



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LANAUDIÈRE / MRC MATAWINIE / ALL CITIES



2-1-1



WWW.211.QC.CA

Summary
Summary

Child, Youth and Family	1
Daycare and respite	2
Family Support	3
Maternity support and adoption	4
Parenting Education	6
Recreational Activities	8
Youth Centres and Support	9
Youth Employment	9
Youth Shelters and Support	10
Community Action	11
Advisory and citizen action organizations	12
Charity Organizations	12
Community centres	12
Community development	13
Information and referral	13
Volunteering and volunteer centres	14
Disability	16
Adapted work and employability support	17
Advocacy for people with a physical disability	17
Autism, PDD, ADHD	18
Deaf and hearing impaired	18
Mobility aids	18
Paratransit	19
Recreation and camps	20
Respite services and housing	21
Respite, child care and housing	21
Support Associations	23
Support and integration organizations	25
The Blind	26
Therapy and rehabilitation centres	27
Education and Literacy	28
Academic and vocational guidance	29
Computer workshops	30
Difficulties and learning disabilities	30
Literacy	31
Public education	31
School perseverance	32
Vocational training, Cégeps and Universities	33
Employment and Income Support	34
Advocacy for workers and unemployed	35
Budget management and consumption	35
Business development	36
Employment support and training	38
Employment support for youth	40
Tax clinics	40
Vocational rehabilitation and disability-related employment	41
Food	43
Christmas basket	44
Collective kitchens and cooking workshops	45
Community gardens and markets	47
Food Assistance	48

Food aid for pregnant women and children	52
Food assistance coordination	53
Food assistance in schools	53
Low cost or free meals	54
Prepared meals and Meals-on-wheels	56
Government services	57
Municipal services	58
Municipalité régionale de comté (MRC)	62
Provincial services	62
Health	64
Family planning	65
Home care	65
Hospitals, CLSC and community clinics	66
Palliative care	67
Patient support associations	68
Public Health	69
Homelessness	71
Day and evening centres	72
Mobile units and street work	72
Shelters	73
Transitional housing	73
Housing	74
Advocacy for housing	75
Emergency	75
Housing cooperatives and corporations	75
Social housing and housing cooperatives	76
Immigration and cultural communities	77
Interpretation and translation	78
Multicultural organizations	78
Prevention and fight against racism	78
Indigenous Peoples	80
Employment	81
Government services	81
Justice and Advocacy	83
Advocacy groups	84
Consumer protection and complaints	86
Courthouses and tribunals	86
Legal assistance and information	86
Support for offenders	89
Mental Health and addictions	91
Addiction prevention	92
Addiction treatment	92
Community support in mental health	93
Crisis centres and suicide prevention	94
Helplines	95
Mental health advocacy groups	96
Self-help groups for mental health issues	97
Seniors	98
Caregivers	99
Community and Recreation Centres	100
Day centres and respite	101
Friendly visits and safety calls	102

Home support	103
Housing for seniors	104
Intervention with seniors subjected to abuse	105
Meals on Wheels	106
Seniors' Advocacy and Assistance Associations	106
Volunteer Transportation	106
Sex and gender	108
Women's centres	109
Women's associations	109
Sports, Recreation and Culture	110
Arts and culture	111
Clubs and social events	111
Community recreation centres	112
Hobbies	113
Sport	114
Sports and recreation for people with a disability	115
Thrift store and material aid	117
Donation pick-ups	118
School supplies	118
Thrift Stores	119
Used item donation recovery programs	123
Transportation	127
Accompanied transport	128
Accompanied transport for medical reasons	128
Paratransit	128
Public Transportation	129
Violence and abuse	130
Elder abuse	131
Therapy and counselling	131

Child, Youth and Family

DAYCARE AND RESPITE

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Daycare and respite

DÉFI-FAMILLE MATAWINIE

244 Sainte-Louise Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-0458

Email: defiaccueil@bellnet.ca

Services: Organization offering services to families. * Loan of car seats and baby carriers. * Installation and verification of car seats. * Breastfeeding godmothers: breastfeeding support. * Parent-baby workshops: babywearing, breastfeeding, childbirth, baby massage. * Workshops for babies and 2 to 5 years. * Drop-in daycare. * Parent-child workshops. * Workshops on healthy communication offered to parents of children 3 to 12 years. * Workshops on healthy eating habits. * Workshops for the family before, during and after pregnancy, preschool, etc..

Eligibility: families

Coverage area: Saint-Félix-De-Valois, Saint-Jean-De-Matha, Saint-Michel-Des-Saints, Saint-Zénon, Sainte-Béatrix, Sainte-Émélie-De-L'Énergie

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

Financing: municipal

Legal status: non-profit organization

GÎT'ENFANTS (LE)

430 de la Mairie Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 271-0797

Email: gitenfants@yahoo.ca

Services: Alternative academic support to promote success, well-being and autonomy of children. * Peer helpers: support of a child by an oldest youngster. * Manual workshops: bicycle mechanics, sewing, cooking, hairdressing, cabinetmaking, etc. * Community work. * Animation activities. * Leisure, recreational and sporting activities. * Workshops and conferences for parents. * Daycare. * Family celebrations. * Family camp. * Personal and family motivation projects. * Social skills program.

Eligibility: young people from 2 to 21 years old with school adjustment difficulties or from disadvantaged backgrounds, parents

Capacity: 30

Coverage area: Sainte-Émélie-De-L'Énergie

Hours: Monday to Sunday 9h00 to 21h00 depending of the needs

Fees: \$5 per year per family

Financing: provincial

Legal status: non-profit organization

MAISON DE PARENTS DE LA MATAWINIE OUEST

3615 Queen Street, Suite 2, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5179 Fax: 450 834-5179

Website: maisonparents.org

Email: maisonparents.mo@gmail.com

Services: * Listening and referral. * Drop-in daycare * Coffee-meetings. * Collective kitchens. * Checking, installation and loan of car seats. * Creative, recreational and educational workshops. * Family outings and parties. * Distribution of school supplies. * Room rental.

Eligibility: families, parents, drop-in: children from 1 to 5 years old

Coverage area: West Matawinie: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Hours: Monday to Friday 9h00 to 15h00, drop-in daycare: Wednesday and Thursday 9h00 to 14h30 and during an activity

Fees: membership card: \$10 per family per year, drop-in daycare: \$6 for one child, \$8 for 2 children and \$10 for 3 children

Financing: contributions, self-financing

Legal status: non-profit organization

Family Support

CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ DE LANAUDIÈRE - POINT DE SERVICE DE CHERTSEY

423 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 758-3795

Website: cpsclanaudiere.org

Email: dg@cpsclanaudiere.org

Services: * Assessment and orientation meetings with a multidisciplinary team. * Medical, psychosocial and nursing follow-up. * Accompaniment targeted to the needs of children and their development. * Support for vulnerable families. * Follow-up and accompaniment at home. * Information and referrals. * After-school activities. * Summer camp.

Eligibility: children, adolescents and families

Coverage area: Chertsey, Entrelacs, Notre-Dame-De-La-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-De-Kildare

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, municipal, grants, donations

Legal status: non-profit organization

DÉFI-FAMILLE MATAWINIE

244 Sainte-Louise Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-0458

Email: defiaccueil@bellnet.ca

Services: Organization offering services to families. * Loan of car seats and baby carriers. * Installation and verification of car seats. * Breastfeeding godmothers: breastfeeding support. * Parent-baby workshops: babywearing, breastfeeding, childbirth, baby massage. * Workshops for babies and 2 to 5 years. * Drop-in daycare. * Parent-child workshops. * Workshops on healthy communication offered to parents of children 3 to 12 years. * Workshops on healthy eating habits. * Workshops for the family before, during and after pregnancy, preschool, etc..

Eligibility: families

Coverage area: Saint-Félix-De-Valois, Saint-Jean-De-Matha, Saint-Michel-Des-Saints, Saint-Zénon, Sainte-Béatrix, Sainte-Émélie-De-L'énergie

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

Financing: municipal

Legal status: non-profit organization

GÎT'ENFANTS (LE)

430 de la Mairie Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 271-0797

Email: gitenfants@yahoo.ca

Services: Alternative academic support to promote success, well-being and autonomy of children. * Peer helpers: support of a child by an oldest youngster. * Manual workshops: bicycle mechanics, sewing, cooking, hairdressing, cabinetmaking, etc. * Community work. * Animation activities. * Leisure, recreational and sporting activities. * Workshops and conferences for parents. * Daycare. * Family celebrations. * Family camp. * Personal and family motivation projects. * Social skills program.

Eligibility: young people from 2 to 21 years old with school adjustment difficulties or from disadvantaged backgrounds, parents

Capacity: 30

Coverage area: Sainte-Émélie-De-L'énergie

Hours: Monday to Sunday 9h00 to 21h00 depending of the needs

Fees: \$5 per year per family

Financing: provincial

Legal status: non-profit organization

MAISON DE PARENTS DE LA MATAWINIE OUEST

3615 Queen Street, Suite 2, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5179 Fax: 450 834-5179

Website: maisonparents.org

Email: maisonparents.mo@gmail.com

Services: * Listening and referral. * Drop-in daycare * Coffee-meetings. * Collective kitchens. * Checking, installation and loan of car seats. * Creative, recreational and educational workshops. * Family outings and parties. * Distribution of school supplies. * Room rental.

Eligibility: families, parents, drop-in: children from 1 to 5 years old

Coverage area: West Matawinie: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Hours: Monday to Friday 9h00 to 15h00, drop-in daycare: Wednesday and Thursday 9h00 to 14h30 and during an activity

Fees: membership card: \$10 per family per year, drop-in daycare: \$6 for one child, \$8 for 2 children and \$10 for 3 children

Financing: contributions, self-financing

Legal status: non-profit organization

Maternity support and adoption

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

CHERTSEY - MUNICIPALITY

333 de l'Amitié Avenue, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2920 Fax: 450 882-3333

Website: www.chertsey.ca

Email: general@chertsey.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual and waste collection calendar: chertsey.ca/wp-content/uploads/R-V-Calendarier-collecte-2021.pdf * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers. * Hall rental.

Coverage area: Chertsey

Hours: Monday to Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

CLSC DE CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

DÉFI-FAMILLE MATAWINIE

244 Sainte-Louise Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-0458

Email: defiaccueil@bellnet.ca

Services: Organization offering services to families. * Loan of car seats and baby carriers. * Installation and verification of car seats. * Breastfeeding godmothers: breastfeeding support. * Parent-baby workshops: babywearing, breastfeeding, childbirth, baby massage. * Workshops for babies and 2 to 5 years. * Drop-in daycare. * Parent-child workshops. * Workshops on healthy communication offered to parents of children 3 to 12 years. * Workshops on healthy eating habits. * Workshops for the family before, during and after pregnancy, preschool, etc..

Eligibility: families

Coverage area: Saint-Félix-De-Valois, Saint-Jean-De-Matha, Saint-Michel-Des-Saints, Saint-Zénon, Sainte-Béatrix, Sainte-Émélie-De-L'énergie

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

Financing: municipal

Legal status: non-profit organization

MAISON DE PARENTS DE LA MATAWINIE OUEST

3615 Queen Street, Suite 2, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5179 Fax: 450 834-5179

Website: maisonparents.org

Email: maisonparents.mo@gmail.com

Services: * Listening and referral. * Drop-in daycare * Coffee-meetings. * Collective kitchens. * Checking, installation and loan of car seats. * Creative, recreational and educational workshops. * Family outings and parties. * Distribution of school supplies. * Room rental.

Eligibility: families, parents, drop-in: children from 1 to 5 years old

Coverage area: West Matawinie: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Hours: Monday to Friday 9h00 to 15h00, drop-in daycare: Wednesday and Thursday 9h00 to 14h30 and during an activity

Fees: membership card: \$10 per family per year, drop-in daycare: \$6 for one child, \$8 for 2 children and \$10 for 3 children

Financing: contributions, self-financing

Legal status: non-profit organization

NAÎTRE ET GRANDIR AVEC LES AMIES DE L'ALLAITEMENT

Confidential Address

450 882-2123 ext. 3048

Website: www.lesamiesdelallaitement.org

Email: info@allaitementmatawinie.org

Services: * Support, advice and services in breastfeeding. * Pairing with a breastfeeding sponsor. * Training of volunteer breastfeeding sponsors. * Consultations over the phone. * Home and hospital visits. * Hosting prenatal encounters on breastfeeding, in collaboration with the prenatal nurses of the Chertsey CLSC (in Rawdon). * Workshops for mothers and their families: breastfeeding, weaning, getting back in shape, baby care, early learning activities, etc. * Lending of a hospital quality breast-pump for mothers with specific medical needs. * Lending of books in the pharmacies of the territory.

Eligibility: pregnant women, mothers, parents

Coverage area: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Fees: none

Financing: self-financing

Legal status: non-profit organization

SAINT-FÉLIX-DE-VALOIS - MUNICIPALITY

600 de Joliette Road, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-5589

Website: st-felix-de-valois.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual materials and waste collection calendar: municipalitestjeandematha.qc.ca/services-aux-citoyens/environnement/collectes-ordures-recyclage-compost/ * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers.

Coverage area: Saint-Félix-De-Valois

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

Parenting Education

ASSOCIATION D'ENFANTS SCOLARISÉS À LA MAISON

Confidential Address

450 882-2123 ext. 5026

Website: aesmlanaudiere.org

Email: info@aesmlanaudiere.org

Services: Socialization opportunities for homeschooled kids. * Family and thematic outings. * Family godmother, phone or at-home support. * Buying groups. * Restons Actif: sports activities. * Cultural outings.

Eligibility: homeschooled kids, their family

Coverage area: Lanaudière

Hours: variable

Fees: annual membership: \$10 per family

Financing: membership fees, 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

CLSC DE CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

DÉFI-FAMILLE MATAWINIE

244 Sainte-Louise Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-0458

Email: defiaccueil@bellnet.ca

Services: Organization offering services to families. * Loan of car seats and baby carriers. * Installation and verification of car seats. * Breastfeeding godmothers: breastfeeding support. * Parent-baby workshops: babywearing, breastfeeding, childbirth, baby massage. * Workshops for babies and 2 to 5 years. * Drop-in daycare. * Parent-child workshops. * Workshops on healthy communication offered to parents of children 3 to 12 years. * Workshops on healthy eating habits. * Workshops for the family before, during and after pregnancy, preschool, etc..

Eligibility: families

Coverage area: Saint-Félix-De-Valois, Saint-Jean-De-Matha, Saint-Michel-Des-Saints, Saint-Zénon, Sainte-Béatrix, Sainte-Émélie-De-L'énergie

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

Financing: municipal

Legal status: non-profit organization

NAÏTRE ET GRANDIR AVEC LES AMIES DE L'ALLAITEMENT

Confidential Address

450 882-2123 ext. 3048

Website: www.lesamiesdelallaitement.org

Email: info@allaitementmatawinie.org

Services: * Support, advice and services in breastfeeding. * Pairing with a breastfeeding sponsor. * Training of volunteer breastfeeding sponsors. * Consultations over the phone. * Home and hospital visits. * Hosting prenatal encounters on breastfeeding, in collaboration with the prenatal nurses of the Chertsey CLSC (in Rawdon). * Workshops for mothers and their families: breastfeeding, weaning, getting back in shape, baby care, early learning activities, etc. * Lending of a hospital quality breast-pump for mothers with specific medical needs. * Lending of books in the pharmacies of the territory.

Eligibility: pregnant women, mothers, parents

Coverage area: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Fees: none

Financing: self-financing

Legal status: non-profit organization

Recreational Activities

GÎT'ENFANTS (LE)

430 de la Mairie Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 271-0797

Email: gitenfants@yahoo.ca

Services: Alternative academic support to promote success, well-being and autonomy of children. * Peer helpers: support of a child by an oldest youngster. * Manual workshops: bicycle mechanics, sewing, cooking, hairdressing, cabinetmaking, etc. * Community work. * Animation activities. * Leisure, recreational and sporting activities. * Workshops and conferences for parents. * Daycare. * Family celebrations. * Family camp. * Personal and family motivation projects. * Social skills program.

Eligibility: young people from 2 to 21 years old with school adjustment difficulties or from disadvantaged backgrounds, parents

Capacity: 30

Coverage area: Sainte-Émélie-De-L'énergie

Hours: Monday to Sunday 9h00 to 21h00 depending of the needs

Fees: \$5 per year per family

Financing: provincial

Legal status: non-profit organization

MAISON DE PARENTS DE LA MATAWINIE OUEST

3615 Queen Street, Suite 2, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5179 Fax: 450 834-5179

Website: maisonparents.org

Email: maisonparents.mo@gmail.com

Services: * Listening and referral. * Drop-in daycare * Coffee-meetings. * Collective kitchens. * Checking, installation and loan of car seats. * Creative, recreational and educational workshops. * Family outings and parties. * Distribution of school supplies. * Room rental.

Eligibility: families, parents, drop-in: children from 1 to 5 years old

Coverage area: West Matawinie: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Hours: Monday to Friday 9h00 to 15h00, drop-in daycare: Wednesday and Thursday 9h00 to 14h30 and during an activity

Fees: membership card: \$10 per family per year, drop-in daycare: \$6 for one child, \$8 for 2 children and \$10 for 3 children

Financing: contributions, self-financing

Legal status: non-profit organization

Youth Centres and Support

MAISON DES JEUNES DE SAINT-DONAT

544 Désormeaux Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-3811 Fax: 819 424-1185

Email: mdj_st_donat@hotmail.com

Services: Animated meeting place for teenagers. * Online psychosocial intervention and support. * Animation and preventive intervention. * Social, cultural and recreational activities.

Eligibility: teenagers from 12 to 18 years old

Coverage area: Saint-Donat

Hours: Wednesday 18h00 to 21h00, Friday 17h00 to 21h00

Financing: self-financing

Legal status: non-profit organization

Youth Employment

CARREFOUR JEUNESSE-EMPLOI MATAWINIE

105 Principale Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-9220 Fax: 450 886-5765

Website: cjematawinie.qc.ca

Email: info@cjematawinie.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: resume and cover letters writing, simulated interview. * Education and professional guidance. * School perseverance and dropout prevention programs. * Professional integration and job retention. * Manawan component: services for Atikamekw youth. * Entrepreneurial accompaniment. * Distance education.

Eligibility: people 15 to 35 years old

Coverage area: Manawan, Saint-Zénon, Saint-Damien, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Michel-des-Saints, Sainte-Béatrix, Sainte-Émélie-de-l'Énergie

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 12h30 to 16h30, Wednesday evening by appointment

Fees: none

Financing: provincial, federal, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI MATAWINIE - POINT DE SERVICE DE RAWDON

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1527 Fax: 450 834-6103

Website: cjematawinie.qc.ca

Email: info@cjematawinie.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: resume and cover letters writing, simulated interviews. * Education and professional guidance. * School perseverance and dropout prevention programs. * Professional integration and job retention. * Entrepreneurial accompaniment. * Distance education.

Eligibility: people 15 to 35 years old

Coverage area: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 12h30 to 16h30, Wednesday evening by appointment

Fees: none

Financing: provincial, federal, grants

Legal status: non-profit organization

Youth Shelters and Support

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 CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-financing, donations

Legal status: non-profit organization

Charity Organizations

SAINT-CÔME, UN COEUR QUI BAT

1673 55th Street, Saint-Côme, Lanaudière, QC, J0K 2B0

438 821-1135

Services: * Fundraising for the Saint-Côme medical clinic.

Eligibility: Saint-Côme medical clinic

Coverage area: Saint-Côme

Financing: donations

Legal status: non-profit organization

Community centres

CROISÉE DE LA MATAWINIE (LA)

30 Joliette Road, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-5908

Email: la.croisee@hotmail.com

Services: Popular education space. * Temporary housing. * Group workshops. * Individual support. * Computer stations. * Awareness and information on any form of oppression, discrimination, exclusion and prejudice. * Safe and inclusive exchange living space. * Citizens' rights advocacy.

