fees: accommodation: \$300 per month

Financing: grants

Legal status: non-profit organization

MAISONS D'À CÔTÉ DE LANAUDIÈRE (LES)

639 Henri-Châlin Street, Joliette, Lanaudière, QC, J6E 0A4

438 863-9323 Fax: 450 398-0790

Website: www.lesmaisonsdacotelanaudiere.com

Email: direction@lesmac.org

Services: Adapted housing for people living with a physical disability. * Beneficiary attendant available 24/7. * Presence of auxiliary nurses. * Community intervention. * Rent supplement. Services for people not living in the Maisons d'à côté * Home support: personal care and domestic help. * Assistance in finding accessible and adapted housing. * Housing adaptations.

Eligibility: people 18 to 65 years old living with a physical disability

Capacity: 9 per residence

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: low price rent

Financing: self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE L'ÉPIPHANIE

101 Vanier Street, L'Épiphanie, Lanaudière, QC, J5X 3A6

450 580-3137 Fax: 450 580-3138

Email: info@omhe.ca

Services: Management of housing and housing programs. * Low-rent housing (HLM).

Eligibility: seniors and families on a low or moderate income

Coverage area: L'Épiphanie

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Financing: provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LANAUDIÈRE SUD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W 5B1

450 471-9424 Fax: 450 471-9434

Website: www.omhls.com

Email: infosac@omhls.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service. * Accès Logis Québec program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: single individuals, seniors and families on a low and moderate income, SARL: households and single people at risk of soon becoming homeless or whose housing does not meet their needs and who are searching for new housing on the private market

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Social housing and housing cooperatives**COOPÉRATIVE DE SOLIDARITÉ HAVRE DU PETIT VILLAGE**

177 Lacombe Boulevard, Repentigny, Lanaudière, QC, J5Z 0E9

450 721-2667 Fax: 450 932-4115

Website: www.havredupetitvillage.com

Email: info@havredupetitvillage.com

Services: Housing cooperative for seniors with a slight loss of autonomy or couples. * 3 ½ and 4 ½ apartments. * Community dining room, common areas and gardens. * Lift and grab bars in bathrooms. * Call for help system. * Meals. * Activities and leisure.

Eligibility: people 65 years old and over or couples if one of the members is 65 years old and over, priority is granted to residents of Repentigny or people having family in the city

Capacity: 100 apartments: 3 ½, 4 ½

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00, guided tours: without appointment, the first and third Wednesday of the month 13h30 to 15h30

Fees: rent 3½: \$1326 to \$1551 per month, rent 4½: \$1663 per month

Financing: grants, self-financing

Legal status: cooperative

HABITATIONS CINÉ DES COEURS

87 du Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W9

450 932-3030 Fax: 450 704-3663

Services: Subsidized and non-subsidized housing for seniors and young parents. * Apartments 3½, 4½ and 5½.

Eligibility: autonomous seniors of 60 years and over, young parents (in a couple or single parents) under 35 years old with children under 5 years old and with a life plan or in school

Capacity: 18 apartments, young parents: 10 subsidized homes, seniors: 4 non-subsidized and 4 subsidized homes

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Wednesday 9h30 to 12h00 and 13h30 to 16h30

Fees: subsidized housing: 25% of income

Financing: provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LA RIVE NORD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W5B1

450 434-1149 Fax: 450-471-9434

Website: www.omhrn.com

Email: info@omhrn.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Accès Logis program. * Referral.

Eligibility: individuals, seniors and families on a low or moderate income

Capacity: 1200 units

Coverage area: Blainville, Bois-des-Filion, Boisbriand, Charlemagne, L'Assomption, Mascouche, Mirabel, Repentigny, Rosemère, Sainte-Anne-des-Plaines, Sainte-Thérèse, Terrebonne

Hours: Monday and Wednesday 9h00 to 12h00 and 13h30 to 14h00, Tuesday, Thursday and Friday 9h00 to 12h00

Financing: federal, provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE L'ÉPIPHANIE

101 Vanier Street, L'Épiphanie, Lanaudière, QC, J5X 3A6

450 580-3137 Fax: 450 580-3138

Email: info@omhe.ca

Services: Management of housing and housing programs. * Low-rent housing (HLM).

Eligibility: seniors and families on a low or moderate income

Coverage area: L'Épiphanie

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Financing: provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LANAUDIÈRE SUD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W 5B1

450 471-9424 Fax: 450 471-9434

Website: www.omhls.com

Email: infosac@omhls.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service. * Accès Logis Québec program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: single individuals, seniors and families on a low and moderate income, SARL: households and single people at risk of soon becoming homeless or whose housing does not meet their needs and who are searching for new housing on the private market

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

RÉSIDENCES DU MÉANDRE - HABITATIONS DU CHAMPBOISÉ

885 Pierre-LeSueur Boulevard, L'Assomption, Lanaudière, QC, J5W 2N5

450 589-0075

Email: jrobillard@residencesdumeandre.com

Services: Subsidized and non-subsidized housing. * 3½, 4½, 5½ and 6½ apartments. * Adapted housing for people with reduced mobility.

Eligibility: families and individuals

Capacity: apartments: 37 subsidized, 13 not subsidized

Coverage area: MRC L'Assomption

Fees: subsidized housing: 25% of income

Financing: municipal, provincial

Legal status: non-profit organization

Immigration and cultural communities

FRENCH COURSES

IMMIGRATION AND SPONSORSHIP

INTERPRETATION AND TRANSLATION

MULTICULTURAL ORGANIZATIONS

PREVENTION AND FIGHT AGAINST RACISM

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

SETTLEMENT SERVICES FOR NEWCOMERS

French courses

CENTRE DE SERVICES SCOLAIRES DES AFFLUENTS

80 Jean-Baptiste-Meilleur Street, Repentigny, Lanaudière, QC, J6A 6C5

450 492-9400 ext. 6700 Fax: 450 492-3720

Website: cssda.gouv.qc.ca

Email: info@cssda.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training and adult education. * Welcoming, referral, guidance and accompaniment (SARCA). * Vocational and general training centers. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Recognition of prior learning and skills (RAC). * Services for companies. * Francization services for newcomers. * School transportation coordination.

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: variable

Legal status: parapublic organization

CENTRE L'AVENIR

508 Masson Street, Terrebonne, Lanaudière, QC, J6W 2Z3

450 492-3737 Fax: 450 471-5521

Website: www.centrelavenir.ca

Email: centre.lavenir@cssda.gouv.qc.ca

Services: General education centre for adults. * Welcoming, referral, guidance and accompaniment (SARCA). * Francization with possibility of financial assistance for newcomers. * Literacy. * Pre-secondary and secondary education. * Socioprofessional Integration Service (ISP): vocational guidance for students. * Social integration training (FIS). * External integration training (FISEX). * Attestation of Equivalence of Educational Level (AENS). * General Development Test (TDG). * Attestation of school prerequisites (CCQ). * Distance training.

Eligibility: francization: allophone immigrants, other services: people 16 years old and over

Coverage area: MRC L'Assomption, Terrebonne

Hours: Monday to Thursday 8h00 to 16h00 and 17h30 to 20h30, Friday 8h00 to 15h00

Fees: variable

Financing: provincial

Legal status: parapublic organization

CENTRE LA CROISÉE

777 Iberville Boulevard, C Wing, Repentigny, Lanaudière, QC, J5Y 1A2

450 492-3799 ext. 3785 Fax: 450 492-3759

Website: www.centrelacroisee.com

Email: centrelacroisee@cssda.gouv.qc.ca

Services: General training centre for adults. * Francization. * Welcoming, referral, guidance and accompaniment (SARCA). * Distance training. * Social integration service. * Common basic training in French, mathematics and English. * Diversified basic training in French, mathematics, English and science. * Optional courses: computer science and career strategies. * Semi-skilled training in janitorial services. * Socio-professional integration courses.

Eligibility: francization: allophone immigrants, other services: people 16 years and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 7h30 to 16h30 and 17h30 to 20h30, Friday 7h30 to 15h30

Financing: provincial

Legal status: parapublic organization

SERVICE D'AIDE À LA FAMILLE IMMIGRANTE DE LA MRC DE L'ASSOMPTION

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

1 844 507-2683

Website: safima.ca

Email: info@safima.ca

Services: Reception and assistance for newly arrived immigrant families. * Information, training and referral. * Support in procedures. * Accompaniment and steps to break isolation. * Adapted and personalized intervention. * Francization and social activities.

Eligibility: immigrant families

Coverage area: MRC de L'Assomption

Hours: Monday to Friday 8h30 to 12h30 and 13h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

UNIVERS DES MOTS

735 Notre-Dame Street, Suite 102, Repentigny, Lanaudière, QC, J6A 2X4

438 476-3339

Website: univers-des-mots.ca

Email: info@univers-des-mots.ca

Services: * Basic French training workshops: reading and writing. * Computer initiation. * Francization for immigrants. * Preparatory workshops for Secondary School Equivalency Test (SSET).

Eligibility: people 16 years old and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$20

Financing: provincial

Legal status: non-profit organization

Immigration and sponsorship**SERVICE CANADA CENTRE - REPENTIGNY**

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office:

www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder:

www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch *

Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment

insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. *

Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State

pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards,

etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and

employment: finding a job, returning to school, etc. * Financial programs and services: income support,

emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online

information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills

recognition, etc. * Assessment of credentials. * Find free newcomer services near you:

ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International

benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age

Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Interpretation and translation

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals.

* Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books,

etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. *

General support groups for adults and seniors. * Cancer support group. * Anger management group. *

Community activities related to health, social service, culture, employment, etc. * Employment support:

information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for

seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in

health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service:

50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

REGIONAL COMMITTEE OF EDUCATION FOR INTERNATIONAL DEVELOPMENT

101 Dugas Street, Joliette, Lanaudière, QC, J6E 4G7

450 756-0011 ext. 200 Fax: 450 759-0489

Website: www.credil.qc.ca/english.html

Email: info@credil.qc.ca

Services: * Reception and settlement of immigrants, new comers and refugees. * Interpreting service in person or by phone. * Educating the public about international solidarity. * Implementation of projects and internships in developing countries.

Eligibility: immigrants, new comers and refugees

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

Multicultural organizations

ACCUEIL MULTIETHNIQUE ET INTÉGRATION DES NOUVEAUX ARRIVANTS À TERREBONNE ET MASCOUCHE

500 des Seigneurs Boulevard, Suite 002, basement, Terrebonne, Lanaudière, QC, J6W 1T3

450 492-7989 ext. 0 Fax: 450 492-1303

Website: www.en.aminat.qc.ca

Email: reception@aminat.qc.ca

Services: * Reception and information. * Referral. * Accompaniment and integration. * Awareness and promotion of cultural diversity. * Espace Parents: group discussion workshops for parents on the education system in Québec, the DYP, children integration, etc. * Session Objectif Intégration: workshop for newcomers. * Services for businesses: managing diversity in business. * Organization of intercultural events.

Eligibility: newcomers, immigrants, businesses

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h30, activities: variable

Fees: none

Financing: federal, provincial, municipal

Legal status: non-profit organization

ASSOCIATION QUÉBEC-FRANCE - LANAUDIÈRE

Confidential Address

Website: www.quebecfrancelanaudiere.org

Email: presidente@quebecfrancelanaudiere.org

Services: Development of direct and privileged France-Québec relationships. * Dinner and conferences. * Intermunicipal work exchange program for youth. * Slam-poetry contest. * Trips to France. * Reciprocity housing. * Cultural activities. * Christmas meal for members.

Eligibility: francophiles, French language defenders

Coverage area: Lanaudière

Fees: annual membership: \$30 for singles, \$55 for couples, \$60 for organizations

Financing: membership fees

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ESSALAM

2685 Sainte-Marie Road, Suite L, Mascouche, Lanaudière, QC, J7K 1M8

438 396-6648

Website: www.essalam.ca

Email: contact@essalam.ca

Services: Exchange, meeting and socialization place. * Cultural, social, sports and educational activities. * On-site recovery of non-perishable food and clothing and redistribution of donations to partner community organizations.

Eligibility: people from the muslim community

Capacity: 100

Coverage area: MRC Les Moulins

Hours: variable

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE D'AMITIÉ AUTOCHTONE DE LANAUDIÈRE

523 Sainte-Anne Boulevard, Joliette, Lanaudière, QC, J6E 5A3

450 277-9911 Fax: 450 760-9923

Website: www.caalanaudiere.ca

Email: info@caalanaudiere.ca

Services: Services and programs to improve the living conditions of Indigenous people. * Information and referral. * Hotline 24/7: 450 277-9911. * Accompaniment and support services in different procedures by an outreach worker. * Legal services: lawyer on site once a month. * Massage therapy and chiropractic services. * Nurse and doctor on site. * Programme d'aide préscolaire autochtone pour les communautés urbaines et nordique (PAPACUN): activities related to culture, health, nutrition and education for children from 0 to 5 years old and their families. * Educational services: homework help for elementary and secondary students, workspace, liaison between families and schools, low-cost school store and individual accompaniment for students and families. * Cultural and educational activities. * Youth activities for 12 to 17 years old. * Youth Council made up of 7 young people 14 to 22 years old. * Summer youth day camp program. * Sports and outdoor activities for all. * Proximity clinic. * Christmas baskets. * Tax clinic.

Eligibility: Indigenous people of all ages

Coverage area: Joliette

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, self-financing, donations, grants, foundations

Legal status: non-profit organization

JARDIN HUMANI-TERRE

1172 Double Rank, Saint-Lin-Laurentides, Lanaudière, QC, J5M 1X8

450 439-3654

Website: www.jardinhumani-terre.ca

Email: info@jardinhumani-terre.ca

Services: To promote the socialization, integration, social and professional reintegration of any person through activities offered in an eco-responsible environment. * Social and professional reintegration: support, training, supervision, mentoring services through gardening activities and tasks. * Programme d'appui aux collectivités (PAC): awareness activities to promote better collective living. * Agrotourism: production, processing, marketing, visit of the gardens, themed days for schools and families, day camps. * Ecological collective gardens: design, development, animation. * Sale of handcrafted products made with the harvest of the land by volunteers through the reintegration program.

Eligibility: general population

Coverage area: Lanaudière

Hours: Monday to Thursday, or by appointment

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

MON AFRIQUE À LANAUDIÈRE

213 Saint-Barthélemy Street North, Joliette, Lanaudière, QC, J6E 5N4

579 960-3291

Website: m-afrique-a-lanaudiere.org

Email: monalanaudiere@gmail.com

Services: Promoting cultural diversity, equality and inclusion through African culture in Lanaudière, mostly in the Greater Joliette area. * Raising awareness against discrimination, racism, xenophobia, homophobia and other forms of intolerance. * Promotion of living together and rapprochement between members of different ethnocultural communities. * Fighting against the loneliness of elderly or isolated people. * Encouraging the participation of young people to discover other cultures. * Promotion of mutual aid and fraternity in Quebec and in the following African countries: Cameroon, Ivory Coast, Congo, Burkina, Mali, Central African Republic.

Eligibility: general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 13h00

Fees: membership card: \$20, supporting membership card: starting at \$50

Financing: federal, provincial, municipal, foundations

Legal status: non-profit organization

SERVICE D'AIDE À LA FAMILLE IMMIGRANTE DE LA MRC DE L'ASSOMPTION

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

1 844 507-2683

Website: safima.ca

Email: info@safima.ca

Services: Reception and assistance for newly arrived immigrant families. * Information, training and referral. * Support in procedures. * Accompaniment and steps to break isolation. * Adapted and personalized intervention. * Francization and social activities.

Eligibility: immigrant families

Coverage area: MRC de L'Assomption

Hours: Monday to Friday 8h30 to 12h30 and 13h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Prevention and fight against racism

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Recognition of prior learning and diplomas

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Settlement services for newcomers

ACCUEIL MULTIETHNIQUE ET INTÉGRATION DES NOUVEAUX ARRIVANTS À TERREBONNE ET MASCOUCHE

500 des Seigneurs Boulevard, Suite 002, basement, Terrebonne, Lanaudière, QC, J6W 1T3

450 492-7989 ext. 0 **Fax:** 450 492-1303

Website: www.en.aminat.qc.ca

Email: reception@aminat.qc.ca

Services: * Reception and information. * Referral. * Accompaniment and integration. * Awareness and promotion of cultural diversity. * Espace Parents: group discussion workshops for parents on the education system in Québec, the DYP, children integration, etc. * Session Objectif Intégration: workshop for newcomers. * Services for businesses: managing diversity in business. * Organization of intercultural events.

Eligibility: newcomers, immigrants, businesses

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h30, activities: variable

Fees: none

Financing: federal, provincial, municipal

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION - TAX CLINIC

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 **Fax:** 450 581-5470

Website: www.cabmrclassomption.com

Email: informations@cabmrclassomption.org

Services: Year-round tax clinic, by appointment.

Eligibility: people on a low income, seniors, immigrants

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00, 2024 Clinic: February 27 to April 30th, by appointment only

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRES DES AFFLUENTS

80 Jean-Baptiste-Meilleur Street, Repentigny, Lanaudière, QC, J6A 6C5

450 492-9400 ext. 6700 Fax: 450 492-3720

Website: cssda.gouv.qc.ca

Email: info@cssda.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training and adult education. * Welcoming, referral, guidance and accompaniment (SARCA). * Vocational and general training centers. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Recognition of prior learning and skills (RAC). * Services for companies. * Francization services for newcomers. * School transportation coordination.

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: variable

Legal status: parapublic organization

CENTRE L'AVENIR

508 Masson Street, Terrebonne, Lanaudière, QC, J6W 2Z3

450 492-3737 Fax: 450 471-5521

Website: www.centrelavenir.ca

Email: centre.lavenir@cssda.gouv.qc.ca

Services: General education centre for adults. * Welcoming, referral, guidance and accompaniment (SARCA). * Francization with possibility of financial assistance for newcomers. * Literacy. * Pre-secondary and secondary education. * Socioprofessional Integration Service (ISP): vocational guidance for students. * Social integration training (FIS). * External integration training (FISEX). * Attestation of Equivalence of Educational Level (AENS). * General Development Test (TDG). * Attestation of school prerequisites (CCQ). * Distance training.

Eligibility: francization: allophone immigrants, other services: people 16 years old and over

Coverage area: MRC L'Assomption, Terrebonne

Hours: Monday to Thursday 8h00 to 16h00 and 11h30 to 20h30, Friday 8h00 to 15h00

Fees: variable

Financing: provincial

Legal status: parapublic organization

CENTRE LA CROISÉE

777 Iberville Boulevard, C Wing, Repentigny, Lanaudière, QC, J5Y 1A2

450 492-3799 ext. 3785 Fax: 450 492-3759

Website: www.centrelacroisee.com

Email: centrelacroisee@cssda.gouv.qc.ca

Services: General training centre for adults. * Francization. * Welcoming, referral, guidance and accompaniment (SARCA). * Distance training. * Social integration service. * Common basic training in French, mathematics and English. * Diversified basic training in French, mathematics, English and science. * Optional courses: computer science and career strategies. * Semi-skilled training in janitorial services. * Socio-professional integration courses.

Eligibility: francization: allophone immigrants, other services: people 16 years and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 7h30 to 16h30 and 17h30 to 20h30, Friday 7h30 to 15h30

Financing: provincial

Legal status: parapublic organization

PERSPECTIVES NOUVELLES - JOLIETTE

245 Papineau Street, Joliette, Lanaudière, QC, J6E 2K8

1 855 755-3244 Fax: 450 755-3758

Website: www.laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: Employability services. * Individual and group assistance: counselling, CV, job search and interview techniques, skills transfer. * Vocational guidance. * Globe: introduction to the job market, support, individual or group assistance for a better use of job search tools.

Eligibility: people 35 years and over who are looking for a job, welfare or employment insurance recipients or without public income support, Globe service: immigrant people with permanent residency, citizenship or refugee status

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - REPENTIGNY

50 Thouin Street, Suite 229, Repentigny, Lanaudière, QC, J6A 4J4

450 755-3244 ext. 115

Website: laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: * GLOBE: job search program for immigrant people with group workshops and individual assistance. * Personalized services upon request.

Eligibility: immigrant people seeking a job with a permanent resident, a refugee or a Canadian citizen status, or with a work permit according to the recommendations of an Emploi Québec agent

Coverage area: Lanaudière

Hours: Monday to Friday 9h30 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - SAINTE-JULIENNE

2484 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 399-0898

Website: www.laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: * Perspectives Nouvelles: job search assistance for people over 35 years old. * GLOBE: job search program for immigrant people. * Personalized services upon request.

Eligibility: Perspectives Nouvelles: people 35 years old and over, Globe: immigrant people searching for a job with a permanent resident, a refugee or a Canadian citizen status

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30 and by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - TERREBONNE

500 des Seigneurs Boulevard, Suite 2, Terrebonne, Lanaudière, QC, J6W 1T3

450 312-0300

Website: laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: * GLOBE: job search program for immigrant people with group workshops and individual accompaniment. * Personalized services according to need.

Eligibility: immigrant people seeking a job with a permanent resident, a refugee or a Canadian citizen status, or with a work permit according to the recommendations of an Emploi Québec agent

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

REGIONAL COMMITTEE OF EDUCATION FOR INTERNATIONAL DEVELOPMENT

101 Dugas Street, Joliette, Lanaudière, QC, J6E 4G7

450 756-0011 ext. 200 Fax: 450 759-0489

Website: www.credil.qc.ca/english.html

Email: info@credil.qc.ca

Services: * Reception and settlement of immigrants, new comers and refugees. * Interpreting service in person or by phone. * Educating the public about international solidarity. * Implementation of projects and internships in developing countries.

Eligibility: immigrants, new comers and refugees

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE D'AIDE À LA FAMILLE IMMIGRANTE DE LA MRC DE L'ASSOMPTION

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

1 844 507-2683

Website: safima.ca

Email: info@safima.ca

Services: Reception and assistance for newly arrived immigrant families. * Information, training and referral. * Support in procedures. * Accompaniment and steps to break isolation. * Adapted and personalized intervention. * Francization and social activities.

Eligibility: immigrant families

Coverage area: MRC de L'Assomption

Hours: Monday to Friday 8h30 to 12h30 and 13h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

UNIVERS DES MOTS

735 Notre-Dame Street, Suite 102, Repentigny, Lanaudière, QC, J6A 2X4

438 476-3339

Website: univers-des-mots.ca

Email: info@univers-des-mots.ca

Services: * Basic French training workshops: reading and writing. * Computer initiation. * Francization for immigrants. * Preparatory workshops for Secondary School Equivalency Test (SSET).

Eligibility: people 16 years old and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$20

Financing: provincial

Legal status: non-profit organization

Indigenous Peoples

COMMUNITY SUPPORT

EMPLOYMENT

GOVERNMENT SERVICES

HEALTH AND SOCIAL SERVICES

HOUSING

Community Support

CENTRE D'AMITIÉ AUTOCHTONE DE LANAUDIÈRE

523 Sainte-Anne Boulevard, Joliette, Lanaudière, QC, J6E 5A3

450 277-9911 Fax: 450 760-9923

Website: www.caalanaudiere.ca

Email: info@caalanaudiere.ca

Services: Services and programs to improve the living conditions of Indigenous people. * Information and referral. * Hotline 24/7: 450 277-9911. * Accompaniment and support services in different procedures by an outreach worker. * Legal services: lawyer on site once a month. * Massage therapy and chiropractic services. * Nurse and doctor on site. * Programme d'aide préscolaire autochtone pour les communautés urbaines et nordique (PAPACUN): activities related to culture, health, nutrition and education for children from 0 to 5 years old and their families. * Educational services: homework help for elementary and secondary students, workspace, liaison between families and schools, low-cost school store and individual accompaniment for students and families. * Cultural and educational activities. * Youth activities for 12 to 17 years old. * Youth Council made up of 7 young people 14 to 22 years old. * Summer youth day camp program. * Sports and outdoor activities for all. * Proximity clinic. * Christmas baskets. * Tax clinic.

Eligibility: Indigenous people of all ages

Coverage area: Joliette

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, self-financing, donations, grants, foundations

Legal status: non-profit organization

Employment

CENTRE LE DIAPASON

1731 Maple Street, Mascouche, Lanaudière, QC, J7L 2K9

450 477-6201

Website: www.centrelediapason.com

Email: diapason@centrelediapason.com

Services: * Temporary shelter (room and board) up to 60 days. * Telephone support. * Family mediation. * Information meetings. * Accompaniment with job search procedures. * Workshops on varied youth issues. * Referrals. * Post-housing support: calls and meetings. * Supervised apartments.

Eligibility: temporary shelter: youth in difficulty 14 to 18 years old willing to receive help

Capacity: 9 places

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: voluntary contribution from parents

Financing: provincial, donations

Legal status: non-profit organization

CENTRE RÉSIDENTIEL COMMUNAUTAIRE JOLIETTE-LANAUDIÈRE

785 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3G1

1 877 752-0556 Fax: 450 752-0824

Website: www.crcjoliette.ca

Email: stremlay@crcjoliette.ca

Services: Residential community centre. * Housing. * Accompaniment and referrals. * Individual and group counselling. * Various specialized programs. * Community and compensatory work assistance. * Prevention and awareness.

Eligibility: judicialized men 18 years old and over on a correctional measure with follow-up

Capacity: housing: 21

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: according to income

Financing: self-financing, provincial, federal

Legal status: non-profit organization

Government services

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE TERREBONNE

1679 Gascon Road, Terrebonne, Lanaudière, QC, J6X 3Z6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Health and social services

CENTRE DE SANTÉ MASKO-SIWIN

280 Wapistan Street, Manawan, Lanaudière, QC, J0K 1M0

819 971-8846

Website: www.manawan.com/sante_mission

Email: sante@manawan.com

Services: Front-line health centre and head office of Services de Santé Masko-Siwin (SSMS). * General curative and preventive care. * Family medicine. * Emergency services. * Integrated STBBI screening and prevention service. * Detoxification. * Vaccination. * Medical care 24/7. * Consultation with a nurse on appointment. * Medical consultation hotline 24/7. * Dentistry. * Pediatrics. * Telehealth: ENT, pregnancy monitoring.

Eligibility: Atikamekw of Manawan

Coverage area: Manawan

Hours: regular hours: Monday to Friday 8h00 to 16h30

Financing: municipal, provincial, federal

Legal status: parapublic organization

Housing

CENTRE D'AMITIÉ AUTOCHTONE DE LANAUDIÈRE

523 Sainte-Anne Boulevard, Joliette, Lanaudière, QC, J6E 5A3

450 277-9911 Fax: 450 760-9923

Website: www.caalanaudiere.ca

Email: info@caalanaudiere.ca

Services: Services and programs to improve the living conditions of Indigenous people. * Information and referral. * Hotline 24/7: 450 277-9911. * Accompaniment and support services in different procedures by an outreach worker. * Legal services: lawyer on site once a month. * Massage therapy and chiropractic services. * Nurse and doctor on site. * Programme d'aide préscolaire autochtone pour les communautés urbaines et nordique (PAPACUN): activities related to culture, health, nutrition and education for children from 0 to 5 years old and their families. * Educational services: homework help for elementary and secondary students, workspace, liaison between families and schools, low-cost school store and individual accompaniment for students and families. * Cultural and educational activities. * Youth activities for 12 to 17 years old. * Youth Council made up of 7 young people 14 to 22 years old. * Summer youth day camp program. * Sports and outdoor activities for all. * Proximity clinic. * Christmas baskets. * Tax clinic.

Eligibility: Indigenous people of all ages

Coverage area: Joliette

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, self-financing, donations, grants, foundations

Legal status: non-profit organization

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

CORRECTIONAL SERVICES

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS

Advocacy groups

ACTION DIGNITÉ LANAUDIÈRE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 756-1155

Email: administration@actiondignite.com

Services: * Literacy workshops. * School dropout prevention and retention. * Welcome and active listening. * Mobilization and consultation. * Advocacy for social assistance and unemployment: information, referrals, research and support. * Monthly café-rencontre: speaking out, education and group reflection.

Eligibility: people with little education and people on a low income

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: \$5

Financing: donations, grants

Legal status: non-profit organization

ACTION ZÉRO PAUVRETÉ

2500 Mascouche Boulevard, Suite 231, Mascouche, Lanaudière, QC, J7K 0H5

450 477-8985

Website: actionpopulaire.org

Email: info@actionpopulaire.org

Services: Individual and collective defense of the rights of people living in poverty, mainly people receiving last-resort financial assistance. * Individual assistance for citizens in understanding their rights and recourses, and the steps to take to ensure the defense of their rights. * Conferences, information workshops and discussion groups on economic and social rights and issues related to poverty and social exclusion. * Representation to public administrations and political bodies concerned with situations where the rights of citizens living in poverty are being violated or threatened. * Regular workshops and meetings for members. * Detailed schedule: agendaapm.blogspot.com

Eligibility: people on a low income or in a situation of poverty and social exclusion, including people receiving welfare or social solidarity, supporters interested in transformation and social justice, community workers

Coverage area: MRC Les Moulins and surroundings

Hours: walk-in appointment: usually every Tuesday from 9h00 to 12h00, other days of the week by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

ACTION-LOGEMENT LANAUDIÈRE

144 Saint-Joseph Street, Suite 213, Joliette, Lanaudière, QC, J6E 5C4

1 855 394-1778 **Fax:** 450 760-3586

Website: www.logementlanaudiere.org

Email: action-logementlanaudiere@live.ca

Services: Individual and collective advocacy for tenants. * Information on rights, procedures and resources. * Trainings and popular education activities. * Representation in front of decision makers.

Eligibility: tenants

Coverage area: Lanaudière

Hours: by appointment

Fees: none

Financing: provincial, foundations, donations

Legal status: non-profit organization

AMIS DE LA DÉFICIENCE INTELLECTUELLE, RIVE-NORD (LES)

45 Industrial Boulevard, Suite 120, Repentigny, Lanaudière, QC, J6A 5R5

450 585-3632

Website: www.lesamisdelaadi.org

Email: info@lesamisdelaadi.org

Services: Raising awareness about the reality of people living with an intellectual disability. * Advocacy. * Consultation and representation. * Support to parents. * Recreational activities. * Training activities. * Referral and documentation centre.

Eligibility: people living with an intellectual disability, their close ones

Coverage area: MRC L'Assomption

Hours: office: Monday to Thursday 9h00 to 16h00, activities: 7 days, variable

Fees: annual membership: \$20

Financing: Centraide Lanaudière, municipal, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LANAUDIÈRE

200 de Salaberry Street, Suite 124, Joliette, Lanaudière, QC, J6E 4G1

450 756-1333 Fax: 450 759-8749

Website: aceflanaudiere.ca

Email: info@aceflanaudiere.ca

Services: * Budget consultation. * Budget workshop. * Telephone information about budget, credit and consumption. * Solidarity loan from the Desjardins Mutual Aid Fund. * Workshops and conferences: my personal finances, my consumption. * Support for Hydro-Quebec's payment arrangements.

Eligibility: adults, solidarity loan: people experiencing financial difficulties

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h30

Fees: workshops: variable

Financing: provincial

Legal status: Cooperative

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LANAUDIÈRE - MASCOUCHE SERVICE POINT

2500 Mascouche Boulevard, Suite 212, Mascouche, Lanaudière, QC, J7K 0H5

1 866 414-1333 Fax: 450 759-8749

Website: aceflanaudiere.ca/en

Email: info@aceflanaudiere.ca

Services: * Budget consultation. * Budget workshop. * Telephone information about budget, credit and consumption. * Solidarity loan from the Desjardins Mutual Aid Fund. * Workshops and conferences: my personal finances, my consumption. * Support for Hydro-Quebec's payment arrangements.

Eligibility: adults, solidarity loan: people experiencing financial difficulties

Coverage area: MRC Les Moulins

Hours: by appointment only

Fees: workshops: variable

Financing: provincial

Legal status: cooperative

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LANAUDIÈRE - REPENTIGNY SERVICE POINT

547 Leclerc Street, Repentigny, Lanaudière, QC, J6A 8B4

1 866 414-1333 Fax: 450 759-8749

Website: aceflanaudiere.ca

Email: info@aceflanaudiere.ca

Services: * Budget consultation. * Budget workshop. * Telephone information about budget, credit and consumption. * Solidarity loan from the Desjardins Mutual Aid Fund. * Workshops and conferences: my personal finances, my consumption. * Support for Hydro-Quebec's payment arrangements.

Eligibility: adults, solidarity loan: people experiencing financial difficulties

Coverage area: MRC L'Assomption

Hours: by appointment only

Fees: workshops: variable

Financing: provincial

Legal status: Cooperative

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support.

* Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. *

Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ASSOCIATION DES DEVENUS SOURDS ET MALENTENDANTS DU QUÉBEC - SECTEUR DES MRC DE L'ASSOMPTION ET DES MOULINS

50 Thouin Street, Suite 232, Lions pavilion, Repentigny, Lanaudière, QC, J6A 4J4

450 657-8500

Website: www.adsmqam.org

Email: adsmqam@gmail.com

Services: * Promotion of interests and rights. * Accompaniment and intervention. * Monthly meetings of members. * Occasional meetings with spouses and friends. * Peer mentoring program. * Talks and exchanges. * Periodic social activities. * Lip reading practice workshops. * Hearing health information workshop offered in seniors' residences. * Information on resources, means and devices available. * Distribution of documents. * Representation of members within local and regional authorities. * Virtual coffee meeting with subtitles. * Donation of amplified telephones (under certain conditions).

Eligibility: people who became deaf or hard of hearing

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: annual membership: \$20

Financing: provincial, Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES PHYSIQUES RIVE-NORD

50 Thouin Street, Suite 104, Repentigny, Lanaudière, QC, J6A 4J4

450 654-8279 Fax: 450 581-6885

Email: aphprn1@hotmail.com

Services: Advocacy and promotion of rights of people living with a physical disability. * Reception and referral.

* Support in obtaining services. * Recreational, leisure, training and informational activities. * Socialization workshops. * Medical accompaniment (according to certain criteria).

Eligibility: people living with one or several physical disabilities (motor, visual, hearing or invisible disability), their family, volunteers

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: annual membership, fees for some activities

Financing: donations, provincial

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES VISUELLES DE LANAUDIÈRE

50 Thouin Street, Suite 222, Repentigny, Lanaudière, QC, J6A 4J4

1 888 477-8174

Website: www.aphvsl.com

Email: info@aphvsl.com

Services: * Assistance and support in procedures to access services. * Information. * Newsletter for members.

* Monthly coffee-chats. * Activities and outings.

Eligibility: people living with a visual impairment, their close ones

Coverage area: Lanaudière

Hours: Tuesday to Friday 9h00 to 16h00, by appointment

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DES SOURDS DE LANAUDIÈRE

200 De Salaberry Street, Suite 312, Joliette, Lanaudière, QC, J6E 4G1

450 752-1426 Fax: 1 866 845-4350 **TTY:** 450 752-1426

Website: www.asljoliette.org

Email: direction@asljoliette.org

Services: * Information and referral. * Publication of a quarterly newsletter. * Recreational activities. *

Participation in awareness programs. * Classes to learn Québec Sign Language (QSL). * Conferences, trainings, animation. * Advocacy. * Assistance with communication and understanding documents.

Eligibility: deaf and hearing impaired people

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$20 per individual, \$30 per couple, \$17 per individual 55 years old and over, \$25 per couple 55 years old and over, \$15 per student, \$25 per association

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION DES TRAVAILLEURS, TRAVAILLEUSES ACCIDENTÉS DE JOLI-MONT

4046 Queen Street, Suite 207, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1220 Fax: 450 834-1240

Website: attaj.ca

Email: info@attaj.ca

Services: * Phone information service on rights and recourses. * Information meetings on compensation for work-related accidents and illnesses. * Support and follow-up of files. * Popular education activities. * Collective rights defence action.

Eligibility: workers victim of work related accidents or occupational diseases

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

ASSOCIATION FÉMINISTE D'ÉDUCATION ET D'ACTION SOCIALE - LANAUDIÈRE

25 des Sapins Avenue, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1C4

450-754-1119

Website: afeas.qc.ca

Email: afeasregionlanau@videotron.ca

Services: Information and promotion of issues related to women. * Social action. * Advocacy of women's interests.

Eligibility: women 16 years old and over

Coverage area: Lanaudière

Hours: Monday and Thursday 9h00 to 16h00

Fees: annual membership: \$35

Financing: contributions, grants, provincial

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - L'ASSOMPTION

50 Thouin Street, Suite 241, Repentigny, Lanaudière, QC, J6A 4J4

450 704-2776

Website: www.aqdr.org/section/lassomption

Email: info@aqdr-lassomption.org

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Monthly conferences. * Personalized accompaniment service. * References to partners (community, municipal and government organizations as well as professionals such as lawyers, notaries, etc.). * Journal: three publications per year. * Legal referral service. * Vulnerable people identification service. * Annual brunch and fundraising campaign.

Eligibility: retired and preretired people

Coverage area: MRC L'Assomption, Joliette

Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 16h00

Fees: annual membership: \$20

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - SECTION DES MOULINS

3235 de la Gare Avenue, Mascouche, Lanaudière, QC, J7K 3C1

450 918-0800

Website: www.aqdr.org/section/des-moulins

Email: administration@aqdrdesmoulins.org

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health.

Eligibility: seniors, retired or preretired people

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$20, activities: variable

Financing: provincial, grants

Legal status: non-profit organization

ASSOCIATION SCLÉROSE EN PLAQUES DE LANAUDIÈRE

200 Salaberry Street, Suite 307, Joliette, Lanaudière, QC, J6E 4G1

450 753-5545

Website: www.asepl.org

Email: info@asepl.org

Services: Support to people living with multiple sclerosis and their close ones. * Information about the disease. * Individual support, collective advocacy. * Financial support. * Visits at home and in care centres. * Activities for members. * Holiday meals and activities for members.

Eligibility: people living with multiple sclerosis, their close ones, social workers

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

BONNE ÉTOILE JOLIETTE (LA)

517 Archambault Street, Joliette, Lanaudière, QC, J6E 2W6

450 759-8853

Website: www.la-bonne-etoile.org

Email: inter@bonneetoile.ca

Services: Alternative mental health support group. * Day centre. * Telephone intervention. * Thematic workshops. * Advocacy. * Social reintegration assistance. * Clothing bank.

Eligibility: people 16 years old and over who are experiencing or have experienced issues that influence or have influenced their mental health

Coverage area: MRC Joliette

Hours: Monday to Friday 10h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CÉGEP RÉGIONAL DE LANAUDIÈRE - COLLÈGE CONSTITUANT DE JOLIETTE

20 Saint-Charles-Borromée Street South, Joliette, Lanaudière, QC, J6E 4T1

450 759-1661 Fax: 450 759-4468

Website: www.cegep-lanaudiere.qc.ca/joliette

Email: sonia.ducharme.beausoleil@cegep-lanaudiere.qc.ca

Services: Public higher education institution at the collegial level. * 32 pre-university and technical programs (DEC). * Room and sports facilities rental. * Bio.Enviro.In: innovation and research centre seeking to create bio-food production systems and encourage sustainable horticulture.

Eligibility: CPE: 18 months to 5 years old

Capacity: CPE: 40 places

Coverage area: Province of Québec

Hours: CPE: Monday to Thursday 7h15 to 18h15, Friday and summer season 7h00 to 18h00

Financing: provincial

Legal status: parapublic organization

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - LA CHRYSALIDE

Confidential Address

1 866 964-7888

Website: calacslachrysalide.ca

Email: info@calacslachrysalide.ca

Services: * Individual follow-up. * Journey group (morning and evening). * Support for close ones. * Information on rights and recourses. * Accompaniment in medical and legal procedures, advocacy. * Active telephone listening. * Awareness workshops and booth stands. * Self-defense class for women and adolescents. * Training for field workers and interns. * Prevention workshops in secondary schools and other environments.

Eligibility: women and female teenagers 14 years old and over who have lived a sexual assault or sexual exploitation, their close ones, community, institutional and school field workers

Coverage area: MRC L'Assomption, MRC Les Moulins, South of MRC Montcalm

Hours: Monday to Friday 8h30 to 17h00, possibilities in the evening, Holiday schedule 2024: closed from December 20, 2024 to January 5, 2025 inclusively

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - LANAUDIÈRE

490 Saint-Charles-Borromée Street North, Joliette, Lanaudière, QC, J6E 4R7

1 800 882-5622 Fax: 450 759-5678

Website: www.caaplanaudiere.com/en

Email: caap@caaplanaudiere.com

Services: Assistance and accompaniment for people who wish to file a complaint regarding services that they have had or should have received in the health and social services network. * Public establishments: CLSC, hospitals, residential and extended care centres, youth centres, rehabilitation centres. * Intermediate resources: chartered or self-financed private residences, family resources. * Community organizations in the health and social services sector, or operating a function or activities for the ASSS: pre-hospital emergency services, ambulance services. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process.

Eligibility: health and social services network users, tenants in private seniors' residences

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE DE F.A.M. DES MOULINS

502 Langlois Street, Terrebonne, Lanaudière, QC, J6W 4C3

450 964-5827 Fax: 450 964-5826

Website: www.centrefamdesmoulins.com

Email: centrefam@videotron.ca

Services: Reception, accompaniment, information and referral. * One-on-one support. * Discussion group. * Educational activities: workshops, conferences, classes. * Women community meals. * Special events: outings, dinners. * Collective actions.

Eligibility: women 18 years old and over

Coverage area: MRC Les Moulins and surrounding area

Hours: Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 13h00 to 16h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LANAUDIÈRE - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

1000 Sainte-Anne Boulevard, Saint-Charles-Borromée, Lanaudière, QC, J6E 6J2

1 800 229-1152 ext. 402133 Fax: 450 756-0598

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/commissaire-aux-plaintes-et-a-la-qualite-des-services/

Email: plaintes.cisslanaudiere@cisss.gouv.qc.ca

Services: Responsible of enforcing the users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS CHSLD HEATHER

3931 Lakeshore Drive, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 3015

Website: chheather.com/residents-et-familles/comite-de-residents

Email: comitedesresidents@groupeasantearbec.com

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: CHSLD Heather services users

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DES CENTRES DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE LANAUDIÈRE

260 Lavaltrie Street South, Joliette, Lanaudière, QC, J6E 5X7

1 800 229-1152 ext. 2933

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/comites-des-usagers

Email: 14cj.comite.usagers@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of child and youth protection centres

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DES CENTRES DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME

1075 Firestone Boulevard, bureau 2014, Joliette, Lanaudière, QC, J6E 6X6

1 866 252-9600 ext. 2000

Email: usagers.ditsadp.cissslan@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Promotion of improvement of quality and assessment of satisfaction. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of the Lanaudière CISSS intellectual disability and autism spectrum disorder rehabilitation centres

Coverage area: Lanaudière

Fees: none

Financing: provincial

Legal status: non-profit organization

COMITÉ DES USAGERS DES CENTRES DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME (MYRIADE) ET COMITÉ DES USAGERS DES CENTRES DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE (BOUCLIER)

1075 Firestone Boulevard, Suite 1000, Joliette, Lanaudière, QC, J6E 6X6

1 866 252-9600 ext. 2000

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/comites-des-usagers/#c8814

Email: usagers.ditsadp.cissslan@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of the rehabilitation centres le Bouclier and la Myriade

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DES CENTRES DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE

1075 Firestone Boulevard, Suite 2014, Joliette, Lanaudière, QC, J6E 6X6

1 866 252-9600 ext. 2000

Email: usagers.ditsadp.ciessleran@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Promotion of improvement of quality and assessment of satisfaction. * Advocacy. * Assistance in the proceedings and when making a complaint.

