



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LANAUDIÈRE / MRC MONTCALM / ALL CITIES



2-1-1



WWW.211.QC.CA

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Summary

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Child, Youth and Family

CHILD WELFARE

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

ASSOCIATION CARREFOUR FAMILLE MONTCALM - SUPERVISION DES DROITS D'ACCÈS

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

1 844 439-2454 Fax: 450 439-8763

Website: www.acfmqc.org/sda

Email: info@acfm-qc.org

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

Eligibility: parents and children, families

Coverage area: Lanaudière

Hours: Wednesday every two weeks 9h00 to 16h00, Thursday 13h00 to 20h00, Friday 13h00 to 20h00, Saturday 9h00 to 16h00, Sunday every two weeks 10h00 to 17h00 Charlemagne's point of service: Wednesday every two weeks 9h00 to 16h00, Friday 11h00 to 16h00

Fees: file opening: \$15, supervised visit: no fee, custody exchange: \$2.50 per parent per exchange

Financing: federal, provincial, self-financing

Legal status: non-profit organization

Family Support

ASSOCIATION CARREFOUR FAMILLE MONTCALM

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

1 877 439-2669 Fax: 450 439-8763

Website: www.acfmqc.org

Email: info@acfm-qc.org

Services: * Support and referral. * Drop-in daycare. * Language skills and motricity development activities. * Workshops on ADHD for parents. * Friendly meetings for parents of school-aged children. * Workshops on discipline methods. * Loan and verification of child safety seats. * Transportation and accompaniment for members. * Supervision of visiting rights for the Lanaudières county.

Eligibility: families, parents, language skills and motricity development activities: children aged 0 to 5 years old and their parents

Coverage area: MRC Montcalm

Hours: Monday to Friday 8h00 to 16h00, drop-in daycare: Monday to Friday 8h30 to 15h30

Fees: free services, \$40 deposit for child safety seat loan

Financing: federal, provincial, self-financing

Legal status: non-profit organization

Maternity support and adoption

ASSOCIATION CARREFOUR FAMILLE MONTCALM

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

1 877 439-2669 Fax: 450 439-8763

Website: www.acfmqc.org

Email: info@acfm-qc.org

Services: * Support and referral. * Drop-in daycare. * Language skills and motricity development activities. * Workshops on ADHD for parents. * Friendly meetings for parents of school-aged children. * Workshops on discipline methods. * Loan and verification of child safety seats. * Transportation and accompaniment for members. * Supervision of visiting rights for the Lanaudières county.

Eligibility: families, parents, language skills and motricity development activities: children aged 0 to 5 years old and their parents

Coverage area: MRC Montcalm

Hours: Monday to Friday 8h00 to 16h00, drop-in daycare: Monday to Friday 8h30 to 15h30

Fees: free services, \$40 deposit for child safety seat loan

Financing: federal, provincial, self-financing

Legal status: non-profit organization

SAINT-JACQUES - MUNICIPALITY

16 Maréchal Street, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 839-3671 Fax: 450 839-2387

Website: www.st-jacques.org

Email: info@st-jacques.org

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual materials and waste collection calendar: www.st-jacques.org/contact/matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers. * Hall rental.

Coverage area: Saint-Jacques

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

Financing: municipal

Legal status: municipal agency

SAINT-LIN-LAURENTIDES - CITY

900 12th Avenue, Saint-Lin-Laurentides, Lanaudière, QC, J5M 2W2

450 439-3130 ext. 7200 Fax: 450 439-1525

Website: www.saint-lin-laurentides.com

Email: info@saint-lin-laurentides.com

Services: Municipal service management. * Municipal tax management and payment. * Fire safety department. * Development and technical department: construction permits. * Public work department: infrastructure maintenance, garbage collection. * Info-travaux: information on road works, works having an impact on citizens, boil water advisories. * Municipal information offered by SMS text message, email or voicemail. * Financial assistance to families: subsidy for reusable diapers, subsidy for new residents with a family acquiring a new residential construction, subsidy for families with three or more children. * Library. * Recreation and sports services: Water complex, outdoor rinks, day camps, parks.