Eligibility: people aged 18 years and over

Capacity: 4 rooms

Coverage area: MRC Matawinie

Hours: Tuesday to Friday 12h00 to 18h00, Saturday 12h00 to 17h00

Fees: by email, phone or Messenger

Financing: donations

Legal status: non-profit organization

Community development

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-financing, donations

Legal status: non-profit organization

Information and referral

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - TROISIÈME ÂGE CHERTSEY

562 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 898-2241

Website: www.aqdr.org/section/troisieme-age-chertsey

Email: aqdr.tac@gmail.com

Services: Advocacy for seniors to improve their living conditions regarding income, housing, home services, transportation and health. * Conferences, workshops and training. * Personalized accompaniment service. * Referrals to partners (community, municipal and government organizations as well as professionals such as lawyers, notaries, etc.). * Monthly newspaper and newsletter. * Representation with political authorities.

Eligibility: retired and pre-retired people

Coverage area: MRC Matawinie, MRC Montcalm

Fees: annual membership: \$15

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-financing, donations

Legal status: non-profit organization

Volunteering and volunteer centres

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - TROISIÈME ÂGE CHERTSEY

562 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 898-2241

Website: www.aqdr.org/section/troisieme-age-chertsey

Email: aqdr.tac@gmail.com

Services: Advocacy for seniors to improve their living conditions regarding income, housing, home services, transportation and health. * Conferences, workshops and training. * Personalized accompaniment service. * Referrals to partners (community, municipal and government organizations as well as professionals such as lawyers, notaries, etc.). * Monthly newspaper and newsletter. * Representation with political authorities.

Eligibility: retired and pre-retired people

Coverage area: MRC Matawinie, MRC Montcalm

Fees: annual membership: \$15

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE ET DE DÉPANNAGE DE ST-ZÉNON

6091 Principale Street, Saint-Zénon, Lanaudière, QC, J0K 3N0

450 884-0000

Email: centredentraide01@gmail.com

Services: * Welcoming, information and referral. * Collective kitchens. * Community garden. * Thrift store. * Community meals. * Laundry services. * Varied workshops and training. * Reception of volunteers.

Eligibility: seniors, people on a low income, people in a vulnerable situation

Coverage area: Saint-Zénon

Hours: thrift store: Thursday and Saturday 13h00 to 17h00, Friday 13h00 to 20h00, other services: variable

Fees: variable

Financing: donations, fundraising campaigns, grants, provincial

Legal status: non-profit organization

NAÎTRE ET GRANDIR AVEC LES AMIES DE L'ALLAITEMENT

Confidential Address

450 882-2123 ext. 3048

Website: www.lesamiesdelallaitement.org

Email: info@allaitementmatawinie.org

Services: * Support, advice and services in breastfeeding. * Pairing with a breastfeeding sponsor. * Training of volunteer breastfeeding sponsors. * Consultations over the phone. * Home and hospital visits. * Hosting prenatal encounters on breastfeeding, in collaboration with the prenatal nurses of the Chertsey CLSC (in Rawdon). * Workshops for mothers and their families: breastfeeding, weaning, getting back in shape, baby care, early learning activities, etc. * Lending of a hospital quality breast-pump for mothers with specific medical needs. * Lending of books in the pharmacies of the territory.

Eligibility: pregnant women, mothers, parents

Coverage area: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Fees: none

Financing: self-financing

Legal status: non-profit organization

RUCHE ST-DAMIEN (LA)

7221, chemin Beaulieu, Saint-Damien, Lanaudière, QC, J0K 2E0

450 835-9228 Fax: 450 835-9228

Website: www.laruchestdamien.org

Email: laruchestdamien@gmail.com

Services: * Food bank. * Emergency breakdown service. * Christmas baskets. * Collective kitchen. * Bargain store: clothing, furniture, appliances, books, toys, electronics, household items. * Collection of furniture. * Coffee meeting. * École en santé Program: nutrition and self-esteem workshops, healthy snacks and cakes, hot lunch every month. * Tax clinic. * Workshops and training. * Opportunities for social reintegration, compensatory or community work. * Development and promotion of volunteer and community action.

Eligibility: Persons with low-income

Coverage area: Saint-Damien

Hours: Thursday to Friday 10h00 to 16h00, Saturday 10h00 to 15h00, Food bank: 1st and 3rd Thursday of each month 10h00 to 15h00.

Fees: Annual membership: 5\$, food bank: 4\$ per person 18 years old and over, free for dependent children, emergency breakdown service: free

Legal status: non-profit organization

Disability**ADAPTED WORK AND EMPLOYABILITY SUPPORT****ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY****AUTISM, PDD, ADHD****DEAF AND HEARING IMPAIRED****MOBILITY AIDS****PARATRANSIT****RECREATION AND CAMPS****RESPIRE SERVICES AND HOUSING****RESPIRE, CHILD CARE AND HOUSING****SUPPORT ASSOCIATIONS****SUPPORT AND INTEGRATION ORGANIZATIONS****THE BLIND****THERAPY AND REHABILITATION CENTRES**

Adapted work and employability support

CYBER-CIBLE

4046 Queen Street, Suite 202, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4440

Website: cyber-cible.org

Email: info.cybercible@gmail.com

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

Eligibility: ATV program: adults with an intellectual disability, recipients of social solidarity and with severe employment constraints, work platform: adults with an intellectual disability or an autism spectrum disorder, recipients of social solidarity and with severe employment constraints, persons not eligible for another employability measure from Emploi-Québec, training: persons 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 center: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: provincial, donations, fundraising campaigns

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. * Christmas baskets. * Clothing counter. * Social integration: compensatory work. * Program PAAS.

Eligibility: people on a low income

Coverage area: Lanaudière

Hours: Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

Advocacy for people with a physical disability

ASSOCIATION DES PERSONNES HANDICAPÉES DE MATAWINIE

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5434 Fax: 450 834-3013

Website: www.aphm.org

Email: administration@aphm.org

Services: Advocacy and promotion of interests of people living with a handicap. * Information. * Social and cultural activities: weekly bowling, cards workshops, outings. * Annual activities: Christmas lunch, Valentine's day, sugar shack. * Adapted sports activities, yoga.

Eligibility: people living with a disability and their close ones

Coverage area: MRC Matawinie, Saint-Calixte, Sainte-Julienne

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

Fees: yearly membership: \$10 for active or associate members, \$40 for support members

Financing: grants, contributions

Legal status: non-profit organization

Autism, PDD, ADHD

CYBER-CIBLE

4046 Queen Street, Suite 202, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4440

Website: cyber-cible.org

Email: info.cybercible@gmail.com

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

Eligibility: ATV program: adults with an intellectual disability, recipients of social solidarity and with severe employment constraints, work platform: adults with an intellectual disability or an autism spectrum disorder, recipients of social solidarity and with severe employment constraints, persons not eligible for another employability measure from Emploi-Québec, training: persons 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 center: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

Deaf and hearing impaired

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE NORD DE LANAUDIÈRE

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

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 motor or sensory disabilities, mental health problems or intellectual disabilities, 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

Mobility aids

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 CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Paratransit**MRC MATAWINIE - TRANSIT SERVICE**

3184 1st Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5441 ext. 1

Website: mrcmatawinie.org

Email: transport@matawinie.org

Services: Administration of public transit. * Public transit: regional buses and taxibuses. * Paratransit. *

Paratransit admission request form:

static1.squarespace.com/static/5d0bb5036062af00012d3757/t/5eebb77ddf2dc95505e1306a/1592506237777/formulaire-d-admission-francais-2011.pdf

Eligibility: paratransit: people with disabilities, people with severe and persistent mental health problems, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others

Coverage area: MRC Matawinie, paratransit: MRC Matawinie, transportation in MRC Matawinie and under certain conditions Joliette, Notre-Dame-de-Lourdes, Repentigny, Saint-Ambroise-de-Kildare, Saint-Gabriel-de-Brandon, Saint-Jérôme, Sainte-Agathe, Sainte-Mélanie

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 15h30, taxibus and paratransit: 7h00 to 23h00, 7 days

Fees: variable

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Recreation and camps

ASSOCIATION DES PERSONNES HANDICAPÉES DE MATAWINIE

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5434 Fax: 450 834-3013

Website: www.aphm.org

Email: administration@aphm.org

Services: Advocacy and promotion of interests of people living with a handicap. * Information. * Social and cultural activities: weekly bowling, cards workshops, outings. * Annual activities: Christmas lunch, Valentine's day, sugar shack. * Adapted sports activities, yoga.

Eligibility: people living with a disability and their close ones

Coverage area: MRC Matawinie, Saint-Calixte, Sainte-Julienne

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

Fees: yearly membership: \$10 for active or associate members, \$40 for support members

Financing: grants, contributions

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 with disabilities, seniors

Capacity: 225 persons

Coverage area: Province of Québec

Hours: all year long, 9h00 to 16h30

Fees: summer stays: according to income

Financing: Centraide of Greater Montréal, 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: www.fondationpapillon.ca

Email: cguerin@fondationpapillon.ca

Services: * Mixed camp with medical staff. * Adapted cottages for rent. * Nature class. * Respite stays.

Eligibility: people living with a physical or intellectual disabilities in different age groups: adults 18 years and older, adolescents 13 to 17 years, children 2 to 12 years

Coverage area: Province of Québec

Hours: 24 hours / 7 days, adults 18 years old and over camp: start of June, adolescents 13 to 17 years old camp: July, children 2 to 12 years old camp: August, organized groups: mid-August

Fees: according to the income

Financing: fundraising campaigns, grants

Legal status: non-profit organization

Respite services and housing

CENTRE DE JOUR JARDIN D'ÉTOILES

3931 Lakeshore Drive Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 1027

Website: www.jardinetoiles.ca

Email: info@jardinetoiles.ca

Services: Day center 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: free of charge, other services: variable

Financing: donations, 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: www.fondationpapillon.ca

Email: cguerin@fondationpapillon.ca

Services: * Mixed camp with medical staff. * Adapted cottages for rent. * Nature class. * Respite stays.

Eligibility: people living with a physical or intellectual disabilities in different age groups: adults 18 years and older, adolescents 13 to 17 years, children 2 to 12 years

Coverage area: Province of Québec

Hours: 24 hours / 7 days, adults 18 years old and over camp: start of June, adolescents 13 to 17 years old camp: July, children 2 to 12 years old camp: August, organized groups: mid-August

Fees: according to the income

Financing: fundraising campaigns, grants

Legal status: non-profit organization

Respite, child care and housing

CENTRE DE JOUR JARDIN D'ÉTOILES

3931 Lakeshore Drive Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 1027

Website: www.jardinetoiles.ca

Email: info@jardinetoiles.ca

Services: Day center 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: free of charge, 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

CLSC DE CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

FONDATION PAPILLON - CAMP PAPILLON

210 Papillon Avenue, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

1 877 937-6172 Fax: 514 937-0082

Website: www.fondationpapillon.ca

Email: cguerin@fondationpapillon.ca

Services: * Mixed camp with medical staff. * Adapted cottages for rent. * Nature class. * Respite stays.

Eligibility: people living with a physical or intellectual disabilities in different age groups: adults 18 years and older, adolescents 13 to 17 years, children 2 to 12 years

Coverage area: Province of Québec

Hours: 24 hours / 7 days, adults 18 years old and over camp: start of June, adolescents 13 to 17 years old camp: July, children 2 to 12 years old camp: August, organized groups: mid-August

Fees: according to the income

Financing: fundraising campaigns, grants

Legal status: non-profit organization

MAISON DE PARENTS DE LA MATAWINIE OUEST

3615 Queen Street, Suite 2, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5179 Fax: 450 834-5179

Website: maisonparents.org

Email: maisonparents.mo@gmail.com

Services: * Listening and referral. * Drop-in daycare * Coffee-meetings. * Collective kitchens. * Checking, installation and loan of car seats. * Creative, recreational and educational workshops. * Family outings and parties. * Distribution of school supplies. * Room rental.

Eligibility: families, parents, drop-in: children from 1 to 5 years old

Coverage area: West Matawinie: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Hours: Monday to Friday 9h00 to 15h00, drop-in daycare: Wednesday and Thursday 9h00 to 14h30 and during an activity

Fees: membership card: \$10 per family per year, drop-in daycare: \$6 for one child, \$8 for 2 children and \$10 for 3 children

Financing: contributions, self-financing

Legal status: non-profit organization

SERVICES D'AIDE À DOMICILE DU ROUSSEAU

3631 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1160 Fax: 450 834-8016

Website: www.aidedomicile.ca

Email: accueil@aidedomicile.ca

Services: * Home care assistance: regular housekeeping, meal preparation, shopping assistance, heavy housekeeping. * Personal assistance: basic hygiene care, clothing assistance, food assistance. * Respite: monitoring and stimulation.

Eligibility: adults

Coverage area: MRC Matawinie, MRC Montcalm

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

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

Support Associations**CENTRE DE JOUR JARDIN D'ÉTOILES**

3931 Lakeshore Drive Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 1027

Website: www.jardinetoiles.ca

Email: info@jardinetoiles.ca

Services: Day center 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: free of charge, 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

CLSC DE CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

GÎT'ENFANTS (LE)

430 de la Mairie Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 271-0797

Email: gitenfants@yahoo.ca

Services: Alternative academic support to promote success, well-being and autonomy of children. * Peer helpers: support of a child by an oldest youngster. * Manual workshops: bicycle mechanics, sewing, cooking, hairdressing, cabinetmaking, etc. * Community work. * Animation activities. * Leisure, recreational and sporting activities. * Workshops and conferences for parents. * Daycare. * Family celebrations. * Family camp. * Personal and family motivation projects. * Social skills program.

Eligibility: young people from 2 to 21 years old with school adjustment difficulties or from disadvantaged backgrounds, parents

Capacity: 30

Coverage area: Sainte-Émélie-De-L'énergie

Hours: Monday to Sunday 9h00 to 21h00 depending of the needs

Fees: \$5 per year per family

Financing: provincial

Legal status: non-profit organization

NAÏTRE ET GRANDIR AVEC LES AMIES DE L'ALLAITEMENT

Confidential Address

450 882-2123 ext. 3048

Website: www.lesamiesdelallaitement.org

Email: info@allaitementmatawinie.org

Services: * Support, advice and services in breastfeeding. * Pairing with a breastfeeding sponsor. * Training of volunteer breastfeeding sponsors. * Consultations over the phone. * Home and hospital visits. * Hosting prenatal encounters on breastfeeding, in collaboration with the prenatal nurses of the Chertsey CLSC (in Rawdon). * Workshops for mothers and their families: breastfeeding, weaning, getting back in shape, baby care, early learning activities, etc. * Lending of a hospital quality breast-pump for mothers with specific medical needs. * Lending of books in the pharmacies of the territory.

Eligibility: pregnant women, mothers, parents

Coverage area: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Fees: none

Financing: self-financing

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE NORD DE LANAUDIÈRE

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

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 motor or sensory disabilities, mental health problems or intellectual disabilities, 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

Support and integration organizations

CENTRE DE JOUR JARDIN D'ÉTOILES

3931 Lakeshore Drive Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 1027

Website: www.jardinetoiles.ca

Email: info@jardinetoiles.ca

Services: Day center 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: free of charge, other services: variable

Financing: donations, provincial

Legal status: non-profit organization

GÎT'ENFANTS (LE)

430 de la Mairie Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 271-0797

Email: gitenfants@yahoo.ca

Services: Alternative academic support to promote success, well-being and autonomy of children. * Peer helpers: support of a child by an oldest youngster. * Manual workshops: bicycle mechanics, sewing, cooking, hairdressing, cabinetmaking, etc. * Community work. * Animation activities. * Leisure, recreational and sporting activities. * Workshops and conferences for parents. * Daycare. * Family celebrations. * Family camp. * Personal and family motivation projects. * Social skills program.

Eligibility: young people from 2 to 21 years old with school adjustment difficulties or from disadvantaged backgrounds, parents

Capacity: 30

Coverage area: Sainte-Émélie-De-L'énergie

Hours: Monday to Sunday 9h00 to 21h00 depending of the needs

Fees: \$5 per year per family

Financing: provincial

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE NORD DE LANAUDIÈRE

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

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 motor or sensory disabilities, mental health problems or intellectual disabilities, 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

The Blind**PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE NORD DE LANAUDIÈRE**

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

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 motor or sensory disabilities, mental health problems or intellectual disabilities, 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

Therapy and rehabilitation centres

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-financing, donations

Legal status: non-profit organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

VOCATIONAL TRAINING, CÉGEPs AND UNIVERSITIES

Academic and vocational guidance

CARREFOUR JEUNESSE-EMPLOI MATAWINIE

105 Principale Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-9220 Fax: 450 886-5765

Website: cjematawinie.qc.ca

Email: info@cjematawinie.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: resume and cover letters writing, simulated interview. * Education and professional guidance. * School perseverance and dropout prevention programs. * Professional integration and job retention. * Manawan component: services for Atikamekw youth. * Entrepreneurial accompaniment. * Distance education.

Eligibility: people 15 to 35 years old

Coverage area: Manawan, Saint-Zénon, Saint-Damien, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Michel-des-Saints, Sainte-Béatrix, Sainte-Émélie-de-l'Énergie

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 12h30 to 16h30, Wednesday evening by appointment

Fees: none

Financing: provincial, federal, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI MATAWINIE - POINT DE SERVICE DE RAWDON

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1527 Fax: 450 834-6103

Website: cjematawinie.qc.ca

Email: info@cjematawinie.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: resume and cover letters writing, simulated interviews. * Education and professional guidance. * School perseverance and dropout prevention programs. * Professional integration and job retention. * Entrepreneurial accompaniment. * Distance education.

Eligibility: people 15 to 35 years old

Coverage area: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 12h30 to 16h30, Wednesday evening by appointment

Fees: none

Financing: provincial, federal, grants

Legal status: non-profit organization

CYBER-CIBLE

4046 Queen Street, Suite 202, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4440

Website: cyber-cible.org

Email: info.cybercible@gmail.com

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

Eligibility: ATV program: adults with an intellectual disability, recipients of social solidarity and with severe employment constraints, work platform: adults with an intellectual disability or an autism spectrum disorder, recipients of social solidarity and with severe employment constraints, persons not eligible for another employability measure from Emploi-Québec, training: persons 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 center: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

Computer workshops

CENTRE D'ALPHABÉTISATION POPULAIRE DE LA MATAWINIE-EST

461 Joliette Road, Suite 203, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-1912

Website: formationcapme.org

Email: info@formationcapme.org

Services: Adult training centre that offers its services on site and in different municipalities. * French courses in spoken and written French: literacy, elementary and high school level. * Preparation for the high school equivalency tests (TENS): review of the 7 subjects evaluated. * Computer workshop: use of the Internet and computers. * Tablet computer workshop: using the features of the Appel or Android tablets. * Workshop on the use of social networks.

Eligibility: adults with learning difficulties or low level of schooling

Coverage area: MRC Matawinie-Est

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

Fees: courses and workshops: free, supplies for the French classes and the computer workshop: \$10, supplies for the TENS: \$35

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON DES AÎNÉS DE CHERTSEY (LA)

552 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1688

Email: maisondesaines.chertsey@gmail.com

Services: Community centre for seniors. * Listening, information and referral. * Community lunches. * Collective kitchens. * Educational and recreational workshops: computer support, awareness of elder abuse, socialization workshops, memory stimulation, etc. * Bingo. * English discussion group and talking circle in french. * Amateur choir. * Help with forms and tax clinic. * Rental of community room.

Eligibility: people 50 years and over

Coverage area: Chertsey, Entralacs, Rawdon

Hours: Monday to Friday 9h00 to 16h00, community lunches: Tuesday and Wednesday 11h30 to 12h30, english discussion group: Friday 10h00 to 11h30, amateur choir: Friday 13h00 to 15h00

Fees: annual membership: \$20, community lunches: \$8 for members, \$10 for non-members, collective kitchen: between \$0.25 and \$1.50 by portion, rental room: variable

Financing: Centraide Lanaudière, contributions, self-financing, donations, provincial

Legal status: non-profit organization

Difficulties and learning disabilities

GÎT'ENFANTS (LE)

430 de la Mairie Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 271-0797

Email: gitenfants@yahoo.ca

Services: Alternative academic support to promote success, well-being and autonomy of children. * Peer helpers: support of a child by an oldest youngster. * Manual workshops: bicycle mechanics, sewing, cooking, hairdressing, cabinetmaking, etc. * Community work. * Animation activities. * Leisure, recreational and sporting activities. * Workshops and conferences for parents. * Daycare. * Family celebrations. * Family camp. * Personal and family motivation projects. * Social skills program.