Eligibility: users of the Lanaudière CISSSS physical deficiency rehabilitation centres

Coverage area: Lanaudière

Hours: Monday to Friday

Fees: none

Financing: provincial

Legal status: non-profit organization

COMITÉ DES USAGERS DU SUD DE LANAUDIÈRE

135 Claude-David Boulevard, Suite 1403, Repentigny, Lanaudière, QC, J6A 1N6

450 654-7229 ext. 61010

Website: cdulanaudieresud.ca

Email: usagers@cdulanaudieresud.ca

Services: Support to CISSS of Lanaudière users. * Information on the rights and obligations of users. * Advocacy for the rights and interests of users. * Assistance in the proceedings when making a complaint. * Promotion of quality of life improvement and satisfaction assessment.

Eligibility: users of social and health services offered by the CISSS of Lanaudière

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

COMITÉS DES USAGERS DU CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LANAUDIÈRE

260 Lavaltrie Street South, Suite 325, Joliette, Lanaudière, QC, J6E 5X7

450 756-4555 ext. 2465

Website: www.ciessler-lanaudiere.gouv.qc.ca/votre-ciessler/comites-des-usagers/#c8810

Email: cucilanaudiere@gmail.com

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: CISSS of Lanaudière services users

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE TERREBONNE

1679 Gascon Road, Terrebonne, Lanaudière, QC, J6X 3Z6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

CONSEIL RÉGIONAL DE L'ENVIRONNEMENT DE LANAUDIÈRE

481, 131 Road, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 0M1

450 756-0186

Website: crelanaudiere.ca

Email: info@crelanaudiere.ca

Services: * Environmental concertation and consultation: climate change, development and protection of natural environments, waste management, local agriculture, water management and sustainable development.

* Virtual informative capsules and conferences:

www.youtube.com/channel/UCXcnLYsQdwMfNw4eBrMPUhg/featured

Eligibility: general public, organizations, businesses, government instances

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$15 for individuals, \$20 for families, \$45 for NPO, between \$100 and \$200 for municipalities \$100 or \$150 for businesses

Financing: municipal, grants, contributions, donations, self-financing

Legal status: Nonprofit - Incorporated

DIABÈTE RIVE-NORD

Confidential Address

438 392-8362

Website: diabeterivenord.org

Email: info@diabeterivenord.org

Services: Information, conferences, activities and telephone support for people with diabetes. * Awareness, prevention and advocacy of rights and interests of patients. * Screening clinics. * Grocery workshops. * Cycling excursions.

Eligibility: people with diabetes, their close ones

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: variable

Fees: \$20 per year

Financing: fundraising campaigns, membership fees

Legal status: non-profit organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food bank: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

FADOQ - LANAUDIÈRE REGION

5 Saint-Barthélemy Street North, Joliette, Lanaudière, QC, J6E 5M8

1 800 544-9058

Website: www.fadoq.ca/lanaudiere

Email: info@fadoqlanaudiere.ca

Services: Grouping people 50 years and over and representing them in instances requiring the defense of their rights and needs. * Organization of recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years old and over

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 13h00

Fees: membership: \$30 per year, \$50 for 2 years

Financing: contributions, provincial

Legal status: non-profit organization

INTER-FEMMES

21 Alain Street, Repentigny, Lanaudière, QC, J6A 5C9

450 654-9621 Fax: 450 654-3621

Website: www.interfemmes.ca

Email: info@interfemmes.ca

Services: * Reception, listening and referral. * Interventions and helping relationships. * Living environment, civic action and advocacy. * Popular education workshops, personal growth and women's health.

Eligibility: women of 18 year old and over

Coverage area: MRC L'Assomption

Hours: Monday to Wednesday 8h30 to 16h00, Thursday 8h30 to 20h00

Fees: membership card: \$10

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

ORGANISME DE BASSINS VERSANTS L'ASSOMPTION

3001 avenue 1st, Rawdon, Lanaudière, QC, J0K 1S0

450 755-1651 Fax: 450 755-1653

Website: www.cara.qc.ca

Email: info@obvlassomption.ca

Services: Protection, conservation and valorization of lakes and waterways. * Development, promotion and implementation of the Plan directeur de l'eau (PDE) and the Zone de gestion intégrée de l'eau par bassin versant (Zone GIEBV) action plan. * Conferences and symposia. * Educational workshops on the environment of lakes and rivers. * Water House: place of information, meetings and gatherings centre to promote respect of the environment and the sustainable use of our water resources. * Protection and development of the L'Assomption River. * Recreational tourism activities in harmony with the protection of lakes and waterways.

Eligibility: general public

Coverage area: MRC Matawinie, MRC Montcalm, MRC Joliette, MRC L'Assomption, MRC La Rivière-du-Nord, MRC D'Autray

Hours: Monday 9h00 to Friday 16h00, activities: variable

Financing: municipal, provincial, contributions

Legal status: non-profit organization

PLEINS DROITS DE LANAUDIÈRE

144 Saint-Joseph Street, 3rd floor, Joliette, Lanaudière, QC, J6E 5C4

1 855 394-0779 Fax: 450 394-4303

Website: pleinsdroits.org

Email: pleinsdroits@hotmail.com

Services: Promotion and advocacy of mental health rights. * Help and support in defense of rights. * Popular education, promotion and awareness of fundamental rights in mental health. * Training, information committee and workshops. * Political claims.

Eligibility: people living or have lived with a mental health problem

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

PLEINS DROITS DE LANAUDIÈRE - POINT DE SERVICE DE REPENTIGNY

10A Brien Boulevard, Suite 80, Repentigny, Lanaudière, QC, J6A 4R7

1 855 394-0779 Fax: 450 704-2200

Website: pleinsdroits.org

Email: pleinsdroits@hotmail.com

Services: Promotion and advocacy of mental health rights. * Help and support in defense of rights. * Popular education, promotion and awareness of fundamental rights in mental health. * Training, information committee and workshops. * Political claims.

Eligibility: people living with or who have lived with a mental health problem

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

REGROUPEMENT DES USAGERS DE TRANSPORT ADAPTÉ DE LANAUDIÈRE

200 De Salaberry Street, Suite 204, Joliette, Lanaudière, QC, J6E 4G1

1 866 910-2221 Fax: 450 759-8749

Website: rutalanaudiere.com

Email: direction@rutalanaudiere.com

Services: Represents disabled paratransit users in the Lanaudière region. * Advocacy. * Promotes the development of disabled paratransit services. * Raising awareness among all partners and the general public. * Accessibility to various modes of transportation.

Eligibility: people living with a disability

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ROSE BLEUE (LA) - ASSOCIATION DES PERSONNES HANDICAPÉES LES MOULINS

2904 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-7007

Website: www.associationlarosebleue.com

Email: assrosebleue@videotron.ca

Services: * Music therapy. * Soft gymnastics. * Zootherapy. * Arts and crafts. * Sociocultural and recreational activities, outings. * Summer activities. * Advocacy of rights.

Eligibility: people living with an intellectual disability

Capacity: groups of 10 people

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10 per year, activities: \$15 per day, summer activities: \$18 per day

Financing: provincial, Centraide régions centre-ouest du Québec, fundraising campaigns, membership fees

Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - SECTION LANAUDIÈRE

2500 Mascouche Boulevard, Suite 221, Mascouche, Lanaudière, QC, J7K 0H5

450 417-3562 Fax: 450 966-2814

Website: mscanada.ca/ms-canada-lanaudière

Email: info.lanaudiere@scleroseenplaques.ca

Services: * Information on research and on different aspects of the illness: documentation, information sessions, conferences, Espoir Famille annual conference. * Support: self-help groups, phone listening and accompaniment. * Advocacy. * Adapted physical activities. * Social action. * Fundraising.

Eligibility: people with multiple sclerosis, their close ones

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: variable depending on the activities

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

TABLE DE CONCERTATION DES GROUPES DE FEMMES DE LANAUDIÈRE

144 Saint-Joseph Street, Suite 214, Joliette, Lanaudière, QC, J6E 5C4

450 752-0049 Fax: 450 760-3586

Website: femmeslanaudiere.org

Email: tcgfl@bellnet.ca

Services: Regional feminist group working for the collective defence of women's rights with a mission to improve the living and health conditions of Lanaudière women. * Concertation. * Mobilization. * Popular education and awareness. * Political activities with women's groups on various issues.

Eligibility: organizations working with women or with a women component

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LANAUDIÈRE

Confidential Address

450 755-1488 Fax: 450 759-8749

Website: tcrapl.org

Email: tcrapl@tcrapl.org

Services: * Advocacy of rights. * Consultation, representation and technical support.

Eligibility: associations of disabled people in the Lanaudière region

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual contribution: \$50 per association

Financing: contributions, provincial

Legal status: non-profit organization

Consumer protection and complaints**ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LANAUDIÈRE**

200 de Salaberry Street, Suite 124, Joliette, Lanaudière, QC, J6E 4G1

450 756-1333 Fax: 450 759-8749

Website: aceflanaudiere.ca

Email: info@aceflanaudiere.ca

Services: * Budget consultation. * Budget workshop. * Telephone information about budget, credit and consumption. * Solidarity loan from the Desjardins Mutual Aid Fund. * Workshops and conferences: my personal finances, my consumption. * Support for Hydro-Quebec's payment arrangements.

Eligibility: adults, solidarity loan: people experiencing financial difficulties

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h30

Fees: workshops: variable

Financing: provincial

Legal status: Cooperative

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LANAUDIÈRE - MASCOUCHE SERVICE POINT

2500 Mascouche Boulevard, Suite 212, Mascouche, Lanaudière, QC, J7K 0H5

1 866 414-1333 Fax: 450 759-8749

Website: aceflanaudiere.ca/en

Email: info@aceflanaudiere.ca

Services: * Budget consultation. * Budget workshop. * Telephone information about budget, credit and consumption. * Solidarity loan from the Desjardins Mutual Aid Fund. * Workshops and conferences: my personal finances, my consumption. * Support for Hydro-Quebec's payment arrangements.

Eligibility: adults, solidarity loan: people experiencing financial difficulties

Coverage area: MRC Les Moulins

Hours: by appointment only

Fees: workshops: variable

Financing: provincial

Legal status: cooperative

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LANAUDIÈRE - REPENTIGNY SERVICE POINT

547 Leclerc Street, Repentigny, Lanaudière, QC, J6A 8B4

1 866 414-1333 Fax: 450 759-8749

Website: aceflanaudiere.ca

Email: info@aceflanaudiere.ca

Services: * Budget consultation. * Budget workshop. * Telephone information about budget, credit and consumption. * Solidarity loan from the Desjardins Mutual Aid Fund. * Workshops and conferences: my personal finances, my consumption. * Support for Hydro-Quebec's payment arrangements.

Eligibility: adults, solidarity loan: people experiencing financial difficulties

Coverage area: MRC L'Assomption

Hours: by appointment only

Fees: workshops: variable

Financing: provincial

Legal status: Cooperative

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - LANAUDIÈRE

490 Saint-Charles-Borromée Street North, Joliette, Lanaudière, QC, J6E 4R7

1 800 882-5622 Fax: 450 759-5678

Website: www.caaplanaudiere.com/en

Email: caap@caaplanaudiere.com

Services: Assistance and accompaniment for people who wish to file a complaint regarding services that they have had or should have received in the health and social services network. * Public establishments: CLSC, hospitals, residential and extended care centres, youth centres, rehabilitation centres. * Intermediate resources: chartered or self-financed private residences, family resources. * Community organizations in the health and social services sector, or operating a function or activities for the ASSS: pre-hospital emergency services, ambulance services. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process.

Eligibility: health and social services network users, tenants in private seniors' residences

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LANAUDIÈRE - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

1000 Sainte-Anne Boulevard, Saint-Charles-Borromée, Lanaudière, QC, J6E 6J2

1 800 229-1152 ext. 402133 Fax: 450 756-0598

Website: www.ciasss-lanaudiere.gouv.qc.ca/votre-ciasss/commissaire-aux-plaintes-et-a-la-qualite-des-services/

Email: plaintes.ciasss@ciasss.gouv.qc.ca

Services: Responsible of enforcing the users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: Lanaudière
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS CHSLD HEATHER

3931 Lakeshore Drive, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 3015

Website: chheather.com/residents-et-familles/comite-de-residents

Email: comitedesresidents@groupeasantearbec.com

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: CHSLD Heather services users

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DES CENTRES DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE LANAUDIÈRE

260 Lavaltrie Street South, Joliette, Lanaudière, QC, J6E 5X7

1 800 229-1152 ext. 2933

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/comites-des-usagers

Email: 14cj.comite.usagers@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of child and youth protection centres

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DES CENTRES DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME

1075 Firestone Boulevard, bureau 2014, Joliette, Lanaudière, QC, J6E 6X6

1 866 252-9600 ext. 2000

Email: usagers.ditsadp.ciessleran@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Promotion of improvement of quality and assessment of satisfaction. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of the Lanaudière CISSS intellectual disability and autism spectrum disorder rehabilitation centres

Coverage area: Lanaudière

Fees: none

Financing: provincial

Legal status: non-profit organization

COMITÉ DES USAGERS DES CENTRES DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME (MYRIADE) ET COMITÉ DES USAGERS DES CENTRES DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE (BOUCLIER)

1075 Firestone Boulevard, Suite 1000, Joliette, Lanaudière, QC, J6E 6X6

1 866 252-9600 ext. 2000

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/comites-des-usagers/#c8814

Email: usagers.ditsadp.ciessleran@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of the rehabilitation centres le Bouclier and la Myriade

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DES CENTRES DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE

1075 Firestone Boulevard, Suite 2014, Joliette, Lanaudière, QC, J6E 6X6

1 866 252-9600 ext. 2000

Email: usagers.ditsadp.ciessleran@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Promotion of improvement of quality and assessment of satisfaction. * Advocacy. * Assistance in the proceedings and when making a complaint.

Eligibility: users of the Lanaudière CISSSS physical deficiency rehabilitation centres

Coverage area: Lanaudière

Hours: Monday to Friday

Fees: none

Financing: provincial

Legal status: non-profit organization

COMITÉ DES USAGERS DU SUD DE LANAUDIÈRE

135 Claude-David Boulevard, Suite 1403, Repentigny, Lanaudière, QC, J6A 1N6

450 654-7229 ext. 61010

Website: cdulanaudieresud.ca

Email: usagers@cdulanaudieresud.ca

Services: Support to CISSS of Lanaudière users. * Information on the rights and obligations of users. * Advocacy for the rights and interests of users. * Assistance in the proceedings when making a complaint. * Promotion of quality of life improvement and satisfaction assessment.

Eligibility: users of social and health services offered by the CISSS of Lanaudière

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

COMITÉS DES USAGERS DU CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LANAUDIÈRE

260 Lavaltrie Street South, Suite 325, Joliette, Lanaudière, QC, J6E 5X7

450 756-4555 ext. 2465

Website: www.ciessler-lanaudiere.gouv.qc.ca/votre-ciessler/comites-des-usagers/#c8810

Email: cucilanaudiere@gmail.com

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: CISSS of Lanaudière services users

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

OFFICE MUNICIPAL D'HABITATION DE LA RIVE NORD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W5B1

450 434-1149 Fax: 450-471-9434

Website: www.omhrn.com

Email: info@omhrn.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Accès Logis program. * Referral.

Eligibility: individuals, seniors and families on a low or moderate income

Capacity: 1200 units

Coverage area: Blainville, Bois-des-Filion, Boisbriand, Charlemagne, L'Assomption, Mascouche, Mirabel, Repentigny, Rosemère, Sainte-Anne-des-Plaines, Sainte-Thérèse, Terrebonne

Hours: Monday and Wednesday 9h00 to 12h00 and 13h30 to 14h00, Tuesday, Thursday and Friday 9h00 to 12h00

Financing: federal, provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LANAUDIÈRE SUD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W 5B1

450 471-9424 Fax: 450 471-9434

Website: www.omhls.com

Email: infosac@omhls.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service. * Accès Logis Québec program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: single individuals, seniors and families on a low and moderate income, SARL: households and single people at risk of soon becoming homeless or whose housing does not meet their needs and who are searching for new housing on the private market

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbssc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Correctional services**CORRECTIONAL SERVICE CANADA - JOLIETTE INSTITUTION**

400 Marsolais Street, Joliette, Lanaudière, QC, J6E 8V4

450 752-5257 Fax: 450 752-5853

Website: www.csc-scc.gc.ca

Services: Multi-level security centre responsible of activities related to the detention of offenders. * Offenders assessment and follow-up. * Correctional plans elaboration. * Management of custody, accommodation, supervision and guidance programs. * Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

Eligibility: women offenders sentenced for more than 2 years

Capacity: 132 inmates

Coverage area: Province of Québec

Financing: federal

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - LANAUDIÈRE PAROLE OFFICE

3 Papineau Street, Suite 107, Terrebonne, Lanaudière, QC, J6E 2K3?

450 756-1117 Fax: 450 756-1059

Website: www.csc-scc.gc.ca

Services: Office under the jurisdiction of The Parole Board of Canada (PBC). * Monitoring of offenders serving a part of their sentence under conditional release or restricted parole.

Eligibility: people serving a sentence in a federal detention facility

Coverage area: Lanaudière

Financing: federal

Legal status: federal government agency

Courthouses and tribunals

BUREAU DES INFRACTIONS ET AMENDES - JOLIETTE

200 Saint-Marc Street, Suite RC-36, Joliette, Lanaudière, QC, J6E 8C2

1 866 536-5140 ext. 1 Fax: 450 752-6827

Website: www.amendes.qc.ca

Email: amendes@justice.gouv.qc.ca

Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. * Recovery of fines and unpaid legal fees. * Online payment services for court records and statements of offense.

Coverage area: judicial districts of Joliette, La Tuque and Shawinigan

Hours: Monday, Tuesday, Thursday, and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - CIVIL DIVISION - JOLIETTE

200 Saint-Marc Street, Joliette, Lanaudière, QC, J6E 8C2

450 753-4807 Fax: 450 752-1733

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/joliette-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than \$100 000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: Lanaudière: Joliette judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - JOLIETTE

200 Saint-Marc Street, Joliette, Lanaudière, QC, J6E 8C2

450 753-4803 Fax: 450 752-6945

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/joliette-courthouse

Services: Court constituting the judicial system of Québec. * Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes.

Coverage area: Lanaudière: Joliette judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - SMALL CLAIMS DIVISION - JOLIETTE

200 Saint-Marc Street, Joliette, Lanaudière, QC, J6E 8C2

450 753-4806

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/joliette-courthouse

Email: pcjoliette@justice.gouv.qc.ca

Services: Court hearing cases in which the disputed amount of money is inferior to \$15,000 and where people represent themselves, without a lawyer. * Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge.

Eligibility: any natural or legal person if it employed at most 10 people during the 12 months prior to the claim

Coverage area: Lanaudière: Joliette judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - JOLIETTE

200 Saint-Marc Street, Joliette, Lanaudière, QC, J6E 8C2

450 753-4800 Fax: 450 752-6994

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/joliette-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of all cases involving a minor. * Hearing of cases of adoption.

Coverage area: Lanaudière: Joliette judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

JOLIETTE COURTHOUSE

200 Saint-Marc Street, Joliette, Lanaudière, QC, J6E 8C2

450 753-4807 Fax: 450 752-1733

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/joliette-courthouse

Services: Administration of court services of Joliette. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

L'ASSOMPTION - COUR MUNICIPALE

781 du Bas-de-L'Assomption Road North, L'Assomption, Lanaudière, QC, J5W 2H1

450 589-5671 ext. 1 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/cour-municipale

Email: courmunicipale@ville.lassomption.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: L'Assomption, Saint-Sulpice, L'Épiphanie, Paroisse de L'Épiphanie

Hours: Monday to Wednesday 8h30 to 16h30, Thursday 8h30 to 17h30, Friday 8h30 to 12h30

Financing: municipal

Legal status: municipal agency

MASCOUCHE - MUNICIPAL COURT

3038 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1P1

450 474-4133 ext. 8500

Website: mascouche.ca/services-aux-citoyens/cour-municipale

Email: cour@ville.mascouche.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Mascouche

Financing: municipal

Legal status: municipal agency

REPENTIGNY - MUNICIPAL COURT

1 Montée des Arsenaux, Repentigny, Lanaudière, QC, J5Z 2C1

450 470-3500 Fax: 450 654-2447

Website: repentigny.ca/services/citoyens/cour-municipale

Email: cour-municipale@repentigny.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Repentigny

Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 17h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SUPERIOR COURT - JOLIETTE

200 Saint-Marc Street, Joliette, Lanaudière, QC, J6E 8C2

450 753-4807

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/joliette-courthouse

Services: Court constituting the judicial system of Québec. * Hearing the cases where the amount in dispute is \$85,000 and more. * Hearing administrative, family and bankruptcy litigations. * Hearing jury trial in criminal cases and appeals in summary conviction.

Coverage area: Lanaudière: Joliette judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

TERREBONNE - MUNICIPAL COURT

3630 Émile-Roy Street, Terrebonne, Lanaudière, QC, J7M 1A1

450 961-8378 Fax: 450 471-9322

Website: www.ville.terrebonne.qc.ca

Email: courmunicipale@ville.terrebonne.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws or infringements to the Code de la sécurité routière. * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Terrebonne

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

Legal assistance and information**ACTION ZÉRO PAUVRETÉ**

2500 Mascouche Boulevard, Suite 231, Mascouche, Lanaudière, QC, J7K 0H5

450 477-8985

Website: actionpopulaire.org

Email: info@actionpopulaire.org

Services: Individual and collective defense of the rights of people living in poverty, mainly people receiving last-resort financial assistance. * Individual assistance for citizens in understanding their rights and recourses, and the steps to take to ensure the defense of their rights. * Conferences, information workshops and discussion groups on economic and social rights and issues related to poverty and social exclusion. * Representation to public administrations and political bodies concerned with situations where the rights of citizens living in poverty are being violated or threatened. * Regular workshops and meetings for members. * Detailed schedule: agendaapm.blogspot.com

Eligibility: people on a low income or in a situation of poverty and social exclusion, including people receiving welfare or social solidarity, supporters interested in transformation and social justice, community workers

Coverage area: MRC Les Moulins and surroundings

Hours: walk-in appointment: usually every Tuesday from 9h00 to 12h00, other days of the week by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES TRAVAILLEURS, TRAVAILLEUSES ACCIDENTÉS DE JOLI-MONT

4046 Queen Street, Suite 207, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1220 Fax: 450 834-1240

Website: attaj.ca

Email: info@attaj.ca

Services: * Phone information service on rights and recourses. * Information meetings on compensation for work-related accidents and illnesses. * Support and follow-up of files. * Popular education activities. * Collective rights defence action.

Eligibility: workers victim of work related accidents or occupational diseases

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRÉTRAITÉES - L'ASSOMPTION

50 Thouin Street, Suite 241, Repentigny, Lanaudière, QC, J6A 4J4

450 704-2776

Website: www.aqdr.org/section/lassomption

Email: info@aqdr-lassomption.org

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Monthly conferences. * Personalized accompaniment service. * References to partners (community, municipal and government organizations as well as professionals such as lawyers, notaries, etc.). * Journal: three publications per year. * Legal referral service. * Vulnerable people identification service. * Annual brunch and fundraising campaign.

Eligibility: retired and preretired people

Coverage area: MRC L'Assomption, Joliette

Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 16h00

Fees: annual membership: \$20

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRÉTRAITÉES - SECTION DES MOULINS

3235 de la Gare Avenue, Mascouche, Lanaudière, QC, J7K 3C1

450 918-0800

Website: www.aqdr.org/section/des-moulins

Email: administration@aqdrdesmoulins.org

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health.

Eligibility: seniors, retired or preretired people

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$20, activities: variable

Financing: provincial, grants

Legal status: non-profit organization

BUREAU DES INFRACTIONS ET AMENDES - JOLIETTE

200 Saint-Marc Street, Suite RC-36, Joliette, Lanaudière, QC, J6E 8C2

1 866 536-5140 ext. 1 Fax: 450 752-6827

Website: www.amendes.qc.ca

Email: amendes@justice.gouv.qc.ca

Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. * Recovery of fines and unpaid legal fees. * Online payment services for court records and statements of offense.

Coverage area: judicial districts of Joliette, La Tuque and Shawinigan

Hours: Monday, Tuesday, Thursday, and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE TERREBONNE

1679 Gascon Road, Terrebonne, Lanaudière, QC, J6X 3Z6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - JOLIETTE

200 Saint-Marc Street, Joliette, Lanaudière, QC, J6E 8C2

450 753-4800 Fax: 450 752-6994

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/joliette-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of all cases involving a minor. * Hearing of cases of adoption.

Coverage area: Lanaudière: Joliette judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

ÉQUIJUSTICE LANAUDIÈRE SUD

50, rue Thouin, bureau 200, Repentigny, Lanaudière, QC, J6A 4J4

450 581-1459 Fax: 450 581-1453

Website: equijustice.ca/en

Email: lanaudieresud@equijustice.ca

Services: * Information and referrals. * Monitoring of extrajudicial measures and specific offenses in the framework of the Youth Criminal Justice Act (YCJA). * Occasional preventive interventions and activities in school and community environments on the YCJA, anger and conflict management, bullying and cyberbullying. * Workshops, conferences and training on anger and conflict management for parents and teenagers. * School mediation. * Citizen mediation and workshops on communication and conflict management. * Alternative measures general program (PMRG): diversion program for adults, based on the repair of harm caused to the victims of a crime or to the community.

Eligibility: young people 9 to 17 years old and their parents, adult offenders and victims, school and community workers and clients, citizen mediation: general public

Coverage area: MRC Les Moulins, MRC L'Assomption, Laval

Hours: Monday to Friday 8h30 to 20h00 by appointment

Financing: provincial

Legal status: non-profit organization

L'ASSOMPTION - COUR MUNICIPALE

781 du Bas-de-L'Assomption Road North, L'Assomption, Lanaudière, QC, J5W 2H1

450 589-5671 ext. 1 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/cour-municipale

Email: courmunicipale@ville.lassomption.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: L'Assomption, Saint-Sulpice, L'Épiphanie, Paroisse de L'Épiphanie

Hours: Monday to Wednesday 8h30 to 16h30, Thursday 8h30 to 17h30, Friday 8h30 to 12h30

Financing: municipal

Legal status: municipal agency

LEGAL AID OFFICE - REPENTIGNY

10-A Brien Boulevard, Suite 100, Repentigny, Lanaudière, QC, J6A 4R7

450 581-8691 Fax: 450 581-1218

Website: www.ccjll.qc.ca

Email: bajrep@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - TERREBONNE

891 Saint-François-Xavier Street, Suite 210, Terrebonne, Lanaudière, QC, J6W 1H1

450 492-1535 Fax: 450 492-8378

Website: www.ccjll.qc.ca

Email: bajter@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible individuals. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

MASCOUCHE - MUNICIPAL COURT

3038 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1P1

450 474-4133 ext. 8500

Website: mascouche.ca/services-aux-citoyens/cour-municipale

Email: cour@ville.mascouche.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). *

Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Mascouche

Financing: municipal

Legal status: municipal agency

REPENTIGNY - MUNICIPAL COURT

1 Montée des Arsenaux, Repentigny, Lanaudière, QC, J5Z 2C1

450 470-3500 Fax: 450 654-2447

Website: repentigny.ca/services/citoyens/cour-municipale

Email: cour-municipale@repentigny.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). *

Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Repentigny

Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 17h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

TERREBONNE - MUNICIPAL COURT

3630 Émile-Roy Street, Terrebonne, Lanaudière, QC, J7M 1A1

450 961-8378 Fax: 450 471-9322

Website: www.ville.terrebonne.qc.ca

Email: courmunicipale@ville.terrebonne.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws or infringements to the Code de la sécurité routière. * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Terrebonne

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

TRAVAIL DE RUE DE REPENTIGNY

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

514 793-5565

Website: www.TRRepentigny.com

Email: trr@trrepentigny.com

Services: Mobile team available for listening, information and referral. * Management of risky behaviors regarding sexuality, substance abuse, homelessness and crime using a harm reduction approach. * Distribution of condoms, needles and other prevention material. * Naloxone kits distribution. * Distribution of fentanyl and benzodiazepines test strips. * Emergency food aid and supplies. * Guidance and accompaniment to the Court. * Accompaniment throughout legal, medical and social rehabilitation procedures. * Crisis intervention and mediation within families and among peers.

Eligibility: people 12 to 30 years old, homeless people, marginalized people or struggling with mental health issues

Coverage area: Repentigny

Hours: Monday to Friday

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Professional orders and associations

QUÉBEC ASSOCIATION OF SPECIAL CARE COUNSELLORS

Confidential Address

514 928-2619

Website: www.aeesq.ca/en/accueil-eng

Email: info@aeesq.ca

Services: Professional association. * Special care promotion. * Advocacy of their members. * Management of complaints against members.

Eligibility: special care counsellors, general public

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$50

Financing: membership fees

Legal status: non-profit organization

Support for offenders

CENTRE RÉSIDENTIEL COMMUNAUTAIRE JOLIETTE-LANAUDIÈRE

785 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3G1

1 877 752-0556 **Fax:** 450 752-0824

Website: www.crcjoliette.ca

Email: stremblay@crcjoliette.ca

Services: Residential community centre. * Housing. * Accompaniment and referrals. * Individual and group counselling. * Various specialized programs. * Community and compensatory work assistance. * Prevention and awareness.

Eligibility: judicialized men 18 years old and over on a correctional measure with follow-up

Capacity: housing: 21

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: according to income

Financing: self-financing, provincial, federal

Legal status: non-profit organization

L'ASSOMPTION - COUR MUNICIPALE

781 du Bas-de-L'Assomption Road North, L'Assomption, Lanaudière, QC, J5W 2H1

450 589-5671 ext. 1 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/cour-municipale

Email: courmunicipale@ville.lassomption.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: L'Assomption, Saint-Sulpice, L'Épiphanie, Paroisse de L'Épiphanie

Hours: Monday to Wednesday 8h30 to 16h30, Thursday 8h30 to 17h30, Friday 8h30 to 12h30

Financing: municipal

Legal status: municipal agency

LEGAL AID OFFICE - REPENTIGNY

10-A Brien Boulevard, Suite 100, Repentigny, Lanaudière, QC, J6A 4R7

450 581-8691 Fax: 450 581-1218

Website: www.ccjll.qc.ca

Email: bajrep@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - TERREBONNE

891 Saint-François-Xavier Street, Suite 210, Terrebonne, Lanaudière, QC, J6W 1H1

450 492-1535 Fax: 450 492-8378

Website: www.ccjll.qc.ca

Email: bajter@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible individuals. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

MASCOUCHE - MUNICIPAL COURT

3038 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1P1

450 474-4133 ext. 8500

Website: mascouche.ca/services-aux-citoyens/cour-municipale

Email: cour@ville.mascouche.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Mascouche

Financing: municipal

Legal status: municipal agency

REPENTIGNY - MUNICIPAL COURT

1 Montée des Arsenaux, Repentigny, Lanaudière, QC, J5Z 2C1

450 470-3500 Fax: 450 654-2447

Website: repentigny.ca/services/citoyens/cour-municipale

Email: cour-municipale@repentigny.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Repentigny

Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 17h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

TERREBONNE - MUNICIPAL COURT

3630 Émile-Roy Street, Terrebonne, Lanaudière, QC, J7M 1A1

450 961-8378 Fax: 450 471-9322

Website: www.ville.terrebonne.qc.ca

Email: courmunicipale@ville.terrebonne.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws or infringements to the Code de la sécurité routière. * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Terrebonne

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

TRAVAIL DE RUE DE REPENTIGNY

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

514 793-5565

Website: www.TRRepentigny.com

Email: trr@trrepentigny.com

Services: Mobile team available for listening, information and referral. * Management of risky behaviors regarding sexuality, substance abuse, homelessness and crime using a harm reduction approach. * Distribution of condoms, needles and other prevention material. * Naloxone kits distribution. * Distribution of fentanyl and benzodiazepines test strips. * Emergency food aid and supplies. * Guidance and accompaniment to the Court. * Accompaniment throughout legal, medical and social rehabilitation procedures. * Crisis intervention and mediation within families and among peers.

Eligibility: people 12 to 30 years old, homeless people, marginalized people or struggling with mental health issues

Coverage area: Repentigny

Hours: Monday to Friday

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

PSYCHIATRIC SERVICES

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction prevention

AIRE OUVERTE DE JOLIETTE

107 Place Bourget Nord, Joliette, Lanaudière, QC, J6E 5E6

450 271-6382

Website: www.cisss-lanaudiere.gouv.qc.ca/aire-ouverte

Email: aireouvertelanaudiere@ssss.gouv.qc.ca

Services: Varied confidential services for youth 12 to 25 years old with or without an appointment. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention and education on alcohol, drugs, gambling and problematic Internet use. * School and career counseling. * Prevention of domestic violence.

Eligibility: youth 12 to 25 years old

Coverage area: Lanaudière

Hours: Monday 11h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Sunday 11h00 to 16h00, Summer schedule: Monday 10h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Friday by appointment

Fees: none

Financing: provincial

Legal status: provincial government agency

MOTHERS AGAINST DRUNK DRIVING - LANAUDIÈRE CHAPTER

Confidential Address

1 800 665-6233 ext. 380

Website: maddsections.ca/lanaudiere

Email: madd-lanaudiere@hotmail.com

Services: * Helpline. * Support for victims of impaired driving. * Awareness, information and prevention campaigns. * Referral and documentation. * Informal accompaniment to court.

Eligibility: impaired driving victims, their relatives, general public, students

Coverage area: Lanaudière

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

RÉSEAU (LE)

200 de Salaberry Street, Suite 308, Joliette, Lanaudière, QC, J6E 4G1

450 759-4545 Fax: 450 759-8749

Website: www.reseautoxicomanie.com

Email: lereseaucommunautaire@gmail.com

Services: * Prevention in schools. * Social reintegration for people who have completed therapy. * Support group for relapse prevention. * Assessments, early intervention and detection. * Individuals follow-ups. * Prevention, information and awareness. * Animation and training. * Referrals.

Eligibility: social reinsertion: people 18 years and over with a period of abstinence, prevention: schools, youth centres, parents

Coverage area: MRC Joliette, MRC D'Autray, MRC Matawinie, MRC Montcalm

Hours: by appointment only, Monday to Friday 9h00 to 17h00, some availabilities in the evenings

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICES DE PREMIÈRE LIGNE EN DÉPENDANCE - LANAUDIÈRE

Confidential Address

811 option 2

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: * Prevention and education regarding consumption and risk factors. * Mes choix Alcool.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Lanaudière

Fees: free

Financing: provincial

Legal status: parapublic organization

TRAVAIL DE RUE DE REPENTIGNY

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

514 793-5565

Website: www.TRRepentigny.com

Email: trr@trrepentigny.com

Services: Mobile team available for listening, information and referral. * Management of risky behaviors regarding sexuality, substance abuse, homelessness and crime using a harm reduction approach. * Distribution of condoms, needles and other prevention material. * Naloxone kits distribution. * Distribution of fentanyl and benzodiazepines test strips. * Emergency food aid and supplies. * Guidance and accompaniment to the Court. * Accompaniment throughout legal, medical and social rehabilitation procedures. * Crisis intervention and mediation within families and among peers.

Eligibility: people 12 to 30 years old, homeless people, marginalized people or struggling with mental health issues

Coverage area: Repentigny

Hours: Monday to Friday

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

UNITÉ D'INFORMATION ET D'ACTION EN TOXICOMANIE

185 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3N8

450 968-0363 Fax: 450 968-3407

Website: uniatox.org

Email: info@uniatox.org

Services: Prevention of addictions and relapse through identification, detection, early intervention and social reintegration. * Welcoming, referral and accompaniment. * Individual follow-up. * Addiction trainings and awareness and information workshops. * Sharing groups with animation and autonomous self-help groups. * 4 relapse prevention support groups. * Community gardens. * Consultation and community collaboration.

Eligibility: adults with a drug or alcohol addiction and their families, any person or group with an interest in understanding addiction

Capacity: relapsing prevention: 10 participants minimum, parents of teenagers: 8 participants minimum

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: office: Monday to Friday 9h00 to 17h00, evening meetings by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Addiction treatment

CENTRE D'ACTION BÉNÉVOLE DES MOULINS

298 Joseph-Guay Street, Terrebonne, Lanaudière, QC, J6W 4S3

450 964-9898 Fax: 450 964-3028

Website: www.cabdesmoulins.org

Email: info@cabdesmoulins.org

Services: * Reception, information and referrals. * Friendship calls. * Friendship visits. * Help with groceries. * PIED Program: prevention of falls and fractures, 2 meetings per week for 12 weeks. * Yes I Quit Program: smoking cessation.

Eligibility: seniors with loss of autonomy, persons with disabilities, convalescent, persons with a chronic illness, caregivers

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

Fees: variable

Financing: provincial, contributions

Legal status: non-profit organization

CENTRE DE SANTÉ MASKO-SIWIN

280 Wapistan Street, Manawan, Lanaudière, QC, J0K 1M0

819 971-8846

Website: www.manawan.com/sante_mission

Email: sante@manawan.com

Services: Front-line health centre and head office of Services de Santé Masko-Siwin (SSMS). * General curative and preventive care. * Family medicine. * Emergency services. * Integrated STBBI screening and prevention service. * Detoxification. * Vaccination. * Medical care 24/7. * Consultation with a nurse on appointment. * Medical consultation hotline 24/7. * Dentistry. * Pediatrics. * Telehealth: ENT, pregnancy monitoring.

Eligibility: Atikamekw of Manawan

Coverage area: Manawan

Hours: regular hours: Monday to Friday 8h00 to 16h30

Financing: municipal, provincial, federal

Legal status: parapublic organization

CENTRE DE SERVICES AMBULATOIRES EN SANTÉ MENTALE ET DE RÉADAPTATION EN DÉPENDANCE DE SUD DE LANAUDIÈRE

155 Notre-Dame Street, Suite 19, Repentigny, Lanaudière, QC, J6A 5L3

450 657-0071

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Second-line addiction services. * Outpatient rehabilitation from 3 to 6 months (possibility of extension): individual ou group. * Inpatient therapy in collaboration with Pavillon du Nouveau Point de Vue. * Outpatient medical detoxification. * Short stay (7 days) in multifunctional beds. * OAT Services ans TUO follow-up (Suboxone, sometimes Methadone, Sublocane). * Social reintegration. * PERRCA program. * Support to relatives: individual or group follow-up, parents consultation. * Budget consultation.

Eligibility: people aged 12 and over dealing with addictions (alcohol, drugs, gambling, problematic Internet use), relatives, people with a sensory disability or on substitution program are welcomed

Coverage area: Lanaudière

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE HOSPITALIER DE LANAUDIÈRE

1000 Sainte-Anne Boulevard, Saint-Charles-Borromée, Lanaudière, QC, J6E 6J2

450 759-8222

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1203#

Services: Hospital centre offering general and specialized cares. * Emergencies. * Specialized services for victims of sexual assault. * Contraception. * Emergency oral contraception. * Distribution of new injection equipment to people who use drugs and recovery of used needles and syringes. * Detoxification. * Test centre. * Radiology. * Magnetic resonance. * Breast feeding room. * End of life care.

Coverage area: Province of Québec

Hours: 24 hours / 7 days, test centre: by appointment

Financing: provincial

Legal status: parapublic organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

HÔPITAL PIERRE-LE GARDEUR

911 Montée des Pionniers, Terrebonne, Lanaudière, QC, J6V 2H2

1 888 654-7525

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/hopitaux

Services: Hospital centre offering general and specialized cares. * Emergency. * Physical and psychiatric healthcare. * Surgery. * Out-patient and specialized services. * Oncology centre. * Medical imaging and tests centre. * Detoxification. * End-of-life care.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

PAVILLON LOUIS-CYR

122, rue Saint-Jacques, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 839-2555 Fax: 450 839-2444

Website: pavillonlouiscyr.com

Email: pavillonlouiscyr@gmail.com

Services: In-patient Rehabilitation Centre for 12 weeks. * Separate programme for addiction to substances. * 28-day programme in collaboration with an EAP. * One-on-one or group therapy. * Accompaniment to appointments. * Mental Health and Substance Abuse Programme. * Post treatment follow-up. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

Eligibility: men 18 and over with an addiction (alcohol, drugs)

Capacity: 44

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: 3-months therapy: \$2850 per month, 28 days therapy \$4200, 3 months covered for people on social assistance

Legal status: non-profit organization

PAVILLONS DU NOUVEAU POINT DE VUE

356 Notre-Dame Street, Lanoraie, Lanaudière, QC, J0K 1E0

450 887-2392 Fax: 450 887-2558

Website: www.nouveaupointdevue.com

Email: pnpv@qc.aira.com

Services: In-patient Rehabilitation Centre of variable length. * Separate programme for addiction to substances of 21 or 28 days for adults and 42 days for teenagers. * Separate programme for excessive gambling of 28 days. * Combined programme for addictions. * Individual and group therapy. * Post-treatment follow-up: group meetings by videoconference every 2 weeks, possibility of having 2 individual meetings by videoconference.

Eligibility: youth 13 to 17 years old with an addiction problem, adults with an addiction or gambling problems

Capacity: adults: 50, youth: 15

Coverage area: Province of Québec

Hours: centre: 24 hours / 7 days

Fees: inpatient therapy for adults and adolescents SPA and JHA: free upon referral from the CRD de Lanaudière, inpatient therapy for adolescents: free upon referral from the CRD des Laurentides, Estrie, Montérégie and Laval, 21 days therapy: \$3750, 28 days therapy: \$4950 (deposit of \$2000), post-treatment follow-up: \$250, welfare: covered but waiting list

Financing: contributions

Legal status: non-profit organization

RÉSEAU (LE)

200 de Salaberry Street, Suite 308, Joliette, Lanaudière, QC, J6E 4G1

450 759-4545 Fax: 450 759-8749

Website: www.reseautoxicomanie.com

Email: lereseaucommunautaire@gmail.com

Services: * Prevention in schools. * Social reintegration for people who have completed therapy. * Support group for relapse prevention. * Assessments, early intervention and detection. * Individuals follow-ups. * Prevention, information and awareness. * Animation and training. * Referrals.