Eligibility: young people from 2 to 21 years old with school adjustment difficulties or from disadvantaged backgrounds, parents

Capacity: 30

Coverage area: Sainte-Émélie-De-L'énergie

Hours: Monday to Sunday 9h00 to 21h00 depending of the needs

Fees: \$5 per year per family

Financing: provincial

Legal status: non-profit organization

Literacy

CENTRE D'ALPHABÉTISATION POPULAIRE DE LA MATAWINIE-EST

461 Joliette Road, Suite 203, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-1912

Website: formationcapme.org

Email: info@formationcapme.org

Services: Adult training centre that offers its services on site and in different municipalities. * French courses in spoken and written French: literacy, elementary and high school level. * Preparation for the high school equivalency tests (TENS): review of the 7 subjects evaluated. * Computer workshop: use of the Internet and computers. * Tablet computer workshop: using the features of the Appel or Android tablets. * Workshop on the use of social networks.

Eligibility: adults with learning difficulties or low level of schooling

Coverage area: MRC Matawinie-Est

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

Fees: courses and workshops: free, supplies for the French classes and the computer workshop: \$10, supplies for the TENS: \$35

Financing: provincial, municipal, donations

Legal status: non-profit organization

Public education

CENTRE D'ALPHABÉTISATION POPULAIRE DE LA MATAWINIE-EST

461 Joliette Road, Suite 203, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-1912

Website: formationcapme.org

Email: info@formationcapme.org

Services: Adult training centre that offers its services on site and in different municipalities. * French courses in spoken and written French: literacy, elementary and high school level. * Preparation for the high school equivalency tests (TENS): review of the 7 subjects evaluated. * Computer workshop: use of the Internet and computers. * Tablet computer workshop: using the features of the Appel or Android tablets. * Workshop on the use of social networks.

Eligibility: adults with learning difficulties or low level of schooling

Coverage area: MRC Matawinie-Est

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

Fees: courses and workshops: free, supplies for the French classes and the computer workshop: \$10, supplies for the TENS: \$35

Financing: provincial, municipal, 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: ecollanaudiere@hotmail.com

Services: Support and promote the well-being of the English-speaking community. * Information and referral. * Outreach services and support for seniors: referral, health and legal information, friendly visits and calls, etc. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, referral, translation and interpretation. * Wellness Centre: day centre for seniors. * Informal interpretation services. * Bursary program for students in health or social services.

Eligibility: residents, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5 per year

Financing: federal, provincial, municipal

Legal status: non-profit organization

GROUPE POPULAIRE D'ENTRELACS

2571 des Îles Road, Entrelacs, Lanaudière, QC, J0T 2E0

450 228-4100

Email: groupeentrelacs.coord@bellnet.ca

Services: Fight against poverty and isolation. * Boxed food distribution. * Bazaar. * Community meals. * Training on individual and collective care. * Leisure activities.

Eligibility: people on a low income, socially isolated people, disadvantaged families

Coverage area: Entrelacs

Hours: office: Monday, Thursday 8h30 to 12h00 and 12h30 to 16h00, Tuesday, Wednesday 9h00 to 12h00 and 12h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

School perseverance**CARREFOUR JEUNESSE-EMPLOI MATAWINIE**

105 Principale Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-9220 Fax: 450 886-5765

Website: cjematawinie.qc.ca

Email: info@cjematawinie.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: resume and cover letters writing, simulated interview. * Education and professional guidance. * School perseverance and dropout prevention programs. * Professional integration and job retention. * Manawan component: services for Atikamekw youth. * Entrepreneurial accompaniment. * Distance education.

Eligibility: people 15 to 35 years old

Coverage area: Manawan, Saint-Zénon, Saint-Damien, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Michel-des-Saints, Sainte-Béatrix, Sainte-Émélie-de-l'Énergie

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 12h30 to 16h30, Wednesday evening by appointment

Fees: none

Financing: provincial, federal, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI MATAWINIE - POINT DE SERVICE DE RAWDON

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1527 Fax: 450 834-6103

Website: cjematawinie.qc.ca

Email: info@cjematawinie.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: resume and cover letters writing, simulated interviews. * Education and professional guidance. * School perseverance and dropout prevention programs. * Professional integration and job retention. * Entrepreneurial accompaniment. * Distance education.

Eligibility: people 15 to 35 years old

Coverage area: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 12h30 to 16h30, Wednesday evening by appointment

Fees: none

Financing: provincial, federal, grants

Legal status: non-profit organization

Vocational training, Cégeps and Universities**UNIVERSITÉ DU TROISIÈME ÂGE - LANAUDIÈRE - SAINT-DONAT**

Confidential Address

514 910-1946

Website: utastdonat.association.usherbrooke.ca

Email: uta.stdonat@gmail.com

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Lanaudière

Fees: variable tuition according to the activity, compulsory student fee: \$5, optional donations

Financing: donations, grants

Legal status: non-profit organization

Employment and Income Support**ADVOCACY FOR WORKERS AND UNEMPLOYED****BUDGET MANAGEMENT AND CONSUMPTION****BUSINESS DEVELOPMENT****EMPLOYMENT SUPPORT AND TRAINING****EMPLOYMENT SUPPORT FOR YOUTH****TAX CLINICS****VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

Advocacy for workers and unemployed

ASSOCIATION DES TRAVAILLEURS ET TRAVAILLEUSES ACCIDENTÉS DU MATAWIN

313 Saint-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-1507

Email: attam@bellnet.ca

Services: * Phone information service on rights and remedies. * Information meetings on compensation for work-related accidents and illnesses. * Support and files follow-up. * Popular education activities. * Collective rights defense action.

Eligibility: workers victims of work related accidents or occupational diseases

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: member: \$5 per year

Financing: donations, provincial, Centraide Lanaudière

Legal status: non-profit organization

ASSOCIATION DES TRAVAILLEURS, TRAVAILLEUSES ACCIDENTÉS DE JOLI-MONT

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1220 Fax: 450 834-1240

Website: travailleursaccidentees.wordpress.com

Email: info@attaj.ca

Services: * Phone information service on rights and remedies. * Information meetings on compensation for work-related accidents and illnesses. * Support and files follow-up. * Popular education activities. * Collective rights defense action.

Eligibility: workers victims of work related accidents or occupational diseases

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00

Fees: free

Financing: donations, provincial, Centraide Lanaudière

Legal status: non-profit organization

Budget management and consumption

COMPTOIR VESTIMENTAIRE SAINTE-MARCELLINE

451 Principale Street, Sainte-Marcelline-de-Kildare, Lanaudière, QC, J0K 2Y0

450 883-8254

Services: * Thrift store: sale of clothes at a low cost. * Emergency fund. * Food assistance. * Christmas baskets.

Eligibility: residents

Coverage area: Sainte-Marcelline-De-Kildare

Hours: thrift store: Wednesday 13h00 to 15h30 and 19h00 to 20h00

Fees: variable

Financing: 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: ecollanaudiere@hotmail.com

Services: Support and promote the well-being of the English-speaking community. * Information and referral. * Outreach services and support for seniors: referral, health and legal information, friendly visits and calls, etc. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, referral, translation and interpretation. * Wellness Centre: day centre for seniors. * Informal interpretation services. * Bursary program for students in health or social services.

Eligibility: residents, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5 per year

Financing: federal, provincial, municipal

Legal status: non-profit organization

LIAISONS ENFANCE

Confidential Address

819 424-5933

Email: noelroyaumederuby@gmail.com

Services: Material and financial assistance for young people and families living in precarious conditions. * Easter baskets.

Eligibility: families on a low income with children 0 to 18 years old who are in school

Coverage area: Saint-Donat, Notre-Dame-De-La-Merci

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Business development

CENTRE LOCAL D'EMPLOI DE SAINT-JEAN-DE-MATHA

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

1 888 872-0048 Fax: 450 886-1838

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Jean-de-Matha

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

CORPORATION DU DÉVELOPPEMENT ÉCONOMIQUE ET TOURISTIQUE D'ENTRELACS

411 Provost Street, Entrelacs, Lanaudière, QC, J0T 2E0

450 228-8537

Services: * Services for local economic development. * Promotion of economic and touristic development.

Eligibility: entrepreneurs, new businesses

Coverage area: Entrelacs

Financing: municipal

Legal status: non-profit organization

SERVICE DE DÉVELOPPEMENT LOCAL ET RÉGIONAL DE MATAWINIE

3184 1st Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5441 Fax: 450 834-6560

Website: www.developpementmatawinie.org

Email: info@matawinie.org

Services: * Help with starting and expanding businesses. * Support during a change of ownership. * Funding of businesses through loans or grants. * Services for entrepreneurs in the tourism sector. * Support for local development. * Support for self-employed workers. * Mentorship for entrepreneurs.

Eligibility: businesses and future entrepreneurs

Coverage area: MRC Matawinie

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: municipal agency

SERVICES QUÉBEC - RAWDON

3486 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

1 877 502-4128 Fax: 450 834-1272

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment and Registre foncier.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Rawdon

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

SOCIÉTÉ D'AIDE AU DÉVELOPPEMENT DE LA COLLECTIVITÉ DE LA MATAWINIE

1009 Principale Street, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

450 883-0717 Fax: 450 883-2006

Website: www.matawinie.qc.ca

Email: sadc@matawinie.qc.ca

Services: Support for businesses and local development. * Services and advice for businesses and organizations. * Funding of business and growth projects. * Program of business support. * Support for projects in local development. * Training. * Room rental for members.

Eligibility: businesses, entrepreneurs

Coverage area: MRC Matawinie

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

Financing: provincial, federal

Legal status: non-profit organization

Employment support and training

CENTRE LOCAL D'EMPLOI DE SAINT-JEAN-DE-MATHA

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

1 888 872-0048 Fax: 450 886-1838

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Jean-de-Matha

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

CYBER-CIBLE

4046 Queen Street, Suite 202, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4440

Website: cyber-cible.org

Email: info.cybercible@gmail.com

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

Eligibility: ATV program: adults with an intellectual disability, recipients of social solidarity and with severe employment constraints, work platform: adults with an intellectual disability or an autism spectrum disorder, recipients of social solidarity and with severe employment constraints, persons not eligible for another employability measure from Emploi-Québec, training: persons 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 center: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: provincial, donations, fundraising campaigns

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: ecollanaudiere@hotmail.com

Services: Support and promote the well-being of the English-speaking community. * Information and referral. * Outreach services and support for seniors: referral, health and legal information, friendly visits and calls, etc. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, referral, translation and interpretation. * Wellness Centre: day centre for seniors. * Informal interpretation services. * Bursary program for students in health or social services.

Eligibility: residents, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5 per year

Financing: federal, provincial, municipal

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. * Christmas baskets. * Clothing counter. * Social integration: compensatory work. * Program PAAS.

Eligibility: people on a low income

Coverage area: Lanaudière

Hours: Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

SERVICES QUÉBEC - RAWDON

3486 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

1 877 502-4128 Fax: 450 834-1272

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment and Registre foncier.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Rawdon

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

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI MATAWINIE

105 Principale Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-9220 Fax: 450 886-5765

Website: cjematawinie.qc.ca

Email: info@cjematawinie.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: resume and cover letters writing, simulated interview. * Education and professional guidance. * School perseverance and dropout prevention programs. * Professional integration and job retention. * Manawan component: services for Atikamekw youth. * Entrepreneurial accompaniment. * Distance education.

Eligibility: people 15 to 35 years old

Coverage area: Manawan, Saint-Zénon, Saint-Damien, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Michel-des-Saints, Sainte-Béatrix, Sainte-Émélie-de-l'Énergie

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 12h30 to 16h30, Wednesday evening by appointment

Fees: none

Financing: provincial, federal, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI MATAWINIE - POINT DE SERVICE DE RAWDON

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1527 Fax: 450 834-6103

Website: cjematawinie.qc.ca

Email: info@cjematawinie.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: resume and cover letters writing, simulated interviews. * Education and professional guidance. * School perseverance and dropout prevention programs. * Professional integration and job retention. * Entrepreneurial accompaniment. * Distance education.

Eligibility: people 15 to 35 years old

Coverage area: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 12h30 to 16h30, Wednesday evening by appointment

Fees: none

Financing: provincial, federal, grants

Legal status: non-profit organization

Tax clinics

RUCHE ST-DAMIEN (LA) - TAX CLINIC

7221 Beaulieu Road, Saint-Damien, Lanaudière, QC, J0K 2E0

450 835-9228

Website: www.laruchestdamien.org

Email: laruchestdamien@gmail.com

Services: * Tax clinic.

Eligibility: people on a low income

Coverage area: Saint-Damien

Hours: Thursday to Saturday 10h00 to 15h00

Fees: none

Financing: contributions, donations, self-financing

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

CENTRE LOCAL D'EMPLOI DE SAINT-JEAN-DE-MATHA

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

1 888 872-0048 Fax: 450 886-1838

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Jean-de-Matha

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

CYBER-CIBLE

4046 Queen Street, Suite 202, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4440

Website: cyber-cible.org

Email: info.cybercible@gmail.com

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

Eligibility: ATV program: adults with an intellectual disability, recipients of social solidarity and with severe employment constraints, work platform: adults with an intellectual disability or an autism spectrum disorder, recipients of social solidarity and with severe employment constraints, persons not eligible for another employability measure from Emploi-Québec, training: persons 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 center: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: provincial, donations, fundraising campaigns

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. * Christmas baskets. * Clothing counter. * Social integration: compensatory work. * Program PAAS.

Eligibility: people on a low income

Coverage area: Lanaudière

Hours: Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

SERVICES QUÉBEC - RAWDON

3486 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

1 877 502-4128 Fax: 450 834-1272

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment and Registre foncier.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Rawdon

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

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

AMI(ES)S D'ÉMÉLIE (LES)

350 Principale Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 886-9009

Email: lesamisdemelie98@gmail.com

Services: * Food assistance. * Thrift store: clothes, furniture, household items and toys. * Christmas boxes.

Eligibility: people on a low income or living through a difficult situation

Coverage area: Sainte-Émélie-de-l'Énergie

Hours: Friday 13h00 to 16h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

COMPTOIR VESTIMENTAIRE SAINTE-MARCELLINE

451 Principale Street, Sainte-Marcelline-de-Kildare, Lanaudière, QC, J0K 2Y0

450 883-8254

Services: * Thrift store: sale of clothes at a low cost. * Emergency fund. * Food assistance. * Christmas baskets.

Eligibility: residents

Coverage area: Sainte-Marcelline-De-Kildare

Hours: thrift store: Wednesday 13h00 to 15h30 and 19h00 to 20h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

GROUPE ENTRAIDE ET AMITIÉ SAINT-ALPHONSE

800 Route 343, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

450 365-7016

Email: francoisgaudet331@icloud.com

Services: * Food assistance. * Christmas baskets. * Tax clinic.

Eligibility: single individuals, couples, families on a low income

Coverage area: Saint-Alphonse-Rodriguez

Hours: Wednesday 13h00 to 14h00

Fees: delivery: suggested contribution of \$5 per adult

Financing: donations, self-financing

Legal status: non-profit organization

PETITE MISSION (LA)

1915 de la Réserve Montée, Notre-Dame-de-la-Merci, Lanaudière, QC, J0T 2A0

819 424-7855

Email: lapetitemission@gmail.com

Services: * Food bank. * Christmas baskets. * Bazaar. * Clothing counter.

Eligibility: people on a low income

Coverage area: Entrelacs, Notre-Dame-de-la-Merci, Saint-Donat

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

Fees: variable

Financing: self-financing, fundraising campaigns

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. * Christmas baskets. * Clothing counter. * Social integration: compensatory work. * Program PAAS.

Eligibility: people on a low income

Coverage area: Lanaudière

Hours: Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

RUCHE ST-DAMIEN (LA)

7221, chemin Beaulieu, Saint-Damien, Lanaudière, QC, J0K 2E0

450 835-9228 Fax: 450 835-9228

Website: www.laruchestdamien.org

Email: laruchestdamien@gmail.com

Services: * Food bank. * Emergency breakdown service. * Christmas baskets. * Collective kitchen. * Bargain store: clothing, furniture, appliances, books, toys, electronics, household items. * Collection of furniture. * Coffee meeting. * École en santé Program: nutrition and self-esteem workshops, healthy snacks and cakes, hot lunch every month. * Tax clinic. * Workshops and training. * Opportunities for social reintegration, compensatory or community work. * Development and promotion of volunteer and community action.

Eligibility: Persons with low-income

Coverage area: Saint-Damien

Hours: Thursday to Friday 10h00 to 16h00, Saturday 10h00 to 15h00, Food bank: 1st and 3rd Thursday of each month 10h00 to 15h00.

Fees: Annual membership: 5\$, food bank: 4\$ per person 18 years old and over, free for dependent children, emergency breakdown service: free

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MARIE-REINE-DU-MONDE - RAWDON

3759 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 755-7753

Website: www.ssvp.qc.ca

Email: info@ssvp.qc.ca

Services: Food bank and thrift shop. * Thrift shop: used clothes, furniture, electronic items, household items. * Food assistance. * Christmas baskets. * School supplies distribution.

Eligibility: people in need

Coverage area: Rawdon

Hours: Monday 12h00 to 15h00

Financing: self-financing, donations

Legal status: non-profit organization

Collective kitchens and cooking workshops**AMIS DE MARIE DE SAINT-CÔME (LES)**

1250 Alphonse-Marion Street, Saint-Côme, Lanaudière, QC, J0K 2B0

450 883-2600

Services: * Thrift store. * Flea market. * Community kitchen. * At-home delivery of certain items. * On-site used items recovery: clothes, sports equipment, toys, books, kitchen items, appliances, furniture, etc. * At-home collection of furniture.

Coverage area: Saint-Alphonse-Rodriguez, Sainte-Émélie-de-l'Énergie, Saint-Côme and surrounding areas

Hours: Monday, Wednesday, Friday 13h00 to 14h00, Saturday 9h00 to 11h00 and 13h00 to 14h00

Fees: delivery: variable depending on distance, membership: \$5, which gives a right of vote at the General Assembly

Financing: donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE ET DE DÉPANNAGE DE ST-ZÉNON

6091 Principale Street, Saint-Zénon, Lanaudière, QC, J0K 3N0

450 884-0000

Email: centredentraide01@gmail.com

Services: * Welcoming, information and referral. * Collective kitchens. * Community garden. * Thrift store. * Community meals. * Laundry services. * Varied workshops and training. * Reception of volunteers.

Eligibility: seniors, people on a low income, people in a vulnerable situation

Coverage area: Saint-Zénon

Hours: thrift store: Thursday and Saturday 13h00 to 17h00, Friday 13h00 to 20h00, other services: variable

Fees: variable

Financing: donations, fundraising campaigns, grants, provincial

Legal status: non-profit organization

COMPTOIR VESTIMENTAIRE DE SAINT-FÉLIX-DE-VALOIS

4650 Principale Street, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-2667

Services: * Recovery and sale of used clothing and household items at low prices. * Food vouchers. * Collective kitchen.

Eligibility: food vouchers: people on a low income

Coverage area: Saint-Félix-De-Valois

Hours: Wednesday 9h00 to 16h00, Thursday 18h00 to 20h00, Saturday 13h00 to 16h00

Fees: variable

Financing: donations, municipal

Legal status: non-profit organization

CUISINES COLLECTIVES DE MATHA (LES)

2 Principale Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-1944

Email: cuisinesdematha@distributel.net

Services: * Collective kitchens. * Community gardens.

Eligibility: all, especially people on low income

Coverage area: Saint-Jean-de-Matha

Hours: Monday to Thursday 8h00 to 16h30

Financing: grants

Legal status: non-profit organization

CUISINES COLLECTIVES MARCELLINOISES

81 du Pied-de-la-Montagne Row, Sainte-Marcelline-de-Kildare, Lanaudière, QC, J0K 2Y0

450883-8531

Services: * Collective kitchen once a month.

Coverage area: Saint-Marcelline-De-Kildare

Legal status: non-profit organization

MAISON DE PARENTS DE LA MATAWINIE OUEST

3615 Queen Street, Suite 2, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5179 Fax: 450 834-5179

Website: maisonparents.org

Email: maisonparents.mo@gmail.com

Services: * Listening and referral. * Drop-in daycare * Coffee-meetings. * Collective kitchens. * Checking, installation and loan of car seats. * Creative, recreational and educational workshops. * Family outings and parties. * Distribution of school supplies. * Room rental.

Eligibility: families, parents, drop-in: children from 1 to 5 years old

Coverage area: West Matawinie: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Hours: Monday to Friday 9h00 to 15h00, drop-in daycare: Wednesday and Thursday 9h00 to 14h30 and during an activity

Fees: membership card: \$10 per family per year, drop-in daycare: \$6 for one child, \$8 for 2 children and \$10 for 3 children

Financing: contributions, self-financing

Legal status: non-profit organization

MAISON DES AÎNÉS DE CHERTSEY (LA)

552 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1688

Email: maisondesaines.chertsey@gmail.com

Services: Community centre for seniors. * Listening, information and referral. * Community lunches. * Collective kitchens. * Educational and recreational workshops: computer support, awareness of elder abuse, socialization workshops, memory stimulation, etc. * Bingo. * English discussion group and talking circle in french. * Amateur choir. * Help with forms and tax clinic. * Rental of community room.

Eligibility: people 50 years and over

Coverage area: Chertsey, Entralacs, Rawdon

Hours: Monday to Friday 9h00 to 16h00, community lunches: Tuesday and Wednesday 11h30 to 12h30, english discussion group: Friday 10h00 to 11h30, amateur choir: Friday 13h00 to 15h00

Fees: annual membership: \$20, community lunches: \$8 for members, \$10 for non-members, collective kitchen: between \$0.25 and \$1.50 by portion, rental room: variable

Financing: Centraide Lanaudière, contributions, self-financing, donations, provincial

Legal status: non-profit organization

Community gardens and markets**CENTRE D'ENTRAIDE ET DE DÉPANNAGE DE ST-ZÉNON**

6091 Principale Street, Saint-Zénon, Lanaudière, QC, J0K 3N0

450 884-0000

Email: centredentraide01@gmail.com

Services: * Welcoming, information and referral. * Collective kitchens. * Community garden. * Thrift store. * Community meals. * Laundry services. * Varied workshops and training. * Reception of volunteers.

Eligibility: seniors, people on a low income, people in a vulnerable situation

Coverage area: Saint-Zénon

Hours: thrift store: Thursday and Saturday 13h00 to 17h00, Friday 13h00 to 20h00, other services: variable

Fees: variable

Financing: donations, fundraising campaigns, grants, provincial

Legal status: non-profit organization

CUISINES COLLECTIVES DE MATHA (LES)

2 Principale Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-1944

Email: cuisinesdematha@distributel.net

Services: * Collective kitchens. * Community gardens.

Eligibility: all, especially people on low income

Coverage area: Saint-Jean-de-Matha

Hours: Monday to Thursday 8h00 to 16h30

Financing: grants

Legal status: non-profit organization

ENTRELACS - MUNICIPALITY

2351 Entrelacs road, Entrelacs, Lanaudière, QC, J0T 2E0

450 228-2529 Fax: 450 228-4866

Website: www.entrelacs.com

Email: info@entrelacs.com

Services: Municipal services management. * Waste management. * Fire department. * Planning services and permits issuance. * Community gardens.

Coverage area: Entrelacs

Financing: municipal

Legal status: municipal agency

SAINTE-EMELIE-DE-L'ENERGIE - MUNICIPALITY

460 de la Mairie Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 886-3823 Fax: 450 886-9175

Website: www.steemelie.ca

Email: info@stemelie.ca

Services: Municipal services management. * Waste management. * Fire department. * Planning services and permits issuance. * Community gardens.

Coverage area: Sainte-Émélie-de-l'Énergie

Financing: municipal

Legal status: municipal agency

Food Assistance**AMI(ES)S D'ÉMÉLIE (LES)**

350 Principale Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 886-9009

Email: lesamisdemelie98@gmail.com

Services: * Food assistance. * Thrift store: clothes, furniture, household items and toys. * Christmas boxes.

Eligibility: people on a low income or living through a difficult situation

Coverage area: Sainte-Émélie-de-l'Énergie

Hours: Friday 13h00 to 16h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

ARCHE DU NORD (L')

215 du Lac Avenue, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-2839

Email: marielle.lord@sympatico.ca

Services: * Food assistance. * Thrift store. * Referral, information, help and listening.

Eligibility: people on a low income, people who are socially isolated

Coverage area: Saint-Donat

Hours: thrift store: Wednesday and Friday 13h00 to 16h00, food assistance: Wednesday 9h30 to 11h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-financing, donations

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE LA HAUTE-MATAWINIE

230 Saint-Michel Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-2174

Email: comptoiralimentairehm@hotmail.ca

Services: * Food aid.

Eligibility: people on a low income

Coverage area: Saint-Michel-Des-Saints, Saint-Zénon

Hours: Thursday 13h00 to 14h00

Financing: donations, grants

Legal status: non-profit organization

COMPTOIR VESTIMENTAIRE DE SAINT-FÉLIX-DE-VALOIS

4650 Principale Street, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-2667

Services: * Recovery and sale of used clothing and household items at low prices. * Food vouchers. * Collective kitchen.

Eligibility: food vouchers: people on a low income

Coverage area: Saint-Félix-De-Valois

Hours: Wednesday 9h00 to 16h00, Thursday 18h00 to 20h00, Saturday 13h00 to 16h00

Fees: variable

Financing: donations, municipal

Legal status: non-profit organization

COMPTOIR VESTIMENTAIRE SAINTE-MARCELLINE

451 Principale Street, Sainte-Marcelline-de-Kildare, Lanaudière, QC, J0K 2Y0

450 883-8254

Services: * Thrift store: sale of clothes at a low cost. * Emergency fund. * Food assistance. * Christmas baskets.

Eligibility: residents

Coverage area: Sainte-Marcelline-De-Kildare

Hours: thrift store: Wednesday 13h00 to 15h30 and 19h00 to 20h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

DENRÉES MATHA ET SES VOISINS

145 Sainte-Louise Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-0222

Email: denrees.matha@hotmail.com

Services: * Food bank (weekly distribution on appointment).

Eligibility: people and families on a low income

Coverage area: Sainte-Émélie-de-L'énergie, Saint-Félix-de-Valois, Saint-Jean-de-Matha et Sainte-Béatrix

Hours: Monday to Thursday 9h00 to 16h30

Financing: Centraide Lanaudière, provincial, donations

Legal status: non-profit organization

GROUPE DES MONTAGNARDS DE CHERTSEY

623 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1863

Email: groupemontagnards@gmail.com

Services: Grouping of volunteers fighting against poverty. * Food recovery, processing, production and distribution. * Recovery and resale clothing, textiles, furniture and others goods.

Eligibility: people on low income, people who wish to volunteer

Coverage area: Chertsey

Hours: Tuesday, Wednesday, Thursday, Friday 8h00 to 11h30 and 12h30 to 15h00

Financing: provincial, Centraide

Legal status: non-profit organization

GROUPE ENTRAIDE ET AMITIÉ SAINT-ALPHONSE

800 Route 343, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

450 365-7016

Email: francoisgaudet331@icloud.com

Services: * Food assistance. * Christmas baskets. * Tax clinic.

Eligibility: single individuals, couples, families on a low income

Coverage area: Saint-Alphonse-Rodriguez

Hours: Wednesday 13h00 to 14h00

Fees: delivery: suggested contribution of \$5 per adult

Financing: donations, self-financing

Legal status: non-profit organization

GROUPE POPULAIRE D'ENTRELACS

2571 des Îles Road, Entrelacs, Lanaudière, QC, J0T 2E0

450 228-4100

Email: groupeentrelacs.coord@bellnet.ca

Services: Fight against poverty and isolation. * Boxed food distribution. * Bazaar. * Community meals. * Training on individual and collective care. * Leisure activities.

Eligibility: people on a low income, socially isolated people, disadvantaged families

Coverage area: Entrelacs

Hours: office: Monday, Thursday 8h30 to 12h00 and 12h30 to 16h00, Tuesday, Wednesday 9h00 to 12h00 and 12h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

PETITE MISSION (LA)

1915 de la Réserve Montée, Notre-Dame-de-la-Merci, Lanaudière, QC, J0T 2A0

819 424-7855

Email: lapetitemission@gmail.com

Services: * Food bank. * Christmas baskets. * Bazaar. * Clothing counter.

Eligibility: people on a low income

Coverage area: Entrelacs, Notre-Dame-de-la-Merci, Saint-Donat

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

Fees: variable

Financing: self-financing, fundraising campaigns

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. * Christmas baskets. * Clothing counter. * Social integration: compensatory work. * Program PAAS.

Eligibility: people on a low income

Coverage area: Lanaudière

Hours: Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

RUCHE ST-DAMIEN (LA)

7221, chemin Beaulieu, Saint-Damien, Lanaudière, QC, J0K 2E0

450 835-9228 Fax: 450 835-9228

Website: www.laruchestdamien.org

Email: laruchestdamien@gmail.com

Services: * Food bank. * Emergency breakdown service. * Christmas baskets. * Collective kitchen. * Bargain store: clothing, furniture, appliances, books, toys, electronics, household items. * Collection of furniture. * Coffee meeting. * École en santé Program: nutrition and self-esteem workshops, healthy snacks and cakes, hot lunch every month. * Tax clinic. * Workshops and training. * Opportunities for social reintegration, compensatory or community work. * Development and promotion of volunteer and community action.

Eligibility: Persons with low-income

Coverage area: Saint-Damien

Hours: Thursday to Friday 10h00 to 16h00, Saturday 10h00 to 15h00, Food bank: 1st and 3rd Thursday of each month 10h00 to 15h00.

Fees: Annual membership: 5\$, food bank: 4\$ per person 18 years old and over, free for dependent children, emergency breakdown service: free

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MARIE-REINE-DU-MONDE - RAWDON

3759 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 755-7753

Website: www.ssvp.qc.ca

Email: info@ssvp.qc.ca

Services: Food bank and thrift shop. * Thrift shop: used clothes, furniture, electronic items, household items. * Food assistance. * Christmas baskets. * School supplies distribution.

Eligibility: people in need

Coverage area: Rawdon

Hours: Monday 12h00 to 15h00

Financing: self-financing, donations

Legal status: non-profit organization

SOLIDARITÉ SOCIALE DE RAWDON

3625 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4911

Email: ssrawdon@rocler.qc.ca

Services: * Clothing, warm meals and furniture at low prices. * Food assistance. * Group activities: bingo, outings, etc.

Eligibility: general population, people in need

Coverage area: Rawdon

Hours: Monday to Thursday 8h30 to 16h00, food assistance: Tuesday

Fees: variables

Financing: donations

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

CLSC DE CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Food assistance coordination**CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE**

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-financing, donations

Legal status: non-profit organization

Food assistance in schools**RUCHE ST-DAMIEN (LA)**

7221, chemin Beaulieu, Saint-Damien, Lanaudière, QC, J0K 2E0

450 835-9228 Fax: 450 835-9228

Website: www.laruchestdamien.org

Email: laruchestdamien@gmail.com

Services: * Food bank. * Emergency breakdown service. * Christmas baskets. * Collective kitchen. * Bargain store: clothing, furniture, appliances, books, toys, electronics, household items. * Collection of furniture. * Coffee meeting. * École en santé Program: nutrition and self-esteem workshops, healthy snacks and cakes, hot lunch every month. * Tax clinic. * Workshops and training. * Opportunities for social reintegration, compensatory or community work. * Development and promotion of volunteer and community action.

Eligibility: Persons with low-income

Coverage area: Saint-Damien

Hours: Thursday to Friday 10h00 to 16h00, Saturday 10h00 to 15h00, Food bank: 1st and 3rd Thursday of each month 10h00 to 15h00.

Fees: Annual membership: 5\$, food bank: 4\$ per person 18 years old and over, free for dependent children, emergency breakdown service: free

Legal status: non-profit organization

Low cost or free meals

AJOUT WEB 10/08/2020 CBV

1948 Notre-Dame-de-la-Merci Road, Notre-Dame-de-la-Merci, Lanaudière, QC, J0T 2A0

819 424-5077

Email: fa.sd.ndm@gmail.com

Services: Help organization for children and fight against social isolation among women. * Material assistance to schools and children. * Community meals.

Eligibility: women, children from low-income families, schools

Coverage area: Notre-Dame-de-la-Merci, Saint-Donat

Fees: membership card: \$15

Financing: membership fees

Legal status: non-profit organization

BOUÉE DE L'AMITIÉ (LA)

594 des Érables Street, Saint-Donat, Lanaudière, QC, J0T 2C0

Email: doun777@hotmail.com

Services: * Community meals. * Knitting club.

Eligibility: people living in social isolation

Coverage area: Saint-Donat

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE ET DE DÉPANNAGE DE ST-ZÉNON

6091 Principale Street, Saint-Zénon, Lanaudière, QC, J0K 3N0

450 884-0000

Email: centredentraide01@gmail.com

Services: * Welcoming, information and referral. * Collective kitchens. * Community garden. * Thrift store. * Community meals. * Laundry services. * Varied workshops and training. * Reception of volunteers.

Eligibility: seniors, people on a low income, people in a vulnerable situation

Coverage area: Saint-Zénon

Hours: thrift store: Thursday and Saturday 13h00 to 17h00, Friday 13h00 to 20h00, other services: variable

Fees: variable

Financing: donations, fundraising campaigns, grants, provincial

Legal status: non-profit organization

GROUPE POPULAIRE D'ENTRELACS

2571 des Îles Road, Entrelacs, Lanaudière, QC, J0T 2E0

450 228-4100

Email: groupeentrelacs.coord@bellnet.ca

Services: Fight against poverty and isolation. * Boxed food distribution. * Bazaar. * Community meals. * Training on individual and collective care. * Leisure activities.

Eligibility: people on a low income, socially isolated people, disadvantaged families

Coverage area: Entrelacs

Hours: office: Monday, Thursday 8h30 to 12h00 and 12h30 to 16h00, Tuesday, Wednesday 9h00 to 12h00 and 12h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

MAISON DES AÎNÉS DE CHERTSEY (LA)

552 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1688

Email: maisondesaines.chertsey@gmail.com

Services: Community centre for seniors. * Listening, information and referral. * Community lunches. * Collective kitchens. * Educational and recreational workshops: computer support, awareness of elder abuse, socialization workshops, memory stimulation, etc. * Bingo. * English discussion group and talking circle in french. * Amateur choir. * Help with forms and tax clinic. * Rental of community room.

Eligibility: people 50 years and over

Coverage area: Chertsey, Entralacs, Rawdon

Hours: Monday to Friday 9h00 to 16h00, community lunches: Tuesday and Wednesday 11h30 to 12h30, english discussion group: Friday 10h00 to 11h30, amateur choir: Friday 13h00 to 15h00

Fees: annual membership: \$20, community lunches: \$8 for members, \$10 for non-members, collective kitchen: between \$0.25 and \$1.50 by portion, rental room: variable

Financing: Centraide Lanaudière, contributions, self-financing, donations, provincial

Legal status: non-profit organization

MI-ZÉ-VIE

130 Saint-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6040 Fax: 450 833-2173

Email: mizevie@hotmail.com

Services: Mental health help centre. * Intervention in crisis situations: individual listening, listening over the phone, referral. * Prevention, information and documentation. * Support for people who lost someone to suicide: phone and in person intervention. * Activities, workshops and social excursions: coffee-meetings, cooking workshops, bricolage and varied excursions. * Community meals. * On Fridays the organisation moves to the Centre Communautaire de Saint-Zénon.

Eligibility: people in a crisis situation, people living with mental health challenges, people in mourning

Coverage area: Saint-Michel-des-Saints, Saint-Zénon

Hours: on appointment: Monday to Thursday 9h30 to 12h00, without appointment: Monday to Thursday 13h00 to 14h15, Saint-Zénon without appointment: Friday 8h45 to 15h00, community meals: last Thursday of the month 12h00

Fees: mental health intervention: free, optional membership card: \$5, community meals: \$5, excursions: variable cost

Financing: donations, contributions

Legal status: non-profit organization

RESCOUSSE AMICALE (LA)

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151 Fax: 450 834-5557

Website: www.rescouseamicale.ca

Email: info@rescouseamicale.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 or having lived a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services free, membership card: \$3

Financing: contributions

Legal status: non-profit organization

SOLIDARITÉ SOCIALE DE RAWDON

3625 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4911

Email: ssrawdon@rocler.qc.ca

Services: * Clothing, warm meals and furniture at low prices. * Food assistance. * Group activities: bingo, outings, etc.

Eligibility: general population, people in need

Coverage area: Rawdon

Hours: Monday to Thursday 8h30 to 16h00, food assistance: Tuesday

Fees: variables

Financing: donations

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-financing, donations

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

PROVINCIAL SERVICES

Municipal services

BOIS-FRANC - MUNICIPALITÉ

1673 55th Street, Saint-Côme, Lanaudière, QC, J0K 2B0

450 883-2726 Fax: 450 883-6431

Website: www.stcomelanaudiere.ca

Email: info@stcomelanaudiere.ca

Services: Municipal service management. * Payment of municipal taxes. * Collection of residual materials. * Industrial kitchen for food processing specialists. * Fire department. * Room rental.

Coverage area: Saint-Côme

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

Financing: municipal

Legal status: municipal agency

CHERTSEY - MUNICIPALITY

333 de l'Amitié Avenue, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2920 Fax: 450 882-3333

Website: www.chertsey.ca

Email: general@chertsey.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual and waste collection calendar: chertsey.ca/wp-content/uploads/R-V-Calendarier-collecte-2021.pdf * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers. * Hall rental.

Coverage area: Chertsey

Hours: Monday to Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

ENTRELACS - MUNICIPALITY

2351 Entrelacs road, Entrelacs, Lanaudière, QC, J0T 2E0

450 228-2529 Fax: 450 228-4866

Website: www.entrelacs.com

Email: info@entrelacs.com

Services: Municipal services management. * Waste management. * Fire department. * Planning services and permits issuance. * Community gardens.

Coverage area: Entrelacs

Financing: municipal

Legal status: municipal agency

NOTRE-DAME-DE-LA-MERCI - MUNICIPALITY

1900 Montée de la Réserve, Notre-Dame-de-la-Merci, Lanaudière, QC, J0T 2A0

819 424-2113 Fax: 819 424-7347

Website: www.mun-ndm.ca

Email: info@mun-ndm.ca

Services: Municipal services management. * Waste management. * Fire department. * Planning services and permits issuance.

Coverage area: Notre-Dame-de-la-Merci

Financing: municipal

Legal status: municipal agency

RAWDON - MUNICIPALITY

3647 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2596 Fax: 450 834-3031

Website: rawdon.ca/en

Email: info@rawdon.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collection and information on waste management: <http://www.rawdon.ca/citoyen/environnement/matieres-residuelles/dechets> * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Rawdon

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

Financing: municipal

Legal status: municipal agency

SAINT-ALPHONSE-RODRIGUEZ - MUNICIPALITY

101 de la Plage Street, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

450 883-2264 Fax: 450 883-0833

Website: www.municipalite.saintalphonserodriguez.qc.ca

Email: info@munsar.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual materials and waste collection calendar: saintthomas.qc.ca/services/services-aux-citoyens/collectes-des-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * Hall rental. * Dog licenses. * Emergency notification system.

Coverage area: Saint-Alphonse-Rodriguez

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

Financing: municipal

Legal status: municipal agency

SAINT-DAMIEN - MUNICIPALITY

6850 Montauban Road, Saint-Damien, Lanaudière, QC, J0K 2E0

450 835-3419 Fax: 450 835-5538

Website: www.st-damien.com

Email: infos@st-damien.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.st-damien.com/collecte-des-matieres-residuelles.html * Public safety: fire safety service, animal control.

Coverage area: Saint-Damien

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

Financing: municipal

Legal status: municipal agency

SAINT-DONAT - MUNICIPALITY

490 Principale Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-2383 Fax: 819 424-5020

Website: www.saint-donat.ca

Email: info@saint-donat.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual materials and waste collection calendar: www.saint-donat.ca/citoyens/MatiEresresiduelles.cfm * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-Donat

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

Financing: municipal

Legal status: municipal agency

SAINT-FÉLIX-DE-VALOIS - MUNICIPALITY

600 de Joliette Road, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-5589

Website: st-felix-de-valois.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual materials and waste collection calendar: municipalitestjeandematha.qc.ca/services-aux-citoyens/environnement/collectes-ordures-recyclage-compost/ * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers.