Eligibility: social reinsertion: people 18 years and over with a period of abstinence, prevention: schools, youth centres, parents

Coverage area: MRC Joliette, MRC D'Autray, MRC Matawinie, MRC Montcalm

Hours: by appointment only, Monday to Friday 9h00 to 17h00, some availabilities in the evenings

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICES DE PREMIÈRE LIGNE EN DÉPENDANCE - LANAUDIÈRE

Confidential Address

811 option 2

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: * Prevention and education regarding consumption and risk factors. * Mes choix Alcool.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Lanaudière

Fees: free

Financing: provincial

Legal status: parapublic organization

UNITÉ D'INFORMATION ET D'ACTION EN TOXICOMANIE

185 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3N8

450 968-0363 Fax: 450 968-3407

Website: uniatox.org

Email: info@uniatox.org

Services: Prevention of addictions and relapse through identification, detection, early intervention and social reintegration. * Welcoming, referral and accompaniment. * Individual follow-up. * Addiction trainings and awareness and information workshops. * Sharing groups with animation and autonomous self-help groups. * 4 relapse prevention support groups. * Community gardens. * Consultation and community collaboration.

Eligibility: adults with a drug or alcohol addiction and their families, any person or group with an interest in understanding addiction

Capacity: relapsing prevention: 10 participants minimum, parents of teenagers: 8 participants minimum

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: office: Monday to Friday 9h00 to 17h00, evening meetings by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

UNITÉ POINT DE DÉPART

220 Lajoie Street South, Joliette, Lanaudière, QC, J6E 5L2

450 759-6848

Email: unitepd@outlook.com

Services: * Day centre and assistance. * Support groups for continued abstinence and sobriety. * One-on-one counseling. * Support, accompaniment and referrals for all kinds of addictions. * Relapse prevention.

Eligibility: services and activities: people 18 years old and over with addiction (all addictions), their close ones, day centre: general population

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 15h00, extremely cold nights: 22h00 to 6h00

Fees: none

Financing: grants

Legal status: non-profit organization

VILAVI - REHAB CENTER

1600 Côte de Terrebonne, Terrebonne, Lanaudière, QC, J6Y 1G8

450 964-6566

Website: vilavi.ca/en

Email: info@vilavi.ca

Services: In-patient Rehabilitation Centre for 4 to 6 months. * Separate programme for addiction to substances. * Help with social reinsertion. * Individualized progression. * Sports activities. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

Eligibility: adult men and women struggling with drug, medication or alcohol problematic use

Capacity: 42 single rooms

Coverage area: Province of Québec

Hours: Monday to Friday 9h30 to 16h30

Fees: beneficiaries of last resort financial assistance: free, non-beneficiaries of last resort financial assistance: \$110 for assessment, \$3600 per month for the program, pre-admission evaluation: \$50

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

Community support in mental health**BONNE ÉTOILE JOLIETTE (LA)**

517 Archambault Street, Joliette, Lanaudière, QC, J6E 2W6

450 759-8853

Website: www.la-bonne-etoile.org

Email: inter@bonneetoile.ca

Services: Alternative mental health support group. * Day centre. * Telephone intervention. * Thematic workshops. * Advocacy. * Social reintegration assistance. * Clothing bank.

Eligibility: people 16 years old and over who are experiencing or have experienced issues that influence or have influenced their mental health

Coverage area: MRC Joliette

Hours: Monday to Friday 10h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CAMP DE JOUR RICHELIEU-REPENTIGNY

830 Basile-Routhier Boulevard, Repentigny, Lanaudière, QC, J6A 7W9

514 865-2267

Website: www.richelieurepentigny.org/camp_repentigny.php

Email: camp-jour-richelieu@outlook.com

Services: * Summer camp for youth with specific needs: duration of 8 weeks.

Eligibility: autonomous youth 6 years old and older living with a mild or moderate intellectual disability, a language disorder, a behavioural disorder, attention disorder (ADD/ADHD), an autism spectrum disorder, a physical disability or with mental health issues and who is functional in big groups

Capacity: 50 people

Coverage area: Repentigny, L'Assomption, Charlemagne, L'Épiphanie, Lachenaie

Hours: summer camp: July and August, Monday to Friday 8h30 to 15h30, with childcare services possible from 7h00 to 8h30 and 15h30 to 18h00

Fees: youth 6 to 18 years old: \$500, youth 19 years old and older: \$900

Financing: donations, municipal, provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE EN SANTÉ MENTALE DU SECTEUR BRANDON - LE CROISSANT DE LUNE

168 Saint-Pierre Street, Saint-Gabriel, Lanaudière, QC, J0K 2N0

450 835-7222

Email: lecdl93@gmail.com

Services: Mental health support centre. * Reception, information and referrals. * Help, listening and support. * Workshops for exchange and growth. * Trainings. * Leisure activities.

Eligibility: people living with a mental health issue

Coverage area: Mandeville, Saint-Cléophas-de-Brandon, Saint-Didace, Saint-Gabriel-de-Brandon, Saint-Norbert, Saint-Gabriel

Hours: Tuesday and Friday 8h30 to 15h30, Wednesday 12h45 to 15h30, Saturday 12h30 to 15h30, listening line: Thursday 12h00 to 15h00

Financing: grants

Legal status: non-profit organization

CENTRE DE SERVICES AMBULATOIRES EN SANTÉ MENTALE DE TERREBONNE

1355 Grande-Allée Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W 4K6

450 964-6418

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/centres-de-services-ambulatoires-en-sante-mentale

Services: External psychiatric clinic. * Psychiatric support of varying intensity. * Intensive monitoring in the community.

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial

Legal status: parapublic organization

CORPORATION DES ZOOTHÉRAPEUTES DU QUÉBEC

Confidential Address

438 872-2749

Website: membres.corpozootheapeute.com/fr

Email: administration@corpozootheapeute.com

Services: Grouping of independent professional zootherapists. * Promotion of zootherapy. * Members: training, insurance, discounts, etc. * Area of intervention of members: intellectual disability, atypical child development, degenerative diseases, physical and cerebral paralysis, mental health and addictions, palliative care, ADD ou ADHD, behaviorale disorders, autism spectrum disorders and aging and loss of autonomy. * Directory of members: membres.corpozootheapeute.com/fr/bottin
Eligibility: zootherapists, general public
Coverage area: Province of Québec
Fees: regular member: \$180 per year, newly graduated member: \$90 per year
Financing: membership fees
Legal status: non-profit organization

COURT OF QUÉBEC - CIVIL DIVISION - JOLIETTE

200 Saint-Marc Street, Joliette, Lanaudière, QC, J6E 8C2

450 753-4807 Fax: 450 752-1733

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/joliette-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than \$100 000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: Lanaudière: Joliette judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

CRIME VICTIMS ASSISTANCE CENTRE OF LANAUDIÈRE

Confidential Address

1 888 755-6127 Fax: 450 755-6069

Website: cavac.qc.ca/en

Email: info@cavaclanaudiere.com

Services: * Telephone consultation, welcoming, listening and support. * Accompaniment in the judiciary system. * Information on the legal process and on the rights and recourses for victims of crime. * Orientation to the appropriate legal, medical, social and community resources. * Post-traumatic intervention. * Technical assistance.

Eligibility: people victims of criminal acts, their relatives, witnesses of a crime

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF LANAUDIÈRE - REPENTIGNY SERVICE POINT

Confidential Address

1 888 755-6127

Website: cavac.qc.ca/en

Email: info@cavaclanaudiere.com

Services: * Telephone consultation, welcoming, listening and support. * Accompaniment in the judiciary system. * Information on the legal process and on the rights and recourses of victims of crime. * Orientation to the appropriate legal, medical, social and community resources. * Post-traumatic intervention. * Technical assistance.

Eligibility: people victims of criminal acts, their relatives, witnesses of a crime

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

ENVOL (L')

588 Montcalm Street, Suite 305, Berthierville, Lanaudière, QC, J0K 1A0

450 836-4999 Fax: 450 836-4482

Website: envol-entraide.ca

Email: info@envol-entraide.ca

Services: Mutual aid group in mental health. * Listening and referral. * Individual encounters and interventions by phone. * Social and recreational activities. * Coffee-meetings. * Educational excursions. * Conferences, training, educational and recreational workshops.

Eligibility: people 18 years old and over living or having lived with a mental health challenge

Coverage area: Berthierville, La Visitation-de-l'Île-Dupas, Lanoraie, Lavaltrie, Saint-Barthélemy, Saint-Cuthbert, Saint-Norbert, Sainte-Élisabeth, Sainte-Geneviève-de-Berthier

Hours: Monday to Thursday 8h00 to 16h00

Fees: yearly registration: \$5 regular member, \$10 sympathizing member

Financing: donations, membership fees

Legal status: non-profit organization

INFO-SOCIAL 8-1-1 - LANAUDIÈRE

Confidential Address

811 option 2

Website: www.quebec.ca/en/health/finding-a-resource/info-social-811

Services: Psychosocial consultation by phone. * Information and referral to assistance resources.

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

LUEUR DU PHARE DE LANAUDIÈRE (LA) - POINT DE SERVICE JOLIETTE

676 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

1 800 465-4544

Website: www.lueurduphare.org

Email: lueurduphare@videotron.ca

Services: * Support, information. * Information on the P-38. * Group and individual meetings. * Telephone listening. * Lectures on various topics related to mental health problems. * Respite. * Documentation, loan of documents. * Training workshops. * Coffee meeting.

Eligibility: relatives of people 16 years and over living or having lived with mental health problems

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, membership fees, donations

Legal status: non-profit organization

LUEUR DU PHARE DE LANAUDIÈRE (LA) - POINT DE SERVICE REPENTIGNY

50 Thouin Street, Suite 213, Repentigny, Lanaudière, QC, J6A 4J4

1 800 465-4544

Website: www.lueurduphare.org

Email: lueurduphare@videotron.ca

Services: * Support, information. * Information on the P-38. * Group and individual meetings. * Telephone listening. * Lectures on various topics related to mental health problems. * Respite. * Documentation, loan of documents. * Training workshops. * Coffee meeting.

Eligibility: relatives of people 16 years and over living or having lived with mental health problems

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, membership fees, donations

Legal status: non-profit organization

MAISON DES JEUNES DE REPENTIGNY - SECTEUR LE GARDEUR

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4L3

450 581-8159

Website: mdjrepentigny.ca

Email: coordo@mdjrepentigny.com

Services: Meeting and discussion place promoting individual and collective expression through varied activities, under the supervision of significant adults. * Counselling, active listening. * Self-esteem workshops. * Referral centre.

Eligibility: youth 12 to 17 years old

Capacity: more than 60 teenagers

Coverage area: Le Gardeur sector

Hours: Monday and Tuesday 14h30 to 18h00, Wednesday and Thursday 14h30 to 19h00, Friday 14h30 to 20h00

Fees: none

Financing: federal, provincial, municipal, grants, donations, self-financing

Legal status: non-profit organization

MARRAINES COUP DE POUCE

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 ext. 229

Website: maisonlaparenthese.org/marraines-coup-de-pouce

Email: info@maisonlaparenthese.org

Services: 3-hour per week postnatal assistance to parents for 10 weeks. * Baby care. * Housekeeping. * Accompaniment to appointments. * Postnatal follow-up and psychosocial support. * Prevention of postpartum depression. * Material assistance for families on a low income. * On-site recovery and sale of clothing, food, books and toys. * Referral.

Eligibility: parents of a child younger than a year

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MILIEU D'INTERVENTION ET DE THÉRAPIE EN AGRESSION SEXUELLE

Confidential Address

450 755-6755 Fax: 450 755-1773

Website: www.mitas.ca

Email: mitas@mitas.ca

Services: Group and individual therapy.

Eligibility: children victims of sexual assault and their family, children presenting problematic sexual misconduct behaviour, men victims of sexual abuse during childhood, teenagers and adults authors or who feel at risk of committing sexual transgressions on minors

Capacity: groups: 8 people

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 16h00, therapies for adults in the evening

Fees: children: free, adults: variable

Financing: provincial, self-financing, grants, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - HEAD OFFICE

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

450 398-0696

Website: parrainageciviquelanaudiere.ca

Email: carolpcl@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person for social integration purposes. * Useful accompaniments, leisure activities.

Eligibility: people living with a motor or sensory disability, mental health disorder, intellectual disability, in loss of autonomy or with socio-emotional difficulties

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Lanaudière, fundraising campaigns

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE NORD DE LANAUDIÈRE

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

450 834-1728

Website: parrainageciviquelanaudiere.ca

Email: pclrawdon@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person. * Utility accompaniments, leisure activities.

Eligibility: people living with a motor or sensory disability, mental health problem or intellectual disability, in loss of autonomy or with socio-emotional difficulties

Coverage area: MRC D'Autray, MRC Joliette, MRC Matawinie, MRC Montcalm

Hours: by appointment

Fees: membership: \$5 per year

Financing: Centraide Lanaudière, fundraising campaigns, provincial

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 224, Mascouche, Lanaudière, QC, J7K 0H5

450 417-0922

Website: parrainageciviquelanaudiere.ca

Email: pclmascouche@outlook.com

Services: Sponsorship: long-term support by a volunteer paired with a marginalized person. * Utility accompaniments, leisure activities.

Eligibility: people living with motor or sensory disabilities, mental health problems or intellectual disabilities, in loss of autonomy

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

RESCOUSSE AMICALE (LA)

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151

Website: rescousseamicale.ca

Email: info@rescousseamicale.ca

Services: Alternative mental health support group. * Reception, information and referral. * Individual meetings. * Support group. * Thematic workshops, trainings and conferences. * Coffee-meeting and community lunches. * Sporting and cultural activities. * Transportation and accompaniment for the activities of the organization. * Library.

Eligibility: people 18 years and over living with or having lived with a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services: free, membership card: \$6

Financing: contributions

Legal status: non-profit organization

RESCOUSSE MONTCALM (LA)

114 Montcalm Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-7050 Fax: 450 839-7438

Website: rescoussemontcalm.com

Email: larescoussemontcalm@videotron.ca

Services: * Counselling. * Telephone listening. * Individual meeting. * Group Les entendeurs de voix. * Various workshops. * Conferences, training, and testimonials. * Thrift store offered to members only. * Voluntary transportation under conditions.

Eligibility: people with or having had a mental health problem

Coverage area: MRC Montcalm

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership card: \$15 per year

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbssc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

TOURNESOL DE LA RIVE-NORD (LE)

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

450 657-1608

Website: www.letournesoldelarivenord.com

Email: info@letournesoldelarivenord.com

Services: Alternative mental health resource. * Self-help group between peers, place of exchange and sharing. * Reception, support and individual assistance. * Individual and collective meetings. * Information and referrals. * Phone listening. * Support in difficult times and hardships of life. * Training, information and organization activities promoting people's autonomy. * Diverse activities promoting the autonomy of people.

Eligibility: people 18 years old and over living or having lived with a mental health issue

Capacity: 20 persons

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h30 to 17h00

Fees: membership card: \$10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

VAISSEAU D'OR (DES MOULINS) (LE)

486 Gagnon Street, Terrebonne, Lanaudière, QC, J6W 2N7

450 964-2418 Fax: 450 964-8702

Website: vaisseaudor.com

Email: entraide@vaisseaudor.com

Services: Support for people living or having experienced mental health issues. * Support group. * Temporary housing. * Reception, referral, information, accompaniment and listening. * Training. * Organized outings and leisure activities. * Community meals. * Painting and creativity workshops.

Eligibility: adults living, having lived with or likely to experience mental health issues

Coverage area: MRC Les Moulins

Hours: Monday to Friday 10h00 to 17h00

Fees: membership: \$15 per year, housing: variable

Financing: provincial

Legal status: non-profit organization

Crisis centres and suicide prevention

CENTRE DE PRÉVENTION DU SUICIDE DE LANAUDIÈRE

Confidential Address

1 866 277-3553 Fax: 450 759-4122

Website: www.cps-lanaudiere.org

Services: * Confidential hotline for people who are affected by the suicide issue. * Support group for adults bereaved by suicide. * Support for those close to suicidal people. * Sentinel program: training and support for adults who are likely to help people in a suicidal crisis. * Emergency postvention. * Support for the implementation of postvention programs in companies. * Training for workers confronted with the problem of suicide in their workplace. * Support meetings for parents of children bereaved by suicide.

Eligibility: people living with a personal issue, in distress or in crisis, their close ones, people having been bereaved by suicide, social workers

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: trainings for field workers: variable, other services: free

Financing: grants, donations

Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DU SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Mascouche, Lanaudière, QC, J7K 0H5

438 529-2205

Website: www.aidehomme.com

Email: aidehomme@gmail.com

Services: Reception, listening, support and referral for men. * Accompaniment and individual follow-up in the short and medium term. * Conferences and workshops. * Collective kitchen: cooking classes for men. * Social activities. * Discussion groups on Zoom.

Eligibility: men 18 years old and over

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

SERVICES DE CRISE DE LANAUDIÈRE (LES)

Confidential Address

1 800 436-0966

Website: crise-lanaudiere.ca

Email: administration@crise-lanaudiere.ca

Services: An alternative to hospitalization for adults in crisis by staying in our house in Notre-Dame-des-Prairies.

Eligibility: people 18 years old and over in crisis

Capacity: 12 people per house

Coverage area: MRC L'Assomption, MRC Les Moulins, MRC Joliette, MRC D'Autray, MRC Montcalm, MRC Matawinie

Hours: 24 hours / 7 days

Fees: \$5 per day

Financing: provincial

Legal status: non-profit organization

Helplines

BONNE ÉTOILE JOLIETTE (LA)

517 Archambault Street, Joliette, Lanaudière, QC, J6E 2W6

450 759-8853

Website: www.la-bonne-etoile.org

Email: inter@bonneetoile.ca

Services: Alternative mental health support group. * Day centre. * Telephone intervention. * Thematic workshops. * Advocacy. * Social reintegration assistance. * Clothing bank.

Eligibility: people 16 years old and over who are experiencing or have experienced issues that influence or have influenced their mental health

Coverage area: MRC Joliette

Hours: Monday to Friday 10h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR INFORMATIONNEL ET SOCIAL

50, rue Thouin, Suite 100, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5402 ext. 227

Website: www.centreanous.com/carrefour

Email: carrefour@centreanous.org

Services: Referral and personalized support services for people with special needs, complex requests or living in vulnerable situations. * In person 211 information and referral. * Assistance in filling out forms. *

Accompaniment for certain governmental procedures. * ITMAV project: community outreach for vulnerable people 50 years and over.

Eligibility: general population, ITMAV: vulnerable people 50 years and over

Coverage area: MRC L'Assomption: L'Épiphanie, L'Assomption, Repentigny, Charlemagne, Saint-Sulpice

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE EN SANTÉ MENTALE DU SECTEUR BRANDON - LE CROISSANT DE LUNE

168 Saint-Pierre Street, Saint-Gabriel, Lanaudière, QC, J0K 2N0

450 835-7222

Email: lecdl93@gmail.com

Services: Mental health support centre. * Reception, information and referrals. * Help, listening and support. * Workshops for exchange and growth. * Trainings. * Leisure activities.

Eligibility: people living with a mental health issue

Coverage area: Mandeville, Saint-Cléophas-de-Brandon, Saint-Didace, Saint-Gabriel-de-Brandon, Saint-Norbert, Saint-Gabriel

Hours: Tuesday and Friday 8h30 to 15h30, Wednesday 12h45 to 15h30, Saturday 12h30 to 15h30, listening line: Thursday 12h00 to 15h00

Financing: grants

Legal status: non-profit organization

CENTRE DE PRÉVENTION DU SUICIDE DE LANAUDIÈRE

Confidential Address

1 866 277-3553 Fax: 450 759-4122**Website:** www.cps-lanaudiere.org

Services: * Confidential hotline for people who are affected by the suicide issue. * Support group for adults bereaved by suicide. * Support for those close to suicidal people. * Sentinel program: training and support for adults who are likely to help people in a suicidal crisis. * Emergency postvention. * Support for the implementation of postvention programs in companies. * Training for workers confronted with the problem of suicide in their workplace. * Support meetings for parents of children bereaved by suicide.

Eligibility: people living with a personal issue, in distress or in crisis, their close ones, people having been bereaved by suicide, social workers

Coverage area: Lanaudière**Hours:** 24 hours / 7 days**Fees:** trainings for field workers: variable, other services: free**Financing:** grants, donations**Legal status:** non-profit organization**ENVOL (L')**

588 Montcalm Street, Suite 305, Berthierville, Lanaudière, QC, J0K 1A0

450 836-4999 Fax: 450 836-4482**Website:** envol-entraide.ca**Email:** info@envol-entraide.ca

Services: Mutual aid group in mental health. * Listening and referral. * Individual encounters and interventions by phone. * Social and recreational activities. * Coffee-meetings. * Educational excursions. * Conferences, training, educational and recreational workshops.

Eligibility: people 18 years old and over living or having lived with a mental health challenge

Coverage area: Berthierville, La Visitation-de-l'Île-Dupas, Lanoraie, Lavaltrie, Saint-Barthélemy, Saint-Cuthbert, Saint-Norbert, Sainte-Élisabeth, Sainte-Geneviève-de-Berthier

Hours: Monday to Thursday 8h00 to 16h00**Fees:** yearly registration: \$5 regular member, \$10 sympathizing member**Financing:** donations, membership fees**Legal status:** non-profit organization**INFO-SOCIAL 8-1-1 - LANAUDIÈRE**

Confidential Address

811 option 2**Website:** www.quebec.ca/en/health/finding-a-resource/info-social-811

Services: Psychosocial consultation by phone. * Information and referral to assistance resources.

Coverage area: Lanaudière**Hours:** 24 hours / 7 days**Fees:** none**Financing:** provincial**Legal status:** non-profit organization**LITTLE BROTHERS - SUD DE LANAUDIÈRE**

2500 Mascouche Boulevard, Suite 119, Mascouche, Lanaudière, QC, J7K 0H5

514 248-3384**Website:** littlebrothers.ca/regional-teams/southern-lanaudiere**Email:** sudlanaudiere@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Other End of the Line: pairing telephone service. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * Christmas reception. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: MRC Montcalm, MRC Joliette, MRC Matawinie, MRC Des Moulins, MRC L'Assomption

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

RESCOUSSE MONTCALM (LA)

114 Montcalm Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-7050 Fax: 450 839-7438

Website: rescoussemontcalm.com

Email: larescoussemontcalm@videotron.ca

Services: * Counselling. * Telephone listening. * Individual meeting. * Group Les entendeurs de voix. * Various workshops. * Conferences, training, and testimonials. * Thrift store offered to members only. * Voluntary transportation under conditions.

Eligibility: people with or having had a mental health problem

Coverage area: MRC Montcalm

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership card: \$15 per year

Financing: provincial

Legal status: non-profit organization

SERVICES DE CRISE DE LANAUDIÈRE (LES)

Confidential Address

1 800 436-0966

Website: crise-lanaudiere.ca

Email: administration@crise-lanaudiere.ca

Services: An alternative to hospitalization for adults in crisis by staying in our house in Notre-Dame-des-Prairies.

Eligibility: people 18 years old and over in crisis

Capacity: 12 people per house

Coverage area: MRC L'Assomption, MRC Les Moulins, MRC Joliette, MRC D'Autray, MRC Montcalm, MRC Matawinie

Hours: 24 hours / 7 days

Fees: \$5 per day

Financing: provincial

Legal status: non-profit organization

TOURNESOL DE LA RIVE-NORD (LE)

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

450 657-1608

Website: www.letournesoldelarivenord.com

Email: info@letournesoldelarivenord.com

Services: Alternative mental health resource. * Self-help group between peers, place of exchange and sharing. * Reception, support and individual assistance. * Individual and collective meetings. * Information and referrals. * Phone listening. * Support in difficult times and hardships of life. * Training, information and organization activities promoting people's autonomy. * Diverse activities promoting the autonomy of people.

Eligibility: people 18 years old and over living or having lived with a mental health issue

Capacity: 20 persons

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h30 to 17h00

Fees: membership card: \$10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

Mental health advocacy groups

BONNE ÉTOILE JOLIETTE (LA)

517 Archambault Street, Joliette, Lanaudière, QC, J6E 2W6

450 759-8853

Website: www.la-bonne-etoile.org

Email: inter@bonneetoile.ca

Services: Alternative mental health support group. * Day centre. * Telephone intervention. * Thematic workshops. * Advocacy. * Social reintegration assistance. * Clothing bank.

Eligibility: people 16 years old and over who are experiencing or have experienced issues that influence or have influenced their mental health

Coverage area: MRC Joliette

Hours: Monday to Friday 10h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE EN SANTÉ MENTALE DU SECTEUR BRANDON - LE CROISSANT DE LUNE

168 Saint-Pierre Street, Saint-Gabriel, Lanaudière, QC, J0K 2N0

450 835-7222

Email: lecdl93@gmail.com

Services: Mental health support centre. * Reception, information and referrals. * Help, listening and support. * Workshops for exchange and growth. * Trainings. * Leisure activities.

Eligibility: people living with a mental health issue

Coverage area: Mandeville, Saint-Cléophas-de-Brandon, Saint-Didace, Saint-Gabriel-de-Brandon, Saint-Norbert, Saint-Gabriel

Hours: Tuesday and Friday 8h30 to 15h30, Wednesday 12h45 to 15h30, Saturday 12h30 to 15h30, listening line: Thursday 12h00 to 15h00

Financing: grants

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DU SUD DE LANAUDIÈRE

135 Claude-David Boulevard, Suite 1403, Repentigny, Lanaudière, QC, J6A 1N6

450 654-7229 ext. 61010

Website: cdulanaudieresud.ca

Email: usagers@cdulanaudieresud.ca

Services: Support to CISSS of Lanaudière users. * Information on the rights and obligations of users. *

Advocacy for the rights and interests of users. * Assistance in the proceedings when making a complaint. *

Promotion of quality of life improvement and satisfaction assessment.

Eligibility: users of social and health services offered by the CISSS of Lanaudière

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

ENVOL (L')

588 Montcalm Street, Suite 305, Berthierville, Lanaudière, QC, J0K 1A0

450 836-4999 Fax: 450 836-4482

Website: envol-entraide.ca

Email: info@envol-entraide.ca

Services: Mutual aid group in mental health. * Listening and referral. * Individual encounters and interventions by phone. * Social and recreational activities. * Coffee-meetings. * Educational excursions. * Conferences, training, educational and recreational workshops.

Eligibility: people 18 years old and over living or having lived with a mental health challenge

Coverage area: Berthierville, La Visitation-de-l'Île-Dupas, Lanoraie, Lavaltrie, Saint-Barthélemy, Saint-Cuthbert, Saint-Norbert, Sainte-Élisabeth, Sainte-Geneviève-de-Berthier

Hours: Monday to Thursday 8h00 to 16h00

Fees: yearly registration: \$5 regular member, \$10 sympathizing member

Financing: donations, membership fees

Legal status: non-profit organization

LUEUR DU PHARE DE LANAUDIÈRE (LA) - POINT DE SERVICE JOLIETTE

676 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

1 800 465-4544

Website: www.lueurduphare.org

Email: lueurduphare@videotron.ca

Services: * Support, information. * Information on the P-38. * Group and individual meetings. * Telephone listening. * Lectures on various topics related to mental health problems. * Respite. * Documentation, loan of documents. * Training workshops. * Coffee meeting.

Eligibility: relatives of people 16 years and over living or having lived with mental health problems

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, membership fees, donations

Legal status: non-profit organization

LUEUR DU PHARE DE LANAUDIÈRE (LA) - POINT DE SERVICE REPENTIGNY

50 Thouin Street, Suite 213, Repentigny, Lanaudière, QC, J6A 4J4

1 800 465-4544

Website: www.lueurduphare.org

Email: lueurduphare@videotron.ca

Services: * Support, information. * Information on the P-38. * Group and individual meetings. * Telephone listening. * Lectures on various topics related to mental health problems. * Respite. * Documentation, loan of documents. * Training workshops. * Coffee meeting.

Eligibility: relatives of people 16 years and over living or having lived with mental health problems

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, membership fees, donations

Legal status: non-profit organization

PLEINS DROITS DE LANAUDIÈRE

144 Saint-Joseph Street, 3rd floor, Joliette, Lanaudière, QC, J6E 5C4

1 855 394-0779 Fax: 450 394-4303

Website: pleinsdroits.org

Email: pleinsdroits@hotmail.com

Services: Promotion and advocacy of mental health rights. * Help and support in defense of rights. * Popular education, promotion and awareness of fundamental rights in mental health. * Training, information committee and workshops. * Political claims.

Eligibility: people living or have lived with a mental health problem

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

PLEINS DROITS DE LANAUDIÈRE - POINT DE SERVICE DE REPENTIGNY

10A Brien Boulevard, Suite 80, Repentigny, Lanaudière, QC, J6A 4R7

1 855 394-0779 Fax: 450 704-2200

Website: pleinsdroits.org

Email: pleinsdroits@hotmail.com

Services: Promotion and advocacy of mental health rights. * Help and support in defense of rights. * Popular education, promotion and awareness of fundamental rights in mental health. * Training, information committee and workshops. * Political claims.

Eligibility: people living with or who have lived with a mental health problem

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES ET ALTERNATIFS EN SANTÉ MENTALE DE LANAUDIÈRE

517 Archambault Street, Joliette, Lanaudière, QC, J6E 2W6

450 759-8853

Website: rocasml.org

Email: rocasml@videotron.ca

Services: Promotion of an alternative approach to mental health. * Support for members. * Promotion and information on the rights and interests of people living or having experienced mental health problems. * Grouping of community resources and non-institutional alternatives in mental health. * Education and awareness of the population.

Eligibility: community and alternative mental health organizations

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$125

Financing: provincial, membership fees

Legal status: non-profit organization

TOURNESOL DE LA RIVE-NORD (LE)

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

450 657-1608

Website: www.letournesoldelarivenord.com

Email: info@letournesoldelarivenord.com

Services: Alternative mental health resource. * Self-help group between peers, place of exchange and sharing. * Reception, support and individual assistance. * Individual and collective meetings. * Information and referrals. * Phone listening. * Support in difficult times and hardships of life. * Training, information and organization activities promoting people's autonomy. * Diverse activities promoting the autonomy of people.

Eligibility: people 18 years old and over living or having lived with a mental health issue

Capacity: 20 persons

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h30 to 17h00

Fees: membership card: \$10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

VAISSEAU D'OR (DES MOULINS) (LE)

486 Gagnon Street, Terrebonne, Lanaudière, QC, J6W 2N7

450 964-2418 Fax: 450 964-8702

Website: vaisseaudor.com

Email: entraide@vaisseaudor.com

Services: Support for people living or having experienced mental health issues. * Support group. * Temporary housing. * Reception, referral, information, accompaniment and listening. * Training. * Organized outings and leisure activities. * Community meals. * Painting and creativity workshops.

Eligibility: adults living, having lived with or likely to experience mental health issues

Coverage area: MRC Les Moulins

Hours: Monday to Friday 10h00 to 17h00

Fees: membership: \$15 per year, housing: variable

Financing: provincial

Legal status: non-profit organization

Mental health housing

HABITAT LANAUDIÈRE

2973 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1N8

450 474-4938

Website: habitatlanaudiere.com

Email: habitatjeunesse@videotron.ca

Services: * Temporary accommodation for adults living with a mental health problem. * Home accompaniment. * Help in finding accommodation. * Training and workshops: dealing with psychological distress, intrusive thinking, etc.

Eligibility: people 10 to 70 years old living with a mental health problem, accommodation: people 18 years old and over living with a mental health problem

Capacity: accommodation: 9 mixed beds (single rooms)

Coverage area: MRC Les Moulins, MRC de L'Assomption

Hours: 24 hours / 7 days

Fees: accommodation: \$300 per month

Financing: grants

Legal status: non-profit organization

MAISON L'INTERSECTION

Confidential Address

450 752-6570 Fax: 450 752-1062

Website: propulsion-lanaudiere.com/maisonintersection

Email: org@propulsion-lanaudiere.com

Services: * Temporary accommodation in supervised rooms for people with mental health problems. * Naloxone kit distribution. * Access Centre for injection equipment.

Eligibility: people aged 18 and over living with a mental health problem with or without addiction, on low income or at risk of homelessness

Capacity: 8

Coverage area: Région de Lanaudière

Hours: 24 hours / 7 days

Fees: 25% of income after 3 months of probation

Financing: provincial

Legal status: non-profit organization

PROPULSION LANAUDIÈRE

Confidential Address

1 877 752-6570 Fax: 450 752-1062

Website: propulsion-lanaudiere.com

Email: administration@propulsion-lanaudiere.com

Services: Socio-residential support in mental health. * Supervised housing. * Community reintegration and residential stability. * Housing support: at-home visits and phone calls.

Eligibility: people 18 years and over living with a mental health problem

Coverage area: Lanaudière

Hours: phone welcoming and appointments: Monday to Friday 8h30 to 16h30, supervised apartments: 24 hours / 7 days

Financing: provincial

Legal status: non-profit organization

VAISSEAU D'OR (DES MOULINS) (LE)

486 Gagnon Street, Terrebonne, Lanaudière, QC, J6W 2N7

450 964-2418 Fax: 450 964-8702

Website: vaisseaudor.com

Email: entraide@vaisseaudor.com

Services: Support for people living or having experienced mental health issues. * Support group. * Temporary housing. * Reception, referral, information, accompaniment and listening. * Training. * Organized outings and leisure activities. * Community meals. * Painting and creativity workshops.

Eligibility: adults living, having lived with or likely to experience mental health issues

Coverage area: MRC Les Moulins

Hours: Monday to Friday 10h00 to 17h00

Fees: membership: \$15 per year, housing: variable

Financing: provincial

Legal status: non-profit organization

Psychiatric services

CENTRE DE SERVICES AMBULATOIRES EN PÉDOPSYCHIATRIE DE REPENTIGNY

465 Notre-Dame Street, Suite 204, Repentigny, Lanaudière, QC, J6A 2T3

450 581-5100

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/centres-de-services-ambulatoires-en-sante-mentale

Services: Psychiatric services for children and teenagers.

Eligibility: children, teenagers

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

CENTRE DE SERVICES AMBULATOIRES EN SANTÉ MENTALE DE TERREBONNE

1355 Grande-Allée Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W 4K6

450 964-6418

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/centres-de-services-ambulatoires-en-sante-mentale

Services: External psychiatric clinic. * Psychiatric support of varying intensity. * Intensive monitoring in the community.

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial

Legal status: parapublic organization

Self-help groups for addiction issues**MOTHERS AGAINST DRUNK DRIVING - LANAUDIÈRE CHAPTER**

Confidential Address

1 800 665-6233 ext. 380

Website: maddsections.ca/lanaudiere

Email: madd-lanaudiere@hotmail.com

Services: * Helpline. * Support for victims of impaired driving. * Awareness, information and prevention campaigns. * Referral and documentation. * Informal accompaniment to court.

Eligibility: impaired driving victims, their relatives, general public, students

Coverage area: Lanaudière

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

RÉSEAU (LE)

200 de Salaberry Street, Suite 308, Joliette, Lanaudière, QC, J6E 4G1

450 759-4545 Fax: 450 759-8749

Website: www.reseautoxicomanie.com

Email: lereseaucommunautaire@gmail.com

Services: * Prevention in schools. * Social reintegration for people who have completed therapy. * Support group for relapse prevention. * Assessments, early intervention and detection. * Individuals follow-ups. * Prevention, information and awareness. * Animation and training. * Referrals.

Eligibility: social reinsertion: people 18 years and over with a period of abstinence, prevention: schools, youth centres, parents

Coverage area: MRC Joliette, MRC D'Autray, MRC Matawinie, MRC Montcalm

Hours: by appointment only, Monday to Friday 9h00 to 17h00, some availabilities in the evenings

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICES DE PREMIÈRE LIGNE EN DÉPENDANCE - LANAUDIÈRE

Confidential Address

811 option 2

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: * Prevention and education regarding consumption and risk factors. * Mes choix Alcool.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Lanaudière

Fees: free

Financing: provincial

Legal status: parapublic organization

UNITÉ D'INFORMATION ET D'ACTION EN TOXICOMANIE

185 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3N8

450 968-0363 Fax: 450 968-3407

Website: uniatox.org

Email: info@uniatox.org

Services: Prevention of addictions and relapse through identification, detection, early intervention and social reintegration. * Welcoming, referral and accompaniment. * Individual follow-up. * Addiction trainings and awareness and information workshops. * Sharing groups with animation and autonomous self-help groups. * 4 relapse prevention support groups. * Community gardens. * Consultation and community collaboration.

Eligibility: adults with a drug or alcohol addiction and their families, any person or group with an interest in understanding addiction

Capacity: relapsing prevention: 10 participants minimum, parents of teenagers: 8 participants minimum

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: office: Monday to Friday 9h00 to 17h00, evening meetings by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

UNITÉ POINT DE DÉPART

220 Lajoie Street South, Joliette, Lanaudière, QC, J6E 5L2

450 759-6848

Email: unitepd@outlook.com

Services: * Day centre and assistance. * Support groups for continued abstinence and sobriety. * One-on-one counseling. * Support, accompaniment and referrals for all kinds of addictions. * Relapse prevention.

Eligibility: services and activities: people 18 years old and over with addiction (all addictions), their close ones, day centre: general population

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 15h00, extremely cold nights: 22h00 to 6h00

Fees: none

Financing: grants

Legal status: non-profit organization

Self-help groups for mental health issues

ALBATROS LANAUDIÈRE

2500 Mascouche Boulevard, Suite 139, Mascouche, Lanaudière, QC, J7K 0H5

450 966-9508 Fax: 450 966-9508

Website: albatroslanaudiere.com

Email: infos@albatroslanaudiere.org

Services: * Accompaniment of people in end of life and palliative care. * Training for accompaniment in end of life and palliative care. * Support groups for bereaved people. * Telephone support for the bereaved people.

Eligibility: people 18 years and over who are terminally ill, bereaved, their family and caregivers

Coverage area: Lanaudière

Hours: by appointment

Fees: variable

Financing: foundations, provincial, municipal, donations

Legal status: None or unknown

AMIS DE SIMON (LES)

1317 des Seigneurs Boulevard, Terrebonne, Lanaudière, QC, J6W 5B1

514 632-8485

Website: www.lesamisdesimon.com

Email: lesamisdesimon1@gmail.com

Services: Monthly support group for parents mourning a child. * Monthly meeting.

Eligibility: parents of a deceased child

Capacity: 25 people

Coverage area: Greater Montréal, Lanaudière

Hours: support group: every second Wednesday evening of each month, 19h00

Fees: none

Financing: donations

Legal status: non-profit organization

CARREFOUR FAMILIAL DES MOULINS

427 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 492-1257 Fax: 450 492-6019

Website: www.carrefourfamilialdesmoulins.com

Email: info@carrefourfamilialdesmoulins.com

Services: Family centre and perinatal resource centre. * Individual parental support. * Respite. * Daycare. *

Prenatal meetings: information on pregnancy, nutrition and baby care, etc. * Prenatal and postnatal yoga, prenatal pilates, fitness and cardio mommy. * Massage and sign language courses for babies. * Socialization and stimulation workshops. * Parent-child cooking workshop for 3 to 5 year olds. * Parenting skills development workshop. * Reception and referral. * Toy library for 0 to 5 years old. * Courses for teenagers: Stay Safe! and Babysitting. * Perinatal bereavement support group. * Coffee-chat.

Eligibility: families, future parents

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h15 and 13h00 to 16h00

Fees: member access: \$10 per year

Financing: provincial, municipal, contributions, self-financing, donations

Legal status: non-profit organization

CENTRE DE PRÉVENTION DU SUICIDE DE LANAUDIÈRE

Confidential Address

1 866 277-3553 Fax: 450 759-4122

Website: www.cps-lanaudiere.org

Services: * Confidential hotline for people who are affected by the suicide issue. * Support group for adults bereaved by suicide. * Support for those close to suicidal people. * Sentinel program: training and support for adults who are likely to help people in a suicidal crisis. * Emergency postvention. * Support for the implementation of postvention programs in companies. * Training for workers confronted with the problem of suicide in their workplace. * Support meetings for parents of children bereaved by suicide.

Eligibility: people living with a personal issue, in distress or in crisis, their close ones, people having been bereaved by suicide, social workers

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: trainings for field workers: variable, other services: free

Financing: grants, donations

Legal status: non-profit organization

COULEURS DE LA VIE LANAUDIÈRE (AUX)

190 Montcalm Street, Joliette, Lanaudière, QC, J6E 5G4

450 752-4436

Website: auxcouleursdelavie.org

Email: info@auxcouleursdelavie.org

Services: Support and accompaniment in illness, loss, bereavement and caregiving. * Individual and group support and accompaniment. * Assistance with requests for medical assistance in dying. * Training and healing. * Conferences and workshops.

Eligibility: people experiencing loss or bereavement, caregivers, workers, health care professionals, caregivers whose person being cared for has died, people at the end of life, children, adults, seniors

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$10

Financing: provincial, grants

Legal status: non-profit organization

MAISON ADHÉMAR-DION (LA)

4500 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A3

450 932-0870 Fax: 450 932-1050

Website: lamaisonadhemardion.ca

Email: info@maisonadhemardion.com

Services: Palliative care centre. * Possibility for relatives to live with the resident. * Free services to the residents: food, medical care and hygiene, nursing services, psychosocial support, aesthetic care (hairdressing, manicure-pedicure), osteopathy, massage therapy and spiritual and family support. * Bereavement workshops. * Bereavement support groups. * Weekly bereavement coffee meetings. * Individual bereavement counselling.

Eligibility: people 18 years old and over with a prognosis of three months or less to live, living or having a caregiver living on the Lanaudière territory

Capacity: 12 beds

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: aucun

Financing: fundraising campaigns, donations, provincial

Legal status: non-profit organization

Seniors**CAREGIVERS****COMMUNITY AND RECREATION CENTRES****DAY CENTRES AND RESPITE****FRIENDLY VISITS AND SAFETY CALLS****HOME SUPPORT****HOUSING FOR SENIORS****INTERGENERATIONAL ACTIVITIES****INTERVENTION WITH SENIORS SUBJECTED TO ABUSE****MEALS ON WHEELS****SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS****VOLUNTEER TRANSPORTATION**

Caregivers

ALBATROS LANAUDIÈRE

2500 Mascouche Boulevard, Suite 139, Mascouche, Lanaudière, QC, J7K 0H5

450 966-9508 Fax: 450 966-9508

Website: albatroslanaudiere.com

Email: infos@albatroslanaudiere.org

Services: * Accompaniment of people in end of life and palliative care. * Training for accompaniment in end of life and palliative care. * Support groups for bereaved people. * Telephone support for the bereaved people.