Coverage area: Saint-Félix-De-Valois

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

SAINT-JEAN-DE-MATHA - MUNICIPALITY

65 Lessard Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3867 Fax: 450 886-3398

Website: www.municipalitestjeandematha.qc.ca

Email: info@matha.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual and waste collection calendar: municipalitestjeandematha.qc.ca/services-aux-citoyens/environnement/collectes-ordures-recyclage-compost * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-Jean-De-Matha

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h to 16h00

Financing: municipal

Legal status: municipal agency

SAINT-MICHEL-DES-SAINTS - MUNICIPALITY

441 Brassard Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 886-4502 Fax: 450 833-6081

Website: www.smds.quebec

Email: info@smds.quebec

Services: Municipal services management. * Municipal taxes payments. * Waste management. * Public works and economic development.

Coverage area: Saint-Michel-des-Saints

Financing: municipal

Legal status: municipal agency

SAINT-ZENON - MUNICIPALITY

6101 Principale Street, Saint-Zénon, Lanaudière, QC, J0K 3N0

450 884-5987 Fax: 450 884-5285

Website: www.st-zenon.com

Email: municipalite@st-zenon.org

Services: Municipal services management. * Waste management. * Planning services and permits issuance.

Coverage area: Saint-Zénon

Financing: municipal

Legal status: municipal agency

SAINTE-BÉATRIX - MUNICIPALITY

861 de l'Église Street, Sainte-Béatrix, Lanaudière, QC, J0K 1Y0

450 883-2245 ext. 6221 Fax: 450 883-1772

Website: www.stebeatrix.com

Email: reception@stebeatrix.com

Services: Municipal services management. * Fire department. * Waste management. * Planning department and issuance of permits.

Coverage area: Sainte-Béatrix

Financing: municipal

Legal status: municipal agency

SAINTE-EMELIE-DE-L'ENERGIE - MUNICIPALITY

460 de la Mairie Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 886-3823 Fax: 450 886-9175

Website: www.steemelie.ca

Email: info@stemelie.ca

Services: Municipal services management. * Waste management. * Fire department. * Planning services and permits issuance. * Community gardens.

Coverage area: Sainte-Émélie-de-l'Énergie

Financing: municipal

Legal status: municipal agency

SAINTE-MARCELLINE-DE-KILDARE - MUNICIPALITY

500 Principale Street, Sainte-Marcelline-de-Kildare, Lanaudière, QC, J0K 2Y0

450 883-2241 Fax: 450 883-2242

Website: www.ste-marcelline.com

Email: info@ste-marcelline.com

Services: Municipal services management. * Waste management. * Planning services and permits issuance.

Coverage area: Sainte-Marcelline-de-Kildare

Financing: municipal

Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE AUXILIAIRE DE LA MRC DE MATAWINIE

8081 Brassard Road, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6378 Fax: 450 833-5477

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Matawinie

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE PRINCIPAL DE LA MRC DE MATAWINIE

3398 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2578 Fax: 450 834-2578

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Email: poste.principal.mrc.matawinie@surete.qc.ca

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Matawinie

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

Municipalité régionale de comté (MRC)

MRC MATAWINIE

3184 1st Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5441 Fax: 450 834-6560

Website: mrcmatawinie.org

Email: administration@matawinie.org

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 Matawinie

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

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Provincial services

CENTRE LOCAL D'EMPLOI DE SAINT-JEAN-DE-MATHA

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

1 888 872-0048 Fax: 450 886-1838

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Jean-de-Matha

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

SERVICES QUÉBEC - RAWDON

3486 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

1 877 502-4128 Fax: 450 834-1272

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment and Registre foncier.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Rawdon

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

SÛRETÉ DU QUÉBEC - POSTE AUXILIAIRE DE LA MRC DE MATAWINIE

8081 Brassard Road, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6378 Fax: 450 833-5477

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Matawinie

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE PRINCIPAL DE LA MRC DE MATAWINIE

3398 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2578 Fax: 450 834-2578

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Email: poste.principal.mrc.matawinie@surete.qc.ca

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Matawinie

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

Health

FAMILY PLANNING

HOME CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Family planning

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 CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic 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

CLSC DE CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Hospitals, CLSC and community clinics**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 CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

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/repertoire-ressources/ressource/?nofiche=1725#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Same day or next day medical consultations (for all). * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Radiology: walk-in at the discretion of the doctor and by appointment once a month. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, Saturday, Sunday 9h30 to 16h30, tests centre: Monday, Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Palliative 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

CLSC DE CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Patient support associations**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 CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Public Health

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 CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

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: ecollanaudiere@hotmail.com

Services: Support and promote the well-being of the English-speaking community. * Information and referral. * Outreach services and support for seniors: referral, health and legal information, friendly visits and calls, etc. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, referral, translation and interpretation. * Wellness Centre: day centre for seniors. * Informal interpretation services. * Bursary program for students in health or social services.

Eligibility: residents, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5 per year

Financing: federal, provincial, municipal

Legal status: non-profit organization

Homelessness

DAY AND EVENING CENTRES

MOBILE UNITS AND STREET WORK

SHELTERS

TRANSITIONAL HOUSING

Day and evening centres

CENTRE D'ENTRAIDE ET DE DÉPANNAGE DE ST-ZÉNON

6091 Principale Street, Saint-Zénon, Lanaudière, QC, J0K 3N0

450 884-0000

Email: centredentraide01@gmail.com

Services: * Welcoming, information and referral. * Collective kitchens. * Community garden. * Thrift store. * Community meals. * Laundry services. * Varied workshops and training. * Reception of volunteers.

Eligibility: seniors, people on a low income, people in a vulnerable situation

Coverage area: Saint-Zénon

Hours: thrift store: Thursday and Saturday 13h00 to 17h00, Friday 13h00 to 20h00, other services: variable

Fees: variable

Financing: donations, fundraising campaigns, grants, provincial

Legal status: non-profit organization

Mobile units and street work

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 CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Shelters

CROISÉE DE LA MATAWINIE (LA)

30 Joliette Road, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-5908

Email: la.croisee@hotmail.com

Services: Popular education space. * Temporary housing. * Group workshops. * Individual support. * Computer stations. * Awareness and information on any form of oppression, discrimination, exclusion and prejudice. * Safe and inclusive exchange living space. * Citizens' rights advocacy.

Eligibility: people aged 18 years and over

Capacity: 4 rooms

Coverage area: MRC Matawinie

Hours: Tuesday to Friday 12h00 to 18h00, Saturday 12h00 to 17h00

Fees: by email, phone or Messenger

Financing: donations

Legal status: non-profit organization

Transitional housing

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 of rights. * Post-housing follow-up.

Eligibility: young adults 18 to 30 years old, in difficulty and homeless

Capacity: 9 mixed places

Coverage area: Lanaudière

Hours: admission: 7 days 8h00 to 20h00

Fees: \$300 per month

Financing: provincial, federal, fundraising campaigns, donations

Legal status: non-profit organization

Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

OFFICE MUNICIPAL D'HABITATION DE MATAWINIE

3220 12th Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3317

Email: info@ohmatawinie.com

Services: Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals, seniors and families on a low and moderate income

Capacity: 208 units

Coverage area: MRC Matawinie

Financing: provincial

Legal status: municipal agency

Emergency

SAINT-ALPHONSE-RODRIGUEZ - MUNICIPALITY

101 de la Plage Street, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

450 883-2264 Fax: 450 883-0833

Website: www.municipalite.saintalphonserodriguez.qc.ca

Email: info@munsar.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual materials and waste collection calendar: saintthomas.qc.ca/services/services-aux-citoyens/collectes-des-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * Hall rental. * Dog licenses. * Emergency notification system.

Coverage area: Saint-Alphonse-Rodriguez

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

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations

OFFICE MUNICIPAL D'HABITATION DE MATAWINIE

3220 12th Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3317

Email: info@ohmatawinie.com

Services: Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals, seniors and families on a low and moderate income

Capacity: 208 units

Coverage area: MRC Matawinie

Financing: provincial

Legal status: municipal agency

Social housing and housing cooperatives

OFFICE MUNICIPAL D'HABITATION DE MATAWINIE

3220 12th Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3317

Email: info@ohmatawinie.com

Services: Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals, seniors and families on a low and moderate income

Capacity: 208 units

Coverage area: MRC Matawinie

Financing: provincial

Legal status: municipal agency

Immigration and cultural communities

INTERPRETATION AND TRANSLATION

MULTICULTURAL ORGANIZATIONS

PREVENTION AND FIGHT AGAINST RACISM

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: ecollanaudiere@hotmail.com

Services: Support and promote the well-being of the English-speaking community. * Information and referral. * Outreach services and support for seniors: referral, health and legal information, friendly visits and calls, etc. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, referral, translation and interpretation. * Wellness Centre: day centre for seniors. * Informal interpretation services. * Bursary program for students in health or social services.

Eligibility: residents, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5 per year

Financing: federal, provincial, municipal

Legal status: non-profit organization

Multicultural organizations

CENTRE D'INTERPRÉTATION MULTIETHNIQUE DE RAWDON

3588 Metcalfe Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3334

Website: www.cimrawdon.info

Email: cathalmarlow@yahoo.ca

Services: * Promotion of the different cultural communities present in Rawdon. * Exhibitions of arts and crafts from different countries. * Conferences and workshops. * Concerts and shows.

Eligibility: members of cultural communities established in Rawdon

Coverage area: Rawdon

Financing: donations

Legal status: Select Legal Status

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: ecollanaudiere@hotmail.com

Services: Support and promote the well-being of the English-speaking community. * Information and referral. * Outreach services and support for seniors: referral, health and legal information, friendly visits and calls, etc. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, referral, translation and interpretation. * Wellness Centre: day centre for seniors. * Informal interpretation services. * Bursary program for students in health or social services.

Eligibility: residents, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5 per year

Financing: federal, provincial, municipal

Legal status: non-profit organization

Indigenous Peoples

EMPLOYMENT

GOVERNMENT SERVICES

Employment

CARREFOUR JEUNESSE-EMPLOI MATAWINIE

105 Principale Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-9220 Fax: 450 886-5765

Website: cjematawinie.qc.ca

Email: info@cjematawinie.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: resume and cover letters writing, simulated interview. * Education and professional guidance. * School perseverance and dropout prevention programs. * Professional integration and job retention. * Manawan component: services for Atikamekw youth. * Entrepreneurial accompaniment. * Distance education.

Eligibility: people 15 to 35 years old

Coverage area: Manawan, Saint-Zénon, Saint-Damien, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Michel-des-Saints, Sainte-Béatrix, Sainte-Émélie-de-l'Énergie

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 12h30 to 16h30, Wednesday evening by appointment

Fees: none

Financing: provincial, federal, grants

Legal status: non-profit organization

Government services

CENTRE LOCAL D'EMPLOI DE SAINT-JEAN-DE-MATHA

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

1 888 872-0048 Fax: 450 886-1838

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Jean-de-Matha

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

SERVICES QUÉBEC - RAWDON

3486 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

1 877 502-4128 Fax: 450 834-1272

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Indigenous Peoples

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment and Registre foncier.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Rawdon

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

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

SUPPORT FOR OFFENDERS

Advocacy groups

ASSOCIATION DES PERSONNES HANDICAPÉES DE MATAWINIE

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5434 Fax: 450 834-3013

Website: www.aphm.org

Email: administration@aphm.org

Services: Advocacy and promotion of interests of people living with a handicap. * Information. * Social and cultural activities: weekly bowling, cards workshops, outings. * Annual activities: Christmas lunch, Valentine's day, sugar shack. * Adapted sports activities, yoga.

Eligibility: people living with a disability and their close ones

Coverage area: MRC Matawinie, Saint-Calixte, Sainte-Julienne

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

Fees: yearly membership: \$10 for active or associate members, \$40 for support members

Financing: grants, contributions

Legal status: non-profit organization

ASSOCIATION DES TRAVAILLEURS ET TRAVAILLEUSES ACCIDENTÉS DU MATAWIN

313 Saint-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-1507

Email: attam@bellnet.ca

Services: * Phone information service on rights and remedies. * Information meetings on compensation for work-related accidents and illnesses. * Support and files follow-up. * Popular education activities. * Collective rights defense action.

Eligibility: workers victims of work related accidents or occupational diseases

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: member: \$5 per year

Financing: donations, provincial, Centraide Lanaudière

Legal status: non-profit organization

ASSOCIATION DES TRAVAILLEURS, TRAVAILLEUSES ACCIDENTÉS DE JOLI-MONT

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1220 Fax: 450 834-1240

Website: travailleursaccidentees.wordpress.com

Email: info@attaj.ca

Services: * Phone information service on rights and remedies. * Information meetings on compensation for work-related accidents and illnesses. * Support and files follow-up. * Popular education activities. * Collective rights defense action.

Eligibility: workers victims of work related accidents or occupational diseases

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00

Fees: free

Financing: donations, provincial, Centraide Lanaudière

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - TROISIÈME ÂGE CHERTSEY

562 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 898-2241

Website: www.aqdr.org/section/troisieme-age-chertsey

Email: aqdr.tac@gmail.com

Services: Advocacy for seniors to improve their living conditions regarding income, housing, home services, transportation and health. * Conferences, workshops and training. * Personalized accompaniment service. * Referrals to partners (community, municipal and government organizations as well as professionals such as lawyers, notaries, etc.). * Monthly newspaper and newsletter. * Representation with political authorities.

Eligibility: retired and pre-retired people

Coverage area: MRC Matawinie, MRC Montcalm

Fees: annual membership: \$15

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit 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

CROISÉE DE LA MATAWINIE (LA)

30 Joliette Road, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-5908

Email: la.croisee@hotmail.com

Services: Popular education space. * Temporary housing. * Group workshops. * Individual support. * Computer stations. * Awareness and information on any form of oppression, discrimination, exclusion and prejudice. * Safe and inclusive exchange living space. * Citizens' rights advocacy.

Eligibility: people aged 18 years and over

Capacity: 4 rooms

Coverage area: MRC Matawinie

Hours: Tuesday to Friday 12h00 to 18h00, Saturday 12h00 to 17h00

Fees: by email, phone or Messenger

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: ecollanaudiere@hotmail.com

Services: Support and promote the well-being of the English-speaking community. * Information and referral. * Outreach services and support for seniors: referral, health and legal information, friendly visits and calls, etc. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, referral, translation and interpretation. * Wellness Centre: day centre for seniors. * Informal interpretation services. * Bursary program for students in health or social services.

Eligibility: residents, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5 per year

Financing: federal, provincial, municipal

Legal status: non-profit organization

Consumer protection and complaints

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

OFFICE MUNICIPAL D'HABITATION DE MATAWINIE

3220 12th Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3317

Email: info@ohmatawinie.com

Services: Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals, seniors and families on a low and moderate income

Capacity: 208 units

Coverage area: MRC Matawinie

Financing: provincial

Legal status: municipal agency

Courthouses and tribunals

MRC MATAWINIE - MUNICIPAL COURT

3184 1st Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5441 ext. 7022 Fax: 450 834-6560

Website: mrcmatawinie.org/cour-municipale

Email: cour@matawinie.org

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: MRC Matawinie

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

Financing: municipal

Legal status: municipal agency

Legal assistance and information

ASSOCIATION DES TRAVAILLEURS ET TRAVAILLEUSES ACCIDENTÉS DU MATAWIN

313 Saint-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-1507

Email: attam@bellnet.ca

Services: * Phone information service on rights and remedies. * Information meetings on compensation for work-related accidents and illnesses. * Support and files follow-up. * Popular education activities. * Collective rights defense action.

Eligibility: workers victims of work related accidents or occupational diseases

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: member: \$5 per year

Financing: donations, provincial, Centraide Lanaudière

Legal status: non-profit organization

ASSOCIATION DES TRAVAILLEURS, TRAVAILLEUSES ACCIDENTÉS DE JOLI-MONT

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1220 Fax: 450 834-1240

Website: travailleursaccidentees.wordpress.com

Email: info@attaj.ca

Services: * Phone information service on rights and remedies. * Information meetings on compensation for work-related accidents and illnesses. * Support and files follow-up. * Popular education activities. * Collective rights defense action.

Eligibility: workers victims of work related accidents or occupational diseases

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 13h00

Fees: free

Financing: donations, provincial, Centraide Lanaudière

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - TROISIÈME ÂGE CHERTSEY

562 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 898-2241

Website: www.aqdr.org/section/troisieme-age-chertsey

Email: aqdr.tac@gmail.com

Services: Advocacy for seniors to improve their living conditions regarding income, housing, home services, transportation and health. * Conferences, workshops and training. * Personalized accompaniment service. * Referrals to partners (community, municipal and government organizations as well as professionals such as lawyers, notaries, etc.). * Monthly newspaper and newsletter. * Representation with political authorities.

Eligibility: retired and pre-retired people

Coverage area: MRC Matawinie, MRC Montcalm

Fees: annual membership: \$15

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

CHERTSEY - MUNICIPALITY

333 de l'Amitié Avenue, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2920 Fax: 450 882-3333

Website: www.chertsey.ca

Email: general@chertsey.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual and waste collection calendar: chertsey.ca/wp-content/uploads/R-V-Calendarier-collecte-2021.pdf * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers. * Hall rental.

Coverage area: Chertsey

Hours: Monday to Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

CROISÉE DE LA MATAWINIE (LA)

30 Joliette Road, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-5908

Email: la.croisee@hotmail.com

Services: Popular education space. * Temporary housing. * Group workshops. * Individual support. * Computer stations. * Awareness and information on any form of oppression, discrimination, exclusion and prejudice. * Safe and inclusive exchange living space. * Citizens' rights advocacy.

Eligibility: people aged 18 years and over

Capacity: 4 rooms

Coverage area: MRC Matawinie

Hours: Tuesday to Friday 12h00 to 18h00, Saturday 12h00 to 17h00

Fees: by email, phone or Messenger

Financing: donations

Legal status: non-profit organization

MRC MATAWINIE - MUNICIPAL COURT

3184 1st Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5441 ext. 7022 Fax: 450 834-6560

Website: mrcmatawinie.org/cour-municipale

Email: cour@matawinie.org

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: MRC Matawinie

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

Financing: municipal

Legal status: municipal agency

RAWDON - MUNICIPALITY

3647 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2596 Fax: 450 834-3031

Website: rawdon.ca/en

Email: info@rawdon.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collection and information on waste management: <http://www.rawdon.ca/citoyen/environnement/matieres-residuelles/dechets> * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Rawdon

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

Financing: municipal

Legal status: municipal agency

SAINT-ALPHONSE-RODRIGUEZ - MUNICIPALITY

101 de la Plage Street, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

450 883-2264 Fax: 450 883-0833

Website: www.municipalite.saintalphonserodriguez.qc.ca

Email: info@munsar.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual materials and waste collection calendar: saintthomas.qc.ca/services/services-aux-citoyens/collectes-des-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * Hall rental. * Dog licenses. * Emergency notification system.

Coverage area: Saint-Alphonse-Rodriguez

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

Financing: municipal

Legal status: municipal agency

SAINT-DONAT - MUNICIPALITY

490 Principale Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-2383 Fax: 819 424-5020

Website: www.saint-donat.ca

Email: info@saint-donat.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual materials and waste collection calendar: www.saint-donat.ca/citoyens/MatiEresresiduelles.cfm * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-Donat

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

Financing: municipal

Legal status: municipal agency

SAINT-FÉLIX-DE-VALOIS - MUNICIPALITY

600 de Joliette Road, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-5589

Website: st-felix-de-valois.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual materials and waste collection calendar: municipalitestjeandematha.qc.ca/services-aux-citoyens/environnement/collectes-ordures-recyclage-compost/ * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers.