Eligibility: people 18 years and over who are terminally ill, bereaved, their family and caregivers

Coverage area: Lanaudière

Hours: by appointment

Fees: variable

Financing: foundations, provincial, municipal, donations

Legal status: None or unknown

AMIS DE LAMATER (LES)

695 Ouimet Street, Terrebonne, Lanaudière, QC, J6W 3B1

450 492-0030 Fax: 450 492-0734

Website: lesamisdelamater.org

Email: mjlriverie@lesamisdelamater.org

Services: Respite centre. * Support for caregivers. * Community luncheons and dinners. * Light exercises, skill games, memory exercise, Wii (video game console), music therapy, art therapy. * Days for seniors living with a cognitive problem or conditions related to aging. * Internship opportunities in social work and recreation fields. * Week of Christmas activities for members: traditional meal, visit from Santa Claus and gifts distribution.

Eligibility: people 50 years old and over, autonomous, semi-autonomous or with a loss of autonomy

Capacity: 30 persons per day

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: annual registration: \$60, additional costs charged per session

Financing: self-financing, provincial, donations

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

CHARLEMAGNE PUBLIC LIBRARY

84 du Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-7243

Website: www.charlemagne.ca/vie-citoyenne/bibliotheque-et-culture/bibliotheque

Email: lire@charlemagne.ca

Services: Consultation and loan of books and audiovisual documents. * Home loan for people with reduced mobility. * Computers and Internet access. * Biblio-Santé. * Une naissance, un livre. * Book club for children. * Book club for adults. * Workshops and conferences.

Coverage area: Charlemagne

Hours: Tuesday to Thursday 13h00 to 20h00, Friday and Saturday 10h00 to 16h00, Sunday 13h00 to 16h00, summer: Monday and Friday 10h00 to 16h00, Tuesday to Thursday 13h00 to 20h00
Fees: residents: none, non-residents: \$25 for children, \$50 for adults, \$75 for families
Financing: municipal
Legal status: municipal agency

COOPÉRATIVE DE SOLIDARITÉ EN AIDE À DOMICILE DIMAVIE

2500 Mascouche Boulevard, Suite 125, Mascouche, Lanaudière, QC, J7K 0H5

450 966-4446 Fax: 450 966-4447

Website: www.dimavie.ca

Email: info@coopdesmoulins.ca

Services: * Domestic assistance: housekeeping, laundry. * Shopping assistance. * Meal preparation. * Personal assistance: presence and surveillance, assistance for food and hygiene, assistance for transfers. * Caregiver respite, Alzheimer respite, stimulation activities. * Joliette service point: 414 Beaudry Street North, Joliette, J6E 6A8.

Eligibility: single people, couples, families, new parents, adults with temporary or permanent loss of autonomy, seniors, people living with a disability, people who have had an accident or in recovery, caregivers

Coverage area: Crabtree, Joliette, Mascouche, Notre-Dame-de-Lourdes, Notre-Dame-des-Prairies, Saint-Ambroise-de-Kildare, Saint-Charles-Borromée, Saint-Paul, Saint-Pierre, Saint-Thomas, Sainte-Mélanie, Terrebonne

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, domestic assistance: Monday to Friday 8h00 to 17h00, assistance and respite: everyday 8h00 to 22h00

Fees: variable according to the type of service, age, health status and family income, RAMQ financial exemption program for domestic help (PEFSAD), tax credit

Financing: self-financing

Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ EN SOUTIEN À DOMICILE DE LA MRC L'ASSOMPTION

50 Thouin Street, Suite 248-A, Repentigny, Lanaudière, QC, J6A 4J4

450 581-4621 Fax: 450 581-3760

Website: cooplassomption.ca

Email: reception2@cooplassomption.ca

Services: Home support services. * Help with domestic life: weekly and occasional housekeeping, general cleaning, laundry and ironing, meal preparation without special diet, help with shopping. * Personal care and respite with a referral from CISSS de Lanaudière: hygiene care, assistance with getting up and going to bed, help with eating and dressing, moving around the home, respite for caregivers. * PAIR program: computerized safety calls and medication reminders.

Eligibility: people 18 years old and over, people losing their independence

Coverage area: MRC L'Assomption

Hours: Monday to Friday 7h30 to 16h00

Fees: domestic help: \$30.25, personal care and respite: \$37.50, minus the RAMQ's Financial Assistance Program for Domestic Help Services (FAPDHS)

Financing: self-financing

Legal status: cooperative

COULEURS DE LA VIE LANAUDIÈRE (AUX)

190 Montcalm Street, Joliette, Lanaudière, QC, J6E 5G4

450 752-4436

Website: auxcouleursdelavie.org

Email: info@auxcouleursdelavie.org

Services: Support and accompaniment in illness, loss, bereavement and caregiving. * Individual and group support and accompaniment. * Assistance with requests for medical assistance in dying. * Training and healing. * Conferences and workshops.

Eligibility: people experiencing loss or bereavement, caregivers, workers, health care professionals, caregivers whose person being cared for has died, people at the end of life, children, adults, seniors

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$10

Financing: provincial, grants

Legal status: non-profit organization

L'ASSOMPTION PUBLIC LIBRARY

375 Saint-Pierre Street, L'Assomption, Lanaudière, QC, J5W 2B6

450 589-5671 ext. 3100 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/bibliotheque

Email: bibliotheque@ville.lassomption.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Book club for children. * Book club for adults. * Early literacy workshops. * Story time. * Biblio-Santé. * Home loan for people with reduced mobility. * Study rooms. * Conferences, exhibitions, workshops and author meetings. * Livre-service: service point at 2724 de l'Ange-Gardien Boulevard North.

Eligibility: home loans: seniors aged 65 and over with reduced mobility

Coverage area: L'Assomption

Hours: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00

Fees: subscription: free for residents

Financing: municipal

Legal status: municipal agency

REGROUPEMENT DES AIDANTS NATURELS DU COMTÉ DE L'ASSOMPTION

50 Thouin Street, Suite 231, Repentigny, Lanaudière, QC, J6A 4J4

450 657-0514

Website: www.aidantslassomption.org

Email: coordination@aidantslassomption.org

Services: Support groups. * Monthly self-help and information meetings. * Active listening. * Respite during activities: 4 hours per month. * Personal respite: 4 hours per month. * Documentation and information exchange. * Monthly community dinner. * L'Aidant newsletter. * Coffee meetings. * Individual clinics by appointment. * Conferences. * Outings and events.

Eligibility: caregivers

Coverage area: MRC de L'Assomption

Hours: Monday to Friday 9h00 to 16h30 Friday 8h30 to 12h30

Fees: annual membership: \$20 or \$30 for two members of the same family

Financing: provincial, donations, membership fees, fundraising campaigns

Legal status: non-profit organization

REPENTIGNY PUBLIC LIBRARY - EDMOND-ARCHAMBAULT

231 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 470-3430

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Tuesday to Thursday 13h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-resident: \$100 per year

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - ROBERT-LUSSIER

1 Place d'Évry, Repentigny, Lanaudière, QC, J6A 8H7

450 470-3420

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Monday to Thursday 10h00 to 21h00, Friday and Saturday 9h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-residents: \$100 per year

Financing: municipal

Legal status: municipal agency

RÉSEAU DES PROCHES AIDANTS LES MOULINS

2500 de Mascouche Boulevard, Suite 109, Mascouche, Lanaudière, QC, J7K 0H5

450 326-7372

Website: www.rdpalesmoulins.ca

Email: info@rdpalesmoulins.ca

Services: * Individual support: meetings at home, by phone, in person or online. * Support groups on various themes about the role of caregivers. * Workshops, group meetings and outings.

Eligibility: caregivers

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 16h00, Wednesday evening by appointment only

Fees: regular activities: free, outings: variable

Financing: grants

Legal status: non-profit organization

SAINT-SULPICE PUBLIC LIBRARY

215 des Loisirs Street, Saint-Sulpice, Lanaudière, QC, J5W 6C9

450 589-7816

Website: bibliotecie.ca/biblio/bibliotheque-de-saint-sulpice

Email: biblio133@reseaubibliocqlm.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Computer workshops. * Café area. * Biblio-Santé. * Exhibitions, contests and workshops.

Coverage area: Saint-Sulpice

Hours: Tuesday 9h00 to 16h30 and 18h00 to 20h00, Wednesday and Thursday 11h30 to 16h30 and 18h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: municipal

Legal status: municipal agency

SOCIÉTÉ ALZHEIMER DE LANAUDIÈRE (LA)

190 Montcalm Street, Joliette, Lanaudière, QC, J6E 5G4

450 759-3057 Fax: 450 760-2633

Website: www.sadl.org

Email: info@sadl.org

Services: * Information and referral. * Telephone assistance. * Individual and family meetings. * Respite-Accompaniment-Stimulation program (RAS). * Group for people in the early stages. * Exchange group for caregivers. * Training for caregivers, workers and professionals. * Conferences, training, workshop meetings. * Books and videos loans.

Eligibility: people with Alzheimer or a related disease, their relatives, caregivers, health professionals and private residences.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: membership: \$25 per year, Respite-Accompaniment-Stimulation program: \$21 for 3 hours

Financing: grants, self-financing, donations

Legal status: non-profit organization

TERREBONNE PUBLIC LIBRARY - ANDRÉ-GUÉRARD

3425 Camus Place, Terrebonne, Lanaudière, QC, J6Y 0C8

450 471-8265 ext. 1349

Website: biblio.ville.terrebonne.qc.ca/client/en_US

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ÎLE-DES-MOULINS

855 de l'Île-des-Moulins Place, Terrebonne, Lanaudière, QC, J6W 4N7

450 961-2001 ext. 1116 Fax: 450 471-3761

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Writing workshops. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 961-2001 ext. 1133

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LACHENAIE

3060 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A1

450 961-2001 ext. 1378

Website: biblio.ville.terrebonne.qc.ca/client/en_US/default

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé: information services for caregivers. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Knitting club. * Writing workshops. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

THÉRAPEUTES EN RELATION D'AIDE DE LANAUDIÈRE

Confidential Address

450 581-2159

Website: www.tral.ca

Email: info@tral.ca

Services: Individual and relational therapy. * Bereavement support. * Therapy for seniors' caregivers in collaboration with l'Appui. * Conferences.

Eligibility: single people, couple, caregivers

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 17h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Community and Recreation Centres

AMIS DE LAMATER (LES)

695 Ouimet Street, Terrebonne, Lanaudière, QC, J6W 3B1

450 492-0030 Fax: 450 492-0734

Website: lesamisdelamater.org

Email: mjlariviere@lesamisdelamater.org

Services: Respite centre. * Support for caregivers. * Community luncheons and dinners. * Light exercises, skill games, memory exercise, Wii (video game console), music therapy, art therapy. * Days for seniors living with a cognitive problem or conditions related to aging. * Internship opportunities in social work and recreation fields. * Week of Christmas activities for members: traditional meal, visit from Santa Claus and gifts distribution.

Eligibility: people 50 years old and over, autonomous, semi-autonomous or with a loss of autonomy

Capacity: 30 persons per day

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: annual registration: \$60, additional costs charged per session

Financing: self-financing, provincial, donations

Legal status: non-profit organization

ASSOCIATION DE L'ÂGE D'OR DE BOIS-DES-FILION

30 Montée Gagnon Street, Terrebonne, Lanaudière, QC, J6Y 0H4

514 947-8672

Website: www.agedorbdf.com

Email: alain.barsalou@videotron.ca

Services: Recreational and social activities for seniors. * Bingo, cards and bowling. * Dance classes. *

Outings: casino, sugar shack, theatre and apple picking. * Community lunches. * Film club. * Performances.

Eligibility: people 50 years old and over

Coverage area: Bois-des-Filion and radius of 25 kilometers around Bois-des-Filion

Hours: Tuesday and Thursday 9h00 to 16h00

Fees: membership card: 10\$ for Bois-des-Filion residents, 15\$ for non-residents

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LAURENT VENNE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 657-4877

Website: centrecommunautairerepentigny.ca

Email: info.cclv@sodem.net

Services: * Cultural activities, exhibitions, workshops and conferences. * Fitness. * Social and sports activities: art clubs, video games, etc. * Language courses: Spanish. * Arts classes: painting, singing, guitar, etc. *

Community green fridge. * Repentigny youth center - Le Gardeur sector. * Special events.

Eligibility: general public

Capacity: 444

Coverage area: MRC L'Assomption

Hours: administration: Monday to Friday 9h00 to 22h00, Saturday and Sunday 9h00 to 16h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DES MOULINS

298 Joseph-Guay Street, Terrebonne, Lanaudière, QC, J6W 4S3

450 964-9898 Fax: 450 964-3028

Website: www.cabdesmoulins.org

Email: info@cabdesmoulins.org

Services: * Reception, information and referrals. * Friendship calls. * Friendship visits. * Help with groceries. *

PIED Program: prevention of falls and fractures, 2 meetings per week for 12 weeks. * Yes I Quit Program: smoking cessation.

Eligibility: seniors with loss of autonomy, persons with disabilities, convalescent, persons with a chronic illness, caregivers

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

Fees: variable

Financing: provincial, contributions

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrclassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonslassomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CITÉ GÉNÉRACTION 55+

702 Montée Masson South, Terrebonne, Lanaudière, QC, J6W 0E7

450 824-9111

Website: www.cite55.org

Email: info@cite55.org

Services: * Sports, cultural and educational activities. * Conferences, workshops. * ARRA chats: access to resources that ensure seniors' respect. * Outings and trips.

Eligibility: people 55 years old and over

Coverage area: Terrebonne

Hours: administration: Monday to Friday 8h30 to 17h00, activities: Monday to Friday 8h30 to 22h00, Saturday 8h30 to 16h30

Fees: annual membership: \$40

Financing: municipal, membership fees, donations, self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 478-6799

Services: * Cards games. * Bingo. * Line dancing. * Pockets game. * Baseball.

Eligibility: people 50 years old and over

Coverage area: La Plaine

Hours: variable

Fees: membership card: \$10, activities: variable

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE REPENTIGNY

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

450 657-8791

Email: lagedor.repentigny@outlook.com

Services: * Social and recreational activities: dancing, bowling, bingo, pétanque, pockets, etc. * Dancing dinners. * Annual seniors' picnic. * Organized trips.

Eligibility: people 50 years old and over

Coverage area: Repentigny
Hours: variable
Fees: annual membership: \$10
Financing: self-financing
Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LES BONS VIVANTS DE LE GARDEUR

225 J.A. Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

514 705-2150

Email: francecaronadbv@hotmail.com

Services: * Social and recreational activities: line dancing, bingo, cribbage, canasta, petanque. * Community dinners. * Punctual outings: shows, theatre, etc.

Eligibility: people 50 years old and over

Coverage area: Repentigny

Hours: activities: Monday to Friday 9h00 to 23h00

Fees: membership: \$10

Financing: self-financing, membership fees

Legal status: non-profit organization

CLUB LES CHOYÉS DE L'ÂGE D'OR DE TERREBONNE

505 Théberge Street, Terrebonne, Lanaudière, QC, J6W 2R5

514 703-9675

Services: * Social and recreational activities: bingo, casino * Occasional themed meals (Christmas, Easter, etc.).

Eligibility: people 50 years and over

Capacity: 130

Coverage area: Terrebonne

Hours: Tuesday and Thursday 13h00 to 16h00

Fees: annual membership: \$12

Financing: self-financing, contributions

Legal status: non-profit organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food bank: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

FADOQ - LANAUDIÈRE REGION

5 Saint-Barthélemy Street North, Joliette, Lanaudière, QC, J6E 5M8

1 800 544-9058

Website: www.fadoq.ca/lanaudiere

Email: info@fadoqlanaudiere.ca

Services: Grouping people 50 years and over and representing them in instances requiring the defense of their rights and needs. * Organization of recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years old and over

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 13h00

Fees: membership: \$30 per year, \$50 for 2 years

Financing: contributions, provincial

Legal status: non-profit organization

LITTLE BROTHERS - SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 119, Mascouche, Lanaudière, QC, J7K 0H5

514 248-3384

Website: littlebrothers.ca/regional-teams/southern-lanaudiere

Email: sudlanaudiere@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Other End of the Line: pairing telephone service. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * Christmas reception. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: MRC Montcalm, MRC Joliette, MRC Matawinie, MRC Des Moulins, MRC L'Assomption

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MAISON LA TRACE

245 Saint-Ursule Street, L'Assomption, Lanaudière, QC, J5W 1M6

450 589-6050

Email: marie_claire548@hotmail.com

Services: Meeting place aiming to break down isolation. * Listening. * Emergency food assistance, including on weekends. * Recreational activities: knitting, yoga, etc. * Workshops: health and well-being, healthy cooking, arts, etc. * Monthly dinner. * Christmas party and dinner. * Visits to seniors' residences. * Cultural outings. * Bi-annual garage sale. * Collection of donations: clothing, furniture, books, etc.

Eligibility: general public

Coverage area: L'Assomption

Hours: reception: Monday to Thursday 13h00 to 16h00, food assistance: Wednesday 8h30 to 12h00, Friday 8h30 to 12h00 and 13h00 to 16h00, emergency food assistance: by appointment

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

SERVICES AMITIÉS L'ASSOMPTION

255 Saint-Etienne Street, L'Assomption, Lanaudière, QC, J5W 1W7

514 793-0840

Website: www.servicesamities.org

Email: servicesamities@outlook.com

Services: * Information and referral by phone. * Community lunches. * Friendly home visits. * Friendly calls. * Chair yoga workshops and fitness. * Painting workshops. * Memory games. * Outings.
Eligibility: seniors, isolated people
Coverage area: L'Assomption, L'Épiphanie, Saint-Sulpice
Hours: by appointment
Fees: annual membership: \$15
Financing: contributions, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - LANAUDIÈRE

Confidential Address

1 800 267-8337 ext. 67630

Website: www.usherbrooke.ca/uta/prog/lanaudiere

Email: uta@usherbrooke.ca

Services: Educational programme divided into 30 university branches for seniors. * Open-auditor type educational activities with no assignments or exams and no credits. * Various teaching formulas: courses, seminars, open discussions, workshops, etc. * Student associations that promote integration into cultural and social life. * In-person activities in several towns in the region: Joliette, MRC de L'Assomption, MRC des Moulins, Saint-Donat. * Online activities: [click here](#)
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Lanaudière
Hours: variable
Fees: compulsory student contribution: 5 to \$12, tuition fees: variable depending on the activity
Financing: donations, grants
Legal status: non-profit organization

Day centres and respite

AMIS DE LAMATER (LES)

695 Ouimet Street, Terrebonne, Lanaudière, QC, J6W 3B1

450 492-0030 Fax: 450 492-0734

Website: lesamisdelamater.org

Email: mjlariviere@lesamisdelamater.org

Services: Respite centre. * Support for caregivers. * Community luncheons and dinners. * Light exercises, skill games, memory exercise, Wii (video game console), music therapy, art therapy. * Days for seniors living with a cognitive problem or conditions related to aging. * Internship opportunities in social work and recreation fields. * Week of Christmas activities for members: traditional meal, visit from Santa Claus and gifts distribution.
Eligibility: people 50 years old and over, autonomous, semi-autonomous or with a loss of autonomy
Capacity: 30 persons per day
Coverage area: MRC Les Moulins
Hours: Monday to Friday 8h30 to 16h00
Fees: annual registration: \$60, additional costs charged per session
Financing: self-financing, provincial, donations
Legal status: non-profit organization

CARREFOUR INFORMATIONNEL ET SOCIAL

50, rue Thouin, Suite 100, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5402 ext. 227

Website: www.centreanous.com/carrefour

Email: carrefour@centreanous.org

Services: Referral and personalized support services for people with special needs, complex requests or living in vulnerable situations. * In person 211 information and referral. * Assistance in filling out forms. * Accompaniment for certain governmental procedures. * ITMAV project: community outreach for vulnerable people 50 years and over.

Eligibility: general population, ITMAV: vulnerable people 50 years and over

Coverage area: MRC L'Assomption: L'Épiphanie, L'Assomption, Repentigny, Charlemagne, Saint-Sulpice

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrlassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonslassomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CENTRE DE FORMATION PROFESSIONNELLE DES RIVERAINS - SALON DE COIFFURE

120 Valmont Street, Repentigny, Lanaudière, QC, J5Y 1N9

450 492-3538 ext. 2791 Fax: 450 581-3026

Website: www.cfpriverains.qc.ca

Email: Cfp-desriverains@cssda.gouv.qc.ca

Services: Hairdresser-school at low prices.

Coverage area: Repentigny

Hours: Monday to Friday 9h30 to 16h30

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

LITTLE BROTHERS - SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 119, Mascouche, Lanaudière, QC, J7K 0H5

514 248-3384

Website: littlebrothers.ca/regional-teams/southern-lanaudiere

Email: sudlanaudiere@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Other End of the Line: pairing telephone service. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * Christmas reception. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: MRC Montcalm, MRC Joliette, MRC Matawinie, MRC Des Moulins, MRC L'Assomption

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

REGROUPEMENT DES AIDANTS NATURELS DU COMTÉ DE L'ASSOMPTION

50 Thouin Street, Suite 231, Repentigny, Lanaudière, QC, J6A 4J4

450 657-0514

Website: www.aidantslassomption.org

Email: coordination@aidantslassomption.org

Services: Support groups. * Monthly self-help and information meetings. * Active listening. * Respite during activities: 4 hours per month. * Personal respite: 4 hours per month. * Documentation and information exchange. * Monthly community dinner. * L'Aidant newsletter. * Coffee meetings. * Individual clinics by appointment. * Conferences. * Outings and events.

Eligibility: caregivers

Coverage area: MRC de L'Assomption

Hours: Monday to Friday 9h00 to 16h30 Friday 8h30 to 12h30

Fees: annual membership: \$20 or \$30 for two members of the same family

Financing: provincial, donations, membership fees, fundraising campaigns

Legal status: non-profit organization

SERVICES AMITIÉS L'ASSOMPTION

255 Saint-Etienne Street, L'Assomption, Lanaudière, QC, J5W 1W7

514 793-0840

Website: www.servicesamities.org

Email: servicesamities@outlook.com

Services: * Information and referral by phone. * Community lunches. * Friendly home visits. * Friendly calls. * Chair yoga workshops and fitness. * Painting workshops. * Memory games. * Outings.

Eligibility: seniors, isolated people

Coverage area: L'Assomption, L'Épiphanie, Saint-Sulpice

Hours: by appointment

Fees: annual membership: \$15

Financing: contributions, grants

Legal status: non-profit organization

Friendly visits and safety calls

ASSOCIATION SCLÉROSE EN PLAQUES DE LANAUDIÈRE

200 Salaberry Street, Suite 307, Joliette, Lanaudière, QC, J6E 4G1

450 753-5545

Website: www.asepl.org

Email: info@asepl.org

Services: Support to people living with multiple sclerosis and their close ones. * Information about the disease.

* Individual support, collective advocacy. * Financial support. * Visits at home and in care centres. * Activities for members. * Holiday meals and activities for members.

Eligibility: people living with multiple sclerosis, their close ones, social workers

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CARREFOUR INFORMATIONNEL ET SOCIAL - INTERVENTION DE MILIEU AUPRÈS DES ÂÎNÉS VULNÉRABLES

50 Thouin Street, Suite 100, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5402 ext. 227

Website: www.centreanous.com/carrefour

Email: carrefour@centreanous.org

Services: Community intervention for vulnerable people 50 years and over.

Eligibility: vulnerable people 50 years and over

Coverage area: MRC L'Assomption: L'Épiphanie, L'Assomption, Repentigny, Charlemagne, Saint-Sulpice

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DES MOULINS

298 Joseph-Guay Street, Terrebonne, Lanaudière, QC, J6W 4S3

450 964-9898 Fax: 450 964-3028

Website: www.cabdesmoulins.org

Email: info@cabdesmoulins.org

Services: * Reception, information and referrals. * Friendship calls. * Friendship visits. * Help with groceries. *

PIED Program: prevention of falls and fractures, 2 meetings per week for 12 weeks. * Yes I Quit Program: smoking cessation.

Eligibility: seniors with loss of autonomy, persons with disabilities, convalescent, persons with a chronic illness, caregivers

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

Fees: variable

Financing: provincial, contributions

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DES MOULINS - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ

298 Joseph-Guay Street, Terrebonne, Lanaudière, QC, J6W 4S3

450 964-9898

Email: administration@aqdrdesmoulins.org

Services: Community outreach work for vulnerable seniors.

Eligibility: seniors, retired or preretired people

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 17h00, Friday 8h30 to 12h00

Fees: annual membership: \$20

Financing: provincial, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrclassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonslassomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ EN SOUTIEN À DOMICILE DE LA MRC L'ASSOMPTION

50 Thouin Street, Suite 248-A, Repentigny, Lanaudière, QC, J6A 4J4

450 581-4621 Fax: 450 581-3760

Website: cooplassomption.ca

Email: reception2@cooplassomption.ca

Services: Home support services. * Help with domestic life: weekly and occasional housekeeping, general cleaning, laundry and ironing, meal preparation without special diet, help with shopping. * Personal care and respite with a referral from CISSS de Lanaudière: hygiene care, assistance with getting up and going to bed, help with eating and dressing, moving around the home, respite for caregivers. * PAIR program: computerized safety calls and medication reminders.

Eligibility: people 18 years old and over, people losing their independence

Coverage area: MRC L'Assomption

Hours: Monday to Friday 7h30 to 16h00

Fees: domestic help: \$30.25, personal care and respite: \$37.50, minus the RAMQ's Financial Assistance Program for Domestic Help Services (FAPDHS)

Financing: self-financing

Legal status: cooperative

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

LITTLE BROTHERS - SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 119, Mascouche, Lanaudière, QC, J7K 0H5

514 248-3384

Website: littlebrothers.ca/regional-teams/southern-lanaudiere

Email: sudlanaudiere@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Other End of the Line: pairing telephone service. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * Christmas reception. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: MRC Montcalm, MRC Joliette, MRC Matawinie, MRC Des Moulins, MRC L'Assomption

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MAISON LA TRACE

245 Saint-Ursule Street, L'Assomption, Lanaudière, QC, J5W 1M6

450 589-6050

Email: marie_claire548@hotmail.com

Services: Meeting place aiming to break down isolation. * Listening. * Emergency food assistance, including on weekends. * Recreational activities: knitting, yoga, etc. * Workshops: health and well-being, healthy cooking, arts, etc. * Monthly dinner. * Christmas party and dinner. * Visits to seniors' residences. * Cultural outings. * Bi-annual garage sale. * Collection of donations: clothing, furniture, books, etc.

Eligibility: general public

Coverage area: L'Assomption

Hours: reception: Monday to Thursday 13h00 to 16h00, food assistance: Wednesday 8h30 to 12h00, Friday 8h30 to 12h00 and 13h00 to 16h00, emergency food assistance: by appointment

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

SERVICE DE POLICE DE MASCOUCHE

Confidential Address

450 474-6114 TTY: 911**Website:** ville.mascouche.qc.ca/services-aux-citoyens/securite-publique/service-de-police**Email:** police@ville.mascouche.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * Space for exchanging goods for people with whom a transaction on online sales sites has been made. * Supervised space for custody exchange. * Sécur+Or program: home visit by a police officer, firefighter or social worker for home support (security of premises, referrals).

Eligibility: Sécur+Or program: seniors 65 years and over**Coverage area:** Mascouche**Financing:** municipal**Legal status:** municipal agency**SERVICE DE POLICE DE REPENTIGNY**

1 Montée des Arsenaux, Repentigny, Lanaudière, QC, J5Z 2C1

450 470-3600**Website:** repentigny.ca/services/citoyens/sante-securite-publiques/police-prevention-criminalite**Email:** police@repentigny.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Community support: education, prevention and outreach. * Awareness-raising.

Coverage area: Repentigny, Charlemagne**Financing:** municipal**Legal status:** municipal agency**SERVICES AMITIÉS L'ASSOMPTION**

255 Saint-Etienne Street, L'Assomption, Lanaudière, QC, J5W 1W7

514 793-0840**Website:** www.servicesamities.org**Email:** servicesamities@outlook.com

Services: * Information and referral by phone. * Community lunches. * Friendly home visits. * Friendly calls. * Chair yoga workshops and fitness. * Painting workshops. * Memory games. * Outings.

Eligibility: seniors, isolated people**Coverage area:** L'Assomption, L'Épiphanie, Saint-Sulpice**Hours:** by appointment**Fees:** annual membership: \$15**Financing:** contributions, grants**Legal status:** non-profit organization**Home support****BUFFET ACCÈS EMPLOI**

355 Road 335, Saint-Lin–Laurentides, Lanaudière, QC, J5M 2C1

1 877 439-3465 Fax: 450 439-3400**Website:** www.bae.qc.ca**Email:** info@bae.qc.ca

Services: Employment enterprise specialized in food catering for events. * Workplace training of 22 to 26 weeks. * Post-training follow-up. * Events, corporate, CPE and daycare catering.

Eligibility: employment enterprise: adults on welfare assistance or unemployment insurance, frozen meals: general public

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: frozen meals: variable

Financing: autofinancement, subventions

Legal status: non-profit organization

CARREFOUR INFORMATIONNEL ET SOCIAL

50, rue Thouin, Suite 100, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5402 ext. 227

Website: www.centreanous.com/carrefour

Email: carrefour@centreanous.org

Services: Referral and personalized support services for people with special needs, complex requests or living in vulnerable situations. * In person 211 information and referral. * Assistance in filling out forms. *

Accompaniment for certain governmental procedures. * ITMAV project: community outreach for vulnerable people 50 years and over.

Eligibility: general population, ITMAV: vulnerable people 50 years and over

Coverage area: MRC L'Assomption: L'Épiphanie, L'Assomption, Repentigny, Charlemagne, Saint-Sulpice

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DES MOULINS

298 Joseph-Guay Street, Terrebonne, Lanaudière, QC, J6W 4S3

450 964-9898 Fax: 450 964-3028

Website: www.cabdesmoulins.org

Email: info@cabdesmoulins.org

Services: * Reception, information and referrals. * Friendship calls. * Friendship visits. * Help with groceries. *

PIED Program: prevention of falls and fractures, 2 meetings per week for 12 weeks. * Yes I Quit Program: smoking cessation.

Eligibility: seniors with loss of autonomy, persons with disabilities, convalescent, persons with a chronic illness, caregivers

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

Fees: variable

Financing: provincial, contributions

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - L'ASSOMPTION

379 Dorval Street, L'Assomption, Lanaudière, QC, J5W 1A1

450 705-4811

Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif

Email: team.coop@hotmail.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: general public

Coverage area: L'Assomption

Hours: June to September

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - TERREBONNE

640 Langlois Street, Suite 3, Terrebonne, Lanaudière, QC, J6W 4P3

450 492-0088

Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: general public

Coverage area: Terrebonne, La Plaine, Lachenaie, Mascouche, Bois-des-Filion

Hours: June to September

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ EN AIDE À DOMICILE DIMAVIE

2500 Mascouche Boulevard, Suite 125, Mascouche, Lanaudière, QC, J7K 0H5

450 966-4446 Fax: 450 966-4447

Website: www.dimavie.ca

Email: info@coopdesmoulins.ca

Services: * Domestic assistance: housekeeping, laundry. * Shopping assistance. * Meal preparation. * Personal assistance: presence and surveillance, assistance for food and hygiene, assistance for transfers. * Caregiver respite, Alzheimer respite, stimulation activities. * Joliette service point: 414 Beaudry Street North, Joliette, J6E 6A8.

Eligibility: single people, couples, families, new parents, adults with temporary or permanent loss of autonomy, seniors, people living with a disability, people who have had an accident or in recovery, caregivers

Coverage area: Crabtree, Joliette, Mascouche, Notre-Dame-de-Lourdes, Notre-Dame-des-Prairies, Saint-Ambroise-de-Kildare, Saint-Charles-Borromée, Saint-Paul, Saint-Pierre, Saint-Thomas, Sainte-Mélanie, Terrebonne

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, domestic assistance: Monday to Friday 8h00 to 17h00, assistance and respite: everyday 8h00 to 22h00

Fees: variable according to the type of service, age, health status and family income, RAMQ financial exemption program for domestic help (PEFSAD), tax credit

Financing: self-financing

Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ EN SOUTIEN À DOMICILE DE LA MRC L'ASSOMPTION

50 Thouin Street, Suite 248-A, Repentigny, Lanaudière, QC, J6A 4J4

450 581-4621 Fax: 450 581-3760

Website: cooplassomption.ca

Email: reception2@cooplassomption.ca

Services: Home support services. * Help with domestic life: weekly and occasional housekeeping, general cleaning, laundry and ironing, meal preparation without special diet, help with shopping. * Personal care and respite with a referral from CISSS de Lanaudière: hygiene care, assistance with getting up and going to bed, help with eating and dressing, moving around the home, respite for caregivers. * PAIR program: computerized safety calls and medication reminders.

Eligibility: people 18 years old and over, people losing their independence

Coverage area: MRC L'Assomption

Hours: Monday to Friday 7h30 to 16h00

Fees: domestic help: \$30.25, personal care and respite: \$37.50, minus the RAMQ's Financial Assistance Program for Domestic Help Services (FAPDHS)

Financing: self-financing

Legal status: cooperative

MAISONS D'À CÔTÉ DE LANAUDIÈRE (LES)

639 Henri-Châlin Street, Joliette, Lanaudière, QC, J6E 0A4

438 863-9323 Fax: 450 398-0790

Website: www.lesmaisonsdacotelanaudiere.com

Email: direction@lesmac.org

Services: Adapted housing for people living with a physical disability. * Beneficiary attendant available 24/7. * Presence of auxiliary nurses. * Community intervention. * Rent supplement. Services for people not living in the Maisons d'à côté * Home support: personal care and domestic help. * Assistance in finding accessible and adapted housing. * Housing adaptations.

Eligibility: people 18 to 65 years old living with a physical disability

Capacity: 9 per residence

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: low price rent

Financing: self-financing

Legal status: non-profit organization

POPOTE DU PORTAGE

379 Dorval Street, L'Assomption, Lanaudière, QC, J5W 3A2

450 589-7517

Services: * Home delivery of hot or frozen complete meals.

Eligibility: people aged 65 and over, people with special needs: recovery, illness, disabilities, etc.

Capacity: 60 clients

Coverage area: L'Assomption, L'Épiphanie, Saint-Sulpice

Hours: Wednesday and Friday 11h00 to 12h00

Fees: hot meal: \$5, frozen meal: \$4

Financing: self-financing

Legal status: non-profit organization

POPOTE ROULANTE LES MOULINS

4400 Angora Street, Suite 500, Terrebonne, Lanaudière, QC, J6X 0A4

450 824-1240

Website: popoteroulantelesmoulins.com

Email: popoteroulantelesmoulins@outlook.com

Services: Complete frozen meals delivery.

Eligibility: people 70 years old and over, people 69 years old and under living with a permanent or temporary health problem

Coverage area: Mascouche, Terrebonne

Hours: administration: Monday to Thursday 8h00 to 15h00, delivery: Thursday, pick-up: Friday 9h00 to 12h00

Fees: meal: \$8, delivery fees: \$4, minimum 10 meals per delivery, if the person wants less than 10 meals, they must pick-up on site

Financing: autofinancement, provincial, municipal

Legal status: non-profit organization

POPOTE ROULANTE RIVE-NORD

50 Thouin Street, Suite 108, Door A, Repentigny, Lanaudière, QC, J6A 4J4

438 886-4734

Website: www.popoteroulanterivenord.com

Email: popoteroulanterivenord@hotmail.ca

Services: Hot or frozen complete meals delivery.

Eligibility: people 75 years old and over, people losing their independence, convalescing, or with a disability (physical, sensory, mental or intellectual)

Coverage area: Repentigny, Charlemagne

Hours: Monday, Wednesday and Thursday 7h00 et 13h00, delivery: Monday, Wednesday and Thursday 10h00 to 12h00

Fees: complete meal: \$7, main course only: \$6

Financing: self-financing, grants, fundraising campaigns

Legal status: non-profit organization

Housing for seniors

CENTRE D'HÉBERGEMENT ALPHONSE-RONDEAU

419 Faust Street, Lanoraie, Lanaudière, QC, J0K 1E0

450 887-2343

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT ARMAND-MARCHAND

771 Principale Street, Saint-Liguori, Lanaudière, QC, J0K 2X0

450 753-7062

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT BRASSARD

390 Brassard Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6331

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE REPENTIGNY

250 Brien Boulevard, Repentigny, Lanaudière, QC, J6A 7E9

450 585-4884

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1288&ch_nom=repentigny&bt_rechNom=&ch_choixReg=&ch_rayon=0&ch_cod e=&page=2

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Hours: administrative hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE SAINT-DONAT

430 Bellevue Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-2503

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE SAINT-GABRIEL-DE-BRANDON

90 Maskinongé Street, Saint-Gabriel, Lanaudière, QC, J0K 2N0

450 835-4712

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE SAINT-JACQUES

30 Sainte-Anne Street, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 839-2695

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT ET DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE L'ASSOMPTION

410 de l'Ange-Gardien Boulevard, L'Assomption, Lanaudière, QC, J5W 1S7

450 589-2101

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=686

Services: * Housing and long term cares. * Multidisciplinary rehabilitation services.

Eligibility: seniors, people with a loss of autonomy, people living with a physical disability

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT HEATHER

3931 Lakeshore Drive, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 Fax: 450 834-5805

Website: chheather.com

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT PARPHILIA-FERLAND

1000 Sainte-Anne Boulevard, Saint-Charles-Borromée, Lanaudière, QC, J6E 6J2

450 759-1764

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT SAINT-ANTOINE-DE-PADOUE

521 Saint-Antoine Street, Saint-Lin–Laurentides, Lanaudière, QC, J5M 3A3

450 439-2609

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT SAINT-EUSÈBE

585 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E5

450 759-1662

Website: www.cisss-lanaudiere.gouv.qc.ca/liste-de-soins-et-services/liste-par-clientele/personnes-agees/hebergement

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT SYLVIE-LESPÉRANCE

200 Marie-Curie Street, Joliette, Lanaudière, QC, J6E 7M7

450 756-2300

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX CLAUDE-DAVID

135 Claude-David Boulevard, Repentigny, Lanaudière, QC, J6A 1N6

450 654-7229

Website: www.cisss-lanaudiere.gouv.qc.ca

Services: * Housing suitable for adults and elderly in loss of autonomy. * Medical, nursing, custodial care, occupational therapy, physiotherapy, dietetics, pharmacy, social work, pastoral care, entertainment and recreation. * Early childhood services and baby vaccination. * Family Medicine Unit. * Clinique d'investigation gériatrique ambulatoire (CIGA): dedicated care team for vulnerable seniors including an adapted waiting room, ergotherapy assessment room, physiotherapy room, nutritionist, neuropsychologist, nursing care exam room, meeting room and medical consultation office.

Eligibility: clinique d'investigation gériatrique ambulatoire: vulnerable seniors in need of essential follow-up to maintain their at-home independence

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

COOPÉRATIVE DE SOLIDARITÉ HAVRE DU PETIT VILLAGE

177 Lacombe Boulevard, Repentigny, Lanaudière, QC, J5Z 0E9

450 721-2667 Fax: 450 932-4115

Website: www.havredupetitvillage.com

Email: info@havredupetitvillage.com

Services: Housing cooperative for seniors with a slight loss of autonomy or couples. * 3 ½ and 4 ½ apartments. * Community dining room, common areas and gardens. * Lift and grab bars in bathrooms. * Call for help system. * Meals. * Activities and leisure.

Eligibility: people 65 years old and over or couples if one of the members is 65 years old and over, priority is granted to residents of Repentigny or people having family in the city

Capacity: 100 appartements: 3 ½, 4 ½

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00, guided tours: without appointment, the first and third Wednesday of the month 13h30 to 15h30

Fees: rant 3½: \$1326 to \$1551 per month, rant 4½: \$1663 per month

Financing: grants, self-financing

Legal status: cooperative

CORPORATION PAX-HABITAT

500 Saint-Charles-Borromée Street North, Joliette, Lanaudière, QC, J6E 8K6

450 394-2067

Website: paxhabitat.ca

Email: info@paxhabitat.ca

Services: Affordable seniors' residences. * Studios, 3 1/2, 4 1/2 and bedrooms. * Community living environment with services. * Social and intergenerational activities.

Eligibility: studios, 3 1/2 and 4 1/2: autonomous people 65 years old and over, bedrooms: semi-autonomous and non-autonomous people 65 years old and over

Capacity: studios, 3 1/2 and 4 1/2: 70, bedrooms: 32

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: federal, provincial, grants, donation

Legal status: non-profit organization

HABITATIONS CINÉ DES COEURS

87 du Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W9

450 932-3030 Fax: 450 704-3663

Services: Subsidized and non-subsidized housing for seniors and young parents. * Apartments 3½, 4½ and 5½.

Eligibility: autonomous seniors of 60 years and over, young parents (in a couple or single parents) under 35 years old with children under 5 years old and with a life plan or in school

Capacity: 18 apartments, young parents: 10 subsidized homes, seniors: 4 non-subsidized and 4 subsidized homes

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Wednesday 9h30 to 12h00 and 13h30 to 16h30

Fees: subsidized housing: 25% of income

Financing: provincial

Legal status: non-profit organization

MAISONS D'À CÔTÉ DE LANAUDIÈRE (LES)

639 Henri-Châlin Street, Joliette, Lanaudière, QC, J6E 0A4

438 863-9323 Fax: 450 398-0790

Website: www.lesmaisonsdacotelanaudiere.com

Email: direction@lesmac.org

Services: Adapted housing for people living with a physical disability. * Beneficiary attendant available 24/7. * Presence of auxiliary nurses. * Community intervention. * Rent supplement. Services for people not living in the Maisons d'à côté * Home support: personal care and domestic help. * Assistance in finding accessible and adapted housing. * Housing adaptations.

Eligibility: people 18 to 65 years old living with a physical disability

Capacity: 9 per residence

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: low price rent

Financing: self-financing

Legal status: non-profit organization

MANOIR DES SEIGNEURS

301 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 5E3

450 582-4734 Fax: 450 582-5946

Email: info@manoirdesseigneurs.com

Services: Subsidized and non-subsidized housing for seniors. * 3½ and 4½ apartments.

Eligibility: seniors 55 years old and over, autonomous or with a slight loss of autonomy

Capacity: apartments: 49 subsidized, 59 3½, 29 4½

Coverage area: MRC L'Assomption

Hours: Monday to Wednesday 9h00 to 14h00, Thursday 9h00 to 12h00

Fees: subsidized housing: 25% of income, non-subsidized housing: 3½ \$503 per month and 4½ \$566 per month, other services: surplus charge

Financing: provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LA RIVE NORD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W5B1

450 434-1149 Fax: 450-471-9434

Website: www.omhrn.com

Email: info@omhrn.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Accès Logis program. * Referral.

Eligibility: individuals, seniors and families on a low or moderate income

Capacity: 1200 units

Coverage area: Blainville, Bois-des-Filion, Boisbriand, Charlemagne, L'Assomption, Mascouche, Mirabel, Repentigny, Rosemère, Sainte-Anne-des-Plaines, Sainte-Thérèse, Terrebonne

Hours: Monday and Wednesday 9h00 to 12h00 and 13h30 to 14h00, Tuesday, Thursday and Friday 9h00 to 12h00

Financing: federal, provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE L'ÉPIPHANIE

101 Vanier Street, L'Épiphanie, Lanaudière, QC, J5X 3A6

450 580-3137 Fax: 450 580-3138

Email: info@omhe.ca

Services: Management of housing and housing programs. * Low-rent housing (HLM).

Eligibility: seniors and families on a low or moderate income

Coverage area: L'Épiphanie

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Financing: provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LANAUDIÈRE SUD

1309 des Seigneurs Boulevard, Suite 101, Terrebonne, Lanaudière, QC, J6W 5B1

450 471-9424 Fax: 450 471-9434

Website: www.omhls.com

Email: infosac@omhls.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service. * Accès Logis Québec program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: single individuals, seniors and families on a low and moderate income, SARL: households and single people at risk of soon becoming homeless or whose housing does not meet their needs and who are searching for new housing on the private market

Coverage area: MRC Les Moulins, MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

PAVILLON DE L'HARMONIE

4400 d'Angora Street, Terrebonne, Lanaudière, QC, J6X 0A4

450 471-9424

Email: admin1@omhls.com

Services: Subsidized and non-subsidized residential housing. * Community worker: recreational activities, information. * Access to meals on wheels.

Eligibility: people on a low or moderate income or seniors 65 years and over, autonomous or semi-autonomous

Capacity: 49 rental units, 65 people

Coverage area: MRC Les Moulins

Fees: meals on wheels: \$3 per meal

Financing: provincial

Legal status: non-profit organization

RÉSIDENCE CLAIRE MARCHAND (LA)

896 Iberville Boulevard, Repentigny, Lanaudière, QC, J5Y 1Z7

514 718-7121

Services: Subsidized housing for seniors. * 3½ and 4½ apartments.

Eligibility: people 55 years old and over, autonomous, on a low income

Capacity: apartments: 13 3½, 9 4½

Coverage area: Repentigny

Fees: 25% of income

Financing: federal, provincial

Legal status: non-profit organization

RÉSIDENCES DU MÉANDRE

300 Place de Courville, L'Assomption, Lanaudière, QC, J5W 6E6

450 589-2750

Email: jrobillard@residencesdumeandre.com

Services: Subsidized and non-subsidized housing for seniors. * 3½ and 4½ apartments. * Adapted housing for people with reduced mobility.

Eligibility: people 60 years old and over, autonomous or with a slight loss of autonomy

Capacity: apartments: 20 subsidized, 20 not subsidized

Coverage area: MRC L'Assomption

Fees: subsidized apartments: 25% of income, other apartments: \$593 per month for a 3½, \$659 per month for a 4½

Financing: municipal, provincial

Legal status: non-profit organization

Intergenerational activities**MOUVEMENT ORGANISÉ DES MÈRES SOLIDAIRES**

640 Langlois Street, Suite 1, Terrebonne, Lanaudière, QC, J6W 4P3

450 961-9107 Fax: 450 492-0473

Website: www.momsterrebonne.org

Email: info@momsterrebonne.org

Services: * Reception and referral. * Telephone follow-up. * Assistance with procedures. * Individual counselling. * School support in collaboration with the adult education centre. * Drop-in respite with volunteer grandmothers. * Various workshops: crafts and self-knowledge, budget, parenting skills, etc. * Collective kitchen. * Mother and child stimulation activities. * Support during and after pregnancy.

Eligibility: single young mothers 14 to 25 years old in vulnerable situations, their children

Capacity: 10 mothers per group

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h00 to 16h00, closed in summer

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

TERREBONNE PUBLIC LIBRARY - ANDRÉ-GUÉRARD

3425 Camus Place, Terrebonne, Lanaudière, QC, J6Y 0C8

450 471-8265 ext. 1349

Website: biblio.ville.terrebonne.qc.ca/client/en_US

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ÎLE-DES-MOULINS

855 de l'Île-des-Moulins Place, Terrebonne, Lanaudière, QC, J6W 4N7

450 961-2001 ext. 1116 Fax: 450 471-3761

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Writing workshops. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 961-2001 ext. 1133

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LACHENAIE

3060 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A1

450 961-2001 ext. 1378

Website: biblio.ville.terrebonne.qc.ca/client/en_US/default

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé: information services for caregivers. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Knitting club. * Writing workshops. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Intervention with seniors subjected to abuse

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrclassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonslassomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CITÉ GÉNÉRACTION 55+

702 Montée Masson South, Terrebonne, Lanaudière, QC, J6W 0E7

450 824-9111

Website: www.cite55.org

Email: info@cite55.org

Services: * Sports, cultural and educational activities. * Conferences, workshops. * ARRA chats: access to resources that ensure seniors' respect. * Outings and trips.

Eligibility: people 55 years old and over

Coverage area: Terrebonne

Hours: administration: Monday to Friday 8h30 to 17h00, activities: Monday to Friday 8h30 to 22h00, Saturday 8h30 to 16h30

Fees: annual membership: \$40

Financing: municipal, membership fees, donations, self-financing

Legal status: non-profit organization

FIN À LA FAIM...

50 Thouin Street, Suite 223, Repentigny, Lanaudière, QC, J6A 4J4

450 654-3871

Website: www.finalafaim.org

Email: info@finalafaim.org

Services: * Weekly food assistance by appointment at 165 Ste-Marie in Charlemagne. * School projects: volunteering or community work. * Compensatory work and fines. * Prevention of elder abuse. * Help for new mothers who attend the organization. * Christmas baskets for members.

Eligibility: people and families on a low income

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h30, food distribution: by appointment, Thursday 12h00 to 16h00, holiday schedule: closed from december 24, 2024 to january 5, 2025

Fees: food assistance: \$3 per family per week

Financing: donations

Legal status: non-profit organization

Meals on Wheels

BUFFET ACCÈS EMPLOI

355 Road 335, Saint-Lin–Laurentides, Lanaudière, QC, J5M 2C1

1 877 439-3465 Fax: 450 439-3400

Website: www.bae.qc.ca

Email: info@bae.qc.ca

Services: Employment enterprise specialized in food catering for events. * Workplace training of 22 to 26 weeks. * Post-training follow-up. * Events, corporate, CPE and daycare catering.

Eligibility: employment enterprise: adults on welfare assistance or unemployment insurance, frozen meals: general public

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: frozen meals: variable

Financing: autofinancement, subventions

Legal status: non-profit organization

POPOTE DU PORTAGE

379 Dorval Street, L'Assomption, Lanaudière, QC, J5W 3A2

450 589-7517

Services: * Home delivery of hot or frozen complete meals.

Eligibility: people aged 65 and over, people with special needs: recovery, illness, disabilities, etc.

Capacity: 60 clients

Coverage area: L'Assomption, L'Épiphanie, Saint-Sulpice

Hours: Wednesday and Friday 11h00 to 12h00

Fees: hot meal: \$5, frozen meal: \$4

Financing: self-financing

Legal status: non-profit organization

POPOTE ROULANTE LES MOULINS

4400 Angora Street, Suite 500, Terrebonne, Lanaudière, QC, J6X 0A4

450 824-1240

Website: popoteroulantelesmoulins.com

Email: popoteroulantelesmoulins@outlook.com

Services: Complete frozen meals delivery.

Eligibility: people 70 years old and over, people 69 years old and under living with a permanent or temporary health problem

Coverage area: Mascouche, Terrebonne

Hours: administration: Monday to Thursday 8h00 to 15h00, delivery: Thursday, pick-up: Friday 9h00 to 12h00

Fees: meal: \$8, delivery fees: \$4, minimum 10 meals per delivery, if the person wants less than 10 meals, they must pick-up on site

Financing: autofinancement, provincial, municipal

Legal status: non-profit organization

POPOTE ROULANTE RIVE-NORD

50 Thouin Street, Suite 108, Door A, Repentigny, Lanaudière, QC, J6A 4J4

438 886-4734

Website: www.popoteroulanterivenord.com

Email: popoteroulanterivenord@hotmail.ca

Services: Hot or frozen complete meals delivery.

Eligibility: people 75 years old and over, people losing their independence, convalescing, or with a disability (physical, sensory, mental or intellectual)

Coverage area: Repentigny, Charlemagne

Hours: Monday, Wednesday and Thursday 7h00 et 13h00, delivery: Monday, Wednesday and Thursday 10h00 to 12h00

Fees: complete meal: \$7, main course only: \$6

Financing: self-financing, grants, fundraising campaigns

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - L'ASSOMPTION

50 Thouin Street, Suite 241, Repentigny, Lanaudière, QC, J6A 4J4

450 704-2776

Website: www.aqdr.org/section/lassomption

Email: info@aqdr-lassomption.org

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Monthly conferences. * Personalized accompaniment service. * References to partners (community, municipal and government organizations as well as professionals such as lawyers, notaries, etc.). * Journal: three publications per year. * Legal referral service. * Vulnerable people identification service. * Annual brunch and fundraising campaign.

Eligibility: retired and preretired people

Coverage area: MRC L'Assomption, Joliette

Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 16h00

Fees: annual membership: \$20

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - SECTION DES MOULINS

3235 de la Gare Avenue, Mascouche, Lanaudière, QC, J7K 3C1

450 918-0800

Website: www.aqdr.org/section/des-moulins

Email: administration@aqdrdesmoulins.org

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health.

Eligibility: seniors, retired or preretired people

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$20, activities: variable

Financing: provincial, grants

Legal status: non-profit organization

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - LANAUDIÈRE

490 Saint-Charles-Borromée Street North, Joliette, Lanaudière, QC, J6E 4R7

1 800 882-5622 Fax: 450 759-5678

Website: www.caaplanaudiere.com/en

Email: caap@caaplanaudiere.com

Services: Assistance and accompaniment for people who wish to file a complaint regarding services that they have had or should have received in the health and social services network. * Public establishments: CLSC, hospitals, residential and extended care centres, youth centres, rehabilitation centres. * Intermediate resources: chartered or self-financed private residences, family resources. * Community organizations in the health and social services sector, or operating a function or activities for the ASSS: pre-hospital emergency services, ambulance services. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process.

Eligibility: health and social services network users, tenants in private seniors' residences

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

FADOQ - LANAUDIÈRE REGION

5 Saint-Barthélemy Street North, Joliette, Lanaudière, QC, J6E 5M8

1 800 544-9058

Website: www.fadoq.ca/lanaudiere

Email: info@fadoqlanaudiere.ca

Services: Grouping people 50 years and over and representing them in instances requiring the defense of their rights and needs. * Organization of recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years old and over

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 13h00

Fees: membership: \$30 per year, \$50 for 2 years

Financing: contributions, provincial

Legal status: non-profit organization

LEGAL AID OFFICE - REPENTIGNY

10-A Brien Boulevard, Suite 100, Repentigny, Lanaudière, QC, J6A 4R7

450 581-8691 Fax: 450 581-1218

Website: www.ccjll.qc.ca

Email: bajrep@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - TERREBONNE

891 Saint-François-Xavier Street, Suite 210, Terrebonne, Lanaudière, QC, J6W 1H1

450 492-1535 Fax: 450 492-8378

Website: www.ccjll.qc.ca

Email: bajter@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible individuals. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS DE LANAUDIÈRE

488 Saint-Charles-Borromée Street, Joliette, Lanaudière, QC, J6E 4R7

514 928-0147

Website: talanaudiere.org

Email: info@talanaudiere.org

Services: Regional gathering for discussions and concertation for seniors. * Support and promotion of organizations working with seniors. * Contribution to the economic, social and cultural development of the region. * Facilitator for the concertation between seniors' associations and partner organizations. * Presentation of opinions to governmental organizations. * Conferences and regional events. * Seniors Tribute Award and International Seniors Day.

Eligibility: seniors, organizations working with seniors

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Volunteer Transportation

CENTRE D'ACTION BÉNÉVOLE DES MOULINS - ACCOMPANIMENT-TRANSPORTATION

298 Joseph-Guay Street, Terrebonne, Lanaudière, QC, J6W 4S3

450 964-9898 Fax: 450 964-3028

Website: www.cabdesmoulins.org

Email: info@cabdesmoulins.org

Services: * Accompaniment and transportation to medical appointment by volunteers.

Eligibility: seniors 65 years and over with a loss of autonomy in priority, convalescent people

Coverage area: MRC Les Moulins, appointments: Greater Montréal

Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 17h00, Friday 8h30 to 12h00

Fees: variable according to the destination, fixed rate

Financing: provincial, cotisations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION - ACCOMPANIMENT-TRANSPORTATION

50 Thouin Street, Suite 108, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrlassomption.org

Services: * Accompaniment and transportation to non-emergency medical appointments, socio-legal appointments or food banks by volunteers.

Eligibility: people of all ages unable to get to their appointments on their own

Coverage area: MRC L'Assomption, accompaniment and transportation: province of Quebec

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00

Fees: membership card: \$20, accompaniment and transportation: \$4 for people on social assistance, variable for others (depending on distance)

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

**COOPÉRATIVE DE SOLIDARITÉ EN SOUTIEN À DOMICILE DE LA MRC L'ASSOMPTION -
ACCOMPANIMENT-TRANSPORTATION**

50 Thouin Street, Suite 248-A, Repentigny, Lanaudière, QC, J6A 4J4

450 581-4621 Fax: 450 581-3760

Website: cooplassomption.ca

Email: reception2@cooplassomption.ca

Services: * Unaccompanied shopping service: grocery store, pharmacy and bank. * Accompaniment and transportation with a referral from the CISSS de Lanaudière.

Eligibility: people 18 years old and over, people with a loss of autonomy

Coverage area: MRC L'Assomption

Hours: Monday to Friday 7h30 to 16h30

Fees: \$30.75 per hour minus the RAMQ's Financial Assistance Program for Domestic Help Services (FAPDHS)

Financing: self-financing

Legal status: non-profit organization

Sex and gender**LGBTQ ASSOCIATIONS****MEN'S ASSOCIATIONS****WOMEN'S CENTRES****WOMEN'S ASSOCIATIONS**

LGBTQ associations

NÉO (LE)

950 Moody Boulevard, Terrebonne, Lanaudière, QC, J6W 3K8

1 800 964-1860

Website: le-neo.com

Email: neo@le-neo.com

Services: Education, information, awareness and support regarding sexual health, gender identity, sexual orientation and STIs. * Support meetings with sexologists and counsellors. * Réseau des alliés. * L'apparte: living environment and social activities for LGBTQ+ youth 12 to 17 years old. * Support group for and by trans and non-binary people 18 years and older. * Support group for parents of trans and non-binary children. * Monitoring for people living with HIV/AIDS or hepatitis. * Training. * Workshops and awareness activities.

Eligibility: LGBTQ+ people and allies, people living with HIV/AIDS or hepatitis, people aged 12 years old and over

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Men's associations

CENTRE DE RESSOURCES POUR HOMMES DU SUD DE LANAUDIÈRE - POINT DE SERVICE MASCOUCHE

2500 Mascouche Boulevard, Mascouche, Lanaudière, QC, J7K 0H5

450 961-1241

Website: www.aidehomme.com

Email: info@aidehomme.com

Services: Self-help and support group. * Meetings and sharing. * Conferences and workshops. * Collective kitchen: cooking classes for men.

Eligibility: men 18 years old and over

Coverage area: South of Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: none, voluntary contributions

Financing: grants

Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DU SUD DE LANAUDIÈRE - POINT DE SERVICE REPENTIGNY

50 Thouin Street, Suite 215, Repentigny, Lanaudière, QC, J6A 4J4

438 529-2205

Website: www.aidehomme.com

Email: info@aidehomme.com

Services: Self-help and support group. * Meetings, conferences and workshops. * Collective kitchen: cooking classes for men.

Eligibility: men 18 years old and over

Coverage area: Repentigny

Fees: none

Financing: grants

Legal status: non-profit organization

Women's centres

CENTRE DE F.A.M. DES MOULINS

502 Langlois Street, Terrebonne, Lanaudière, QC, J6W 4C3

450 964-5827 Fax: 450 964-5826

Website: www.centrefamdesmoulins.com

Email: centrefam@videotron.ca

Services: Reception, accompaniment, information and referral. * One-on-one support. * Discussion group. * Educational activities: workshops, conferences, classes. * Women community meals. * Special events: outings, dinners. * Collective actions.

Eligibility: women 18 years old and over

Coverage area: MRC Les Moulins and surrounding area

Hours: Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 13h00 to 16h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

CENTRE DE FEMMES MARIE DUPUIS

241 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E9

450 752-5005 Fax: 450 752-0057

Website: www.cdfmariedupuis.com

Email: accueil@cdfmariedupuis.ca

Services: Centre providing assistance, listening and meetings. * Individual consultation. * Self-help groups. * Information and referrals. * Thematic workshops and conferences.

Eligibility: women

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$15

Financing: provincial, contribution, donations, fundraising campaigns

Legal status: non-profit organization

INTER-FEMMES

21 Alain Street, Repentigny, Lanaudière, QC, J6A 5C9

450 654-9621 Fax: 450 654-3621

Website: www.interfemmes.ca

Email: info@interfemmes.ca

Services: * Reception, listening and referral. * Interventions and helping relationships. * Living environment, civic action and advocacy. * Popular education workshops, personal growth and women's health.

Eligibility: women of 18 year old and over

Coverage area: MRC L'Assomption

Hours: Monday to Wednesday 8h30 to 16h00, Thursday 8h30 to 20h00

Fees: membership card: \$10

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

Women's associations

ASSOCIATION FÉMINISTE D'ÉDUCATION ET D'ACTION SOCIALE - LANAUDIÈRE

25 des Sapins Avenue, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1C4

450-754-1119

Website: afeas.qc.ca

Email: afeasregionlanau@videotron.ca

Services: Information and promotion of issues related to women. * Social action. * Advocacy of women's interests.

Eligibility: women 16 years old and over

Coverage area: Lanaudière

Hours: Monday and Thursday 9h00 to 16h00

Fees: annual membership: \$35

Financing: contributions, grants, provincial

Legal status: non-profit organization

CENTRE DE F.A.M. DES MOULINS

502 Langlois Street, Terrebonne, Lanaudière, QC, J6W 4C3

450 964-5827 Fax: 450 964-5826

Website: www.centrefamdesmoulins.com

Email: centrefam@videotron.ca

Services: Reception, accompaniment, information and referral. * One-on-one support. * Discussion group. * Educational activities: workshops, conferences, classes. * Women community meals. * Special events: outings, dinners. * Collective actions.

Eligibility: women 18 years old and over

Coverage area: MRC Les Moulins and surrounding area

Hours: Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 13h00 to 16h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

CENTRE DE FEMMES MARIE DUPUIS

241 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E9

450 752-5005 Fax: 450 752-0057

Website: www.cdfmariedupuis.com

Email: accueil@cdfmariedupuis.ca

Services: Centre providing assistance, listening and meetings. * Individual consultation. * Self-help groups. * Information and referrals. * Thematic workshops and conferences.

Eligibility: women

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$15

Financing: provincial, contribution, donations, fundraising campaigns

Legal status: non-profit organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE TERREBONNE

1679 Gascon Road, Terrebonne, Lanaudière, QC, J6X 3Z6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

INTER-FEMMES

21 Alain Street, Repentigny, Lanaudière, QC, J6A 5C9

450 654-9621 Fax: 450 654-3621

Website: www.interfemmes.ca

Email: info@interfemmes.ca

Services: * Reception, listening and referral. * Interventions and helping relationships. * Living environment, civic action and advocacy. * Popular education workshops, personal growth and women's health.

Eligibility: women of 18 year old and over

Coverage area: MRC L'Assomption

Hours: Monday to Wednesday 8h30 to 16h00, Thursday 8h30 to 20h00

Fees: membership card: \$10

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

TABLE DE CONCERTATION DES GROUPES DE FEMMES DE LANAUDIÈRE

144 Saint-Joseph Street, Suite 214, Joliette, Lanaudière, QC, J6E 5C4

450 752-0049 Fax: 450 760-3586

Website: femmeslanaudiere.org

Email: tcgfl@bellnet.ca

Services: Regional feminist group working for the collective defence of women's rights with a mission to improve the living and health conditions of Lanaudière women. * Concertation. * Mobilization. * Popular education and awareness. * Political activities with women's groups on various issues.

Eligibility: organizations working with women or with a women component

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

DAY CAMPS AND SPECIALIZED CAMPS

HOBBIES

LIBRARIES

MUNICIPAL SPORTS AND RECREATION SERVICES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

ASSOCIATION DE REPENTIGNY POUR L'AVANCEMENT DE LA MUSIQUE

543 Notre-Dame Street, Suite 101, Repentigny, Lanaudière, QC, J6A 2T6

450 582-6714

Website: www.aramusique.org

Email: info@aramusique.org

Services: Promotion of concert music and of emerging musicians from Québec and Canada. * Concerts: annual series for children, annual series for the general public, summer concert, summer musical masses. * Competition for young classical musicians. * Children's choir. * Codiffusion and cooperation with other organizations.

Eligibility: children, adults

Capacity: 375

Coverage area: MRC L'Assomption

Hours: Monday to Friday 9h00 to 17h00

Fees: concerts: variable, subscription available

Financing: self-financing, donations, provincial, federal, municipal

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LAURENT VENNE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 657-4877

Website: centrecommunautairerepentigny.ca

Email: info.cclv@sodem.net

Services: * Cultural activities, exhibitions, workshops and conferences. * Fitness. * Social and sports activities: art clubs, video games, etc. * Language courses: Spanish. * Arts classes: painting, singing, guitar, etc. * Community green fridge. * Repentigny youth center - Le Gardeur sector. * Special events.

Eligibility: general public

Capacity: 444

Coverage area: MRC L'Assomption

Hours: administration: Monday to Friday 9h00 to 22h00, Saturday and Sunday 9h00 to 16h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrclassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonslassomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CHARLEMAGNE PUBLIC LIBRARY

84 du Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-7243

Website: www.charlemagne.ca/vie-citoyenne/bibliotheque-et-culture/bibliotheque

Email: lire@charlemagne.ca

Services: Consultation and loan of books and audiovisual documents. * Home loan for people with reduced mobility. * Computers and Internet access. * Biblio-Santé. * Une naissance, un livre. * Book club for children. * Book club for adults. * Workshops and conferences.

Coverage area: Charlemagne

Hours: Tuesday to Thursday 13h00 to 20h00, Friday and Saturday 10h00 to 16h00, Sunday 13h00 to 16h00, summer: Monday and Friday 10h00 to 16h00, Tuesday to Thursday 13h00 to 20h00

Fees: residents: none, non-residents: \$25 for children, \$50 for adults, \$75 for families

Financing: municipal

Legal status: municipal agency

L'ASSOMPTION PUBLIC LIBRARY

375 Saint-Pierre Street, L'Assomption, Lanaudière, QC, J5W 2B6

450 589-5671 ext. 3100 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/bibliotheque

Email: bibliotheque@ville.lassomption.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Book club for children. * Book club for adults. * Early literacy workshops. * Story time. * Biblio-Santé. * Home loan for people with reduced mobility. * Study rooms. * Conferences, exhibitions, workshops and author meetings. * Livre-service: service point at 2724 de l'Ange-Gardien Boulevard North.

Eligibility: home loans: seniors aged 65 and over with reduced mobility

Coverage area: L'Assomption

Hours: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00

Fees: subscription: free for residents

Financing: municipal

Legal status: municipal agency

MASCOUCHE PUBLIC LIBRARY

3015 des Ancêtres Avenue, Mascouche, Lanaudière, QC, J7K 1X6

450 474-4159 Fax: 450 474-3410

Website: biblio.ville.mascouche.qc.ca

Email: biblio@ville.mascouche.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Digital loans. * Computers and Internet access. * Story time. * Book club for children. * Book club for adults. * Early literacy workshops. * Conferences, activities, workshops, exhibitions.

Coverage area: Mascouche

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 9h30 to 17h00, summer: Monday to Thursday 10h00 to 20h00, Friday to Sunday 9h30 to 17h00

Fees: free for residents, \$75 per year for non-residents

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - EDMOND-ARCHAMBAULT

231 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 470-3430

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Tuesday to Thursday 13h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-resident: \$100 per year

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - ROBERT-LUSSIER

1 Place d'Évry, Repentigny, Lanaudière, QC, J6A 8H7

450 470-3420

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Monday to Thursday 10h00 to 21h00, Friday and Saturday 9h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-residents: \$100 per year

Financing: municipal

Legal status: municipal agency

SAINT-SULPICE PUBLIC LIBRARY

215 des Loisirs Street, Saint-Sulpice, Lanaudière, QC, J5W 6C9

450 589-7816

Website: biblietcie.ca/biblio/bibliotheque-de-saint-sulpice

Email: biblio133@reseaubibliocqlm.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Computer workshops. * Café area. * Biblio-Santé. * Exhibitions, contests and workshops.

Coverage area: Saint-Sulpice

Hours: Tuesday 9h00 to 16h30 and 18h00 to 20h00, Wednesday and Thursday 11h30 to 16h30 and 18h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ANDRÉ-GUÉRARD

3425 Camus Place, Terrebonne, Lanaudière, QC, J6Y 0C8

450 471-8265 ext. 1349

Website: biblio.ville.terrebonne.qc.ca/client/en_US

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ÎLE-DES-MOULINS

855 de l'Île-des-Moulins Place, Terrebonne, Lanaudière, QC, J6W 4N7

450 961-2001 ext. 1116 Fax: 450 471-3761

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Writing workshops. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 961-2001 ext. 1133

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LACHENAIE

3060 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A1

450 961-2001 ext. 1378

Website: biblio.ville.terrebonne.qc.ca/client/en_US/default

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé: information services for caregivers. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Knitting club. * Writing workshops. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Clubs and social events**ASSOCIATION DE L'ÂGE D'OR DE BOIS-DES-FILION**

30 Montée Gagnon Street, Terrebonne, Lanaudière, QC, J6Y 0H4

514 947-8672

Website: www.agedorbdf.com

Email: alain.barsalou@videotron.ca

Services: Recreational and social activities for seniors. * Bingo, cards and bowling. * Dance classes. * Outings: casino, sugar shack, theatre and apple picking. * Community lunches. * Film club. * Performances.

Eligibility: people 50 years old and over

Coverage area: Bois-des-Filion and radius of 25 kilometers around Bois-des-Filion

Hours: Tuesday and Thursday 9h00 to 16h00

Fees: membership card: 10\$ for Bois-des-Filion residents, 15\$ for non-residents

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION QUÉBEC-FRANCE - LANAUDIÈRE

Confidential Address

Website: www.quebecfrancelanaudiere.org

Email: presidente@quebecfrancelanaudiere.org

Services: Development of direct and privileged France-Québec relationships. * Dinner and conferences. * Intermunicipal work exchange program for youth. * Slam-poetry contest. * Trips to France. * Reciprocity housing. * Cultural activities. * Christmas meal for members.

Eligibility: francophiles, French language defenders

Coverage area: Lanaudière

Fees: annual membership: \$30 for singles, \$55 for couples, \$60 for organizations

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - L'ASSOMPTION

50 Thouin Street, Suite 241, Repentigny, Lanaudière, QC, J6A 4J4

450 704-2776

Website: www.aqdr.org/section/lassomption

Email: info@aqdr-lassomption.org

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Monthly conferences. * Personalized accompaniment service. * References to partners (community, municipal and government organizations as well as professionals such as lawyers, notaries, etc.). * Journal: three publications per year. * Legal referral service. * Vulnerable people identification service. * Annual brunch and fundraising campaign.

Eligibility: retired and preretired people

Coverage area: MRC L'Assomption, Joliette

Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 16h00

Fees: annual membership: \$20

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION SCLÉROSE EN PLAQUES DE LANAUDIÈRE

200 Salaberry Street, Suite 307, Joliette, Lanaudière, QC, J6E 4G1

450 753-5545

Website: www.asepl.org

Email: info@asepl.org

Services: Support to people living with multiple sclerosis and their close ones. * Information about the disease. * Individual support, collective advocacy. * Financial support. * Visits at home and in care centres. * Activities for members. * Holiday meals and activities for members.

Eligibility: people living with multiple sclerosis, their close ones, social workers

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ESSALAM

2685 Sainte-Marie Road, Suite L, Mascouche, Lanaudière, QC, J7K 1M8

438 396-6648

Website: www.essalam.ca

Email: contact@essalam.ca

Services: Exchange, meeting and socialization place. * Cultural, social, sports and educational activities. * On-site recovery of non-perishable food and clothing and redistribution of donations to partner community organizations.

Eligibility: people from the muslim community

Capacity: 100

Coverage area: MRC Les Moulins

Hours: variable

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE D'AMITIÉ AUTOCHTONE DE LANAUDIÈRE

523 Sainte-Anne Boulevard, Joliette, Lanaudière, QC, J6E 5A3

450 277-9911 Fax: 450 760-9923

Website: www.caalanaudiere.ca

Email: info@caalanaudiere.ca

Services: Services and programs to improve the living conditions of Indigenous people. * Information and referral. * Hotline 24/7: 450 277-9911. * Accompaniment and support services in different procedures by an outreach worker. * Legal services: lawyer on site once a month. * Massage therapy and chiropractic services. * Nurse and doctor on site. * Programme d'aide préscolaire autochtone pour les communautés urbaines et nordique (PAPACUN): activities related to culture, health, nutrition and education for children from 0 to 5 years old and their families. * Educational services: homework help for elementary and secondary students, workspace, liaison between families and schools, low-cost school store and individual accompaniment for students and families. * Cultural and educational activities. * Youth activities for 12 to 17 years old. * Youth Council made up of 7 young people 14 to 22 years old. * Summer youth day camp program. * Sports and outdoor activities for all. * Proximity clinic. * Christmas baskets. * Tax clinic.

Eligibility: Indigenous people of all ages

Coverage area: Joliette

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, self-financing, donations, grants, foundations

Legal status: non-profit organization

CENTRE DE F.A.M. DES MOULINS

502 Langlois Street, Terrebonne, Lanaudière, QC, J6W 4C3

450 964-5827 Fax: 450 964-5826

Website: www.centrefamdesmoulins.com

Email: centrefam@videotron.ca

Services: Reception, accompaniment, information and referral. * One-on-one support. * Discussion group. * Educational activities: workshops, conferences, classes. * Women community meals. * Special events: outings, dinners. * Collective actions.

Eligibility: women 18 years old and over

Coverage area: MRC Les Moulins and surrounding area

Hours: Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 13h00 to 16h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

CITÉ GÉNÉRACTION 55+

702 Montée Masson South, Terrebonne, Lanaudière, QC, J6W 0E7

450 824-9111

Website: www.cite55.org

Email: info@cite55.org

Services: * Sports, cultural and educational activities. * Conferences, workshops. * ARRA chats: access to resources that ensure seniors' respect. * Outings and trips.

Eligibility: people 55 years old and over

Coverage area: Terrebonne

Hours: administration: Monday to Friday 8h30 to 17h00, activities: Monday to Friday 8h30 to 22h00, Saturday 8h30 to 16h30

Fees: annual membership: \$40

Financing: municipal, membership fees, donations, self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 478-6799

Services: * Cards games. * Bingo. * Line dancing. * Pockets game. * Baseball.

Eligibility: people 50 years old and over

Coverage area: La Plaine

Hours: variable

Fees: membership card: \$10, activities: variable

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE REPENTIGNY

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

450 657-8791

Email: lagedor.repentigny@outlook.com

Services: * Social and recreational activities: dancing, bowling, bingo, pétanque, pockets, etc. * Dancing dinners. * Annual seniors' picnic. * Organized trips.

Eligibility: people 50 years old and over

Coverage area: Repentigny

Hours: variable

Fees: annual membership: \$10

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LES BONS VIVANTS DE LE GARDEUR

225 J.A. Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

514 705-2150

Email: francecaronadbv@hotmail.com

Services: * Social and recreational activities: line dancing, bingo, cribbage, canasta, petanque. * Community dinners. * Punctual outings: shows, theatre, etc.

Eligibility: people 50 years old and over

Coverage area: Repentigny

Hours: activities: Monday to Friday 9h00 to 23h00

Fees: membership: \$10

Financing: self-financing, membership fees

Legal status: non-profit organization

CLUB LES CHOYÉS DE L'ÂGE D'OR DE TERREBONNE

505 Thérberge Street, Terrebonne, Lanaudière, QC, J6W 2R5

514 703-9675

Services: * Social and recreational activities: bingo, casino * Occasional themed meals (Christmas, Easter, etc.).

Eligibility: people 50 years and over

Capacity: 130

Coverage area: Terrebonne

Hours: Tuesday and Thursday 13h00 to 16h00

Fees: annual membership: \$12

Financing: self-financing, contributions

Legal status: non-profit organization

DIOCÈSE DE JOLIETTE

2 Saint-Charles-Borromée Street North, Joliette, Lanaudière, QC, J6E 6H6

450 753-7596 Fax: 450 753-7933

Website: www.diocesedejoliette.org

Email: communication@diocesedejoliette.org

Services: * Online list of parishes.

Eligibility: general public

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals.

* Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. *

General support groups for adults and seniors. * Cancer support group. * Anger management group. *

Community activities related to health, social service, culture, employment, etc. * Employment support:

information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for

seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in

health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service:

50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

FADOQ - LANAUDIÈRE REGION

5 Saint-Barthélemy Street North, Joliette, Lanaudière, QC, J6E 5M8

1 800 544-9058

Website: www.fadoq.ca/lanaudiere

Email: info@fadoqlanaudiere.ca

Services: Grouping people 50 years and over and representing them in instances requiring the defense of their rights and needs. * Organization of recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years old and over

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 13h00

Fees: membership: \$30 per year, \$50 for 2 years

Financing: contributions, provincial

Legal status: non-profit organization

LITTLE BROTHERS - SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Suite 119, Mascouche, Lanaudière, QC, J7K 0H5

514 248-3384

Website: littlebrothers.ca/regional-teams/southern-lanaudiere

Email: sudlanaudiere@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Other End of the Line: pairing telephone service. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * Christmas reception. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: MRC Montcalm, MRC Joliette, MRC Matawinie, MRC Des Moulins, MRC L'Assomption

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MAISON LA TRACE

245 Saint-Ursule Street, L'Assomption, Lanaudière, QC, J5W 1M6

450 589-6050

Email: marie_claire548@hotmail.com

Services: Meeting place aiming to break down isolation. * Listening. * Emergency food assistance, including on weekends. * Recreational activities: knitting, yoga, etc. * Workshops: health and well-being, healthy cooking, arts, etc. * Monthly dinner. * Christmas party and dinner. * Visits to seniors' residences. * Cultural outings. * Bi-annual garage sale. * Collection of donations: clothing, furniture, books, etc.

Eligibility: general public

Coverage area: L'Assomption

Hours: reception: Monday to Thursday 13h00 to 16h00, food assistance: Wednesday 8h30 to 12h00, Friday 8h30 to 12h00 and 13h00 to 16h00, emergency food assistance: by appointment

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

MON AFRIQUE À LANAUDIÈRE

213 Saint-Barthélemy Street North, Joliette, Lanaudière, QC, J6E 5N4

579 960-3291

Website: m-afrique-a-lanaudiere.org

Email: monalanaudiere@gmail.com

Services: Promoting cultural diversity, equality and inclusion through African culture in Lanaudière, mostly in the Greater Joliette area. * Raising awareness against discrimination, racism, xenophobia, homophobia and other forms of intolerance. * Promotion of living together and rapprochement between members of different ethnocultural communities. * Fighting against the loneliness of elderly or isolated people. * Encouraging the participation of young people to discover other cultures. * Promotion of mutual aid and fraternity in Quebec and in the following African countries: Cameroon, Ivory Coast, Congo, Burkina, Mali, Central African Republic.

Eligibility: general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 13h00

Fees: membership card: \$20, supporting membership card: starting at \$50

Financing: federal, provincial, municipal, foundations

Legal status: non-profit organization

NÉO (LE)

950 Moody Boulevard, Terrebonne, Lanaudière, QC, J6W 3K8

1 800 964-1860

Website: le-neo.com

Email: neo@le-neo.com

Services: Education, information, awareness and support regarding sexual health, gender identity, sexual orientation and STIs. * Support meetings with sexologists and counsellors. * Réseau des alliés. * L'apparte: living environment and social activities for LGBTQ+ youth 12 to 17 years old. * Support group for and by trans and non-binary people 18 years and older. * Support group for parents of trans and non-binary children. * Monitoring for people living with HIV/AIDS or hepatitis. * Training. * Workshops and awareness activities.

Eligibility: LGBTQ+ people and allies, people living with HIV/AIDS or hepatitis, people aged 12 years old and over

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE D'AIDE À LA FAMILLE IMMIGRANTE DE LA MRC DE L'ASSOMPTION

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

1 844 507-2683

Website: safima.ca

Email: info@safima.ca

Services: Reception and assistance for newly arrived immigrant families. * Information, training and referral. * Support in procedures. * Accompaniment and steps to break isolation. * Adapted and personalized intervention. * Francization and social activities.

Eligibility: immigrant families

Coverage area: MRC de L'Assomption

Hours: Monday to Friday 8h30 to 12h30 and 13h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - LANAUDIÈRE

Confidential Address

1 800 267-8337 ext. 67630

Website: www.usherbrooke.ca/uta/prog/lanaudiere

Email: uta@usherbrooke.ca

Services: Educational programme divided into 30 university branches for seniors. * Open-auditor type educational activities with no assignments or exams and no credits. * Various teaching formulas: courses, seminars, open discussions, workshops, etc. * Student associations that promote integration into cultural and social life. * In-person activities in several towns in the region: Joliette, MRC de L'Assomption, MRC des Moulins, Saint-Donat. * Online activities: click here

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Lanaudière

Hours: variable

Fees: compulsory student contribution: 5 to \$12, tuition fees: variable depending on the activity

Financing: donations, grants

Legal status: non-profit organization

Community recreation centres

AMIS DE LAMATER (LES)

695 Ouimet Street, Terrebonne, Lanaudière, QC, J6W 3B1

450 492-0030 Fax: 450 492-0734

Website: lesamisdelamater.org

Email: mjlariviere@lesamisdelamater.org

Services: Respite centre. * Support for caregivers. * Community luncheons and dinners. * Light exercises, skill games, memory exercise, Wii (video game console), music therapy, art therapy. * Days for seniors living with a cognitive problem or conditions related to aging. * Internship opportunities in social work and recreation fields. * Week of Christmas activities for members: traditional meal, visit from Santa Claus and gifts distribution.

Eligibility: people 50 years old and over, autonomous, semi-autonomous or with a loss of autonomy

Capacity: 30 persons per day

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: annual registration: \$60, additional costs charged per session

Financing: self-financing, provincial, donations

Legal status: non-profit organization

CARREFOUR FAMILIAL DES MOULINS

427 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 492-1257 Fax: 450 492-6019

Website: www.carrefourfamilialdesmoulins.com

Email: info@carrefourfamilialdesmoulins.com

Services: Family centre and perinatal resource centre. * Individual parental support. * Respite. * Daycare. * Prenatal meetings: information on pregnancy, nutrition and baby care, etc. * Prenatal and postnatal yoga, prenatal pilates, fitness and cardio mommy. * Massage and sign language courses for babies. * Socialization and stimulation workshops. * Parent-child cooking workshop for 3 to 5 year olds. * Parenting skills development workshop. * Reception and referral. * Toy library for 0 to 5 years old. * Courses for teenagers: Stay Safe! and Babysitting. * Perinatal bereavement support group. * Coffee-chat.

Eligibility: families, future parents

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h15 and 13h00 to 16h00

Fees: member access: \$10 per year

Financing: provincial, municipal, contributions, self-financing, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ESSALAM

2685 Sainte-Marie Road, Suite L, Mascouche, Lanaudière, QC, J7K 1M8

438 396-6648

Website: www.essalam.ca

Email: contact@essalam.ca

Services: Exchange, meeting and socialization place. * Cultural, social, sports and educational activities. * On-site recovery of non-perishable food and clothing and redistribution of donations to partner community organizations.

Eligibility: people from the muslim community

Capacity: 100

Coverage area: MRC Les Moulins

Hours: variable

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LAURENT VENNE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 657-4877

Website: centrecommunautairerepentigny.ca

Email: info.cclv@sodem.net

Services: * Cultural activities, exhibitions, workshops and conferences. * Fitness. * Social and sports activities: art clubs, video games, etc. * Language courses: Spanish. * Arts classes: painting, singing, guitar, etc. * Community green fridge. * Repentigny youth center - Le Gardeur sector. * Special events.

Eligibility: general public

Capacity: 444

Coverage area: MRC L'Assomption

Hours: administration: Monday to Friday 9h00 to 22h00, Saturday and Sunday 9h00 to 16h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DES MOULINS

298 Joseph-Guay Street, Terrebonne, Lanaudière, QC, J6W 4S3

450 964-9898 Fax: 450 964-3028

Website: www.cabdesmoulins.org

Email: info@cabdesmoulins.org

Services: * Reception, information and referrals. * Friendship calls. * Friendship visits. * Help with groceries. * PIED Program: prevention of falls and fractures, 2 meetings per week for 12 weeks. * Yes I Quit Program: smoking cessation.

Eligibility: seniors with loss of autonomy, persons with disabilities, convalescent, persons with a chronic illness, caregivers

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

Fees: variable

Financing: provincial, contributions

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrlassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonslassomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CITÉ GÉNÉRATION 55+

702 Montée Masson South, Terrebonne, Lanaudière, QC, J6W 0E7

450 824-9111

Website: www.cite55.org

Email: info@cite55.org

Services: * Sports, cultural and educational activities. * Conferences, workshops. * ARRA chats: access to resources that ensure seniors' respect. * Outings and trips.

Eligibility: people 55 years old and over

Coverage area: Terrebonne

Hours: administration: Monday to Friday 8h30 to 17h00, activities: Monday to Friday 8h30 to 22h00, Saturday 8h30 to 16h30

Fees: annual membership: \$40

Financing: municipal, membership fees, donations, self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 478-6799

Services: * Cards games. * Bingo. * Line dancing. * Pockets game. * Baseball.

Eligibility: people 50 years old and over

Coverage area: La Plaine

Hours: variable

Fees: membership card: \$10, activities: variable

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE REPENTIGNY

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

450 657-8791

Email: lagedor.repentigny@outlook.com

Services: * Social and recreational activities: dancing, bowling, bingo, pétanque, pockets, etc. * Dancing dinners. * Annual seniors' picnic. * Organized trips.

Eligibility: people 50 years old and over

Coverage area: Repentigny

Hours: variable

Fees: annual membership: \$10

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LES BONS VIVANTS DE LE GARDEUR

225 J.A. Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

514 705-2150

Email: francecaronadbv@hotmail.com

Services: * Social and recreational activities: line dancing, bingo, cribbage, canasta, petanque. * Community dinners. * Punctual outings: shows, theatre, etc.