Coverage area: Saint-Félix-De-Valois

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 10h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

SAINT-JEAN-DE-MATHA - MUNICIPALITY

65 Lessard Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3867 Fax: 450 886-3398

Website: www.municipalitestjeandematha.qc.ca

Email: info@matha.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual and waste collection calendar: municipalitestjeandematha.qc.ca/services-aux-citoyens/environnement/collectes-ordures-recyclage-compost * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-Jean-De-Matha

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h to 16h00

Financing: municipal

Legal status: municipal agency

Support for offenders

MRC MATAWINIE - MUNICIPAL COURT

3184 1st Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5441 ext. 7022 Fax: 450 834-6560

Website: mrcmatawinie.org/cour-municipale

Email: cour@matawinie.org

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: MRC Matawinie

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

Financing: municipal

Legal status: municipal agency

RUCHE ST-DAMIEN (LA)

7221, chemin Beaulieu, Saint-Damien, Lanaudière, QC, J0K 2E0

450 835-9228 Fax: 450 835-9228

Website: www.laruchestdamien.org

Email: laruchestdamien@gmail.com

Services: * Food bank. * Emergency breakdown service. * Christmas baskets. * Collective kitchen. * Bargain store: clothing, furniture, appliances, books, toys, electronics, household items. * Collection of furniture. * Coffee meeting. * École en santé Program: nutrition and self-esteem workshops, healthy snacks and cakes, hot lunch every month. * Tax clinic. * Workshops and training. * Opportunities for social reintegration, compensatory or community work. * Development and promotion of volunteer and community action.

Eligibility: Persons with low-income

Coverage area: Saint-Damien

Hours: Thursday to Friday 10h00 to 16h00, Saturday 10h00 to 15h00, Food bank: 1st and 3rd Thursday of each month 10h00 to 15h00.

Fees: Annual membership: 5\$, food bank: 4\$ per person 18 years old and over, free for dependent children, emergency breakdown service: free

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

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction prevention

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 CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Addiction treatment

CENTRE DE RÉTABLISSEMENT EN DÉPENDANCES VILLA DE LA PAIX

1601 Rochon Street, Chertsey, Lanaudière, QC, J0K 3K0

1 855 880-4848 Fax: 450 882-4554

Website: www.villadelapaix.ca

Email: info@villadelapaix.ca

Services: Therapeutic housing. * 28 or 90-day programs. * Daily group therapy. * Individual meetings. * Anonymous fraternity meetings. * Workshops. * Based on the 12-step approach. * Gym. * Post-cure follow-up (in person at 10502, boulevard Saint-Laurent, Montréal) without fixed duration: individual meetings as needed.

Eligibility: men and women 18 years old and over with alcoholism, drug addiction or psychotropic substance use problems (depressants, stimulants or central nervous system disruptors)

Capacity: 35 (25 during Covid)

Coverage area: Province of Québec

Fees: 28 days: \$3800, 90 days: \$7500, people on social assistance: covered for the 90-day program, post-treatment follow-up: between \$100 and \$120 per hour

Financing: 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

CLSC DE CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Community support in mental health

MI-ZÉ-VIE

130 Saint-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6040 Fax: 450 833-2173

Email: mizevie@hotmail.com

Services: Mental health help centre. * Intervention in crisis situations: individual listening, listening over the phone, referral. * Prevention, information and documentation. * Support for people who lost someone to suicide: phone and in person intervention. * Activities, workshops and social excursions: coffee-meetings, cooking workshops, bricolage and varied excursions. * Community meals. * On Fridays the organisation moves to the Centre Communautaire de Saint-Zénon.

Eligibility: people in a crisis situation, people living with mental health challenges, people in mourning

Coverage area: Saint-Michel-des-Saints, Saint-Zénon

Hours: on appointment: Monday to Thursday 9h30 to 12h00, without appointment: Monday to Thursday 13h00 to 14h15, Saint-Zénon without appointment: Friday 8h45 to 15h00, community meals: last Thursday of the month 12h00

Fees: mental health intervention: free, optional membership card: \$5, community meals: \$5, excursions: variable cost

Financing: donations, contributions

Legal status: non-profit organization

PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE NORD DE LANAUDIÈRE

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

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 motor or sensory disabilities, mental health problems or intellectual disabilities, 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

RESCOUSSE AMICALE (LA)

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151 Fax: 450 834-5557

Website: www.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 or having lived a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services free, membership card: \$3

Financing: contributions

Legal status: non-profit organization

Crisis centres and suicide prevention

MI-ZÉ-VIE

130 Saint-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6040 Fax: 450 833-2173

Email: mizevie@hotmail.com

Services: Mental health help centre. * Intervention in crisis situations: individual listening, listening over the phone, referral. * Prevention, information and documentation. * Support for people who lost someone to suicide: phone and in person intervention. * Activities, workshops and social excursions: coffee-meetings, cooking workshops, bricolage and varied excursions. * Community meals. * On Fridays the organisation moves to the Centre Communautaire de Saint-Zénon.

Eligibility: people in a crisis situation, people living with mental health challenges, people in mourning

Coverage area: Saint-Michel-des-Saints, Saint-Zénon

Hours: on appointment: Monday to Thursday 9h30 to 12h00, without appointment: Monday to Thursday 13h00 to 14h15, Saint-Zénon without appointment: Friday 8h45 to 15h00, community meals: last Thursday of the month 12h00

Fees: mental health intervention: free, optional membership card: \$5, community meals: \$5, excursions: variable cost

Financing: donations, contributions

Legal status: non-profit organization

SERVICES DE CRISE DE LANAUDIÈRE (LES) - RAWDON SITE

Confidential Address

1 800 436-0966

Website: crise.lanaudiere.net

Email: administration@crise.lanaudiere.net

Services: Alternative to hospitalization for adults in crisis by staying in one of their houses of Rawdon or Repentigny. * Phone intervention.

Eligibility: adults 18 years old and over, in crisis

Capacity: 8 people per house

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: \$5 per day

Financing: provincial

Legal status: non-profit organization

Helplines

MI-ZÉ-VIE

130 Saint-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6040 Fax: 450 833-2173

Email: mizevie@hotmail.com

Services: Mental health help centre. * Intervention in crisis situations: individual listening, listening over the phone, referral. * Prevention, information and documentation. * Support for people who lost someone to suicide: phone and in person intervention. * Activities, workshops and social excursions: coffee-meetings, cooking workshops, bricolage and varied excursions. * Community meals. * On Fridays the organisation moves to the Centre Communautaire de Saint-Zénon.

Eligibility: people in a crisis situation, people living with mental health challenges, people in mourning

Coverage area: Saint-Michel-des-Saints, Saint-Zénon

Hours: on appointment: Monday to Thursday 9h30 to 12h00, without appointment: Monday to Thursday 13h00 to 14h15, Saint-Zénon without appointment: Friday 8h45 to 15h00, community meals: last Thursday of the month 12h00

Fees: mental health intervention: free, optional membership card: \$5, community meals: \$5, excursions: variable cost

Financing: donations, contributions

Legal status: non-profit organization

SERVICES DE CRISE DE LANAUDIÈRE (LES) - RAWDON SITE

Confidential Address

1 800 436-0966**Website:** crise.lanaudiere.net**Email:** administration@crise.lanaudiere.net**Services:** Alternative to hospitalization for adults in crisis by staying in one of their houses of Rawdon or Repentigny. * Phone intervention.**Eligibility:** adults 18 years old and over, in crisis**Capacity:** 8 people per house**Coverage area:** Lanaudière**Hours:** 24 hours / 7 days**Fees:** \$5 per day**Financing:** provincial**Legal status:** non-profit organization**Mental health advocacy groups****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 CHERTSEY**

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488**Website:** sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708**Services:** Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.**Coverage area:** Québec**Hours:** Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00**Financing:** provincial**Legal status:** parapublic organization**CLSC DE SAINT-MICHEL-DES-SAINTS**

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334**Website:** sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#**Services:** Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.**Coverage area:** Québec**Hours:** Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00**Financing:** provincial**Legal status:** parapublic organization

MI-ZÉ-VIE

130 Saint-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6040 Fax: 450 833-2173

Email: mizevie@hotmail.com

Services: Mental health help centre. * Intervention in crisis situations: individual listening, listening over the phone, referral. * Prevention, information and documentation. * Support for people who lost someone to suicide: phone and in person intervention. * Activities, workshops and social excursions: coffee-meetings, cooking workshops, bricolage and varied excursions. * Community meals. * On Fridays the organisation moves to the Centre Communautaire de Saint-Zénon.

Eligibility: people in a crisis situation, people living with mental health challenges, people in mourning

Coverage area: Saint-Michel-des-Saints, Saint-Zénon

Hours: on appointment: Monday to Thursday 9h30 to 12h00, without appointment: Monday to Thursday 13h00 to 14h15, Saint-Zénon without appointment: Friday 8h45 to 15h00, community meals: last Thursday of the month 12h00

Fees: mental health intervention: free, optional membership card: \$5, community meals: \$5, excursions: variable cost

Financing: donations, contributions

Legal status: non-profit organization

Self-help groups for mental health issues**RESCOUSSE AMICALE (LA)**

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151 Fax: 450 834-5557

Website: www.rescoussseamicale.ca

Email: info@rescoussseamicale.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 or having lived a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services free, membership card: \$3

Financing: contributions

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

INTERVENTION WITH SENIORS SUBJECTED TO ABUSE

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Caregivers

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 CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

SERVICES D'AIDE À DOMICILE DU ROUSSEAU

3631 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1160 Fax: 450 834-8016

Website: www.aidedomicile.ca

Email: accueil@aidedomicile.ca

Services: * Home care assistance: regular housekeeping, meal preparation, shopping assistance, heavy housekeeping. * Personal assistance: basic hygiene care, clothing assistance, food assistance. * Respite: monitoring and stimulation.

Eligibility: adults

Coverage area: MRC Matawinie, MRC Montcalm

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

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

Community and Recreation Centres

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-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: ecollanaudiere@hotmail.com

Services: Support and promote the well-being of the English-speaking community. * Information and referral. * Outreach services and support for seniors: referral, health and legal information, friendly visits and calls, etc. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, referral, translation and interpretation. * Wellness Centre: day centre for seniors. * Informal interpretation services. * Bursary program for students in health or social services.

Eligibility: residents, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5 per year

Financing: federal, provincial, municipal

Legal status: non-profit organization

MAISON DES AÎNÉS DE CHERTSEY (LA)

552 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1688

Email: maisondesaines.chertsey@gmail.com

Services: Community centre for seniors. * Listening, information and referral. * Community lunches. * Collective kitchens. * Educational and recreational workshops: computer support, awareness of elder abuse, socialization workshops, memory stimulation, etc. * Bingo. * English discussion group and talking circle in french. * Amateur choir. * Help with forms and tax clinic. * Rental of community room.

Eligibility: people 50 years and over

Coverage area: Chertsey, Entralacs, Rawdon

Seniors

Hours: Monday to Friday 9h00 to 16h00, community lunches: Tuesday and Wednesday 11h30 to 12h30, english discussion group: Friday 10h00 to 11h30, amateur choir: Friday 13h00 to 15h00

Fees: annual membership: \$20, community lunches: \$8 for members, \$10 for non-members, collective kitchen: between \$0.25 and \$1.50 by portion, rental room: variable

Financing: Centraide Lanaudière, contributions, self-financing, donations, provincial

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - LANAUDIÈRE - SAINT-DONAT

Confidential Address

514 910-1946

Website: utastdonat.association.usherbrooke.ca

Email: uta.stdonat@gmail.com

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Lanaudière

Fees: variable tuition according to the activity, compulsory student fee: \$5, optional donations

Financing: donations, grants

Legal status: non-profit organization

Day centres and respite**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 CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Friendly visits and safety calls

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-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: ecollanaudiere@hotmail.com

Services: Support and promote the well-being of the English-speaking community. * Information and referral. * Outreach services and support for seniors: referral, health and legal information, friendly visits and calls, etc. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, referral, translation and interpretation. * Wellness Centre: day centre for seniors. * Informal interpretation services. * Bursary program for students in health or social services.

Eligibility: residents, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5 per year

Financing: federal, provincial, municipal

Legal status: non-profit organization

Home support

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, 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

CLSC DE CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

MAISON DES AÎNÉS DE CHERTSEY (LA)

552 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1688

Email: maisondesaines.chertsey@gmail.com

Services: Community centre for seniors. * Listening, information and referral. * Community lunches. * Collective kitchens. * Educational and recreational workshops: computer support, awareness of elder abuse, socialization workshops, memory stimulation, etc. * Bingo. * English discussion group and talking circle in french. * Amateur choir. * Help with forms and tax clinic. * Rental of community room.

Eligibility: people 50 years and over

Coverage area: Chertsey, Entralacs, Rawdon

Hours: Monday to Friday 9h00 to 16h00, community lunches: Tuesday and Wednesday 11h30 to 12h30, english discussion group: Friday 10h00 to 11h30, amateur choir: Friday 13h00 to 15h00

Fees: annual membership: \$20, community lunches: \$8 for members, \$10 for non-members, collective kitchen: between \$0.25 and \$1.50 by portion, rental room: variable

Financing: Centraide Lanaudière, contributions, self-financing, donations, provincial

Legal status: non-profit organization

SERVICES D'AIDE À DOMICILE DU ROUSSEAU

3631 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1160 Fax: 450 834-8016

Website: www.aidedomicile.ca

Email: accueil@aidedomicile.ca

Services: * Home care assistance: regular housekeeping, meal preparation, shopping assistance, heavy housekeeping. * Personal assistance: basic hygiene care, clothing assistance, food assistance. * Respite: monitoring and stimulation.

Eligibility: adults

Coverage area: MRC Matawinie, MRC Montcalm

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

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

Housing for seniors

CENTRE D'HÉBERGEMENT BRASSARD

390 Brassard Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6331

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

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors and people with a loss of autonomy

Coverage area: Lanaudière

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 and people with a loss of autonomy

Coverage area: Lanaudière

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 and people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

OFFICE MUNICIPAL D'HABITATION DE MATAWINIE

3220 12th Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3317

Email: info@ohmatawinie.com

Services: Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals, seniors and families on a low and moderate income

Capacity: 208 units

Coverage area: MRC Matawinie

Financing: provincial

Legal status: municipal agency

Intervention with seniors subjected to abuse**MAISON DES AÎNÉS DE CHERTSEY (LA)**

552 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1688

Email: maisondesaines.chertsey@gmail.com

Services: Community centre for seniors. * Listening, information and referral. * Community lunches. * Collective kitchens. * Educational and recreational workshops: computer support, awareness of elder abuse, socialization workshops, memory stimulation, etc. * Bingo. * English discussion group and talking circle in french. * Amateur choir. * Help with forms and tax clinic. * Rental of community room.

Eligibility: people 50 years and over

Coverage area: Chertsey, Entralacs, Rawdon

Hours: Monday to Friday 9h00 to 16h00, community lunches: Tuesday and Wednesday 11h30 to 12h30, english discussion group: Friday 10h00 to 11h30, amateur choir: Friday 13h00 to 15h00

Fees: annual membership: \$20, community lunches: \$8 for members, \$10 for non-members, collective kitchen: between \$0.25 and \$1.50 by portion, rental room: variable

Financing: Centraide Lanaudière, contributions, self-financing, donations, provincial

Legal status: non-profit organization

Meals on Wheels

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-financing, donations

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - TROISIÈME ÂGE CHERTSEY

562 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 898-2241

Website: www.aqdr.org/section/troisieme-age-chertsey

Email: aqdr.tac@gmail.com

Services: Advocacy for seniors to improve their living conditions regarding income, housing, home services, transportation and health. * Conferences, workshops and training. * Personalized accompaniment service. * Referrals to partners (community, municipal and government organizations as well as professionals such as lawyers, notaries, etc.). * Monthly newspaper and newsletter. * Representation with political authorities.

Eligibility: retired and pre-retired people

Coverage area: MRC Matawinie, MRC Montcalm

Fees: annual membership: \$15

Financing: grants, membership fees, fundraising campaigns

Legal status: non-profit organization

Volunteer Transportation

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE - ACCOMPANIMENT-TRANSPORTATION

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Transport and accompaniment for medical appointments and errands, by volunteers.

Eligibility: seniors, people with a loss of autonomy

Coverage area: MRC Matawinie, accompaniment and transport in MRC Matawinie or out-of-region

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

Fees: annual membership card: variable, cost per trip: depending on distance travelled

Financing: provincial, self-financing, donations

Legal status: non-profit organization

MI-ZÉ-VIE - TRANSPORTATION

130 Saint-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6040 Fax: 450 833-2173

Email: mizevie@hotmail.com

Services: * Transportation to medical appointments, by employees.

Eligibility: people in a crisis situation, people living with mental health challenges

Coverage area: Saint-Michel-des-Saints, Saint-Zénon

Hours: Monday to Thursday 9h30 to 14h15

Financing: donations, contributions

Legal status: Select Legal Status

Sex and gender

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

Women's centres

CENTRE ARC-EN-CI-ELLE

141 St-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-5282

Email: caepei@hotmail.com

Services: Day centre for women in difficulty. * Collective kitchens. * Transportation on request.

Eligibility: women

Coverage area: MRC Matawinie

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 11h30

Legal status: non-profit organization

CENTRE AU COEUR DES FEMMES

60 Archambault Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-9171 Fax: 450 886 1789

Email: centreaucoeurdesfemmes@gmail.com

Services: * Accompaniment. * Workshops. * Coffee-meetings.

Eligibility: women

Coverage area: MRC Matawinie

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

Financing: provincial, donations

Legal status: non-profit organization

Women's associations

CENTRE ARC-EN-CI-ELLE

141 St-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-5282

Email: caepei@hotmail.com

Services: Day centre for women in difficulty. * Collective kitchens. * Transportation on request.

Eligibility: women

Coverage area: MRC Matawinie

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 11h30

Legal status: non-profit organization

CENTRE AU COEUR DES FEMMES

60 Archambault Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-9171 Fax: 450 886 1789

Email: centreaucoeurdesfemmes@gmail.com

Services: * Accompaniment. * Workshops. * Coffee-meetings.

Eligibility: women

Coverage area: MRC Matawinie

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

Financing: provincial, donations

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

HOBBIES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

CENTRE D'INTERPRÉTATION MULTIETHNIQUE DE RAWDON

3588 Metcalfe Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3334

Website: www.cimrawdon.info

Email: cathalmarlow@yahoo.ca

Services: * Promotion of the different cultural communities present in Rawdon. * Exhibitions of arts and crafts from different countries. * Conferences and workshops. * Concerts and shows.

Eligibility: members of cultural communities established in Rawdon

Coverage area: Rawdon

Financing: donations

Legal status: Select Legal Status

Clubs and social events

CENTRE ARC-EN-CI-ELLE

141 St-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-5282

Email: caecei@hotmail.com

Services: Day centre for women in difficulty. * Collective kitchens. * Transportation on request.

Eligibility: women

Coverage area: MRC Matawinie

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 11h30

Legal status: non-profit organization

CENTRE AU COEUR DES FEMMES

60 Archambault Street, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-9171 Fax: 450 886 1789

Email: centreaucoeurdesfemmes@gmail.com

Services: * Accompaniment. * Workshops. * Coffee-meetings.

Eligibility: women

Coverage area: MRC Matawinie

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

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Meals on wheels, frozen meals. * Support group for caregivers. * Antidote VIT program: socialising group for seniors. * PAIR program: automated calls for security and reminder to take medication. * PIED program: prevention of injuries related to falls. * Chertsey, Village Nourricier program: implementing a sustainable food system in the community. * Welcoming, referral, recruiting and training of volunteers. * Community resources list. * Development and promotion of volunteer and community action. * ITMAV program: outreach work with seniors in vulnerable situations. * Scouting program: detection of seniors in vulnerable situations.

Eligibility: seniors, people with a loss of autonomy, people on a low income, caregivers, volunteers, organizations

Coverage area: MRC Matawinie, secteur de livraison de la popote roulante: Chertsey, Rawdon, Sainte-Béatrix, Sainte-Marcelline, Saint-Alphonse-Rodriguez, Saint-Félix-de-Valois, Saint-Jean-de-Matha, Saint-Côme, Sainte-Émélie-de-L'énergie, Entrelacs, Saint-Donat, Saint-Michel-des-Saints, Saint-Zénon

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

Fees: meals on wheels: variable costs

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CENTRE D'INTERPRÉTATION MULTIETHNIQUE DE RAWDON

3588 Metcalfe Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3334

Website: www.cimrawdon.info

Email: cathalmarlow@yahoo.ca

Services: * Promotion of the different cultural communities present in Rawdon. * Exhibitions of arts and crafts from different countries. * Conferences and workshops. * Concerts and shows.