Eligibility: people 50 years old and over

Coverage area: Repentigny

Hours: activities: Monday to Friday 9h00 to 23h00

Fees: membership: \$10

Financing: self-financing, membership fees

Legal status: non-profit organization

FADOQ - LANAUDIÈRE REGION

5 Saint-Barthélemy Street North, Joliette, Lanaudière, QC, J6E 5M8

1 800 544-9058

Website: www.fadoq.ca/lanaudiere

Email: info@fadoqlanaudiere.ca

Services: Grouping people 50 years and over and representing them in instances requiring the defense of their rights and needs. * Organization of recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years old and over

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 13h00

Fees: membership: \$30 per year, \$50 for 2 years

Financing: contributions, provincial

Legal status: non-profit organization

LACHENAIE ACTION JEUNESSE

1735 Rochon Street, Terrebonne, Lanaudière, QC, J6W 5N9

450 964-1211 Fax: 450 964-1211

Website: www.mdjactionjeunesse.org

Email: actionjeunesse1735@hotmail.com

Services: Lively meeting place for youth. * Computer room. * Workshops: cultural, cooking, prevention. * Gym, sports.

Eligibility: youth centre: 12 to 17 years old, youth in action: 10 to 12 years old

Coverage area: Terrebonne

Hours: administration: Monday to Friday 9h00 to 17h00, youth centre: Wednesday 18h00 to 21h00, Thursday and Friday 18h00 to 22h00, youth in action: Tuesday and Thursday 15h00 to 17h00

Fees: membership: \$10 per year

Financing: provincial, municipal, fundraising campaigns, contributions

Legal status: non-profit organization

MAISON DES JEUNES DE L'ASSOMPTION (LA)

379 Dorval Street, L'Assomption, Lanaudière, QC, J5W 1A1

450 705-4811

Website: www.maisondesjeuneslassomption.com

Email: mdjescapade@videotron.ca

Services: Lively meeting place. * Support, help and referral. * Help with homework. * Improvisation. * Sports activities: cosom hockey team. * Cooking workshops. * Leisure activities. * Democratic living environment.

Eligibility: youth 12 to 17 years old

Coverage area: L'Assomption

Hours: Monday, Tuesday and Thursday 18h00 to 21h00, Wednesday 17h00 to 21h00, Friday 18h00 to 22h00, sometimes on Saturday for special activities

Fees: none

Financing: Centraide Lanaudière, provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES DE REPENTIGNY

539 Notre-Dame Street, Repentigny, Lanaudière, QC, J6A 2T6

450 581-8159

Website: mdjrepentigny.ca

Email: direction@mdjrepentigny.com

Services: Meeting and discussion place promoting individual and collective expression through varied activities, under the supervision of significant adults. * Therapeutic relationship and active listening. * Varied workshops. * Homework and educational assistance. * Referral centre. * Discussion evenings and activities. * Recreational environment: lounge, video game area, amusement area (pool table, babyfoot, arcades and others), music room, mini-library, art and embroidery room.

Eligibility: youth 12 to 17 years old

Capacity: 50

Coverage area: Repentigny

Hours: Wednesday to Friday 16h00 to 21h00, Saturday 10h00 to 15h00

Fees: none

Financing: federal, provincial, grants, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE REPENTIGNY - SECTEUR LE GARDEUR

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4L3

450 581-8159

Website: mdjrepentigny.ca

Email: coordo@mdjrepentigny.com

Services: Meeting and discussion place promoting individual and collective expression through varied activities, under the supervision of significant adults. * Counselling, active listening. * Self-esteem workshops. * Referral centre.

Eligibility: youth 12 to 17 years old

Capacity: more than 60 teenagers

Coverage area: Le Gardeur sector

Hours: Monday and Tuesday 14h30 to 18h00, Wednesday and Thursday 14h30 to 19h00, Friday 14h30 to 20h00

Fees: none

Financing: federal, provincial, municipal, grants, donations, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE ST-SULPICE (LA)

1101 Notre-Dame Street, Saint-Sulpice, Lanaudière, QC, J5W 3W2

450 589-1264 Fax: 450 589-9647

Email: mdjlerivage@hotmail.com

Services: Meeting place for youth. * Social, cultural, sports activities. * Recreational outings. * Awareness workshops. * Cooking workshops.

Eligibility: people 12 to 17 years old

Coverage area: Saint-Sulpice

Hours: Monday to Friday 18h00 to 21h00

Financing: Centraide Lanaudière, provincial, self-financing

Legal status: non-profit organization

MAISON DES JEUNES LA BARAK DE MASCOUCHE

2522 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1M5

450 966-9290 Fax: 450 966-6243

Website: mdjlabarak.wixsite.com/labarak

Email: mdjlabarak@videotron.ca

Services: Meeting, exchange and sharing place. * Recreational, artistic, sports and social activities. * Promotion of healthy living habits. * Prevention of risky behaviours.

Eligibility: 12 to 17 years old

Coverage area: Mascouche

Hours: Monday and Tuesday 17h00 to 20h00, Wednesday and Thursday 17h00 to 21h00, Friday 17h00 to 22h00

Fees: none

Financing: grants, self-financing, donations

Legal status: non-profit organization

SERVICES AMITIÉS L'ASSOMPTION

255 Saint-Etienne Street, L'Assomption, Lanaudière, QC, J5W 1W7

514 793-0840

Website: www.servicesamities.org

Email: servicesamities@outlook.com

Services: * Information and referral by phone. * Community lunches. * Friendly home visits. * Friendly calls. * Chair yoga workshops and fitness. * Painting workshops. * Memory games. * Outings.

Eligibility: seniors, isolated people

Coverage area: L'Assomption, L'Épiphanie, Saint-Sulpice

Hours: by appointment

Fees: annual membership: \$15

Financing: contributions, grants

Legal status: non-profit organization

Day camps and specialized camps

CAMP FAMILIAL SAINT-URBAIN

1651 de Chertsey Road, Chertsey, Lanaudière, QC, J0K 3K0

1 888 882-4719

Website: www.campfamilial.org

Email: info@campfamilial.org

Services: * 2 to 13 nights holiday stay. * Companion leisure card (CAL).

Eligibility: priority to families on a low income, immigrants, people living with a disability, seniors

Capacity: 225 persons

Coverage area: Province of Québec

Hours: 7 days, 9h00 to 16h30

Fees: summer stays: according to income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE D'AMITIÉ AUTOCHTONE DE LANAUDIÈRE

523 Sainte-Anne Boulevard, Joliette, Lanaudière, QC, J6E 5A3

450 277-9911 Fax: 450 760-9923

Website: www.caalanaudiere.ca

Email: info@caalanaudiere.ca

Services: Services and programs to improve the living conditions of Indigenous people. * Information and referral. * Hotline 24/7: 450 277-9911. * Accompaniment and support services in different procedures by an outreach worker. * Legal services: lawyer on site once a month. * Massage therapy and chiropractic services. * Nurse and doctor on site. * Programme d'aide préscolaire autochtone pour les communautés urbaines et nordique (PAPACUN): activities related to culture, health, nutrition and education for children from 0 to 5 years old and their families. * Educational services: homework help for elementary and secondary students, workspace, liaison between families and schools, low-cost school store and individual accompaniment for students and families. * Cultural and educational activities. * Youth activities for 12 to 17 years old. * Youth Council made up of 7 young people 14 to 22 years old. * Summer youth day camp program. * Sports and outdoor activities for all. * Proximity clinic. * Christmas baskets. * Tax clinic.

Eligibility: Indigenous people of all ages

Coverage area: Joliette

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, self-financing, donations, grants, foundations

Legal status: non-profit organization

CHARLEMAGNE - LOISIRS ET CULTURE

84 Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-2541 ext. 27

Website: www.ville.charlemagne.qc.ca/fr/loisirs-et-culture

Email: pelletier@charlemagne.ca

Services: * Recreational and sporting activities. * Swimming pools, parks, sports fields, ice rinks, community centre. * Summer and spring break day camps. * Room rental. * Festivities.

Coverage area: Charlemagne

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

L'ASSOMPTION - LOISIRS, CULTURE ET TOURISME

781 du Bas-de-L'Assomption Road North, L'Assomption, Lanaudière, QC, J5W 2H1

450 589-5671 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/loisirs-culture-et-tourisme

Email: bureauducitoyen@ville.lassomption.qc.ca

Services: * Community, sociocultural and sporting activities. * Swimming pools, ice rinks, parks, sports fields, community centre, cultural centre. * Coordination with community organizations. * Summer day camp. * Facilities rental. * Events.

Coverage area: L'Assomption

Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 17h30, Friday 8h30 to 12h30

Fees: variable

Financing: municipal

Legal status: municipal agency

L'ÉPIPHANIE - LOISIRS ET CULTURE

68 Amireault Street, L'Épiphanie, Lanaudière, QC, J5X 1A1

450 588-6828

Website: www.lepiphanie.ca/programmation

Email: loisirs@lepiphanie.ca

Services: * Community, sociocultural and sporting activities. * Community centre, ice rinks, parks, playgrounds. * Summer day camp and spring break camp. * Hall rental. * Coordination with community organizations. * Events.

Coverage area: L'Épiphanie

Hours: community centre: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

MASCOUCHE - SERVICES DES ACTIVITÉS SPORTIVES ET DES PARCS

2936 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-4133 ext. 2000 Fax: 450 474-6401

Website: mascouche.ca/services-aux-citoyens/mloisirs

Email: loisirs@mascouche.ca

Services: * Community, sociocultural and sporting activities. * Swimming pool, ice rinks, arena, parks and playgrounds. * Coordination with community organizations. * Support for artists. * Summer day camp. * Room rental.

Coverage area: Mascouche

Hours: Monday to Friday 8h15 to 12h00 and 13h15 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

REPENTIGNY - LOISIRS, SPORTS ET VIE COMMUNAUTAIRE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4L3

450 470-3400 Fax: 450 470-3082

Website: repentigny.ca

Email: loisirs@repentigny.ca

Services: * Community, sociocultural and sporting activities. * Arenas and ice rinks, swimming pools, sports and community centres, parks and playgrounds. * Créalab: digital creation tools. * Summer day camp. * Coordination with community organizations. * Room rental. * Events.

Coverage area: Repentigny

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-SULPICE - SERVICE DES LOISIRS

185 Émile Street, Saint-Sulpice, Lanaudière, QC, J5W 1B1

450 705-3430

Website: www.loisirsstsulpice.com

Email: info@loisirsstsulpice.com

Services: * Sporting and recreational activities. * Parks. * Day camp. * Room rental.

Eligibility: day camp: children 5 to 12 years old

Coverage area: Saint-Sulpice

Fees: variable

Financing: municipal

Legal status: municipal agency

TERREBONNE - LOISIR ET VIE COMMUNAUTAIRE

940 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C9

450 961-2001 ext. 4000

Website: www.ville.terrebonne.qc.ca

Email: loisirs@ville.terrebonne.qc.ca

Services: * Community, sociocultural and sporting activities. * Arenas, ice rinks, swimming pools, sports and community centre, parks and playgrounds. * Libraries. * Coordination with community organizations. * Summer day camp.

Coverage area: Terrebonne

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

Hobbies

A.B.C. DES MANOIRS

568 Léon-Martel Street, Terrebonne, Lanaudière, QC, J6W 2J8

450 471-6928

Website: www.labcdesmanoirs.com

Email: info@abdesmanoirs.com

Services: Community literacy group. * Workshops in francization, literacy, numeracy, computer, and popular education workshops.

Eligibility: illiterate people or with low literacy over 16 years old

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 9h00 to 17h00, Friday 12h00 to 16h00, holiday schedule: closed from mid-December until start of January

Fees: annual registration: \$20, computer: \$15 per 1h30 workshop

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

AMIS DE LAMATER (LES)

695 Ouimet Street, Terrebonne, Lanaudière, QC, J6W 3B1

450 492-0030 Fax: 450 492-0734

Website: lesamisdelamater.org

Email: mjlariiviere@lesamisdelamater.org

Services: Respite centre. * Support for caregivers. * Community luncheons and dinners. * Light exercises, skill games, memory exercise, Wii (video game console), music therapy, art therapy. * Days for seniors living with a cognitive problem or conditions related to aging. * Internship opportunities in social work and recreation fields. * Week of Christmas activities for members: traditional meal, visit from Santa Claus and gifts distribution.

Eligibility: people 50 years old and over, autonomous, semi-autonomous or with a loss of autonomy

Capacity: 30 persons per day

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: annual registration: \$60, additional costs charged per session

Financing: self-financing, provincial, donations

Legal status: non-profit organization

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support.

* Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. *

Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION QUÉBEC-FRANCE - LANAUDIÈRE

Confidential Address

Website: www.quebecfrancelanaudiere.org

Email: presidente@quebecfrancelanaudiere.org

Services: Development of direct and privileged France-Québec relationships. * Dinner and conferences. * Intermunicipal work exchange program for youth. * Slam-poetry contest. * Trips to France. * Reciprocity housing. * Cultural activities. * Christmas meal for members.

Eligibility: francophiles, French language defenders

Coverage area: Lanaudière

Fees: annual membership: \$30 for singles, \$55 for couples, \$60 for organizations

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LA FIBROMYALGIE DE LANAUDIÈRE

762A de l'Industrie Boulevard, Saint-Paul, Lanaudière, QC, J0K 3E0

1 888 223-0227

Website: fibromyalgielanaudiere.com

Email: btaillefer2935@gmail.com

Services: * Rehabilitation activities: aquafitness. * Social activities. * Social network, testimony exchanges. * Information, document loans and consultation, conferences. * Art workshops. * Knitting workshop. * Mental health workshop.

Eligibility: people affected by fibromyalgia, their close ones

Coverage area: Lanaudière

Hours: by appointment

Fees: annual fees: \$20

Financing: fundraising campaigns, grants, contributions

Legal status: non-profit organization

CARREFOUR FAMILIAL DES MOULINS

427 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 492-1257 Fax: 450 492-6019

Website: www.carrefourfamilialdesmoulins.com

Email: info@carrefourfamilialdesmoulins.com

Services: Family centre and perinatal resource centre. * Individual parental support. * Respite. * Daycare. * Prenatal meetings: information on pregnancy, nutrition and baby care, etc. * Prenatal and postnatal yoga, prenatal pilates, fitness and cardio mommy. * Massage and sign language courses for babies. * Socialization and stimulation workshops. * Parent-child cooking workshop for 3 to 5 year olds. * Parenting skills development workshop. * Reception and referral. * Toy library for 0 to 5 years old. * Courses for teenagers: Stay Safe! and Babysitting. * Perinatal bereavement support group. * Coffee-chat.

Eligibility: families, future parents

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h15 and 13h00 to 16h00

Fees: member access: \$10 per year

Financing: provincial, municipal, contributions, self-financing, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LAURENT VENNE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 657-4877

Website: centrecommunautairerepentigny.ca

Email: info.cclv@sodem.net

Services: * Cultural activities, exhibitions, workshops and conferences. * Fitness. * Social and sports activities: art clubs, video games, etc. * Language courses: Spanish. * Arts classes: painting, singing, guitar, etc. * Community green fridge. * Repentigny youth center - Le Gardeur sector. * Special events.

Eligibility: general public

Capacity: 444

Coverage area: MRC L'Assomption

Hours: administration: Monday to Friday 9h00 to 22h00, Saturday and Sunday 9h00 to 16h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrlassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonslassomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CENTRE D'INTÉGRATION PROFESSIONNELLE DE LANAUDIÈRE

547 Leclerc Street, Suite 200, Repentigny, Lanaudière, QC, J6A 8B4

450 582-6561 Fax: 450 582-4536

Website: cipl.ca

Email: info@cipl.ca

Services: Services for women seeking employment and returning to the labour market. * Help and accompaniment: personal and professional assessment, CV and cover letter writing, interview preparation, research methods and advice. * Employment preparation program: 15-week group project. * Cartes de l'emploi: continuous programme, individual meetings and group workshops, variable duration. * Accompaniment of women seeking employment in a traditionally male field. * Pre-employability program: accompaniment of women to integrate into an employability measure, training or employment. * Computer courses. * Referral to community organizations. * Monthly thematic workshops: self-esteem, stress management, communication and assertiveness, time management, etc.

Eligibility: women

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 12h00 and 12h45 to 16h00, Friday 8h30 to 12h00

Fees: employment support services: free if the person meets the eligibility criteria, variable

Financing: provincial

Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DU SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Mascouche, Lanaudière, QC, J7K 0H5

438 529-2205

Website: www.aidehomme.com

Email: aidehomme@gmail.com

Services: Reception, listening, support and referral for men. * Accompaniment and individual follow-up in the short and medium term. * Conferences and workshops. * Collective kitchen: cooking classes for men. * Social activities. * Discussion groups on Zoom.

Eligibility: men 18 years old and over

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DU SUD DE LANAUDIÈRE - POINT DE SERVICE MASCOUCHE

2500 Mascouche Boulevard, Mascouche, Lanaudière, QC, J7K 0H5

450 961-1241

Website: www.aidehomme.com

Email: info@aidehomme.com

Services: Self-help and support group. * Meetings and sharing. * Conferences and workshops. * Collective kitchen: cooking classes for men.

Eligibility: men 18 years old and over

Coverage area: South of Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: none, voluntary contributions

Financing: grants

Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DU SUD DE LANAUDIÈRE - POINT DE SERVICE REPENTIGNY

50 Thouin Street, Suite 215, Repentigny, Lanaudière, QC, J6A 4J4

438 529-2205

Website: www.aidehomme.com

Email: info@aidehomme.com

Services: Self-help and support group. * Meetings, conferences and workshops. * Collective kitchen: cooking classes for men.

Eligibility: men 18 years old and over

Coverage area: Repentigny

Fees: none

Financing: grants

Legal status: non-profit organization

CENTRE LA CROISÉE

777 Iberville Boulevard, C Wing, Repentigny, Lanaudière, QC, J5Y 1A2

450 492-3799 ext. 3785 **Fax:** 450 492-3759

Website: www.centrelacroisee.com

Email: centrelacroisee@cssda.gouv.qc.ca

Services: General training centre for adults. * Francization. * Welcoming, referral, guidance and accompaniment (SARCA). * Distance training. * Social integration service. * Common basic training in French, mathematics and English. * Diversified basic training in French, mathematics, English and science. * Optional courses: computer science and career strategies. * Semi-skilled training in janitorial services. * Socio-professional integration courses.

Eligibility: francization: allophone immigrants, other services: people 16 years and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 7h30 to 16h30 and 17h30 to 20h30, Friday 7h30 to 15h30

Financing: provincial

Legal status: parapublic organization

CITÉ GÉNÉRACTION 55+

702 Montée Masson South, Terrebonne, Lanaudière, QC, J6W 0E7

450 824-9111

Website: www.cite55.org

Email: info@cite55.org

Services: * Sports, cultural and educational activities. * Conferences, workshops. * ARRA chats: access to resources that ensure seniors' respect. * Outings and trips.

Eligibility: people 55 years old and over

Coverage area: Terrebonne

Hours: administration: Monday to Friday 8h30 to 17h00, activities: Monday to Friday 8h30 to 22h00, Saturday 8h30 to 16h30

Fees: annual membership: \$40

Financing: municipal, membership fees, donations, self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 478-6799

Services: * Cards games. * Bingo. * Line dancing. * Pockets game. * Baseball.

Eligibility: people 50 years old and over

Coverage area: La Plaine

Hours: variable

Fees: membership card: \$10, activities: variable

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE REPENTIGNY

50 Thouin Street, Repentigny, Lanaudière, QC, J6A 4J4

450 657-8791

Email: lagedor.repentigny@outlook.com

Services: * Social and recreational activities: dancing, bowling, bingo, pétanque, pockets, etc. * Dancing dinners. * Annual seniors' picnic. * Organized trips.

Eligibility: people 50 years old and over

Coverage area: Repentigny

Hours: variable

Fees: annual membership: \$10

Financing: self-financing

Legal status: non-profit organization

LACHENAIE ACTION JEUNESSE

1735 Rochon Street, Terrebonne, Lanaudière, QC, J6W 5N9

450 964-1211 Fax: 450 964-1211

Website: www.mdjactionjeunesse.org

Email: actionjeunesse1735@hotmail.com

Services: Lively meeting place for youth. * Computer room. * Workshops: cultural, cooking, prevention. * Gym, sports.

Eligibility: youth centre: 12 to 17 years old, youth in action: 10 to 12 years old

Coverage area: Terrebonne

Hours: administration: Monday to Friday 9h00 to 17h00, youth centre: Wednesday 18h00 to 21h00, Thursday and Friday 18h00 to 22h00, youth in action: Tuesday and Thursday 15h00 to 17h00

Fees: membership: \$10 per year

Financing: provincial, municipal, fundraising campaigns, contributions

Legal status: non-profit organization

MAISON DES JEUNES DE L'ASSOMPTION (LA)

379 Dorval Street, L'Assomption, Lanaudière, QC, J5W 1A1

450 705-4811

Website: www.maisondesjeuneslassomption.com

Email: mdjescapade@videotron.ca

Services: Lively meeting place. * Support, help and referral. * Help with homework. * Improvisation. * Sports activities: cosom hockey team. * Cooking workshops. * Leisure activities. * Democratic living environment.

Eligibility: youth 12 to 17 years old

Coverage area: L'Assomption

Hours: Monday, Tuesday and Thursday 18h00 to 21h00, Wednesday 17h00 to 21h00, Friday 18h00 to 22h00, sometimes on Saturday for special activities

Fees: none

Financing: Centraide Lanaudière, provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES DE ST-SULPICE (LA)

1101 Notre-Dame Street, Saint-Sulpice, Lanaudière, QC, J5W 3W2

450 589-1264 Fax: 450 589-9647

Email: mdjlerivage@hotmail.com

Services: Meeting place for youth. * Social, cultural, sports activities. * Recreational outings. * Awareness workshops. * Cooking workshops.

Eligibility: people 12 to 17 years old

Coverage area: Saint-Sulpice

Hours: Monday to Friday 18h00 to 21h00

Financing: Centraide Lanaudière, provincial, self-financing

Legal status: non-profit organization

MAISON LA TRACE

245 Saint-Ursule Street, L'Assomption, Lanaudière, QC, J5W 1M6

450 589-6050

Email: marie_claire548@hotmail.com

Services: Meeting place aiming to break down isolation. * Listening. * Emergency food assistance, including on weekends. * Recreational activities: knitting, yoga, etc. * Workshops: health and well-being, healthy cooking, arts, etc. * Monthly dinner. * Christmas party and dinner. * Visits to seniors' residences. * Cultural outings. * Bi-annual garage sale. * Collection of donations: clothing, furniture, books, etc.

Eligibility: general public

Coverage area: L'Assomption

Hours: reception: Monday to Thursday 13h00 to 16h00, food assistance: Wednesday 8h30 to 12h00, Friday 8h30 to 12h00 and 13h00 to 16h00, emergency food assistance: by appointment

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

SAINT-SULPICE PUBLIC LIBRARY

215 des Loisirs Street, Saint-Sulpice, Lanaudière, QC, J5W 6C9

450 589-7816

Website: biblietcie.ca/biblio/bibliotheque-de-saint-sulpice

Email: biblio133@reseaubibliocqlm.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Computer workshops. * Café area. * Biblio-Santé. * Exhibitions, contests and workshops.

Coverage area: Saint-Sulpice

Hours: Tuesday 9h00 to 16h30 and 18h00 to 20h00, Wednesday and Thursday 11h30 to 16h30 and 18h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: municipal

Legal status: municipal agency

SERVICES AMITIÉS L'ASSOMPTION

255 Saint-Etienne Street, L'Assomption, Lanaudière, QC, J5W 1W7

514 793-0840

Website: www.servicesamities.org

Email: servicesamities@outlook.com

Services: * Information and referral by phone. * Community lunches. * Friendly home visits. * Friendly calls. * Chair yoga workshops and fitness. * Painting workshops. * Memory games. * Outings.

Eligibility: seniors, isolated people

Coverage area: L'Assomption, L'Épiphanie, Saint-Sulpice

Hours: by appointment

Fees: annual membership: \$15

Financing: contributions, grants

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

TERREBONNE PUBLIC LIBRARY - LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 961-2001 ext. 1133

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LACHENAIE

3060 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A1

450 961-2001 ext. 1378

Website: biblio.ville.terrebonne.qc.ca/client/en_US/default

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé: information services for caregivers. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Knitting club. * Writing workshops. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TOASTMASTERS LANAUDIÈRE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Y 3B3

514 660-3644

Website: www.parlerenpublic.ca

Email: info@parlerenpublic.ca

Services: Public speaking learning. * Weekly meetings with improvisation and discourse workshops. * Improvisation, speech and humorous speech contests. * Conferences.

Eligibility: people 18 years old and over

Coverage area: Lanaudière

Hours: meeting: Wednesday 19h00 to 21h00

Fees: 176\$ per year

Financing: membership fees, self-financing

Legal status: non-profit organization

UNIVERS DES MOTS

735 Notre-Dame Street, Suite 102, Repentigny, Lanaudière, QC, J6A 2X4

438 476-3339

Website: univers-des-mots.ca

Email: info@univers-des-mots.ca

Services: * Basic French training workshops: reading and writing. * Computer initiation. * Francization for immigrants. * Preparatory workshops for Secondary School Equivalency Test (SSET).

Eligibility: people 16 years old and over

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$20

Financing: provincial

Legal status: non-profit organization

Libraries

CHARLEMAGNE PUBLIC LIBRARY

84 du Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-7243

Website: www.charlemagne.ca/vie-citoyenne/bibliotheque-et-culture/bibliotheque

Email: lire@charlemagne.ca

Services: Consultation and loan of books and audiovisual documents. * Home loan for people with reduced mobility. * Computers and Internet access. * Biblio-Santé. * Une naissance, un livre. * Book club for children. * Book club for adults. * Workshops and conferences.

Coverage area: Charlemagne

Hours: Tuesday to Thursday 13h00 to 20h00, Friday and Saturday 10h00 to 16h00, Sunday 13h00 to 16h00, summer: Monday and Friday 10h00 to 16h00, Tuesday to Thursday 13h00 to 20h00

Fees: residents: none, non-residents: \$25 for children, \$50 for adults, \$75 for families

Financing: municipal

Legal status: municipal agency

L'ASSOMPTION PUBLIC LIBRARY

375 Saint-Pierre Street, L'Assomption, Lanaudière, QC, J5W 2B6

450 589-5671 ext. 3100 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/bibliotheque

Email: bibliotheque@ville.lassomption.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Book club for children. * Book club for adults. * Early literacy workshops. * Story time. * Biblio-Santé. * Home loan for people with reduced mobility. * Study rooms. * Conferences, exhibitions, workshops and author meetings. * Livre-service: service point at 2724 de l'Ange-Gardien Boulevard North.

Eligibility: home loans: seniors aged 65 and over with reduced mobility

Coverage area: L'Assomption

Hours: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: Tuesday to Thursday 11h00 to 19h00, Friday and Saturday 9h00 to 17h00

Fees: subscription: free for residents

Financing: municipal

Legal status: municipal agency

L'ÉPIPHANIE PUBLIC LIBRARY

83 Amireault Street, L'Épiphanie, Lanaudière, QC, J5X 2S8

450 588-4470

Website: ville-de-lepiphanie.c4di.qc.ca:8213

Email: biblio@lepiphanie.ca

Services: Public Library: loan and access to books and audiovisual documents for children and adults. * Internet access. * Databases. * Print, photocopy. * Activities for all ages: expositions, workshops, demonstrations, performances, meetings with authors, conferences.

Coverage area: L'Épiphanie

Hours: Tuesday 13h00 to 20h00, Wednesday and Thursday 9h00 to 20h00, Friday and Saturday 9h00 to 12h00, summer: Tuesday 13h00 to 17h00 and 18h00 to 20h00, Wednesday 9h00 to 12h00 and 13h00 to 16h00 and 18h00 to 20h00, Thursday 9h00 to 20h00, Friday 9h00 to 12h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

MASCOUCHE PUBLIC LIBRARY

3015 des Ancêtres Avenue, Mascouche, Lanaudière, QC, J7K 1X6

450 474-4159 Fax: 450 474-3410

Website: biblio.ville.mascouche.qc.ca

Email: biblio@ville.mascouche.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Digital loans. * Computers and Internet access. * Story time. * Book club for children. * Book club for adults. * Early literacy workshops. * Conferences, activities, workshops, exhibitions.

Coverage area: Mascouche

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 9h30 to 17h00, summer: Monday to Thursday 10h00 to 20h00, Friday to Sunday 9h30 to 17h00

Fees: free for residents, \$75 per year for non-residents

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - EDMOND-ARCHAMBAULT

231 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4M6

450 470-3430

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Tuesday to Thursday 13h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-resident: \$100 per year

Financing: municipal

Legal status: municipal agency

REPENTIGNY PUBLIC LIBRARY - ROBERT-LUSSIER

1 Place d'Évry, Repentigny, Lanaudière, QC, J6A 8H7

450 470-3420

Website: bibliotheques.repentigny.ca

Email: bibliotheque@ville.repentigny.qc.ca

Services: * Loan and renewal: access to books and audiovisual documents for children and adults. * On-site consultation, referral and research assistance. * Computers, printing devices, Internet access, office and language learning software. * Searching databases access and digital resources. * Animations and reading activities for youth and adults. * Homework help for primary school students during school year. * Reading awareness kits. * Biblio-santé: documentation for caregivers on various diseases or other health-related topics. * Room rental.

Coverage area: Repentigny

Hours: Monday to Thursday 10h00 to 21h00, Friday and Saturday 9h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents of Repentigny: none, non-residents: \$100 per year

Financing: municipal

Legal status: municipal agency

RESCOUSSE AMICALE (LA)

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151

Website: rescousseamicale.ca

Email: info@rescousseamicale.ca

Services: Alternative mental health support group. * Reception, information and referral. * Individual meetings. * Support group. * Thematic workshops, trainings and conferences. * Coffee-meeting and community lunches. * Sporting and cultural activities. * Transportation and accompaniment for the activities of the organization. * Library.

Eligibility: people 18 years and over living with or having lived with a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services: free, membership card: \$6

Financing: contributions

Legal status: non-profit organization

SAINT-SULPICE PUBLIC LIBRARY

215 des Loisirs Street, Saint-Sulpice, Lanaudière, QC, J5W 6C9

450 589-7816

Website: biblietcie.ca/biblio/bibliotheque-de-saint-sulpice

Email: biblio133@reseaubibliocqlm.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Computer workshops. * Café area. * Biblio-Santé. * Exhibitions, contests and workshops.

Coverage area: Saint-Sulpice

Hours: Tuesday 9h00 to 16h30 and 18h00 to 20h00, Wednesday and Thursday 11h30 to 16h30 and 18h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ANDRÉ-GUÉRARD

3425 Camus Place, Terrebonne, Lanaudière, QC, J6Y 0C8

450 471-8265 ext. 1349

Website: biblio.ville.terrebonne.qc.ca/client/en_US

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - ÎLE-DES-MOULINS

855 de l'Île-des-Moulins Place, Terrebonne, Lanaudière, QC, J6W 4N7

450 961-2001 ext. 1116 Fax: 450 471-3761

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Story time. * Early literacy workshops. * Writing workshops. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Conferences, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday and Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LA PLAINE

6900 Guérin Street, Terrebonne, Lanaudière, QC, J7M 1L9

450 961-2001 ext. 1133

Website: biblio.ville.terrebonne.qc.ca

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TERREBONNE PUBLIC LIBRARY - LACHENAIE

3060 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A1

450 961-2001 ext. 1378

Website: biblio.ville.terrebonne.qc.ca/client/en_US/default

Email: biblio@ville.terrebonne.qc.ca

Services: Loan and consultation of books, audiovisual and electronic documents. * Computers, Internet access and printing devices. * Biblio-Santé: information services for caregivers. * Video games. * Story time. * Early literacy workshops. * Book club for children. * Intergenerational reading activity. * Knitting club. * Writing workshops. * Conferences, exhibitions, activities, launches.

Coverage area: Terrebonne

Hours: Monday to Wednesday 12h00 to 21h00, Thursday to Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Municipal sports and recreation services

CHARLEMAGNE - LOISIRS ET CULTURE

84 Sacré-Coeur Street, Charlemagne, Lanaudière, QC, J5Z 1W8

450 581-2541 ext. 27

Website: www.ville.charlemagne.qc.ca/fr/loisirs-et-culture

Email: pelletier@ville.charlemagne.qc.ca

Services: * Recreational and sporting activities. * Swimming pools, parks, sports fields, ice rinks, community centre. * Summer and spring break day camps. * Room rental. * Festivities.

Coverage area: Charlemagne

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

L'ASSOMPTION - LOISIRS, CULTURE ET TOURISME

781 du Bas-de-L'Assomption Road North, L'Assomption, Lanaudière, QC, J5W 2H1

450 589-5671 Fax: 450 589-4512

Website: www.ville.lassomption.qc.ca/loisirs-culture-et-tourisme

Email: bureauducitoyen@ville.lassomption.qc.ca

Services: * Community, sociocultural and sporting activities. * Swimming pools, ice rinks, parks, sports fields, community centre, cultural centre. * Coordination with community organizations. * Summer day camp. * Facilities rental. * Events.

Coverage area: L'Assomption

Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 17h30, Friday 8h30 to 12h30

Fees: variable

Financing: municipal

Legal status: municipal agency

L'ÉPIPHANIE - LOISIRS ET CULTURE

68 Amireault Street, L'Épiphanie, Lanaudière, QC, J5X 1A1

450 588-6828

Website: www.lepiphanie.ca/programmation

Email: loisirs@lepiphanie.ca

Services: * Community, sociocultural and sporting activities. * Community centre, ice rinks, parks, playgrounds. * Summer day camp and spring break camp. * Hall rental. * Coordination with community organizations. * Events.

Coverage area: L'Épiphanie

Hours: community centre: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

MASCOUCHE - SERVICES DES ACTIVITÉS SPORTIVES ET DES PARCS

2936 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-4133 ext. 2000 **Fax:** 450 474-6401

Website: mascouche.ca/services-aux-citoyens/mloisirs

Email: loisirs@mascouche.ca

Services: * Community, sociocultural and sporting activities. * Swimming pool, ice rinks, arena, parks and playgrounds. * Coordination with community organizations. * Support for artists. * Summer day camp. * Room rental.

Coverage area: Mascouche

Hours: Monday to Friday 8h15 to 12h00 and 13h15 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

REPENTIGNY - LOISIRS, SPORTS ET VIE COMMUNAUTAIRE

225 J.-A.-Paré Boulevard, Repentigny, Lanaudière, QC, J5Z 4L3

450 470-3400 **Fax:** 450 470-3082

Website: repentigny.ca

Email: loisirs@repentigny.ca

Services: * Community, sociocultural and sporting activities. * Arenas and ice rinks, swimming pools, sports and community centres, parks and playgrounds. * Créalab: digital creation tools. * Summer day camp. * Coordination with community organizations. * Room rental. * Events.

Coverage area: Repentigny

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-SULPICE - SERVICE DES LOISIRS

185 Émile Street, Saint-Sulpice, Lanaudière, QC, J5W 1B1

450 705-3430

Website: www.loisirsststulpice.com

Email: info@loisirsststulpice.com

Services: * Sporting and recreational activities. * Parks. * Day camp. * Room rental.

Eligibility: day camp: children 5 to 12 years old

Coverage area: Saint-Sulpice

Fees: variable

Financing: municipal

Legal status: municipal agency

TERREBONNE - LOISIR ET VIE COMMUNAUTAIRE

940 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C9

450 961-2001 ext. 4000

Website: www.ville.terrebonne.qc.ca

Email: loisirs@ville.terrebonne.qc.ca

Services: * Community, sociocultural and sporting activities. * Arenas, ice rinks, swimming pools, sports and community centre, parks and playgrounds. * Libraries. * Coordination with community organizations. * Summer day camp.

Coverage area: Terrebonne

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

Sport**ASSOCIATION RÉGIONALE DE LA FIBROMYALGIE DE LANAUDIÈRE**

762A de l'Industrie Boulevard, Saint-Paul, Lanaudière, QC, J0K 3E0

1 888 223-0227

Website: fibromyalgielanaudiere.com

Email: btaillefer2935@gmail.com

Services: * Rehabilitation activities: aquafitness. * Social activities. * Social network, testimony exchanges. * Information, document loans and consultation, conferences. * Art workshops. * Knitting workshop. * Mental health workshop.

Eligibility: people affected by fibromyalgia, their close ones

Coverage area: Lanaudière

Hours: by appointment

Fees: annual fees: \$20

Financing: fundraising campaigns, grants, contributions

Legal status: non-profit organization

CARREFOUR FAMILIAL DES MOULINS

427 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 492-1257 Fax: 450 492-6019

Website: www.carrefourfamilialdesmoulins.com

Email: info@carrefourfamilialdesmoulins.com

Services: Family centre and perinatal resource centre. * Individual parental support. * Respite. * Daycare. * Prenatal meetings: information on pregnancy, nutrition and baby care, etc. * Prenatal and postnatal yoga, prenatal pilates, fitness and cardio mommy. * Massage and sign language courses for babies. * Socialization and stimulation workshops. * Parent-child cooking workshop for 3 to 5 year olds. * Parenting skills development workshop. * Reception and referral. * Toy library for 0 to 5 years old. * Courses for teenagers: Stay Safe! and Babysitting. * Perinatal bereavement support group. * Coffee-chat.

Eligibility: families, future parents

Coverage area: MRC Les Moulins

Hours: Monday to Thursday 8h30 to 12h15 and 13h00 to 16h00

Fees: member access: \$10 per year

Financing: provincial, municipal, contributions, self-financing, donations

Legal status: non-profit organization

CÉGEP RÉGIONAL DE LANAUDIÈRE - COLLÈGE CONSTITUANT DE JOLIETTE

20 Saint-Charles-Borromée Street South, Joliette, Lanaudière, QC, J6E 4T1

450 759-1661 Fax: 450 759-4468

Website: www.cegep-lanaudiere.qc.ca/joliette

Email: sonia.ducharme.beausoleil@cegep-lanaudiere.qc.ca

Services: Public higher education institution at the collegial level. * 32 pre-university and technical programs (DEC). * Room and sports facilities rental. * Bio.Enviro.In: innovation and research centre seeking to create bio-food production systems and encourage sustainable horticulture.

Eligibility: CPE: 18 months to 5 years old

Capacity: CPE: 40 places

Coverage area: Province of Québec

Hours: CPE: Monday to Thursday 7h15 to 18h15, Friday and summer season 7h00 to 18h00

Financing: provincial

Legal status: parapublic organization

MAISON LA TRACE

245 Saint-Ursule Street, L'Assomption, Lanaudière, QC, J5W 1M6

450 589-6050

Email: marie_claire548@hotmail.com

Services: Meeting place aiming to break down isolation. * Listening. * Emergency food assistance, including on weekends. * Recreational activities: knitting, yoga, etc. * Workshops: health and well-being, healthy cooking, arts, etc. * Monthly dinner. * Christmas party and dinner. * Visits to seniors' residences. * Cultural outings. * Bi-annual garage sale. * Collection of donations: clothing, furniture, books, etc.

Eligibility: general public

Coverage area: L'Assomption

Hours: reception: Monday to Thursday 13h00 to 16h00, food assistance: Wednesday 8h30 to 12h00, Friday 8h30 to 12h00 and 13h00 to 16h00, emergency food assistance: by appointment

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

MARRAINES COUP DE POUCE

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 ext. 229

Website: maisonlaparenthese.org/marraines-coup-de-pouce

Email: info@maisonlaparenthese.org

Services: 3-hour per week postnatal assistance to parents for 10 weeks. * Baby care. * Housekeeping. * Accompaniment to appointments. * Postnatal follow-up and psychosocial support. * Prevention of postpartum depression. * Material assistance for families on a low income. * On-site recovery and sale of clothing, food, books and toys. * Referral.

Eligibility: parents of a child younger than a year

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Sports and recreation for people with a disability

AMIS DE LA DÉFICIENCE INTELLECTUELLE, RIVE-NORD (LES)

45 Industrial Boulevard, Suite 120, Repentigny, Lanaudière, QC, J6A 5R5

450 585-3632

Website: www.lesamisdelaide.org

Email: info@lesamisdelaide.org

Services: Raising awareness about the reality of people living with an intellectual disability. * Advocacy. * Consultation and representation. * Support to parents. * Recreational activities. * Training activities. * Referral and documentation centre.

Eligibility: people living with an intellectual disability, their close ones

Coverage area: MRC L'Assomption

Hours: office: Monday to Thursday 9h00 to 16h00, activities: 7 days, variable

Fees: annual membership: \$20

Financing: Centraide Lanaudière, municipal, provincial, self-financing

Legal status: non-profit organization

ARCHE LANAUDIÈRE (L')

160 Saint-Charles-Borromée Street South, Joliette, Lanaudière, QC, J6E 4T3

450 559-3124

Website: www.larchelanaudiere.ca/fr

Email: dir.larchelanaudiere@gmail.com

Services: Housing and community life for individuals living with an intellectual disability. Housing * Two buildings for long term housing: Foyer La Source and Foyer La Barque. * Adapted and personalized living environment with counselors on site. * Daily accompaniment. * Workshops of adapted work. Respite * Temporary rooms for short-term respite with a flexible duration from less than a day to one month. Community life * Events and group activities 10 to 12 times a year.

Eligibility: housing and respite: adults living with an intellectual disability, community life: teenagers and adults living with an intellectual disability, their family

Capacity: 5 adults per house, 2 rooms for respite

Coverage area: Lanaudière

Hours: administration: Monday to Friday 9h00 to 16h00

Fees: housing and respite: variable, annual membership: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION DE PARENTS D'ENFANT PRÉSENTANT UNE TRISOMIE-21 LANAUDIÈRE (L')

245 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3P3

450 477-4116 Fax: 450 477-3534

Website: www.apetl.org

Email: info@apetl.org

Services: Promotion of the interests of people living with Down syndrome by offering information and support. * Advocacy. * Documentation centre. * Publications of guides. * Coffee-meetings. * Trainings. * Respite. * Pediatric physiotherapy. * Socioprofessional workshops, language stimulation workshops, stimulation through ergotherapy, cooking classes, computer classes. * Hyperbaric sessions for all. * Social and cultural activities. * Adapted sports. * Accompaniment for recreational activities. * Toy library. * Multi sensory room.

Eligibility: people living with Down syndrome and their family, pediatric physiotherapy: children 0 to 5 years old

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership: \$25

Financing: membership fees, donations, grants

Legal status: non-profit organization

ASSOCIATION DES DEVENUS SOURDS ET MALENTENDANTS DU QUÉBEC - SECTEUR DES MRC DE L'ASSOMPTION ET DES MOULINS

50 Thouin Street, Suite 232, Lions pavilion, Repentigny, Lanaudière, QC, J6A 4J4

450 657-8500

Website: www.adsmqam.org

Email: adsmqam@gmail.com

Services: * Promotion of interests and rights. * Accompaniment and intervention. * Monthly meetings of members. * Occasional meetings with spouses and friends. * Peer mentoring program. * Talks and exchanges. * Periodic social activities. * Lip reading practice workshops. * Hearing health information workshop offered in seniors' residences. * Information on resources, means and devices available. * Distribution of documents. * Representation of members within local and regional authorities. * Virtual coffee meeting with subtitles. * Donation of amplified telephones (under certain conditions).

Eligibility: people who became deaf or hard of hearing

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: annual membership: \$20

Financing: provincial, Centraide of Greater Montréal, membership fees

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES PHYSIQUES RIVE-NORD

50 Thouin Street, Suite 104, Repentigny, Lanaudière, QC, J6A 4J4

450 654-8279 Fax: 450 581-6885

Email: aphprn1@hotmail.com

Services: Advocacy and promotion of rights of people living with a physical disability. * Reception and referral. * Support in obtaining services. * Recreational, leisure, training and informational activities. * Socialization workshops. * Medical accompaniment (according to certain criteria).

Eligibility: people living with one or several physical disabilities (motor, visual, hearing or invisible disability), their family, volunteers

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: annual membership, fees for some activities

Financing: donations, provincial

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES VISUELLES DE LANAUDIÈRE

50 Thouin Street, Suite 222, Repentigny, Lanaudière, QC, J6A 4J4

1 888 477-8174

Website: www.aphvsl.com

Email: info@aphvsl.com

Services: * Assistance and support in procedures to access services. * Information. * Newsletter for members. * Monthly coffee-chats. * Activities and outings.

Eligibility: people living with a visual impairment, their close ones

Coverage area: Lanaudière

Hours: Tuesday to Friday 9h00 to 16h00, by appointment

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DES SOURDS DE LANAUDIÈRE

200 De Salaberry Street, Suite 312, Joliette, Lanaudière, QC, J6E 4G1

450 752-1426 Fax: 1 866 845-4350 **TTY:** 450 752-1426

Website: www.asljoliette.org

Email: direction@asljoliette.org

Services: * Information and referral. * Publication of a quarterly newsletter. * Recreational activities. * Participation in awareness programs. * Classes to learn Québec Sign Language (QSL). * Conferences, trainings, animation. * Advocacy. * Assistance with communication and understanding documents.

Eligibility: deaf and hearing impaired people

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$20 per individual, \$30 per couple, \$17 per individual 55 years old and over, \$25 per couple 55 years old and over, \$15 per student, \$25 per association

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LA FIBROMYALGIE DE LANAUDIÈRE

762A de l'Industrie Boulevard, Saint-Paul, Lanaudière, QC, J0K 3E0

1 888 223-0227

Website: fibromyalgielanaudiere.com

Email: btaillefer2935@gmail.com

Services: * Rehabilitation activities: aquafitness. * Social activities. * Social network, testimony exchanges. * Information, document loans and consultation, conferences. * Art workshops. * Knitting workshop. * Mental health workshop.

Eligibility: people affected by fibromyalgia, their close ones

Coverage area: Lanaudière

Hours: by appointment

Fees: annual fees: \$20

Financing: fundraising campaigns, grants, contributions

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DE LANAUDIÈRE

200 de Salaberry Street, Suite 305, Joliette, Lanaudière, QC, J6E 4G1

1 888 522-2586

Website: arlphlanaudiere.org

Email: info@arlphlanaudiere.org

Services: Promotes access to an inclusive leisure experience for people living with a disability through consultation, training and support. * Facilitated Access to Recreation for Individuals with Disabilities program (FARIDP). * Loan of adapted equipment: racing wheelchair, adapted sledge with skates, water access ramp, etc. * Training. * Support for integration into day camps. * Universal accessibility in leisure activities. * Companion Leisure Card (CAL). * Consulting services.

Eligibility: people living with a handicap, regardless of age and disability

Coverage area: Lanaudière

Financing: provincial

Legal status: non-profit organization

ASSOCIATION SCLÉROSE EN PLAQUES DE LANAUDIÈRE

200 Salaberry Street, Suite 307, Joliette, Lanaudière, QC, J6E 4G1

450 753-5545

Website: www.asepl.org

Email: info@asepl.org

Services: Support to people living with multiple sclerosis and their close ones. * Information about the disease. * Individual support, collective advocacy. * Financial support. * Visits at home and in care centres. * Activities for members. * Holiday meals and activities for members.

Eligibility: people living with multiple sclerosis, their close ones, social workers

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION UN COEUR POUR TOUS, LANAUDIÈRE (L')

144 Saint-Joseph Street, Suite 113, Joliette, Lanaudière, QC, J6E 5C2

450 760-3039

Email: uncoeurpourtous@hotmail.com

Services: * Information on heart diseases and their physical and moral consequences. * Breakfast-conferences 5 times per year. * Workshops. * Adapted physical activities: pool, chair yoga, Coeur en forme physical conditioning. * Social activities.

Eligibility: people with a heart disease or high blood pressure, their family

Capacity: pool: 24 people

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership card: \$15 per year, activities: \$50 per activity (\$5 per visit for 10 weeks)

Financing: donations, self-financing, grants

Legal status: non-profit organization

CENTRE D'ENTRAIDE EN SANTÉ MENTALE DU SECTEUR BRANDON - LE CROISSANT DE LUNE

168 Saint-Pierre Street, Saint-Gabriel, Lanaudière, QC, J0K 2N0

450 835-7222

Email: lecdl93@gmail.com

Services: Mental health support centre. * Reception, information and referrals. * Help, listening and support. * Workshops for exchange and growth. * Trainings. * Leisure activities.

Eligibility: people living with a mental health issue

Coverage area: Mandeville, Saint-Cléophas-de-Brandon, Saint-Didace, Saint-Gabriel-de-Brandon, Saint-Norbert, Saint-Gabriel

Hours: Tuesday and Friday 8h30 to 15h30, Wednesday 12h45 to 15h30, Saturday 12h30 to 15h30, listening line: Thursday 12h00 to 15h00

Financing: grants

Legal status: non-profit organization

CORPORATION RÉPIT-DÉPANNAGE DE LANAUDIÈRE

159 Lajoie Street North, Joliette, Lanaudière, QC, J6E 5K6

450 755-2591

Website: www.maisonclementine.ca

Email: maisonclementine@hotmail.com

Services: Support for people living with a disability. * Respite home with possibility of staying the night during the weekend. * Recreational services. * Caretaking.

Eligibility: people 5 to 65 years old living with an intellectual impairment or a physical disability, autistic people 5 to 65 years old

Capacity: 10 people per day

Coverage area: Lanaudière

Hours: office: Monday to Thursday 8h00 to 16h00, respite: Wednesday to Friday in the daytime, Thursday to Sunday in the daytime and in the evening

Fees: variable

Financing: grants, self-financing, provincial

Legal status: non-profit organization

ENVOL (L')

588 Montcalm Street, Suite 305, Berthierville, Lanaudière, QC, J0K 1A0

450 836-4999 Fax: 450 836-4482

Website: envol-entraide.ca

Email: info@envol-entraide.ca

Services: Mutual aid group in mental health. * Listening and referral. * Individual encounters and interventions by phone. * Social and recreational activities. * Coffee-meetings. * Educational excursions. * Conferences, training, educational and recreational workshops.

Eligibility: people 18 years old and over living or having lived with a mental health challenge

Coverage area: Berthierville, La Visitation-de-l'Île-Dupas, Lanoraie, Lavaltrie, Saint-Barthélemy, Saint-Cuthbert, Saint-Norbert, Sainte-Élisabeth, Sainte-Geneviève-de-Berthier

Hours: Monday to Thursday 8h00 to 16h00

Fees: yearly registration: \$5 regular member, \$10 sympathizing member

Financing: donations, membership fees

Legal status: non-profit organization

RESCOUSSE AMICALE (LA)

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151

Website: rescousseamicale.ca

Email: info@rescousseamicale.ca

Services: Alternative mental health support group. * Reception, information and referral. * Individual meetings. * Support group. * Thematic workshops, trainings and conferences. * Coffee-meeting and community lunches. * Sporting and cultural activities. * Transportation and accompaniment for the activities of the organization. * Library.

Eligibility: people 18 years and over living with or having lived with a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services: free, membership card: \$6

Financing: contributions

Legal status: non-profit organization

RESCOUSSE MONTCALM (LA)

114 Montcalm Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-7050 Fax: 450 839-7438

Website: rescoussemontcalm.com

Email: larescoussemontcalm@videotron.ca

Services: * Counselling. * Telephone listening. * Individual meeting. * Group Les entendeurs de voix. * Various workshops. * Conferences, training, and testimonials. * Thrift store offered to members only. * Voluntary transportation under conditions.

Eligibility: people with or having had a mental health problem

Coverage area: MRC Montcalm

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership card: \$15 per year

Financing: provincial

Legal status: non-profit organization

ROSE BLEUE (LA) - ASSOCIATION DES PERSONNES HANDICAPÉES LES MOULINS

2904 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-7007

Website: www.associationlarosebleue.com

Email: assrosebleue@videotron.ca

Services: * Music therapy. * Soft gymnastics. * Zootherapy. * Arts and crafts. * Sociocultural and recreational activities, outings. * Summer activities. * Advocacy of rights.

Eligibility: people living with an intellectual disability

Capacity: groups of 10 people

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10 per year, activities: \$15 per day, summer activities: \$18 per day

Financing: provincial, Centraide régions centre-ouest du Québec, fundraising campaigns, membership fees

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

TDL - LANAUDIÈRE

2500 Mascouche Boulevard, Suite 215, Mascouche, Lanaudière, QC, J7K 0H5

450 474-8870

Website: dysphasielanaudiere.org

Email: administration@tdl-lanaudiere.org

Services: * Telephone listening and referral. * Documents for buying, loan or consultation. * Conferences and training. * Recreational activities for families. * Respite. * Horse therapy. * Activities for teenagers 12 to 15 years old. * Socialization and social integration for adults. * Job integration assistance, socioprofessional support. * Weekly recreational activities for adults. * Lexical development group. * Service point in Joliette: 200 de Salaberry Street, Suite 04. * Christmas lunch.

Eligibility: people with a developmental language disorder (dysphasia), parents of dysphasic children, professionals

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: families: \$45, TDL adults: \$25, TDL adults in couples and parents of TDL adults: \$35, professionals: \$100, partners: \$50

Financing: grants, self-financing, donations

Legal status: non-profit organization

TOURNESOL DE LA RIVE-NORD (LE)

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

450 657-1608

Website: www.letournesoldelarivenord.com

Email: info@letournesoldelarivenord.com

Services: Alternative mental health resource. * Self-help group between peers, place of exchange and sharing. * Reception, support and individual assistance. * Individual and collective meetings. * Information and referrals. * Phone listening. * Support in difficult times and hardships of life. * Training, information and organization activities promoting people's autonomy. * Diverse activities promoting the autonomy of people.

Eligibility: people 18 years old and over living or having lived with a mental health issue

Capacity: 20 persons

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h30 to 17h00

Fees: membership card: \$10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

Thrift store and material aid**CLOTHING****DONATION PICK-UPS****SCHOOL SUPPLIES****THRIFT STORES**

Clothing

BONNE ÉTOILE JOLIETTE (LA)

517 Archambault Street, Joliette, Lanaudière, QC, J6E 2W6

450 759-8853

Website: www.la-bonne-etoile.org

Email: inter@bonneetoile.ca

Services: Alternative mental health support group. * Day centre. * Telephone intervention. * Thematic workshops. * Advocacy. * Social reintegration assistance. * Clothing bank.

Eligibility: people 16 years old and over who are experiencing or have experienced issues that influence or have influenced their mental health

Coverage area: MRC Joliette

Hours: Monday to Friday 10h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CAFÉ DE RUE DE TERREBONNE

654 Saint-Pierre Street, Terrebonne, Lanaudière, QC, J6W 1C8

450 806-9545

Website: cafederuesolidaire.org

Email: cafederue@hotmail.com

Services: * Prevention of youth homelessness. * Food assistance. * Free snacks and lunch. * Material assistance: clothing and hygiene products. * Shower, washer, dryer. * Nurse available once a month. * STBIs screening. * Pregnancy tests. * Distribution of sterile injection equipment and crack pipes. * Distribution of contraceptives and lubricants. * Social and cultural activities. * Listening and referral.

Eligibility: people 18 to 35 years old in a crisis situation, in a relationship breakdown or marginalized, homeless or not

Coverage area: Terrebonne

Hours: Tuesday 15h00 to 20h00, Wednesday 14h00 to 20h00, Thursday 13h00 to 20h00, Friday 13h00 to 19h30, food assistance: Monday 17h00 to 19h00 on registration

Fees: none

Financing: donations, federal, provincial

Legal status: non-profit organization

COMITÉ D'AIDE AUX PLAINOIS

5611 Laurier Boulevard, Terrebonne, Lanaudière, QC, J7M 1T7

450 477-8761

Email: cap.terrebonne@gmail.com

Services: * Food bank. * Christmas baskets. * Clothing assistance. * Sale of low-cost clothing, toys and other items. * Listening and referral.

Eligibility: people and families on a low income

Coverage area: La Plaine

Hours: Tuesday to Friday 13h00 to 16h30

Fees: none

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

COMITÉ D'AIDE LACHENOIS

1345 Grande-Allée Street, Suite 104, Terrebonne, Lanaudière, QC, J6W 4K6

450 964-0360

Services: * Welcoming, support and guidance. * Food bank. * Clothing counter. * Christmas baskets. *

Collection points for donations: clothing, kitchen items, etc.

Eligibility: people in need

Coverage area: Lachenaie

Hours: Monday to Thursday 9h00 to 15h00, by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

FONDATION MAMAN DION

130A Notre-Dame Street, Charlemagne, Lanaudière, QC, J5Z 1H2

450 585-3466 Fax: 450 585-7636

Website: fondationmamandion.org/en/the-fondation

Email: info@fondationmamandion.org

Services: * Distribution of school supplies, clothing and sports shoes.

Eligibility: families on a low income with permanent residence or Canadian citizenship, children registered in regular classes

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

MARRAINES COUP DE POUCE

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 ext. 229

Website: maisonlaparenthese.org/marraines-coup-de-pouce

Email: info@maisonlaparenthese.org

Services: 3-hour per week postnatal assistance to parents for 10 weeks. * Baby care. * Housekeeping. * Accompaniment to appointments. * Postnatal follow-up and psychosocial support. * Prevention of postpartum depression. * Material assistance for families on a low income. * On-site recovery and sale of clothing, food, books and toys. * Referral.

Eligibility: parents of a child younger than a year

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ORIGINAL TATOUE, CAFÉ DE RUE

144 Saint-Joseph Street, Joliette, Lanaudière, QC, J6E 5C4

450 394-4384

Email: lorignaltatoue@gmail.com

Services: Place of listening and support. * Help, listening and referral. * Emergency assistance: food assistance, personal hygiene products, menstrual hygiene products, warm clothes and condoms. * Meals on site. * Recovery of used syringes. * Collective kitchens. * Shower, laundry room and lockers. * Computer and telephone available. * Monthly visit by a nurse: samples, screening, vaccination and answer to health questions. * Prevention and education activities.

Eligibility: young people 16 to 30 in a situation of social or family breakdown or experiencing difficulties related to drug addiction, homelessness and mental health problems

Capacity: 25 people

Coverage area: Joliette

Hours: Tuesday, Thursday and Friday 12h00 to 21h00, Wednesday and Saturday 12h00 to 17h00

Fees: none

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

Donation pick-ups

CENTRE D'ENTRAIDE DE MASCOUCHE - RÉCUPÉRATION D'ARTICLES USAGÉS

3320 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1P5

450 474-7331

Website: www.centredentraidedemascouche.org

Email: info@centredentraidedemascouche.org

Services: * At-home donation pick-up of appliances and furniture. * On-site recovery of items: linen, dishes, decorations, informatic devices, electronical devices, etc.

Eligibility: general public

Coverage area: Mascouche, Terrebonne, Bois-Des-Filion, Saint-Lin-Laurentides, Saint Roch-de-l'Achigan, L'Épiphanie, L'Assomption, Le Gardeur

Hours: at-home pick-up: Tuesday to Saturday, by appointment, centre: Tuesday 9h00 to 11h00 and 13h00 to 15h00, Wednesday 9h00 to 11h00, Thursday 9h00 to 11h00, 13h00 to 15h00 and 18h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

COMPTOIR FAMILIAL DE TERREBONNE

529 Saint-Louis Street, Terrebonne, Lanaudière, QC, J6W 1J1

450 471-0017

Website: cfterrebonne.ca

Email: comptoirfamilialdeterrebonne@gmail.com

Services: * Sale of items at low prices. * On-site and at-home donations recovery: clothes, dishes, furniture, appliances, electronic and IT materials, mattresses, bicycles and books. * Assistance available with or without referral.

Eligibility: general public

Coverage area: Charlemagne, L'assomption, Mascouche, Repentigny, Saint-Sulpice, Terrebonne, Blainville, Bois-Des-Filion, Boisbriand, Lorraine, Mirabel, Rosemère, Saint-Eustache, Saint-Joseph-Du-Lac, Sainte-Anne-Des-Plaines, Sainte-Thérèse, Laval

Hours: Monday to Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h00, Sunday 12h00 to 17h00

Financing: donations

Legal status: non-profit organization

School supplies

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrclassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonslassomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CENTRE D'AMITIÉ AUTOCHTONE DE LANAUDIÈRE

523 Sainte-Anne Boulevard, Joliette, Lanaudière, QC, J6E 5A3

450 277-9911 Fax: 450 760-9923

Website: www.caalanaudiere.ca

Email: info@caalanaudiere.ca

Services: Services and programs to improve the living conditions of Indigenous people. * Information and referral. * Hotline 24/7: 450 277-9911. * Accompaniment and support services in different procedures by an outreach worker. * Legal services: lawyer on site once a month. * Massage therapy and chiropractic services. * Nurse and doctor on site. * Programme d'aide préscolaire autochtone pour les communautés urbaines et nordique (PAPACUN): activities related to culture, health, nutrition and education for children from 0 to 5 years old and their families. * Educational services: homework help for elementary and secondary students, workspace, liaison between families and schools, low-cost school store and individual accompaniment for students and families. * Cultural and educational activities. * Youth activities for 12 to 17 years old. * Youth Council made up of 7 young people 14 to 22 years old. * Summer youth day camp program. * Sports and outdoor activities for all. * Proximity clinic. * Christmas baskets. * Tax clinic.

Eligibility: Indigenous people of all ages

Coverage area: Joliette

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, self-financing, donations, grants, foundations

Legal status: non-profit organization

ÉGLISE LA CITÉ

693 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3R5

514 834-5052

Website: www.lacitemascouche.ca

Email: info@egliselacite.ca

Services: * Cuisin'aide: food assistance, online form click here * Opération sac à dos: donations of school supplies. * Christmas baskets. * Grouping of religious activities and services.

Eligibility: people living in the Les Moulins region, Cuisin'aide: people going through a difficult situation, opération sac à dos: teachers or children in elementary or high school

Coverage area: Mascouche

Hours: variable

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

FONDATION MAMAN DION

130A Notre-Dame Street, Charlemagne, Lanaudière, QC, J5Z 1H2

450 585-3466 Fax: 450 585-7636

Website: fondationmamandion.org/en/the-fondation

Email: info@fondationmamandion.org

Services: * Distribution of school supplies, clothing and sports shoes.

Eligibility: families on a low income with permanent residence or Canadian citizenship, children registered in regular classes

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE L'ASSOMPTION

168 Saint-Joseph Street, L'Assomption, Lanaudière, QC, J5W 3B8

450 589-6655

Website: www.ssvp-lassomption.org

Email: ssvplassomption@outlook.com

Services: * Food bank. * Depot: sale of low-cost clothes and furniture. * Christmas baskets. * School supplies

Eligibility: people in need

Coverage area: L'Assomption

Hours: Tuesday and Wednesday 13h00 to 16h00, Thursday 17h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE REPENTIGNY - L'ESSENTIEL

565 Leclerc Street, Repentigny, Lanaudière, QC, J6A 8C1

450 582-3388

Email: repentigny@ssvp-mtl.org

Services: * Food bank. * School supplies. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Repentigny and Le Gardeur, including Purification, Notre-Dame-des-Champs, Précieux-Sang and Saint-Paul-l'Ermite parishes

Hours: food bank: Monday and Wednesday 13h00 to 16h00, Thursday and Friday 9h30 to 14h00

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-GÉRARD-MAJELLA

2740 L'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 4R8

450 588-7934

Email: cplassomption@ssvp-mtl.org

Services: * Clothing store. * Distribution of non-perishable goods and food vouchers. * Christmas baskets. * Aid for buying school supplies.

Eligibility: people on a low income

Coverage area: Saint-Gérard-Majella

Hours: Thursday 9h00 to 12h00, Saturday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization

Thrift Stores

BONNE ÉTOILE JOLIETTE (LA)

517 Archambault Street, Joliette, Lanaudière, QC, J6E 2W6

450 759-8853

Website: www.la-bonne-etoile.org

Email: inter@bonneetoile.ca

Services: Alternative mental health support group. * Day centre. * Telephone intervention. * Thematic workshops. * Advocacy. * Social reintegration assistance. * Clothing bank.

Eligibility: people 16 years old and over who are experiencing or have experienced issues that influence or have influenced their mental health

Coverage area: MRC Joliette

Hours: Monday to Friday 10h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE DE MASCOUCHE

3320 Sainte-Marie Road, Mascouche, Lanaudière, QC, J7K 1P5

450 474-6588

Website: www.centredentraidedemascouche.org

Email: info@centredentraidedemascouche.org

Services: * Sale of items at a low cost: linen, furniture, household appliances, dishes, decorations, informatic devices, electronical devices, etc. * Delivery service for furniture available with additional fees. * School supplies at an affordable price. * Food assistance through food vouchers. * Distribution of furniture.

Eligibility: general public, food assistance: people temporarily in need

Coverage area: North Shore, food assistance: Mascouche

Hours: centre: Tuesday 9h00 to 11h00 and 13h00 to 15h00, Wednesday 9h00 to 11h00, Thursday 9h00 to 11h00, 13h00 to 15h00 and 18h00 to 20h00, Saturday 9h00 to 12h00, food vouchers: bby appointment, distribution Wednesday and Friday 9h00 to 11h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

COMITÉ D'AIDE AUX PLAINOIS

5611 Laurier Boulevard, Terrebonne, Lanaudière, QC, J7M 1T7

450 477-8761

Email: cap.terrebonne@gmail.com

Services: * Food bank. * Christmas baskets. * Clothing assistance. * Sale of low-cost clothing, toys and other items. * Listening and referral.

Eligibility: people and families on a low income

Coverage area: La Plaine

Hours: Tuesday to Friday 13h00 to 16h30

Fees: none

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

COMPTOIR FAMILIAL DE TERREBONNE

529 Saint-Louis Street, Terrebonne, Lanaudière, QC, J6W 1J1

450 471-0017

Website: cfterrebonne.ca

Email: comptoirfamilialdeterrebonne@gmail.com

Services: * Sale of items at low prices. * On-site and at-home donations recovery: clothes, dishes, furniture, appliances, electronic and IT materials, mattresses, bicycles and books. * Assistance available with or without referral.

Eligibility: general public

Coverage area: Charlemagne, L'assomption, Mascouche, Repentigny, Saint-Sulpice, Terrebonne, Blainville, Bois-Des-Filion, Boisbriand, Lorraine, Mirabel, Rosemère, Saint-Eustache, Saint-Joseph-Du-Lac, Sainte-Anne-Des-Plaines, Sainte-Thérèse, Laval

Hours: Monday to Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 21h00, Saturday 9h00 to 17h00, Sunday 12h00 to 17h00

Financing: donations

Legal status: non-profit organization

FRIPERIE LE PAPILLON - REPENTIGNY

555 Lacombe Boulevard, Repentigny, Lanaudière, QC, J5Z 1T5

579 635-1226

Website: lamaisonadhemardion.ca/friperies

Email: info@maisonadhemardion.com

Services: Recovery and sale of used items for the benefit of Maison Adhémar-Dion. * Donations accepted: clothes, shoes, jewels and accessories. * Sale at a low cost.

Eligibility: general public

Coverage area: Repentigny

Hours: Tuesday to Friday 10h00 to 18h00, Saturday 10h00 to 16h00

Fees: variable

Financing: fundraising campaigns, donations, provincial

Legal status: non-profit organization

GROUPE RESSOURCES DES MOULINS

208 des Anglais Road, Mascouche, Lanaudière, QC, J7L 3N8

450 477-8522

Services: Family depot with clothing, housewares, small furniture, computer equipment, books and bicycles.

Eligibility: general public

Coverage area: Mascouche

Hours: Wednesday to Friday 10h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 13h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

JOUJOUTHÈQUE FARFOUILLE (LA)

845 Saint-Louis Street, Joliette, Lanaudière, QC, J6E 3A3

450 752-2587 Fax: 450 752-2502

Website: www.joujouthequefarfouille.org

Email: info@joujouthequefarfouille.org

Services: * Loans of toys. * Parents/children activities. * Thrift store: used toys. * Multi-sensory room.

Eligibility: families, parents and grandparents of children with special needs, organizations, CPE, daycare centres

Coverage area: Lanaudière

Hours: Tuesday 9h00 to 17h00, Wednesday 9h00 to 20h00, Thursday 9h00 to 17h00, Friday and Saturday 9h00 to 15h00

Fees: families: \$25 per year to access 3 games per child per month, \$35 per year to access 6 games per child per month, organizations: \$70 per year to access 20 games per 2 months, \$100 per year to access 30 games per 2 months

Financing: membership fees, donations, self-financing, provincial, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE LA PARENTHÈSE (LA)

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 Fax: 450 582-1168

Website: maisonlaparenthese.org

Email: info@maisonlaparenthese.org

Services: * Parent-child relationship workshops. * Parent-children and parents only workshops. * Respite. * Coffee meetings. * Childcare during workshops. * Prenatal classes. * Toy library. * Thrift store: sale and on-site recovery of clothing, books, sports equipment and toys. * Outdoor activities during summer.

Eligibility: parents, children 0 to 5 years old, families

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, occasional workshops in the evening, summer: outdoor activities only, respite: Wednesday and Friday 9h00 to 15h30

Fees: membership fees: \$10, respite: \$5 from 8h30 to 12h00, \$7 from 8h30 to 13h00 and \$10 from 8h30 to 15h30

Financing: provincial, federal

Legal status: non-profit organization

MARRAINES COUP DE POUCE

222 Notre-Dame-des-Champs Boulevard, Repentigny, Lanaudière, QC, J6A 3B5

450 582-2677 ext. 229

Website: maisonlaparenthese.org/marraines-coup-de-pouce

Email: info@maisonlaparenthese.org

Services: 3-hour per week postnatal assistance to parents for 10 weeks. * Baby care. * Housekeeping. * Accompaniment to appointments. * Postnatal follow-up and psychosocial support. * Prevention of postpartum depression. * Material assistance for families on a low income. * On-site recovery and sale of clothing, food, books and toys. * Referral.

Eligibility: parents of a child younger than a year

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RENAISSANCE QUÉBEC - COMPTOIR D'ENTRAIDE DE TERREBONNE

421 Léveillé Street, Terrebonne, Lanaudière, QC, J6W 1Z7

450 471-1067

Website: www.atelierspecialiselesmoulins.org

Email: edufort@aslm.ca

Services: Sale of used clothing and items. * On-site donation reception: clothing, books.

Coverage area: Laval, MRC Les Moulins

Hours: Monday to Wednesday: 9h00 to 18h00, Thursday and Friday 9h00 to 19h00, Saturday and Sunday: 9h to 17h, donation centre: Monday to Wednesday: 8h00 to 18h00, Thursday to Friday: 8h00 to 19h00, Saturday to Sunday: 8h00 to 17h00

Financing: autofinancing, Centraide Laurentides

Legal status: non-profit organization

RENAISSANCE QUÉBEC - DES SEIGNEURS MINI BOOKSTORE

1279 des Seigneurs Boulevard, Terrebonne, Lanaudière, QC, J6W 4P7

450 914-4130

Website: renaissancequebec.ca/en

Email: information@renaissancequebec.ca

Services: Sale of books, CDs, vinyls, DVDs and videocassettes. * Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books, CDs, vinyls, DVDs, videocassettes and bicycles.

Coverage area: Terrebonne

Hours: bookstore and donation centre: Monday to Friday 9h00 to 17h00, Saturday and Sunday 8h00 to 18h00

Financing: self-financing

Legal status: non-profit organization

RESCOUSSE MONTCALM (LA)

114 Montcalm Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-7050 Fax: 450 839-7438

Website: rescousse-montcalm.com

Email: larescousse-montcalm@videotron.ca

Services: * Counselling. * Telephone listening. * Individual meeting. * Group Les entendeurs de voix. * Various workshops. * Conferences, training, and testimonials. * Thrift store offered to members only. * Voluntary transportation under conditions.

Eligibility: people with or having had a mental health problem

Coverage area: MRC Montcalm

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership card: \$15 per year

Financing: provincial

Legal status: non-profit organization

SERVICE D'AIDE SEDAI T.S.S.

3677 Montée Gagnon, Terrebonne, Lanaudière, QC, J6Y 1K8

450 433-0888 Fax: 450 433-7999

Email: servicedaidesedai@hotmail.ca

Services: * Recovery and sale of used clothing and items. * Weekly food distribution. * Christmas baskets for members. * Financial support for families in need.

Eligibility: people in need

Coverage area: West Terrebonne: Très-Saint-Sacrement Parish

Hours: Monday to Wednesday 8h30 to 15h30, food assistance: Thursday

Fees: food assistance: \$2 per week

Financing: self-financing, grants, donations, contributions

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE L'ASSOMPTION

168 Saint-Joseph Street, L'Assomption, Lanaudière, QC, J5W 3B8

450 589-6655

Website: www.ssvp-lassomption.org

Email: ssvplassomption@outlook.com

Services: * Food bank. * Depot: sale of low-cost clothes and furniture. * Christmas baskets. * School supplies

Eligibility: people in need

Coverage area: L'Assomption

Hours: Tuesday and Wednesday 13h00 to 16h00, Thursday 17h00 to 20h00, Saturday 9h00 to 12h00

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-PAUL-L'ERMITE

380 Lacombe Boulevard, Repentigny, Lanaudière, QC, J5Z 1N6

450 585-0319

Website: ssvp-mtl.org

Email: ssvplegardeur@videotron.ca

Services: Thrift store. * On-site recovery and sale of clothing, bedding, toys, small furniture, books, small electronics.

Eligibility: people in need

Coverage area: Le Gardeur

Hours: Monday, Wednesday, Thursday 12h30 to 16h00

Fees: variables

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT-GÉRARD-MAJELLA

2740 L'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 4R8

450 588-7934

Email: cplassomption@ssvp-mtl.org

Services: * Clothing store. * Distribution of non-perishable goods and food vouchers. * Christmas baskets. * Aid for buying school supplies.

Eligibility: people on a low income

Coverage area: Saint-Gérard-Majella

Hours: Thursday 9h00 to 12h00, Saturday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE L'ÉPIPHANIE

85 Sainte-Anne Street, L'Épiphanie, Lanaudière, QC, J5X 3Z9

450 588-3701

Website: ssvp-mtl.org/en

Email: lepiphanie@ssvp-mtl.org

Services: * Clothing depot.

Eligibility: people on a low income

Coverage area: L'Épiphanie

Hours: Tuesday and Thursday 13h00 to 16h00, Saturday 9h00 to 12h00

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-JEAN-PAUL II

575 Leclerc Street, Repentigny, Lanaudière, QC, J6A 8C1

450 654-9703

Email: maisonozanam@ssvp-mtl.org

Services: * Thrift shop. * On-site recovery of clothing, small furniture, housewares, books and sports items.

Eligibility: people on a low income

Coverage area: MRC L'Assomption

Hours: store: Wednesday 9h00 to 13h00, Thursday 12h00 to 19h00, Saturday 9h00 to 16h00, donation collection: Monday to Friday 8h00 to 15h00, Saturday 8h00 to 14h00

Financing: donations, self-financing

Legal status: non-profit organization

Transportation**ACCOMPANIED TRANSPORT****ACCOMPANIED TRANSPORT FOR MEDICAL REASONS****PUBLIC TRANSPORTATION**

Accompanied transport

CENTRE D'ACTION BÉNÉVOLE DES MOULINS - ACCOMPANIMENT-TRANSPORTATION

298 Joseph-Guay Street, Terrebonne, Lanaudière, QC, J6W 4S3

450 964-9898 Fax: 450 964-3028

Website: www.cabdesmoulins.org

Email: info@cabdesmoulins.org

Services: * Accompaniment and transportation to medical appointment by volunteers.

Eligibility: seniors 65 years and over with a loss of autonomy in priority, convalescent people

Coverage area: MRC Les Moulins, appointments: Greater Montréal

Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 17h00, Friday 8h30 to 12h00

Fees: variable according to the destination, fixed rate

Financing: provincial, cotisations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION - ACCOMPANIMENT-TRANSPORTATION

50 Thouin Street, Suite 108, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrlassomption.org

Services: * Accompaniment and transportation to non-emergency medical appointments, socio-legal appointments or food banks by volunteers.

Eligibility: people of all ages unable to get to their appointments on their own

Coverage area: MRC L'Assomption, accompaniment and transportation: province of Quebec

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00

Fees: membership card: \$20, accompaniment and transportation: \$4 for people on social assistance, variable for others (depending on distance)

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ EN SOUTIEN À DOMICILE DE LA MRC L'ASSOMPTION - ACCOMPANIMENT-TRANSPORTATION

50 Thouin Street, Suite 248-A, Repentigny, Lanaudière, QC, J6A 4J4

450 581-4621 Fax: 450 581-3760

Website: cooplassomption.ca

Email: reception2@cooplassomption.ca

Services: * Unaccompanied shopping service: grocery store, pharmacy and bank. * Accompaniment and transportation with a referral from the CISSS de Lanaudière.

Eligibility: people 18 years old and over, people with a loss of autonomy

Coverage area: MRC L'Assomption

Hours: Monday to Friday 7h30 to 16h30

Fees: \$30.75 per hour minus the RAMQ's Financial Assistance Program for Domestic Help Services (FAPDHS)

Financing: self-financing

Legal status: non-profit organization

Accompanied transport for medical reasons

CENTRE D'ACTION BÉNÉVOLE DES MOULINS - ACCOMPANIMENT-TRANSPORTATION

298 Joseph-Guay Street, Terrebonne, Lanaudière, QC, J6W 4S3

450 964-9898 Fax: 450 964-3028

Website: www.cabdesmoulins.org

Email: info@cabdesmoulins.org

Services: * Accompaniment and transportation to medical appointment by volunteers.

Eligibility: seniors 65 years and over with a loss of autonomy in priority, convalescent people

Coverage area: MRC Les Moulins, appointments: Greater Montréal

Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 17h00, Friday 8h30 to 12h00

Fees: variable according to the destination, fixed rate

Financing: provincial, cotisations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION - ACCOMPANIMENT-TRANSPORTATION

50 Thouin Street, Suite 108, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrclassomption.org

Services: * Accompaniment and transportation to non-emergency medical appointments, socio-legal appointments or food banks by volunteers.

Eligibility: people of all ages unable to get to their appointments on their own

Coverage area: MRC L'Assomption, accompaniment and transportation: province of Quebec

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00

Fees: membership card: \$20, accompaniment and transportation: \$4 for people on social assistance, variable for others (depending on distance)

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

Public Transportation

EMBARQUE LANAUDIÈRE

365 Saint-Louis Street, Joliette, Lanaudière, QC, J6E 7N3

450 756-0186

Website: www.embarquelanaudiere.ca

Email: info@crelanaudiere.ca

Services: Online platform disseminating information on alternative transportation. * Carpooling.

Eligibility: general public

Coverage area: Lanaudière

Financing: municipal, grants, contributions, donations

Legal status: non-profit organization

PROGRAMME TRANSPORT-HÉBERGEMENT LANAUDIÈRE

1000 Saint-Anne Boulevard, Saint-Charles-Borromée, Lanaudière, QC, J6E 6J2

1 888 759-4033 Fax: 450 756-4951

Website: transport.hebergement.csssnl@ssss.gouv.qc.ca

Services: Financial support for transportation, parking and housing, for frequent and regular trips for medical or rehabilitation treatment.

Eligibility: people living with an intellectual or physical disability

Coverage area: Lanaudière

Fees: none

Financing: provincial

Legal status: parapublic organization

Violence and abuse

CHILD ABUSE

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

ELDER ABUSE

HELP LINES RELATED TO VIOLENCE AND ABUSE

PREVENTION OF VIOLENCE AND CRIME

SEXUAL ASSAULT AND INCEST

SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES

SUPPORT FOR VICTIMS AND THEIR FAMILIES

THERAPY AND COUNSELLING

Child abuse

ENFANCE LIBRE LANAUDIÈRE

1208 de Lanaudière Street, Joliette, Lanaudière, QC, J6E 3P1

450 760-4848 Fax: 450 760-4847

Website: enfancelibrelanaudiere.ca

Email: info@enfancelibrelanaudiere.ca

Services: Prevention of sexual assault and violence to the children. * Workshops, prevention and awareness tools.

Eligibility: children, parents, adults, schools, organizations

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30

Fees: variable

Financing: self-financing

Legal status: non-profit organization

MILIEU D'INTERVENTION ET DE THÉRAPIE EN AGRESSION SEXUELLE

Confidential Address

450 755-6755 Fax: 450 755-1773

Website: www.mitas.ca

Email: mitas@mitas.ca

Services: Group and individual therapy.

Eligibility: children victims of sexual assault and their family, children presenting problematic sexual misconduct behaviour, men victims of sexual abuse during childhood, teenagers and adults authors or who feel at risk of committing sexual transgressions on minors

Capacity: groups: 8 people

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 16h00, therapies for adults in the evening

Fees: children: free, adults: variable

Financing: provincial, self-financing, grants, donations

Legal status: non-profit organization

REGARD EN ELLE

Confidential Address

1 888 582-6005 Fax: 450 582-2206

Website: regardenelle.org/en

Email: servicesaide@regardenelle.org

Services: First stage housing for women victims of violence. * Intervention, counselling. * Support for procedures of any kind. * 24/7 telephone support. * Self-help groups. * Information, orientation and referrals. * Individual and group external follow-up for women, children, mothers. * Awareness and prevention. * Coffee-meetings for relatives. * Second stage housing.

Eligibility: women who have experienced or are experiencing violence, with or without children

Capacity: 21 spots

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

REGROUP'ELLES

Confidential Address

450 964-4404 Fax: 450 964-4653**Website:** www.regroupelles.org**Email:** info@regroupelles.org

Services: Housing for women victims of domestic violence. * Assistance with procedures. * Support to mothers and children. * Telephone listening. * Individual and group follow-up. * Information and referral. * External individual follow-up. * External support group.

Eligibility: women living or having experienced domestic violence, with or without children, children exposed to domestic violence

Capacity: 21 rooms, support groups: 15 participants

Coverage area: Lanaudière

Hours: housing and phone line: 24 hours / 7 days, external follow-up and support groups: day and evening

Fees: none

Financing: dons, provincial

Legal status: non-profit organization

Domestic violence: shelters and support**AU COEUR DE L'IL, CENTRE D'ACCOMPAGNEMENT LANAUDOIS POUR DES RELATIONS RESPECTUEUSES ET ÉGALITAIRES**

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

1 800 567-8759 Fax: 450 756-2283**Website:** aucoeurdelil.org**Email:** intervenant@aucoeurdelil.org

Services: * Reception, individual interviews and orientation. * Group approach. * Awareness, training and prevention. * Intervention with men with relationship problems and perpetrators of violent behaviours in the context of domestic violence. * Training for counsellors. * Point of service Joliette: 688 Manseau Boulevard. * Point of service Repentigny: 294B Iberville Boulevard. * Points of service Mascouche: 185 des Anglais Road.

Eligibility: men with relationship problems, people 18 years old and over perpetrators of violent behaviour in a marital, family or other context

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: reception and orientation interview: depending on income for a maximum of \$20, group approach: depending on income for a maximum of \$60

Financing: provincial, self-financing

Legal status: non-profit organization

LEGAL AID OFFICE - REPENTIGNY

10-A Brien Boulevard, Suite 100, Repentigny, Lanaudière, QC, J6A 4R7

450 581-8691 Fax: 450 581-1218**Website:** www.ccjll.qc.ca**Email:** bajrep@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - TERREBONNE

891 Saint-François-Xavier Street, Suite 210, Terrebonne, Lanaudière, QC, J6W 1H1

450 492-1535 Fax: 450 492-8378

Website: www.ccjll.qc.ca

Email: bajter@ccjll.qc.ca

Services: Free or low cost legal and judicial services to eligible individuals. * Reception and processing legal aid requests.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

MAISON D'ACCUEIL LA TRAVERSE

Confidential Address

1 800 363-9010 Fax: 450 759-0357

Website: www.maisonlatraverse.org

Email: equipe@maisonlatraverse.org

Services: Shelter for women experiencing domestic violence. * Helpline. * Temporary housing. * Confidential online messaging: maisonlatraverse.messageconfidentiel.ca * Accompaniment in the procedures. * Preventive external meetings. * On-site youth worker. * Post-housing follow-up. * Animated group meetings. * Information on rights and recourses. * Awareness-raising and prevention.

Eligibility: women experiencing domestic violence, with or without children

Capacity: 15 places for women or children

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON OXYGÈNE JOLIETTE-LANAUDIÈRE

Confidential Address

450 499-2617

Website: www.maisonoxygenejoliettelanaudiere.org

Email: administration@mojl.org

Services: Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up.

Eligibility: fathers and their children living with a family problem

Coverage area: Lanaudière

Hours: variable

Fees: housing: according to income, psychosocial follow-up: free

Financing: grants, donations

Legal status: non-profit organization

MAISON OXYGÈNE L'ASSOMPTION

980 de l'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 1P1

450 591-2617

Website: www.maisonoxygenejoliettelanaudiere.org

Email: j.beliveau.mojl@gmail.com

Services: Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up

Eligibility: fathers and their children living with a family problem

Coverage area: Lanaudière

Hours: variable

Fees: housing: according to income, psychosocial follow-up: free

Financing: grants, donations

Legal status: None or unknown

REGARD EN ELLE

Confidential Address

1 888 582-6005 Fax: 450 582-2206

Website: regardenelle.org/en

Email: servicesaide@regardenelle.org

Services: First stage housing for women victims of violence. * Intervention, counselling. * Support for procedures of any kind. * 24/7 telephone support. * Self-help groups. * Information, orientation and referrals. * Individual and group external follow-up for women, children, mothers. * Awareness and prevention. * Coffee-meetings for relatives. * Second stage housing.