Eligibility: members of cultural communities established in Rawdon

Coverage area: Rawdon

Financing: donations

Legal status: Select Legal Status

MAISON DES AÎNÉS DE CHERTSEY (LA)

552 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1688

Email: maisondesaines.chertsey@gmail.com

Services: Community centre for seniors. * Listening, information and referral. * Community lunches. * Collective kitchens. * Educational and recreational workshops: computer support, awareness of elder abuse, socialization workshops, memory stimulation, etc. * Bingo. * English discussion group and talking circle in french. * Amateur choir. * Help with forms and tax clinic. * Rental of community room.

Eligibility: people 50 years and over

Coverage area: Chertsey, Entralacs, Rawdon

Hours: Monday to Friday 9h00 to 16h00, community lunches: Tuesday and Wednesday 11h30 to 12h30, english discussion group: Friday 10h00 to 11h30, amateur choir: Friday 13h00 to 15h00

Fees: annual membership: \$20, community lunches: \$8 for members, \$10 for non-members, collective kitchen: between \$0.25 and \$1.50 by portion, rental room: variable

Financing: Centraide Lanaudière, contributions, self-financing, donations, provincial

Legal status: non-profit organization

Community recreation centres

GÎT'ENFANTS (LE)

430 de la Mairie Street, Sainte-Émélie-de-L'énergie, Lanaudière, QC, J0K 2K0

450 271-0797

Email: gitenfants@yahoo.ca

Services: Alternative academic support to promote success, well-being and autonomy of children. * Peer helpers: support of a child by an oldest youngster. * Manual workshops: bicycle mechanics, sewing, cooking, hairdressing, cabinetmaking, etc. * Community work. * Animation activities. * Leisure, recreational and sporting activities. * Workshops and conferences for parents. * Daycare. * Family celebrations. * Family camp. * Personal and family motivation projects. * Social skills program.

Eligibility: young people from 2 to 21 years old with school adjustment difficulties or from disadvantaged backgrounds, parents

Capacity: 30

Coverage area: Sainte-Émélie-De-L'énergie

Hours: Monday to Sunday 9h00 to 21h00 depending of the needs

Fees: \$5 per year per family

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-DONAT

544 Désormeaux Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-3811 Fax: 819 424-1185

Email: mdj_st_donat@hotmail.com

Services: Animated meeting place for teenagers. * Online psychosocial intervention and support. * Animation and preventive intervention. * Social, cultural and recreational activities.

Eligibility: teenagers from 12 to 18 years old

Coverage area: Saint-Donat

Hours: Wednesday 18h00 to 21h00, Friday 17h00 to 21h00

Financing: self-financing

Legal status: non-profit organization

SOLIDARITÉ SOCIALE DE RAWDON

3625 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4911

Email: ssrawdon@rocler.qc.ca

Services: * Clothing, warm meals and furniture at low prices. * Food assistance. * Group activities: bingo, outings, etc.

Eligibility: general population, people in need

Coverage area: Rawdon

Hours: Monday to Thursday 8h30 to 16h00, food assistance: Tuesday

Fees: variables

Financing: donations

Legal status: non-profit organization

Hobbies

BOUÉE DE L'AMITIÉ (LA)

594 des Érables Street, Saint-Donat, Lanaudière, QC, J0T 2C0

Email: doun777@hotmail.com

Services: * Community meals. * Knitting club.

Eligibility: people living in social isolation

Coverage area: Saint-Donat

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ALPHABÉTISATION POPULAIRE DE LA MATAWINIE-EST

461 Joliette Road, Suite 203, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-1912

Website: formationcapme.org

Email: info@formationcapme.org

Services: Adult training centre that offers its services on site and in different municipalities. * French courses in spoken and written French: literacy, elementary and high school level. * Preparation for the high school equivalency tests (TENS): review of the 7 subjects evaluated. * Computer workshop: use of the Internet and computers. * Tablet computer workshop: using the features of the Appel or Android tablets. * Workshop on the use of social networks.

Eligibility: adults with learning difficulties or low level of schooling

Coverage area: MRC Matawinie-Est

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

Fees: courses and workshops: free, supplies for the French classes and the computer workshop: \$10, supplies for the TENS: \$35

Financing: provincial, municipal, donations

Legal status: non-profit organization

GÎT'ENFANTS (LE)

430 de la Mairie Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 271-0797

Email: gitenfants@yahoo.ca

Services: Alternative academic support to promote success, well-being and autonomy of children. * Peer helpers: support of a child by an oldest youngster. * Manual workshops: bicycle mechanics, sewing, cooking, hairdressing, cabinetmaking, etc. * Community work. * Animation activities. * Leisure, recreational and sporting activities. * Workshops and conferences for parents. * Daycare. * Family celebrations. * Family camp. * Personal and family motivation projects. * Social skills program.

Eligibility: young people from 2 to 21 years old with school adjustment difficulties or from disadvantaged backgrounds, parents

Capacity: 30

Coverage area: Sainte-Émélie-De-L'énergie

Hours: Monday to Sunday 9h00 to 21h00 depending of the needs

Fees: \$5 per year per family

Financing: provincial

Legal status: non-profit organization

MAISON DES AÎNÉS DE CHERTSEY (LA)

552 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1688

Email: maisondesaines.chertsey@gmail.com

Services: Community centre for seniors. * Listening, information and referral. * Community lunches. * Collective kitchens. * Educational and recreational workshops: computer support, awareness of elder abuse, socialization workshops, memory stimulation, etc. * Bingo. * English discussion group and talking circle in french. * Amateur choir. * Help with forms and tax clinic. * Rental of community room.

Eligibility: people 50 years and over

Coverage area: Chertsey, Entralacs, Rawdon

Hours: Monday to Friday 9h00 to 16h00, community lunches: Tuesday and Wednesday 11h30 to 12h30, english discussion group: Friday 10h00 to 11h30, amateur choir: Friday 13h00 to 15h00

Fees: annual membership: \$20, community lunches: \$8 for members, \$10 for non-members, collective kitchen: between \$0.25 and \$1.50 by portion, rental room: variable

Financing: Centraide Lanaudière, contributions, self-financing, donations, provincial

Legal status: non-profit organization

Sport

ASSOCIATION DES PERSONNES HANDICAPÉES DE MATAWINIE

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5434 Fax: 450 834-3013

Website: www.aphm.org

Email: administration@aphm.org

Services: Advocacy and promotion of interests of people living with an handicap. * Information. * Social and cultural activities: weekly bowling, cards workshops, outings. * Annual activities: Christmas lunch, Valentine's day, sugar shack. * Adapted sports activities, yoga.

Eligibility: people living with a disability and their close ones

Coverage area: MRC Matawinie, Saint-Calixte, Sainte-Julienne

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

Fees: yearly membership: \$10 for active or associate members, \$40 for support members

Financing: grants, contributions

Legal status: non-profit organization

Sports and recreation for people with a disability

ASSOCIATION DES PERSONNES HANDICAPÉES DE MATAWINIE

4046 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5434 Fax: 450 834-3013

Website: www.aphm.org

Email: administration@aphm.org

Services: Advocacy and promotion of interests of people living with an handicap. * Information. * Social and cultural activities: weekly bowling, cards workshops, outings. * Annual activities: Christmas lunch, Valentine's day, sugar shack. * Adapted sports activities, yoga.

Eligibility: people living with a disability and their close ones

Coverage area: MRC Matawinie, Saint-Calixte, Sainte-Julienne

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

Fees: yearly membership: \$10 for active or associate members, \$40 for support members

Financing: grants, contributions

Legal status: non-profit organization

MI-ZÉ-VIE

130 Saint-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6040 Fax: 450 833-2173

Email: mizevie@hotmail.com

Services: Mental health help centre. * Intervention in crisis situations: individual listening, listening over the phone, referral. * Prevention, information and documentation. * Support for people who lost someone to suicide: phone and in person intervention. * Activities, workshops and social excursions: coffee-meetings, cooking workshops, bricolage and varied excursions. * Community meals. * On Fridays the organisation moves to the Centre Communautaire de Saint-Zénon.

Eligibility: people in a crisis situation, people living with mental health challenges, people in mourning

Coverage area: Saint-Michel-des-Saints, Saint-Zénon

Hours: on appointment: Monday to Thursday 9h30 to 12h00, without appointment: Monday to Thursday 13h00 to 14h15, Saint-Zénon without appointment: Friday 8h45 to 15h00, community meals: last Thursday of the month 12h00

Fees: mental health intervention: free, optional membership card: \$5, community meals: \$5, excursions: variable cost

Financing: donations, contributions

Legal status: non-profit organization

RESCOUSSE AMICALE (LA)

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151 Fax: 450 834-5557

Website: www.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 or having lived a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services free, membership card: \$3

Financing: contributions

Legal status: non-profit organization

Thrift store and material aid

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

Donation pick-ups

AMIS DE MARIE DE SAINT-CÔME (LES)

1250 Alphonse-Marion Street, Saint-Côme, Lanaudière, QC, J0K 2B0
450 883-2600

Services: * Thrift store. * Flea market. * Community kitchen. * At-home delivery of certain items. * On-site used items recovery: clothes, sports equipment, toys, books, kitchen items, appliances, furniture, etc. * At-home collection of furniture.

Coverage area: Saint-Alphonse-Rodriguez, Sainte-Émélie-de-l'Énergie, Saint-Côme and surrounding areas

Hours: Monday, Wednesday, Friday 13h00 to 14h00, Saturday 9h00 to 11h00 and 13h00 to 14h00

Fees: delivery: variable depending on distance, membership: \$5, which gives a right of vote at the General Assembly

Financing: donations

Legal status: non-profit organization

RUCHE ST-DAMIEN (LA)

7221, chemin Beaulieu, Saint-Damien, Lanaudière, QC, J0K 2E0

450 835-9228 Fax: 450 835-9228

Website: www.laruchestdamien.org

Email: laruchestdamien@gmail.com

Services: * Food bank. * Emergency breakdown service. * Christmas baskets. * Collective kitchen. * Bargain store: clothing, furniture, appliances, books, toys, electronics, household items. * Collection of furniture. * Coffee meeting. * École en santé Program: nutrition and self-esteem workshops, healthy snacks and cakes, hot lunch every month. * Tax clinic. * Workshops and training. * Opportunities for social reintegration, compensatory or community work. * Development and promotion of volunteer and community action.

Eligibility: Persons with low-income

Coverage area: Saint-Damien

Hours: Thursday to Friday 10h00 to 16h00, Saturday 10h00 to 15h00, Food bank: 1st and 3rd Thursday of each month 10h00 to 15h00.

Fees: Annual membership: 5\$, food bank: 4\$ per person 18 years old and over, free for dependent children, emergency breakdown service: free

Legal status: non-profit organization

School supplies

MAISON DE PARENTS DE LA MATAWINIE OUEST

3615 Queen Street, Suite 2, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5179 Fax: 450 834-5179

Website: maisonparents.org

Email: maisonparents.mo@gmail.com

Services: * Listening and referral. * Drop-in daycare * Coffee-meetings. * Collective kitchens. * Checking, installation and loan of car seats. * Creative, recreational and educational workshops. * Family outings and parties. * Distribution of school supplies. * Room rental.

Eligibility: families, parents, drop-in: children from 1 to 5 years old

Coverage area: West Matawinie: Chertsey, Entrelacs, Notre-Dame-de-la-Merci, Rawdon, Saint-Alphonse-Rodriguez, Saint-Côme, Saint-Donat, Sainte-Marcelline-de-Kildare

Hours: Monday to Friday 9h00 to 15h00, drop-in daycare: Wednesday and Thursday 9h00 to 14h30 and during an activity

Fees: membership card: \$10 per family per year, drop-in daycare: \$6 for one child, \$8 for 2 children and \$10 for 3 children

Financing: contributions, self-financing

Legal status: non-profit organization

RUCHE ST-DAMIEN (LA)

7221, chemin Beaulieu, Saint-Damien, Lanaudière, QC, J0K 2E0

450 835-9228 Fax: 450 835-9228

Website: www.laruchestdamien.org

Email: laruchestdamien@gmail.com

Services: * Food bank. * Emergency breakdown service. * Christmas baskets. * Collective kitchen. * Bargain store: clothing, furniture, appliances, books, toys, electronics, household items. * Collection of furniture. * Coffee meeting. * École en santé Program: nutrition and self-esteem workshops, healthy snacks and cakes, hot lunch every month. * Tax clinic. * Workshops and training. * Opportunities for social reintegration, compensatory or community work. * Development and promotion of volunteer and community action.

Eligibility: Persons with low-income

Coverage area: Saint-Damien

Hours: Thursday to Friday 10h00 to 16h00, Saturday 10h00 to 15h00, Food bank: 1st and 3rd Thursday of each month 10h00 to 15h00.

Fees: Annual membership: 5\$, food bank: 4\$ per person 18 years old and over, free for dependent children, emergency breakdown service: free

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MARIE-REINE-DU-MONDE - RAWDON

3759 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 755-7753

Website: www.ssvp.qc.ca

Email: info@ssvp.qc.ca

Services: Food bank and thrift shop. * Thrift shop: used clothes, furniture, electronic items, household items. * Food assistance. * Christmas baskets. * School supplies distribution.

Eligibility: people in need

Coverage area: Rawdon

Hours: Monday 12h00 to 15h00

Financing: self-financing, donations

Legal status: non-profit organization

Thrift Stores**AMI(ES)S D'ÉMÉLIE (LES)**

350 Principale Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 886-9009

Email: lesamisdemelie98@gmail.com

Services: * Food assistance. * Thrift store: clothes, furniture, household items and toys. * Christmas boxes.

Eligibility: people on a low income or living through a difficult situation

Coverage area: Sainte-Émélie-de-l'Énergie

Hours: Friday 13h00 to 16h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

AMIS DE MARIE DE SAINT-CÔME (LES)

1250 Alphonse-Marion Street, Saint-Côme, Lanaudière, QC, J0K 2B0

450 883-2600

Services: * Thrift store. * Flea market. * Community kitchen. * At-home delivery of certain items. * On-site used items recovery: clothes, sports equipment, toys, books, kitchen items, appliances, furniture, etc. * At-home collection of furniture.

Coverage area: Saint-Alphonse-Rodriguez, Sainte-Émélie-de-l'Énergie, Saint-Côme and surrounding areas

Thrift store and material aid

Hours: Monday, Wednesday, Friday 13h00 to 14h00, Saturday 9h00 to 11h00 and 13h00 to 14h00

Fees: delivery: variable depending on distance, membership: \$5, which gives a right of vote at the General Assembly

Financing: donations

Legal status: non-profit organization

ARCHE DU NORD (L')

215 du Lac Avenue, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-2839

Email: marielle.lord@sympatico.ca

Services: * Food assistance. * Thrift store. * Referral, information, help and listening.

Eligibility: people on a low income, people who are socially isolated

Coverage area: Saint-Donat

Hours: thrift store: Wednesday and Friday 13h00 to 16h00, food assistance: Wednesday 9h30 to 11h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE ET DE DÉPANNAGE DE ST-ZÉNON

6091 Principale Street, Saint-Zénon, Lanaudière, QC, J0K 3N0

450 884-0000

Email: centredentraide01@gmail.com

Services: * Welcoming, information and referral. * Collective kitchens. * Community garden. * Thrift store. * Community meals. * Laundry services. * Varied workshops and training. * Reception of volunteers.

Eligibility: seniors, people on a low income, people in a vulnerable situation

Coverage area: Saint-Zénon

Hours: thrift store: Thursday and Saturday 13h00 to 17h00, Friday 13h00 to 20h00, other services: variable

Fees: variable

Financing: donations, fundraising campaigns, grants, provincial

Legal status: non-profit organization

COMPTOIR VESTIMENTAIRE DE SAINT-FÉLIX-DE-VALOIS

4650 Principale Street, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-2667

Services: * Recovery and sale of used clothing and household items at low prices. * Food vouchers. * Collective kitchen.

Eligibility: food vouchers: people on a low income

Coverage area: Saint-Félix-De-Valois

Hours: Wednesday 9h00 to 16h00, Thursday 18h00 to 20h00, Saturday 13h00 to 16h00

Fees: variable

Financing: donations, municipal

Legal status: non-profit organization

COMPTOIR VESTIMENTAIRE SAINT-ALPHONSE

761 Luc Street, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

450 883-2394

Email: lapig1956@icloud.com

Services: Récupération et vente d'articles usagés: vêtements, jouets, livres, vaisselle, petits appareils électroménagers et électroniques. Collecting and reselling secondhand items: clothing, toys, books, dishes, small appliances and electronics.

Coverage area: Saint-Alphonse-Rodriguez

Hours: Tuesday 13h00 to 16h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

COMPTOIR VESTIMENTAIRE SAINTE-MARCELLINE

451 Principale Street, Sainte-Marcelline-de-Kildare, Lanaudière, QC, J0K 2Y0

450 883-8254

Services: * Thrift store: sale of clothes at a low cost. * Emergency fund. * Food assistance. * Christmas baskets.

Eligibility: residents

Coverage area: Sainte-Marcelline-De-Kildare

Hours: thrift store: Wednesday 13h00 to 15h30 and 19h00 to 20h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

DONATEURS (LES)

329 Saint-Donat Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-7289

Email: lesdonateurs1@gmail.com

Services: * Thrift store. * Reception of donations.

Coverage area: Notre-Dame-de-la-Merci and Saint-Donat

Hours: Saturday 10h00 to 16h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

GROUPE DES MONTAGNARDS DE CHERTSEY

623 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1863

Email: groupemontagnards@gmail.com

Services: Grouping of volunteers fighting against poverty. * Food recovery, processing, production and distribution. * Recovery and resale clothing, textiles, furniture and others goods.

Eligibility: people on low income, people who wish to volunteer

Coverage area: Chertsey

Hours: Tuesday, Wednesday, Thursday, Friday 8h00 to 11h30 and 12h30 to 15h00

Financing: provincial, Centraide

Legal status: non-profit organization

GROUPE POPULAIRE D'ENTRELACS

2571 des Îles Road, Entrelacs, Lanaudière, QC, J0T 2E0

450 228-4100

Email: groupeentrelacs.coord@bellnet.ca

Services: Fight against poverty and isolation. * Boxed food distribution. * Bazaar. * Community meals. * Training on individual and collective care. * Leisure activities.

Eligibility: people on a low income, socially isolated people, disadvantaged families

Coverage area: Entrelacs

Hours: office: Monday, Thursday 8h30 to 12h00 and 12h30 to 16h00, Tuesday, Wednesday 9h00 to 12h00 and 12h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

PETITE MISSION (LA)

1915 de la Réserve Montée, Notre-Dame-de-la-Merci, Lanaudière, QC, J0T 2A0

819 424-7855

Email: lapetitemission@gmail.com

Services: * Food bank. * Christmas baskets. * Bazaar. * Clothing counter.

Eligibility: people on a low income

Coverage area: Entrelacs, Notre-Dame-de-la-Merci, Saint-Donat

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

Fees: variable

Financing: self-financing, fundraising campaigns

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. * Christmas baskets. * Clothing counter. * Social integration: compensatory work. * Program PAAS.

Eligibility: people on a low income

Coverage area: Lanaudière

Hours: Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

RUCHE ST-DAMIEN (LA)

7221, chemin Beaulieu, Saint-Damien, Lanaudière, QC, J0K 2E0

450 835-9228 Fax: 450 835-9228

Website: www.laruchestdamien.org

Email: laruchestdamien@gmail.com

Services: * Food bank. * Emergency breakdown service. * Christmas baskets. * Collective kitchen. * Bargain store: clothing, furniture, appliances, books, toys, electronics, household items. * Collection of furniture. * Coffee meeting. * École en santé Program: nutrition and self-esteem workshops, healthy snacks and cakes, hot lunch every month. * Tax clinic. * Workshops and training. * Opportunities for social reintegration, compensatory or community work. * Development and promotion of volunteer and community action.

Eligibility: Persons with low-income

Coverage area: Saint-Damien

Hours: Thursday to Friday 10h00 to 16h00, Saturday 10h00 to 15h00, Food bank: 1st and 3rd Thursday of each month 10h00 to 15h00.

Fees: Annual membership: 5\$, food bank: 4\$ per person 18 years old and over, free for dependent children, emergency breakdown service: free

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MARIE-REINE-DU-MONDE - RAWDON

3759 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 755-7753

Website: www.ssvp.qc.ca

Email: info@ssvp.qc.ca

Services: Food bank and thrift shop. * Thrift shop: used clothes, furniture, electronic items, household items. * Food assistance. * Christmas baskets. * School supplies distribution.