Eligibility: women who have experienced or are experiencing violence, with or without children

Capacity: 21 spots

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

REGARD EN ELLE - SECOND STAGE HOUSING

Confidential Address

1 888 582-6005 Fax: 450 582-2206

Website: www.regardenelle.org/index.php

Email: equipe@regardenelle.org

Services: Second stage housing for women who have experienced or are experiencing violence, with or without children. * Housing for a maximum stay of two years. * Support and accompaniment. * Individual and group follow-up.

Eligibility: women who have experienced or are experiencing violence, with or without children

Capacity: 6 units: five 3½ and one 4½

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: grants, donations, autofinancing

Legal status: non-profit organization

REGROUP'ELLES

Confidential Address

450 964-4404 Fax: 450 964-4653

Website: www.regroupelles.org

Email: info@regroupelles.org

Services: Housing for women victims of domestic violence. * Assistance with procedures. * Support to mothers and children. * Telephone listening. * Individual and group follow-up. * Information and referral. * External individual follow-up. * External support group.

Eligibility: women living or having experienced domestic violence, with or without children, children exposed to domestic violence

Capacity: 21 rooms, support groups: 15 participants

Coverage area: Lanaudière

Hours: housing and phone line: 24 hours / 7 days, external follow-up and support groups: day and evening

Fees: none

Financing: dons, provincial

Legal status: non-profit organization

Elder abuse

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrclassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonslassomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CITÉ GÉNÉRACTION 55+

702 Montée Masson South, Terrebonne, Lanaudière, QC, J6W 0E7

450 824-9111

Website: www.cite55.org

Email: info@cite55.org

Services: * Sports, cultural and educational activities. * Conferences, workshops. * ARRA chats: access to resources that ensure seniors' respect. * Outings and trips.

Eligibility: people 55 years old and over

Coverage area: Terrebonne

Hours: administration: Monday to Friday 8h30 to 17h00, activities: Monday to Friday 8h30 to 22h00, Saturday 8h30 to 16h30

Fees: annual membership: \$40

Financing: municipal, membership fees, donations, self-financing

Legal status: non-profit organization

FIN À LA FAIM...

50 Thouin Street, Suite 223, Repentigny, Lanaudière, QC, J6A 4J4

450 654-3871

Website: www.finalafaim.org

Email: info@finalafaim.org

Services: * Weekly food assistance by appointment at 165 Ste-Marie in Charlemagne. * School projects: volunteering or community work. * Compensatory work and fines. * Prevention of elder abuse. * Help for new mothers who attend the organization. * Christmas baskets for members.

Eligibility: people and families on a low income

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 16h30, food distribution: by appointment, Thursday 12h00 to 16h00, holiday schedule: closed from december 24, 2024 to january 5, 2025

Fees: food assistance: \$3 per family per week

Financing: donations

Legal status: non-profit organization

Help lines related to violence and abuse

AU COEUR DE L'IL, CENTRE D'ACCOMPAGNEMENT LANAUDOIS POUR DES RELATIONS RESPECTUEUSES ET ÉGALITAIRES

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

1 800 567-8759 Fax: 450 756-2283

Website: aucoeurdelil.org

Email: intervenant@aucoeurdelil.org

Services: * Reception, individual interviews and orientation. * Group approach. * Awareness, training and prevention. * Intervention with men with relationship problems and perpetrators of violent behaviours in the context of domestic violence. * Training for counsellors. * Point of service Joliette: 688 Manseau Boulevard. * Point of service Repentigny: 294B Iberville Boulevard. * Points of service Mascouche: 185 des Anglais Road.

Eligibility: men with relationship problems, people 18 years old and over perpetrators of violent behaviour in a marital, family or other context

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: reception and orientation interview: depending on income for a maximum of \$20, group approach: depending on income for a maximum of \$60

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - LA CHRYSALIDE

Confidential Address

1 866 964-7888

Website: calacslachrysalide.ca

Email: info@calacslachrysalide.ca

Services: * Individual follow-up. * Journey group (morning and evening). * Support for close ones. * Information on rights and recourses. * Accompaniment in medical and legal procedures, advocacy. * Active telephone listening. * Awareness workshops and booth stands. * Self-defense class for women and adolescents. * Training for field workers and interns. * Prevention workshops in secondary schools and other environments.

Eligibility: women and female teenagers 14 years old and over who have lived a sexual assault or sexual exploitation, their close ones, community, institutional and school field workers

Coverage area: MRC L'Assomption, MRC Les Moulins, South of MRC Montcalm

Hours: Monday to Friday 8h30 to 17h00, possibilities in the evening, Holiday schedule 2024: closed from December 20, 2024 to January 5, 2025 inclusively

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON D'ACCUEIL LA TRAVERSE

Confidential Address

1 800 363-9010 Fax: 450 759-0357

Website: www.maisonlatraverse.org

Email: equipe@maisonlatraverse.org

Services: Shelter for women experiencing domestic violence. * Helpline. * Temporary housing. * Confidential online messaging: maisonlatraverse.messageconfidentiel.ca * Accompaniment in the procedures. * Preventive external meetings. * On-site youth worker. * Post-housing follow-up. * Animated group meetings. * Information on rights and recourses. * Awareness-raising and prevention.

Eligibility: women experiencing domestic violence, with or without children

Capacity: 15 places for women or children

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: none

Financing: grants

Legal status: non-profit organization

REGARD EN ELLE

Confidential Address

1 888 582-6005 Fax: 450 582-2206

Website: regardenelle.org/en

Email: servicesaide@regardenelle.org

Services: First stage housing for women victims of violence. * Intervention, counselling. * Support for procedures of any kind. * 24/7 telephone support. * Self-help groups. * Information, orientation and referrals. * Individual and group external follow-up for women, children, mothers. * Awareness and prevention. * Coffee-meetings for relatives. * Second stage housing.

Eligibility: women who have experienced or are experiencing violence, with or without children

Capacity: 21 spots

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

REGROUP'ELLES

Confidential Address

450 964-4404 Fax: 450 964-4653

Website: www.regroupelles.org

Email: info@regroupelles.org

Services: Housing for women victims of domestic violence. * Assistance with procedures. * Support to mothers and children. * Telephone listening. * Individual and group follow-up. * Information and referral. * External individual follow-up. * External support group.

Eligibility: women living or having experienced domestic violence, with or without children, children exposed to domestic violence

Capacity: 21 rooms, support groups: 15 participants

Coverage area: Lanaudière

Hours: housing and phone line: 24 hours / 7 days, external follow-up and support groups: day and evening

Fees: none

Financing: dons, provincial

Legal status: non-profit organization

Prevention of violence and crime

AU COEUR DE L'IL, CENTRE D'ACCOMPAGNEMENT LANAUDOIS POUR DES RELATIONS RESPECTUEUSES ET ÉGALITAIRES

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

1 800 567-8759 Fax: 450 756-2283

Website: aucoeurdelil.org

Email: intervenant@aucoeurdelil.org

Services: * Reception, individual interviews and orientation. * Group approach. * Awareness, training and prevention. * Intervention with men with relationship problems and perpetrators of violent behaviours in the context of domestic violence. * Training for counsellors. * Point of service Joliette: 688 Manseau Boulevard. * Point of service Repentigny: 294B Iberville Boulevard. * Points of service Mascouche: 185 des Anglais Road.
Eligibility: men with relationship problems, people 18 years old and over perpetrators of violent behaviour in a marital, family or other context
Coverage area: Lanaudière
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00
Fees: reception and orientation interview: depending on income for a maximum of \$20, group approach: depending on income for a maximum of \$60
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - LA CHRYSALIDE

Confidential Address

1 866 964-7888

Website: calacslachrysalide.ca

Email: info@calacslachrysalide.ca

Services: * Individual follow-up. * Journey group (morning and evening). * Support for close ones. * Information on rights and recourses. * Accompaniment in medical and legal procedures, advocacy. * Active telephone listening. * Awareness workshops and booth stands. * Self-defense class for women and adolescents. * Training for field workers and interns. * Prevention workshops in secondary schools and other environments.
Eligibility: women and female teenagers 14 years old and over who have lived a sexual assault or sexual exploitation, their close ones, community, institutional and school field workers
Coverage area: MRC L'Assomption, MRC Les Moulins, South of MRC Montcalm
Hours: Monday to Friday 8h30 to 17h00, possibilities in the evening, Holiday schedule 2024: closed from December 20, 2024 to January 5, 2025 inclusively
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉQUIJUSTICE LANAUDIÈRE SUD

50, rue Thouin, bureau 200, Repentigny, Lanaudière, QC, J6A 4J4

450 581-1459 Fax: 450 581-1453

Website: equijustice.ca/en

Email: lanaudieresud@equijustice.ca

Services: * Information and referrals. * Monitoring of extrajudicial measures and specific offenses in the framework of the Youth Criminal Justice Act (YCJA). * Occasional preventive interventions and activities in school and community environments on the YCJA, anger and conflict management, bullying and cyberbullying. * Workshops, conferences and training on anger and conflict management for parents and teenagers. * School mediation. * Citizen mediation and workshops on communication and conflict management. * Alternative measures general program (PMRG): diversion program for adults, based on the repair of harm caused to the victims of a crime or to the community.
Eligibility: young people 9 to 17 years old and their parents, adult offenders and victims, school and community workers and clients, citizen mediation: general public
Coverage area: MRC Les Moulins, MRC L'Assomption, Laval
Hours: Monday to Friday 8h30 to 20h00 by appointment
Financing: provincial
Legal status: non-profit organization

MAISON D'ACCUEIL LA TRAVERSE

Confidential Address

1 800 363-9010 Fax: 450 759-0357**Website:** www.maisonlatraverse.org**Email:** equipe@maisonlatraverse.org

Services: Shelter for women experiencing domestic violence. * Helpline. * Temporary housing. * Confidential online messaging: maisonlatraverse.messageconfidentiel.ca * Accompaniment in the procedures. * Preventive external meetings. * On-site youth worker. * Post-housing follow-up. * Animated group meetings. * Information on rights and recourses. * Awareness-raising and prevention.

Eligibility: women experiencing domestic violence, with or without children**Capacity:** 15 places for women or children**Coverage area:** Lanaudière**Hours:** 24 hours / 7 days**Fees:** none**Financing:** grants**Legal status:** non-profit organization**MAISON OXYGÈNE JOLIETTE-LANAUDIÈRE**

Confidential Address

450 499-2617**Website:** www.maisonoxygenejoliettelanaudiere.org**Email:** administration@mojl.org

Services: Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up.

Eligibility: fathers and their children living with a family problem**Coverage area:** Lanaudière**Hours:** variable**Fees:** housing: according to income, psychosocial follow-up: free**Financing:** grants, donations**Legal status:** non-profit organization**MAISON OXYGÈNE L'ASSOMPTION**

980 de l'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 1P1

450 591-2617**Website:** www.maisonoxygenejoliettelanaudiere.org**Email:** j.beliveau.mojl@gmail.com

Services: Housing for fathers and their children. * Temporary housing. * Reception, information and accompaniment. * Fathers-children activities. * External psychosocial follow-up

Eligibility: fathers and their children living with a family problem**Coverage area:** Lanaudière**Hours:** variable**Fees:** housing: according to income, psychosocial follow-up: free**Financing:** grants, donations**Legal status:** None or unknown**REGARD EN ELLE**

Confidential Address

1 888 582-6005 Fax: 450 582-2206**Website:** regardenelle.org/en**Email:** servicesaide@regardenelle.org

Services: First stage housing for women victims of violence. * Intervention, counselling. * Support for procedures of any kind. * 24/7 telephone support. * Self-help groups. * Information, orientation and referrals. * Individual and group external follow-up for women, children, mothers. * Awareness and prevention. * Coffee-meetings for relatives. * Second stage housing.

Eligibility: women who have experienced or are experiencing violence, with or without children

Capacity: 21 spots

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

SERVICE DE POLICE DE MASCOUCHE

Confidential Address

450 474-6114 TTY: 911

Website: ville.mascouche.qc.ca/services-aux-citoyens/securite-publique/service-de-police

Email: police@ville.mascouche.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * Space for exchanging goods for people with whom a transaction on online sales sites has been made. * Supervised space for custody exchange. * Sécur+Or program: home visit by a police officer, firefighter or social worker for home support (security of premises, referrals).

Eligibility: Sécur+Or program: seniors 65 years and over

Coverage area: Mascouche

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE REPENTIGNY

1 Montée des Arsenaux, Repentigny, Lanaudière, QC, J5Z 2C1

450 470-3600

Website: repentigny.ca/services/citoyens/sante-securite-publiques/police-prevention-criminalite

Email: police@repentigny.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Community support: education, prevention and outreach. * Awareness-raising.

Coverage area: Repentigny, Charlemagne

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE TERREBONNE

1004 Gabrielle-Roy Avenue, Terrebonne, Lanaudière, QC, J6Y 0P2

450 471-4121

Website: www.ville.terrebonne.qc.ca/service-de-police

Email: police.terrebonne@ville.terrebonne.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: Terrebonne, Sainte-Anne-des-Plaines, Bois-des-Filion

Financing: municipal

Legal status: municipal agency

Sexual assault and incest

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - LA CHRYSALIDE

Confidential Address

1 866 964-7888

Website: calacslachrysalide.ca

Email: info@calacslachrysalide.ca

Services: * Individual follow-up. * Journey group (morning and evening). * Support for close ones. * Information on rights and recourses. * Accompaniment in medical and legal procedures, advocacy. * Active telephone listening. * Awareness workshops and booth stands. * Self-defense class for women and adolescents. * Training for field workers and interns. * Prevention workshops in secondary schools and other environments.

Eligibility: women and female teenagers 14 years old and over who have lived a sexual assault or sexual exploitation, their close ones, community, institutional and school field workers

Coverage area: MRC L'Assomption, MRC Les Moulins, South of MRC Montcalm

Hours: Monday to Friday 8h30 to 17h00, possibilities in the evening, Holiday schedule 2024: closed from December 20, 2024 to January 5, 2025 inclusively

Fees: none

Financing: provincial

Legal status: non-profit organization

CLSC DESROSIERS-LANGLOIS

821 de la Soeur-Marie-Rose Street, Terrebonne, Lanaudière, QC, J6V 0E8

450 470-2670

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=693678&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6V0E8

Services: Frontline services for routine health and social services.* Designated centre for specialized services for victims of sexual assault: medical, legal and psychological assistance whose condition requires a physical and psychological health assessment or a medical or forensic examination.

Coverage area: Lanaudière

Hours: Monday 8h00 to 20h00, Tuesday to Thursday 8h00 to 17h00, Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

ENFANCE LIBRE LANAUDIÈRE

1208 de Lanaudière Street, Joliette, Lanaudière, QC, J6E 3P1

450 760-4848 Fax: 450 760-4847

Website: enfancelibrelanaudiere.ca

Email: info@enfancelibrelanaudiere.ca

Services: Prevention of sexual assault and violence to the children. * Workshops, prevention and awareness tools.

Eligibility: children, parents, adults, schools, organizations

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30

Fees: variable

Financing: self-financing

Legal status: non-profit organization

MILIEU D'INTERVENTION ET DE THÉRAPIE EN AGRESSION SEXUELLE

Confidential Address

450 755-6755 Fax: 450 755-1773

Website: www.mitas.ca

Email: mitas@mitas.ca

Services: Group and individual therapy.

Eligibility: children victims of sexual assault and their family, children presenting problematic sexual misconduct behaviour, men victims of sexual abuse during childhood, teenagers and adults authors or who feel at risk of committing sexual transgressions on minors

Capacity: groups: 8 people

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 16h00, therapies for adults in the evening

Fees: children: free, adults: variable

Financing: provincial, self-financing, grants, donations

Legal status: non-profit organization

Support for perpetrators of violence and their families

AU COEUR DE L'IL, CENTRE D'ACCOMPAGNEMENT LANAUDOIS POUR DES RELATIONS RESPECTUEUSES ET ÉGALITAIRES

688 Manseau Boulevard, Joliette, Lanaudière, QC, J6E 3E6

1 800 567-8759 Fax: 450 756-2283

Website: aucoeurdelil.org

Email: intervenant@aucoeurdelil.org

Services: * Reception, individual interviews and orientation. * Group approach. * Awareness, training and prevention. * Intervention with men with relationship problems and perpetrators of violent behaviours in the context of domestic violence. * Training for counsellors. * Point of service Joliette: 688 Manseau Boulevard. * Point of service Repentigny: 294B Iberville Boulevard. * Points of service Mascouche: 185 des Anglais Road.

Eligibility: men with relationship problems, people 18 years old and over perpetrators of violent behaviour in a marital, family or other context

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: reception and orientation interview: depending on income for a maximum of \$20, group approach: depending on income for a maximum of \$60

Financing: provincial, self-financing

Legal status: non-profit organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

ÉQUIJUSTICE LANAUDIÈRE SUD

50, rue Thouin, bureau 200, Repentigny, Lanaudière, QC, J6A 4J4

450 581-1459 Fax: 450 581-1453

Website: equijustice.ca/en

Email: lanaudieresud@equijustice.ca

Services: * Information and referrals. * Monitoring of extrajudicial measures and specific offenses in the framework of the Youth Criminal Justice Act (YCJA). * Occasional preventive interventions and activities in school and community environments on the YCJA, anger and conflict management, bullying and cyberbullying. * Workshops, conferences and training on anger and conflict management for parents and teenagers. * School mediation. * Citizen mediation and workshops on communication and conflict management. * Alternative measures general program (PMRG): diversion program for adults, based on the repair of harm caused to the victims of a crime or to the community.

Eligibility: young people 9 to 17 years old and their parents, adult offenders and victims, school and community workers and clients, citizen mediation: general public

Coverage area: MRC Les Moulins, MRC L'Assomption, Laval

Hours: Monday to Friday 8h30 to 20h00 by appointment

Financing: provincial

Legal status: non-profit organization

MILIEU D'INTERVENTION ET DE THÉRAPIE EN AGRESSION SEXUELLE

Confidential Address

450 755-6755 Fax: 450 755-1773

Website: www.mitas.ca

Email: mitas@mitas.ca

Services: Group and individual therapy.

Eligibility: children victims of sexual assault and their family, children presenting problematic sexual misconduct behaviour, men victims of sexual abuse during childhood, teenagers and adults authors or who feel at risk of committing sexual transgressions on minors

Capacity: groups: 8 people

Coverage area: Lanaudière

Hours: Monday to Thursday 9h00 to 16h00, therapies for adults in the evening

Fees: children: free, adults: variable

Financing: provincial, self-financing, grants, donations

Legal status: non-profit organization

PANDA DE LA MRC L'ASSOMPTION

50 Thouin Street, Suite 242, Repentigny, Lanaudière, QC, J6A 4J4

450 582-0003

Website: www.tdahpanda.ca

Email: panda3@bellnet.ca

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Parental coaching: 10-week support groups for parents. * Workshops: anger management, socialization, ADHD and anxiety, teens and ADHD. * Varied themed activities for children. * Groups for adults living with ADHD: 6 meetings every 2 weeks. * Meetings by appointment. * Information and documentation. * Conferences.

Eligibility: children and adults with or awaiting an attention deficit disorder diagnosis, with or without hyperactivity, their parents

Capacity: parent support groups: 10 people, support groups for adults and children: 6 people

Coverage area: MRC L'Assomption

Hours: groups for parents or adults: weeknights, groups for children: Saturday morning

Fees: annual membership: \$10 per family, parental coaching: \$100 for 10 meetings, groups for children or adults with ADHD: \$10 per meeting

Financing: self-financing, provincial, fundraising campaigns, membership fees, donations

Legal status: non-profit organization

Support for victims and their families

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - LA CHRYSALIDE

Confidential Address

1 866 964-7888

Website: calacslachrysalide.ca

Email: info@calacslachrysalide.ca

Services: * Individual follow-up. * Journey group (morning and evening). * Support for close ones. * Information on rights and recourses. * Accompaniment in medical and legal procedures, advocacy. * Active telephone listening. * Awareness workshops and booth stands. * Self-defense class for women and adolescents. * Training for field workers and interns. * Prevention workshops in secondary schools and other environments.

Eligibility: women and female teenagers 14 years old and over who have lived a sexual assault or sexual exploitation, their close ones, community, institutional and school field workers

Coverage area: MRC L'Assomption, MRC Les Moulins, South of MRC Montcalm

Hours: Monday to Friday 8h30 to 17h00, possibilities in the evening, Holiday schedule 2024: closed from December 20, 2024 to January 5, 2025 inclusively

Fees: none

Financing: provincial

Legal status: non-profit organization

CLSC DESROSIERS-LANGLOIS

821 de la Soeur-Marie-Rose Street, Terrebonne, Lanaudière, QC, J6V 0E8

450 470-2670

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=693678&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6V0E8

Services: Frontline services for routine health and social services.* Designated centre for specialized services for victims of sexual assault: medical, legal and psychological assistance whose condition requires a physical and psychological health assessment or a medical or forensic examination.

Coverage area: Lanaudière

Hours: Monday 8h00 to 20h00, Tuesday to Thursday 8h00 to 17h00, Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC MEILLEUR D'IBERVILLE

1124 Iberville Boulevard, Suite 200, Repentigny, Lanaudière, QC, J5Y 3M6

450 654-1023

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1939&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5Y3M6

Services: Frontline services for routine health and social services. * Distribution of new injection equipment to people who use drugs (free service). * Test samples. * Assistance for victims of crime. * General vaccination.

Coverage area: Lanaudière

Hours: Monday, Tuesday and Thursday 8h30 to 20h00, Wednesday and Friday 8h30 to 16h30, tests centre: Monday to Friday 6h15 to 14h15

Financing: provincial

Legal status: parapublic organization

CRIME VICTIMS ASSISTANCE CENTRE OF LANAUDIÈRE

Confidential Address

1 888 755-6127 Fax: 450 755-6069

Website: cavac.qc.ca/en

Email: info@cavaclanaudiere.com

Services: * Telephone consultation, welcoming, listening and support. * Accompaniment in the judiciary system. * Information on the legal process and on the rights and recourses for victims of crime. * Orientation to the appropriate legal, medical, social and community resources. * Post-traumatic intervention. * Technical assistance.

Eligibility: people victims of criminal acts, their relatives, witnesses of a crime

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF LANAUDIÈRE - REPENTIGNY SERVICE POINT

Confidential Address

1 888 755-6127

Website: cavac.qc.ca/en

Email: info@cavaclanaudiere.com

Services: * Telephone consultation, welcoming, listening and support. * Accompaniment in the judiciary system. * Information on the legal process and on the rights and recourses of victims of crime. * Orientation to the appropriate legal, medical, social and community resources. * Post-traumatic intervention. * Technical assistance.

Eligibility: people victims of criminal acts, their relatives, witnesses of a crime

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

ÉQUIJUSTICE LANAUDIÈRE SUD

50, rue Thouin, bureau 200, Repentigny, Lanaudière, QC, J6A 4J4

450 581-1459 Fax: 450 581-1453

Website: equijustice.ca/en

Email: lanaudieresud@equijustice.ca

Services: * Information and referrals. * Monitoring of extrajudicial measures and specific offenses in the framework of the Youth Criminal Justice Act (YCJA). * Occasional preventive interventions and activities in school and community environments on the YCJA, anger and conflict management, bullying and cyberbullying. * Workshops, conferences and training on anger and conflict management for parents and teenagers. * School mediation. * Citizen mediation and workshops on communication and conflict management. * Alternative measures general program (PMRG): diversion program for adults, based on the repair of harm caused to the victims of a crime or to the community.

Eligibility: young people 9 to 17 years old and their parents, adult offenders and victims, school and community workers and clients, citizen mediation: general public

Coverage area: MRC Les Moulins, MRC L'Assomption, Laval

Hours: Monday to Friday 8h30 to 20h00 by appointment

Financing: provincial

Legal status: non-profit organization

MOTHERS AGAINST DRUNK DRIVING - LANAUDIÈRE CHAPTER

Confidential Address

1 800 665-6233 ext. 380

Website: maddsections.ca/lanaudiere

Email: madd-lanaudiere@hotmail.com

Services: * Helpline. * Support for victims of impaired driving. * Awareness, information and prevention campaigns. * Referral and documentation. * Informal accompaniment to court.

Eligibility: impaired driving victims, their relatives, general public, students

Coverage area: Lanaudière

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

SERVICE CANADA CENTRE - REPENTIGNY

667 Notre-Dame Street, Suite 200, Repentigny, Lanaudière, QC, J6A 2W5

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, Labor standards, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Repentigny

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - TERREBONNE

835 Montée Masson, Terrebonne, Lanaudière, QC, J6W 2C7

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Terrebonne

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Therapy and counselling

AIRE OUVERTE DE JOLIETTE

107 Place Bourget Nord, Joliette, Lanaudière, QC, J6E 5E6

450 271-6382

Website: www.cisss-lanaudiere.gouv.qc.ca/aire-ouverte

Email: aireouvertelanaudiere@ssss.gouv.qc.ca

Services: Varied confidential services for youth 12 to 25 years old with or without an appointment. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention and education on alcohol, drugs, gambling and problematic Internet use. * School and career counseling. * Prevention of domestic violence.

Eligibility: youth 12 to 25 years old

Coverage area: Lanaudière

Hours: Monday 11h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Sunday 11h00 to 16h00, Summer schedule: Monday 10h00 to 17h00, Tuesday to Thursday 11h00 to 19h00, Friday by appointment

Fees: none

Financing: provincial

Legal status: provincial government agency

ALBATROS LANAUDIÈRE

2500 Mascouche Boulevard, Suite 139, Mascouche, Lanaudière, QC, J7K 0H5

450 966-9508 Fax: 450 966-9508

Website: albatros-lanaudiere.com

Email: infos@albatros-lanaudiere.org

Services: * Accompaniment of people in end of life and palliative care. * Training for accompaniment in end of life and palliative care. * Support groups for bereaved people. * Telephone support for the bereaved people.

Eligibility: people 18 years and over who are terminally ill, bereaved, their family and caregivers

Coverage area: Lanaudière

Hours: by appointment

Fees: variable

Financing: foundations, provincial, municipal, donations

Legal status: None or unknown

AMIS DE LAMATER (LES)

695 Ouimet Street, Terrebonne, Lanaudière, QC, J6W 3B1

450 492-0030 Fax: 450 492-0734

Website: lesamisdelamater.org

Email: mjlriverie@lesamisdelamater.org

Services: Respite centre. * Support for caregivers. * Community luncheons and dinners. * Light exercises, skill games, memory exercise, Wii (video game console), music therapy, art therapy. * Days for seniors living with a cognitive problem or conditions related to aging. * Internship opportunities in social work and recreation fields. * Week of Christmas activities for members: traditional meal, visit from Santa Claus and gifts distribution.

Eligibility: people 50 years old and over, autonomous, semi-autonomous or with a loss of autonomy

Capacity: 30 persons per day

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: annual registration: \$60, additional costs charged per session

Financing: self-financing, provincial, donations

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

1 877 439-2077 Fax: 450 439-5167

Website: handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Christmas Eve Reception. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 40

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CANCER-AIDE LANAUDIÈRE - POINT DE SERVICE SUD

50 Thouin Street, Suite 237, Richelieu Pavillion, Repentigny, Lanaudière, QC, J6A 4J4

450 654-8437

Website: canceraidelanaudiere.com

Email: canceraide.lr@gmail.com

Services: * Phone listening. * Information and referral: resources guide, documentation, books and audio-video cassettes loans, Les Quatre Saisons journal. * Monthly and individual meetings. * Support group. * Conferences. * Activities with financial assistance: artistic workshops, outings, stretching sessions, counselling with a therapist and massage therapy sessions.

Eligibility: people living with cancer, their close ones

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: meetings: 3rd Wednesday of the month 13h30 to 15h30

Fees: annual membership: \$10, activities: variable

Financing: contributions, provincial, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE MRC L'ASSOMPTION

50 Thouin Street, Suite 201, Repentigny, Lanaudière, QC, J6A 4J4

450 581-5033 Fax: 450 581-5470

Website: www.servicebenevole.com

Email: informations@cabmrclassomption.org

Services: Day centre with social and educational activities. Support for seniors * Listening and referrals for seniors who are victims of abuse, neglect or violence. * Friendship calls and visits. * Prevention workshops: maintaining memory through gymnastics, managing stress, learning to surf the Internet, etc. * Community centre for seniors: community meals, activities (bingo, cards, etc.), celebrations. Community * Accompaniment and medical transport. * Support for organizations: technical and organizational support, networking and volunteer training, etc. * Volunteering: recruitment, training and activities. * Bénévolons platform: www.benevolonsl'assomption.ca * Tax clinic. Leisure * Creative workshops: painting, journal writing, knitting, etc. * Choir. Youth * Distribution of school supplies.

Eligibility: seniors, volunteering: general public, school supplies: parents of low-income pre-school or primary school children

Coverage area: MRC L'Assomption

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: annual membership: \$10

Financing: Centraide Lanaudière, provincial

Legal status: non-profit organization

CENTRE DE FEMMES MARIE DUPUIS

241 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E9

450 752-5005 Fax: 450 752-0057

Website: www.cdfmariedupuis.com

Email: accueil@cdfmariedupuis.ca

Services: Centre providing assistance, listening and meetings. * Individual consultation. * Self-help groups. * Information and referrals. * Thematic workshops and conferences.

Eligibility: women

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$15

Financing: provincial, contribution, donations, fundraising campaigns

Legal status: non-profit organization

CENTRE DE JOUR JARDIN D'ÉTOILES

3931 Lakeshore Drive Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 1027

Website: jardinettoiles.ca

Email: info@jardinettoiles.ca

Services: Day centre for adults 18 to 65 years old living with a severe disability. * Adapted play activities. * Supervision of the participants by counsellors, individually or in pairs according to their needs. * Music therapy and zootherapy. * Sensory room.

Eligibility: adults 18 to 65 years old living with a severe disability

Coverage area: Lanaudière

Hours: Monday, Wednesday and Friday 9h00 to 11h30 and 13h00 to 15h30

Fees: sensory room: none, other services: variable

Financing: donations, provincial

Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DU SUD DE LANAUDIÈRE

2500 Mascouche Boulevard, Mascouche, Lanaudière, QC, J7K 0H5

438 529-2205

Website: www.aidehomme.com

Email: aidehomme@gmail.com

Services: Reception, listening, support and referral for men. * Accompaniment and individual follow-up in the short and medium term. * Conferences and workshops. * Collective kitchen: cooking classes for men. * Social activities. * Discussion groups on Zoom.

Eligibility: men 18 years old and over

Coverage area: MRC L'Assomption, MRC Les Moulins

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

CORPORATION DES ZOOTHÉRAPEUTES DU QUÉBEC

Confidential Address

438 872-2749

Website: membres.corpozootheapeute.com/fr

Email: administration@corpozootheapeute.com

Services: Grouping of independent professional zootherapists. * Promotion of zotherapy. * Members: training, insurance, discounts, etc. * Area of intervention of members: intellectual disability, atypical child development, degenerative diseases, physical and cerebral paralysis, mental health and addictions, palliative care, ADD ou ADHD, behaviorale disorders, autism spectrum disorders and aging and loss of autonomy. * Directory of members: membres.corpozootheapeute.com/fr/bottin

Eligibility: zootherapists, general public

Coverage area: Province of Québec

Fees: regular member: \$180 per year, newly graduated member: \$90 per year

Financing: membership fees

Legal status: non-profit organization

COULEURS DE LA VIE LANAUDIÈRE (AUX)

190 Montcalm Street, Joliette, Lanaudière, QC, J6E 5G4

450 752-4436

Website: auxcouleursdelavie.org

Email: info@auxcouleursdelavie.org

Services: Support and accompaniment in illness, loss, bereavement and caregiving. * Individual and group support and accompaniment. * Assistance with requests for medical assistance in dying. * Training and healing. * Conferences and workshops.

Eligibility: people experiencing loss or bereavement, caregivers, workers, health care professionals, caregivers whose person being cared for has died, people at the end of life, children, adults, seniors

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$10

Financing: provincial, grants

Legal status: non-profit organization

COURT OF QUÉBEC - CIVIL DIVISION - JOLIETTE

200 Saint-Marc Street, Joliette, Lanaudière, QC, J6E 8C2

450 753-4807 Fax: 450 752-1733

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/joliette-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than \$100 000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: Lanaudière: Joliette judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

FERMETTE ENCHANTÉE (LA)

1283 Cabane-Ronde Road, Mascouche, Lanaudière, QC, J7K 0P2

438 837-9060

Website: la-fermette-enchantee.business.site

Email: fermetteenchantee@outlook.com

Services: Educational farm and therapeutic environment. * Life on the farm and market gardening: raising awareness of young adults and realizing their full potential. * Resourcing at the Farm: interacting with animals in a therapeutic setting. * Frigos sympathiques: self-service refrigerator. * Volunteer opportunities in a therapeutic setting. * Social reintegration. * Vegetable sales.

Eligibility: general public

Coverage area: MRC Les Moulins

Hours: Monday to Sunday 9h30 to 17h00

Fees: voluntary donations, activities: variable

Financing: donations, self-financing

Legal status: non-profit organization

INFO-SOCIAL 8-1-1 - LANAUDIÈRE

Confidential Address

811 option 2

Website: www.quebec.ca/en/health/finding-a-resource/info-social-811

Services: Psychosocial consultation by phone. * Information and referral to assistance resources.

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

INTER-FEMMES

21 Alain Street, Repentigny, Lanaudière, QC, J6A 5C9

450 654-9621 Fax: 450 654-3621

Website: www.interfemmes.ca

Email: info@interfemmes.ca

Services: * Reception, listening and referral. * Interventions and helping relationships. * Living environment, civic action and advocacy. * Popular education workshops, personal growth and women's health.

Eligibility: women of 18 year old and over

Coverage area: MRC L'Assomption

Hours: Monday to Wednesday 8h30 to 16h00, Thursday 8h30 to 20h00

Fees: membership card: \$10

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

JARDINS DU MÉANDRE

3021 de l'Ange-Gardien Boulevard North, L'Assomption, Lanaudière, QC, J5W 4S1

450 938-1546

Website: jardinsdumeandre.org

Email: info@jardinsdumeandre.org

Services: Recreational and educational farm offering adapted activities to promote social and professional integration. * Agricultural, horticultural and craft activities: starting seedlings, harvesting crops, garden maintenance, etc. * Guided tours of the farm. * Educational cookery workshops. * Day camp: 8 weeks during the summer. * Sale of products on site: vegetables, jams, herbal teas, etc. * Christmas activities: Christmas market in the town of l'Assomption.

Eligibility: people 12 years old and over living on the autism spectrum or living with an intellectual disability

Coverage area: Lanaudière

Hours: administration: Monday to Friday 9h00 to 16h00, activities: Monday to Thursday 9h00 to 16h00, by appointment only

Fees: annual membership: \$5, half-day: \$13, whole day: \$25

Financing: foundations, provincial, donations, fundraising activities

Legal status: non-profit organization

MAISON ADHÉMAR-DION (LA)

4500 Saint-Charles Road, Terrebonne, Lanaudière, QC, J6V 1A3

450 932-0870 Fax: 450 932-1050

Website: laisonadhemardion.ca

Email: info@maisonadhemardion.com

Services: Palliative care centre. * Possibility for relatives to live with the resident. * Free services to the residents: food, medical care and hygiene, nursing services, psychosocial support, aesthetic care (hairdressing, manicure-pedicure), osteopathy, massage therapy and spiritual and family support. * Bereavement workshops. * Bereavement support groups. * Weekly bereavement coffee meetings. * Individual bereavement counselling.

Eligibility: people 18 years old and over with a prognosis of three months or less to live, living or having a caregiver living on the Lanaudière territory

Capacity: 12 beds

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: aucun

Financing: fundraising campaigns, donations, provincial

Legal status: non-profit organization

MAISON MÉMOIRE DU COEUR

77 du Docteur-Jean-Paul-Mireault Street, Saint-Charles-Borromée, Lanaudière, QC, J6E 9C5

450 760-3345 ext. 5 Fax: 450 760-3705

Website: www.maisonmemoireducoeur.com

Email: info@maisonmemoireducoeur.com

Services: Participatory and family-friendly living environment adapted for people living with Alzheimer's disease. * Private housing and housing in intermediate resource.

Eligibility: people living with Alzheimer's disease, their caregivers

Capacity: private housing: 10 places, housing in intermediate resource: 26 places

Coverage area: Lanaudière

Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

NÉO (LE)

950 Moody Boulevard, Terrebonne, Lanaudière, QC, J6W 3K8

1 800 964-1860

Website: le-neo.com

Email: neo@le-neo.com

Services: Education, information, awareness and support regarding sexual health, gender identity, sexual orientation and STIs. * Support meetings with sexologists and counsellors. * Réseau des alliés. * L'apparte: living environment and social activities for LGBTQ+ youth 12 to 17 years old. * Support group for and by trans and non-binary people 18 years and older. * Support group for parents of trans and non-binary children. * Monitoring for people living with HIV/AIDS or hepatitis. * Training. * Workshops and awareness activities.

Eligibility: LGBTQ+ people and allies, people living with HIV/AIDS or hepatitis, people aged 12 years old and over

Coverage area: Lanaudière

Hours: administration: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

ROSE BLEUE (LA) - ASSOCIATION DES PERSONNES HANDICAPÉES LES MOULINS

2904 Dupras Street, Mascouche, Lanaudière, QC, J7K 1T2

450 474-7007

Website: www.associationlarosebleue.com

Email: assrosebleue@videotron.ca

Services: * Music therapy. * Soft gymnastics. * Zootherapy. * Arts and crafts. * Sociocultural and recreational activities, outings. * Summer activities. * Advocacy of rights.

Eligibility: people living with an intellectual disability

Capacity: groups of 10 people

Coverage area: MRC Les Moulins

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: \$10 per year, activities: \$15 per day, summer activities: \$18 per day

Financing: provincial, Centraide régions centre-ouest du Québec, fundraising campaigns, membership fees

Legal status: non-profit organization

SERVICES AMITIÉS L'ASSOMPTION

255 Saint-Etienne Street, L'Assomption, Lanaudière, QC, J5W 1W7

514 793-0840

Website: www.servicesamities.org

Email: servicesamities@outlook.com

Services: * Information and referral by phone. * Community lunches. * Friendly home visits. * Friendly calls. * Chair yoga workshops and fitness. * Painting workshops. * Memory games. * Outings.

Eligibility: seniors, isolated people

Coverage area: L'Assomption, L'Épiphanie, Saint-Sulpice

Hours: by appointment

Fees: annual membership: \$15

Financing: contributions, grants

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME RÉGION LANAUDIÈRE

233 Antonio-Barrette Boulevard, Notre-Dame-des-Prairies, Lanaudière, QC, J6E 1E7

1 888 759-9788

Website: autisme-lanaudiere.org

Email: administration@autisme-lanaudiere.org

Services: * Information, listening and referral. * Conferences and trainings. * Resource and documentation centre by appointment. * Awareness-raising. * Coffee-chats for parents. * Advocacy, accompaniment. * Assistance to get grants. * Azimut workshops for teenagers. * Activities for adults. * Day centre: physical, artistic, cooking and sensory activities, zootherapy, music therapy.

Eligibility: people living with an autism spectrum disorder (TSA), their family, general public

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h00

Fees: annual membership: \$25 for families, \$35 for individuals, 50% for professionals, \$100 for corporate members

Financing: contributions

Legal status: non-profit organization

TDL - LANAUDIÈRE

2500 Mascouche Boulevard, Suite 215, Mascouche, Lanaudière, QC, J7K 0H5

450 474-8870

Website: dysphasielanaudiere.org

Email: administration@tdl-lanaudiere.org

Services: * Telephone listening and referral. * Documents for buying, loan or consultation. * Conferences and training. * Recreational activities for families. * Respite. * Horse therapy. * Activities for teenagers 12 to 15 years old. * Socialization and social integration for adults. * Job integration assistance, socioprofessional support. * Weekly recreational activities for adults. * Lexical development group. * Service point in Joliette: 200 de Salaberry Street, Suite 04. * Christmas lunch.

Eligibility: people with a developmental language disorder (dysphasia), parents of dysphasic children, professionals

Coverage area: Lanaudière

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: families: \$45, TDL adults: \$25, TDL adults in couples and parents of TDL adults: \$35, professionals: \$100, partners: \$50

Financing: grants, self-financing, donations

Legal status: non-profit organization

THÉRAPEUTES EN RELATION D'AIDE DE LANAUDIÈRE

Confidential Address

450 581-2159

Website: www.tral.ca

Email: info@tral.ca

Services: Individual and relational therapy. * Bereavement support. * Therapy for seniors' caregivers in collaboration with l'Appui. * Conferences.

Eligibility: single people, couple, caregivers

Coverage area: Lanaudière

Hours: Monday to Friday 8h00 to 17h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

TOURNESOL DE LA RIVE-NORD (LE)

294 Iberville Boulevard, Repentigny, Lanaudière, QC, J6A 2A3

450 657-1608

Website: www.letournesoldelarivenord.com

Email: info@letournesoldelarivenord.com

Services: Alternative mental health resource. * Self-help group between peers, place of exchange and sharing. * Reception, support and individual assistance. * Individual and collective meetings. * Information and referrals. * Phone listening. * Support in difficult times and hardships of life. * Training, information and organization activities promoting people's autonomy. * Diverse activities promoting the autonomy of people.

Eligibility: people 18 years old and over living or having lived with a mental health issue

Capacity: 20 persons

Coverage area: MRC L'Assomption

Hours: Monday to Friday 8h30 to 17h00

Fees: membership card: \$10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

TRAVAIL DE RUE SECTEUR BRANDON

19, rue Saint-Gabriel, Saint-Gabriel, Lanaudière, QC, J0K 2N0

450 803-3793

Email: trbrandon@hotmail.com

Services: Street working services. * Listening and referral by phone and in person. * Support and accompaniment. * Distribution of naloxone kits. * Distribution of fentanyl test strips.

Eligibility: teenagers 12 years and over, adults, seniors

Coverage area: MRC D'Autray, MRC Matawinie

Hours: administration: Monday to Friday 8h30 to 16h30, phone service: 24 hours / 7 days

Fees: none

Financing: grants, municipal

Legal status: parapublic organization

VAISSEAU D'OR (DES MOULINS) (LE)

486 Gagnon Street, Terrebonne, Lanaudière, QC, J6W 2N7

450 964-2418 Fax: 450 964-8702

Website: vaisseaudor.com

Email: entraide@vaisseaudor.com

Services: Support for people living or having experienced mental health issues. * Support group. * Temporary housing. * Reception, referral, information, accompaniment and listening. * Training. * Organized outings and leisure activities. * Community meals. * Painting and creativity workshops.

Eligibility: adults living, having lived with or likely to experience mental health issues

Coverage area: MRC Les Moulins

Hours: Monday to Friday 10h00 to 17h00

Fees: membership: \$15 per year, housing: variable

Financing: provincial

Legal status: non-profit organization

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