Eligibility: people in need

Coverage area: Rawdon

Hours: Monday 12h00 to 15h00

Financing: self-financing, donations

Legal status: non-profit organization

SOLIDARITÉ SOCIALE DE RAWDON

3625 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4911

Email: ssrawdon@rocler.qc.ca

Services: * Clothing, warm meals and furniture at low prices. * Food assistance. * Group activities: bingo, outings, etc.

Eligibility: general population, people in need

Coverage area: Rawdon

Hours: Monday to Thursday 8h30 to 16h00, food assistance: Tuesday

Fees: variables

Financing: donations

Legal status: non-profit organization

Used item donation recovery programs

AMI(ES)S D'ÉMÉLIE (LES)

350 Principale Street, Sainte-Émélie-de-l'Énergie, Lanaudière, QC, J0K 2K0

450 886-9009

Email: lesamisdemelie98@gmail.com

Services: * Food assistance. * Thrift store: clothes, furniture, household items and toys. * Christmas boxes.

Eligibility: people on a low income or living through a difficult situation

Coverage area: Sainte-Émélie-de-l'Énergie

Hours: Friday 13h00 to 16h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

AMIS DE MARIE DE SAINT-CÔME (LES)

1250 Alphonse-Marion Street, Saint-Côme, Lanaudière, QC, J0K 2B0

450 883-2600

Services: * Thrift store. * Flea market. * Community kitchen. * At-home delivery of certain items. * On-site used items recovery: clothes, sports equipment, toys, books, kitchen items, appliances, furniture, etc. * At-home collection of furniture.

Coverage area: Saint-Alphonse-Rodriguez, Sainte-Émélie-de-l'Énergie, Saint-Côme and surrounding areas

Hours: Monday, Wednesday, Friday 13h00 to 14h00, Saturday 9h00 to 11h00 and 13h00 to 14h00

Fees: delivery: variable depending on distance, membership: \$5, which gives a right of vote at the General Assembly

Financing: donations

Legal status: non-profit organization

ARCHE DU NORD (L')

215 du Lac Avenue, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-2839

Email: marielle.lord@sympatico.ca

Services: * Food assistance. * Thrift store. * Referral, information, help and listening.

Eligibility: people on a low income, people who are socially isolated

Coverage area: Saint-Donat

Hours: thrift store: Wednesday and Friday 13h00 to 16h00, food assistance: Wednesday 9h30 to 11h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

COMPTOIR VESTIMENTAIRE DE SAINT-FÉLIX-DE-VALOIS

4650 Principale Street, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-2667

Services: * Recovery and sale of used clothing and household items at low prices. * Food vouchers. * Collective kitchen.

Eligibility: food vouchers: people on a low income

Coverage area: Saint-Félix-De-Valois

Hours: Wednesday 9h00 to 16h00, Thursday 18h00 to 20h00, Saturday 13h00 to 16h00

Fees: variable

Financing: donations, municipal

Legal status: non-profit organization

COMPTOIR VESTIMENTAIRE SAINT-ALPHONSE

761 Luc Street, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

450 883-2394

Email: lapig1956@icloud.com

Services: Récupération et vente d'articles usagés: vêtements, jouets, livres, vaisselle, petits appareils électroménagers et électroniques. Collecting and reselling secondhand items: clothing, toys, books, dishes, small appliances and electronics.

Coverage area: Saint-Alphonse-Rodriguez

Hours: Tuesday 13h00 to 16h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

COMPTOIR VESTIMENTAIRE SAINTE-MARCELLINE

451 Principale Street, Sainte-Marcelline-de-Kildare, Lanaudière, QC, J0K 2Y0

450 883-8254

Services: * Thrift store: sale of clothes at a low cost. * Emergency fund. * Food assistance. * Christmas baskets.

Eligibility: residents

Coverage area: Sainte-Marcelline-De-Kildare

Hours: thrift store: Wednesday 13h00 to 15h30 and 19h00 to 20h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

DONATEURS (LES)

329 Saint-Donat Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-7289

Email: lesdonateurs1@gmail.com

Services: * Thrift store. * Reception of donations.

Coverage area: Notre-Dame-de-la-Merci and Saint-Donat

Hours: Saturday 10h00 to 16h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

GROUPE DES MONTAGNARDS DE CHERTSEY

623 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1863

Email: groupemontagnards@gmail.com

Services: Grouping of volunteers fighting against poverty. * Food recovery, processing, production and distribution. * Recovery and resale clothing, textiles, furniture and others goods.

Eligibility: people on low income, people who wish to volunteer

Coverage area: Chertsey

Hours: Tuesday, Wednesday, Thursday, Friday 8h00 to 11h30 and 12h30 to 15h00

Financing: provincial, Centraide

Legal status: non-profit organization

GROUPE POPULAIRE D'ENTRELACS

2571 des Îles Road, Entrelacs, Lanaudière, QC, J0T 2E0

450 228-4100

Email: groupeentrelacs.coord@bellnet.ca

Services: Fight against poverty and isolation. * Boxed food distribution. * Bazaar. * Community meals. * Training on individual and collective care. * Leisure activities.

Eligibility: people on a low income, socially isolated people, disadvantaged families

Coverage area: Entrelacs

Hours: office: Monday, Thursday 8h30 to 12h00 and 12h30 to 16h00, Tuesday, Wednesday 9h00 to 12h00 and 12h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

RUCHE ST-DAMIEN (LA)

7221, chemin Beaulieu, Saint-Damien, Lanaudière, QC, J0K 2E0

450 835-9228 Fax: 450 835-9228

Website: www.laruchestdamien.org

Email: laruchestdamien@gmail.com

Services: * Food bank. * Emergency breakdown service. * Christmas baskets. * Collective kitchen. * Bargain store: clothing, furniture, appliances, books, toys, electronics, household items. * Collection of furniture. * Coffee meeting. * École en santé Program: nutrition and self-esteem workshops, healthy snacks and cakes, hot lunch every month. * Tax clinic. * Workshops and training. * Opportunities for social reintegration, compensatory or community work. * Development and promotion of volunteer and community action.

Eligibility: Persons with low-income

Coverage area: Saint-Damien

Hours: Thursday to Friday 10h00 to 16h00, Saturday 10h00 to 15h00, Food bank: 1st and 3rd Thursday of each month 10h00 to 15h00.

Fees: Annual membership: 5\$, food bank: 4\$ per person 18 years old and over, free for dependent children, emergency breakdown service: free

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MARIE-REINE-DU-MONDE - RAWDON

3759 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 755-7753

Website: www.ssvp.qc.ca

Email: info@ssvp.qc.ca

Services: Food bank and thrift shop. * Thrift shop: used clothes, furniture, electronic items, household items. * Food assistance. * Christmas baskets. * School supplies distribution.

Eligibility: people in need

Coverage area: Rawdon

Hours: Monday 12h00 to 15h00

Financing: self-financing, donations

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

PUBLIC TRANSPORTATION

Accompanied transport

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE - ACCOMPANIMENT-TRANSPORTATION

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Transport and accompaniment for medical appointments and errands, by volunteers.

Eligibility: seniors, people with a loss of autonomy

Coverage area: MRC Matawinie, accompaniment and transport in MRC Matawinie or out-of-region

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

Fees: annual membership card: variable, cost per trip: depending on distance travelled

Financing: provincial, self-financing, donations

Legal status: non-profit organization

Accompanied transport for medical reasons

CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE - ACCOMPANIMENT-TRANSPORTATION

562 de l'Église Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1089 Fax: 450 882-1084

Website: ccbm.qc.ca

Email: info@ccbm.qc.ca

Services: * Transport and accompaniment for medical appointments and errands, by volunteers.

Eligibility: seniors, people with a loss of autonomy

Coverage area: MRC Matawinie, accompaniment and transport in MRC Matawinie or out-of-region

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

Fees: annual membership card: variable, cost per trip: depending on distance travelled

Financing: provincial, self-financing, donations

Legal status: non-profit organization

MI-ZÉ-VIE - TRANSPORTATION

130 Saint-Jacques Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6040 Fax: 450 833-2173

Email: mizevie@hotmail.com

Services: * Transportation to medical appointments, by employees.

Eligibility: people in a crisis situation, people living with mental health challenges

Coverage area: Saint-Michel-des-Saints, Saint-Zénon

Hours: Monday to Thursday 9h30 to 14h15

Financing: donations, contributions

Legal status: Select Legal Status

Paratransit

MRC MATAWINIE - TRANSIT SERVICE

3184 1st Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5441 ext. 1

Website: mrcmatawinie.org

Email: transport@matawinie.org

Services: Administration of public transit. * Public transit: regional buses and taxibuses. * Paratransit. *

Paratransit admission request form:

static1.squarespace.com/static/5d0bb5036062af00012d3757/t/5eebb77ddf2dc95505e1306a/1592506237777/formulaire-d-admission-francais-2011.pdf

Eligibility: paratransit: people with disabilities, people with severe and persistent mental health problems, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others

Coverage area: MRC Matawinie, paratransit: MRC Matawinie, transportation in MRC Matawinie and under certain conditions Joliette, Notre-Dame-de-Lourdes, Repentigny, Saint-Ambroise-de-Kildare, Saint-Gabriel-de-Brandon, Saint-Jérôme, Sainte-Agathe, Sainte-Mélanie

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 15h30, taxibus and paratransit: 7h00 to 23h00, 7 days

Fees: variable

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Public Transportation

MRC MATAWINIE - TRANSIT SERVICE

3184 1st Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-5441 ext. 1

Website: mrcmatawinie.org

Email: transport@matawinie.org

Services: Administration of public transit. * Public transit: regional buses and taxibuses. * Paratransit. *

Paratransit admission request form:

static1.squarespace.com/static/5d0bb5036062af00012d3757/t/5eebb77ddf2dc95505e1306a/1592506237777/formulaire-d-admission-francais-2011.pdf

Eligibility: paratransit: people with disabilities, people with severe and persistent mental health problems, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others

Coverage area: MRC Matawinie, paratransit: MRC Matawinie, transportation in MRC Matawinie and under certain conditions Joliette, Notre-Dame-de-Lourdes, Repentigny, Saint-Ambroise-de-Kildare, Saint-Gabriel-de-Brandon, Saint-Jérôme, Sainte-Agathe, Sainte-Mélanie

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 15h30, taxibus and paratransit: 7h00 to 23h00, 7 days

Fees: variable

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Violence and abuse

ELDER ABUSE

THERAPY AND COUNSELLING

Elder abuse

MAISON DES AÎNÉS DE CHERTSEY (LA)

552 de l'Église Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-1688

Email: maisondesaines.chertsey@gmail.com

Services: Community centre for seniors. * Listening, information and referral. * Community lunches. * Collective kitchens. * Educational and recreational workshops: computer support, awareness of elder abuse, socialization workshops, memory stimulation, etc. * Bingo. * English discussion group and talking circle in french. * Amateur choir. * Help with forms and tax clinic. * Rental of community room.

Eligibility: people 50 years and over

Coverage area: Chertsey, Entralacs, Rawdon

Hours: Monday to Friday 9h00 to 16h00, community lunches: Tuesday and Wednesday 11h30 to 12h30, english discussion group: Friday 10h00 to 11h30, amateur choir: Friday 13h00 to 15h00

Fees: annual membership: \$20, community lunches: \$8 for members, \$10 for non-members, collective kitchen: between \$0.25 and \$1.50 by portion, rental room: variable

Financing: Centraide Lanaudière, contributions, self-financing, donations, provincial

Legal status: non-profit organization

Therapy and counselling

CENTRE DE JOUR JARDIN D'ÉTOILES

3931 Lakeshore Drive Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 1027

Website: www.jardinetoiles.ca

Email: info@jardinetoiles.ca

Services: Day center 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: free of charge, 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

CLSC DE CHERTSEY

485 Dupuis Street, Chertsey, Lanaudière, QC, J0K 3K0

450 882-2488

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=708

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Contraception. * Emergency oral contraception. * Prenatal classes. * Disposal of used syringes and needles. * Listening and telephone support. * Vaccination.

Coverage area: Québec

Hours: Monday to Friday 8h30 to 16h30, collection centre: Monday, Wednesday and Thursday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-MICHEL-DES-SAINTS

171 Guy-Gauthier Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6334

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=44853#

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Minor surgery. * Contraception. * Emergency oral contraception. * Distribution of injection equipment to people who use drugs. * Listening and telephone support. * Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Tuesday and Thursday 8h30 to 16h30, Monday, Wednesday and Friday 8h00 to 16h30, Saturday, Sunday 09h30 to 16h30, collection centre: Monday, Wednesday and Friday 8h00 to 9h00

Financing: provincial

Legal status: parapublic organization

CROISÉE DE LA MATAWINIE (LA)

30 Joliette Road, Saint-Félix-de-Valois, Lanaudière, QC, J0K 2M0

450 889-5908

Email: la.croisee@hotmail.com

Services: Popular education space. * Temporary housing. * Group workshops. * Individual support. * Computer stations. * Awareness and information on any form of oppression, discrimination, exclusion and prejudice. * Safe and inclusive exchange living space. * Citizens' rights advocacy.

Eligibility: people aged 18 years and over

Capacity: 4 rooms

Coverage area: MRC Matawinie

Hours: Tuesday to Friday 12h00 to 18h00, Saturday 12h00 to 17h00

Fees: by email, phone or Messenger

Financing: donations

Legal status: non-profit organization

Alphabetical Index
Alphabetical Index

AJOUT WEB 10/08/2020 CBV	54
AMI(ES)S D'ÉMÉLIE (LES)	123
AMIS DE MARIE DE SAINT-CÔME (LES)	123
ARCHE DU NORD (L')	123
ASSOCIATION D'ENFANTS SCOLARISÉS À LA MAISON	6
ASSOCIATION DES PERSONNES HANDICAPÉES DE MATAWINIE	115
ASSOCIATION DES TRAVAILLEURS ET TRAVAILLEUSES ACCIDENTÉS DU MATAWIN	86
ASSOCIATION DES TRAVAILLEURS, TRAVAILLEUSES ACCIDENTÉS DE JOLI-MONT	87
ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - TROISIÈME ÂGE CHERTSEY	106
BOIS-FRANC - MUNICIPALITÉ	58
BOUÉE DE L'AMITIÉ (LA)	113
CAMP FAMILIAL SAINT-URBAIN	20
CARREFOUR JEUNESSE-EMPLOI MATAWINIE	81
CARREFOUR JEUNESSE-EMPLOI MATAWINIE - POINT DE SERVICE DE RAWDON	40
CENTRE ARC-EN-CI-ELLE	111
CENTRE AU COEUR DES FEMMES	111
CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE	111
CENTRE D'ACTION BÉNÉVOLE COMMUNAUTAIRE MATAWINIE - ACCOMPANIMENT- TRANSPORTATION	128
CENTRE D'ALPHABÉTISATION POPULAIRE DE LA MATAWINIE-EST	113
CENTRE D'ENTRAIDE ET DE DÉPANNAGE DE ST-ZÉNON	120
CENTRE D'HÉBERGEMENT BRASSARD	104
CENTRE D'HÉBERGEMENT DE SAINT-DONAT	104
CENTRE D'HÉBERGEMENT HEATHER	105
CENTRE D'INTERPRÉTATION MULTIETHNIQUE DE RAWDON	112
CENTRE DE JOUR JARDIN D'ÉTOILES	131
CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ DE LANAUDIÈRE - POINT DE SERVICE DE CHERTSEY	2
CENTRE DE RÉTABLISSEMENT EN DÉPENDANCES VILLA DE LA PAIX	92
CENTRE LOCAL D'EMPLOI DE SAINT-JEAN-DE-MATHA	81
CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE- MATHA	131
CHAUMIÈRE JEUNESSE DE RAWDON (LA)	73
CHERTSEY - MUNICIPALITY	87
CLSC DE CHERTSEY	131
CLSC DE SAINT-DONAT	66
CLSC DE SAINT-MICHEL-DES-SAINTS	132
COMITÉ DES USAGERS CHSLD HEATHER	85
COMPTOIR ALIMENTAIRE DE LA HAUTE-MATAWINIE	49
COMPTOIR VESTIMENTAIRE DE SAINT-FÉLIX-DE-VALOIS	124
COMPTOIR VESTIMENTAIRE SAINT-ALPHONSE	124
COMPTOIR VESTIMENTAIRE SAINTE-MARCELLINE	124
CORPORATION DU DÉVELOPPEMENT ÉCONOMIQUE ET TOURISTIQUE D'ENTRELACS	36
CROISÉE DE LA MATAWINIE (LA)	132
CUISINES COLLECTIVES DE MATHA (LES)	47
CUISINES COLLECTIVES MARCELLINOISES	46
CYBER-CIBLE	41
DÉFI-FAMILLE MATAWINIE	7
DENRÉES MATHA ET SES VOISINS	50
DONATEURS (LES)	124
ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE	102
ENTRELACS - MUNICIPALITY	58

FONDATION PAPILLON - CAMP PAPILLON	22
GÎT'ENFANTS (LE)	114
GROUPE DES MONTAGNARDS DE CHERTSEY	124
GROUPE ENTRAIDE ET AMITIÉ SAINT-ALPHONSE	50
GROUPE POPULAIRE D'ENTRELACS	125
LIAISONS ENFANCE	36
MAISON DE PARENTS DE LA MATAWINIE OUEST	118
MAISON DES AÎNÉS DE CHERTSEY (LA)	131
MAISON DES JEUNES DE SAINT-DONAT	113
MI-ZÉ-VIE	115
MI-ZÉ-VIE - TRANSPORTATION	128
MRC MATAWINIE	62
MRC MATAWINIE - MUNICIPAL COURT	89
MRC MATAWINIE - TRANSIT SERVICE	129
NAÎTRE ET GRANDIR AVEC LES AMIES DE L'ALLAITEMENT	24
NOTRE-DAME-DE-LA-MERCI - MUNICIPALITY	58
OFFICE MUNICIPAL D'HABITATION DE MATAWINIE	105
PARRAINAGE CIVIQUE LANAUDIÈRE - POINT DE SERVICE NORD DE LANAUDIÈRE	94
PETITE MISSION (LA)	121
PROVISION COMPASSION	122
RAWDON - MUNICIPALITY	88
RESCOUSSE AMICALE (LA)	115
RUCHE ST-DAMIEN (LA)	125
RUCHE ST-DAMIEN (LA) - TAX CLINIC	40
SAINT-ALPHONSE-RODRIGUEZ - MUNICIPALITY	88
SAINT-CÔME, UN COEUR QUI BAT	12
SAINT-DAMIEN - MUNICIPALITY	59
SAINT-DONAT - MUNICIPALITY	89
SAINT-FÉLIX-DE-VALOIS - MUNICIPALITY	89
SAINT-JEAN-DE-MATHA - MUNICIPALITY	89
SAINT-MICHEL-DES-SAINTS - MUNICIPALITY	60
SAINT-ZENON - MUNICIPALITY	60
SAINTE-BÉATRIX - MUNICIPALITY	60
SAINTE-EMELIE-DE-L'ENERGIE - MUNICIPALITY	61
SAINTE-MARCELLINE-DE-KILDARE - MUNICIPALITY	61
SERVICE DE DÉVELOPPEMENT LOCAL ET RÉGIONAL DE MATAWINIE	37
SERVICES D'AIDE À DOMICILE DU ROUSSEAU	104
SERVICES DE CRISE DE LANAUDIÈRE (LES) - RAWDON SITE	95
SERVICES QUÉBEC - RAWDON	81
SOCIÉTÉ D'AIDE AU DÉVELOPPEMENT DE LA COLLECTIVITÉ DE LA MATAWINIE	37
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MARIE-REINE-DU-MONDE - RAWDON	125
SOLIDARITÉ SOCIALE DE RAWDON	123
SÛRETÉ DU QUÉBEC - POSTE AUXILIAIRE DE LA MRC DE MATAWINIE	63
SÛRETÉ DU QUÉBEC - POSTE PRINCIPAL DE LA MRC DE MATAWINIE	63
UNIVERSITÉ DU TROISIÈME ÂGE - LANAUDIÈRE - SAINT-DONAT	101