Coverage area: Saint-Lin-Laurentides

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

Financing: municipal

Legal status: municipal agency

SAINT-ROCH-DE-L'ACHIGAN - MUNICIPALITY

7 du Docteur-Wilfrid-Locat Street, Saint-Roch-de-l'Achigan, Lanaudière, QC, J0K 3H0

450 588-2326 Fax: 450 588-4848

Website: www.sra.quebec

Email: reception@sra.quebec

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Collection of residual materials and waste calendar: www.sra.quebec/calendrier-des-collectes * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers. * Commissioner of Oaths.

Coverage area: Saint-Roch-De-L'achigan

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

Financing: municipal

Legal status: municipal agency

SAINTE-JULIENNE - MUNICIPALITY

2450 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-2688 Fax: 450 831-4433

Website: www.sainte-julienne.com

Email: municipalite@sainte-julienne.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual and waste collection schedule: www.sainte-julienne.com/environnement/calendrier-collectes * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers.

Coverage area: Sainte-Julienne

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

Financing: municipal

Legal status: municipal agency

Parenting Education

ASSOCIATION CARREFOUR FAMILLE MONTCALM

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

1 877 439-2669 Fax: 450 439-8763

Website: www.acfmqc.org

Email: info@acfm-qc.org

Services: * Support and referral. * Drop-in daycare. * Language skills and motricity development activities. * Workshops on ADHD for parents. * Friendly meetings for parents of school-aged children. * Workshops on discipline methods. * Loan and verification of child safety seats. * Transportation and accompaniment for members. * Supervision of visiting rights for the Lanaudières county.

Eligibility: families, parents, language skills and motricity development activities: children aged 0 to 5 years old and their parents

Coverage area: MRC Montcalm

Hours: Monday to Friday 8h00 to 16h00, drop-in daycare: Monday to Friday 8h30 to 15h30

Fees: free services, \$40 deposit for child safety seat loan

Financing: federal, provincial, self-financing

Legal status: non-profit organization

RÉUSSITE ÉDUCATIVE MONTCALM

2463 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 758-3703 ext. 28492 Fax: 450 831-3002

Website: reussiteeducativemontcalm.com

Email: reussiteeducativemontcalm@gmail.com

Services: Family support. * Workshops for parents of children 0 to 17 years old on various subjects related to children and school. * School dropout prevention project. * Family follow-up and accompaniment.

Eligibility: children 0 to 17 years old and their parents

Coverage area: MRC Montcalm

Fees: none

Financing: donations

Legal status: non-profit organization

Youth Centres and Support

MAISON DES JEUNES D.O. ADOS

1042 Principale Street, Saint-Roch-de-l'Achigan, Lanaudière, QC, J0K 3H0

450 588-6589 Fax: 450 588-6784

Email: mdjdoados@bellnet.ca

Services: Animated meeting place for teenagers. * Animation and preventive intervention. * Social, cultural and recreational activities. * Homework help.

Eligibility: teenagers from 12 to 18 years old

Coverage area: Saint-Roch-de-l'Achigan

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

Financing: self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-ESPRIT

66 Montcalm Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-7227

Email: mdjsaintesprit@videotron.ca

Services: Animated meeting place for teenagers. * Listening and support service by phone and text message.

* Animation and preventive intervention. * Social, cultural and recreational activities.

Eligibility: teenagers from 12 to 18 years old

Coverage area: Saint-Esprit

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

Financing: self-financing

Legal status: non-profit organization

Youth Employment

CARREFOUR JEUNESSE-EMPLOI DE MONTCALM

2417 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3930

Website: www.cjemontcalm.qc.ca

Email: courrier@cjmontcalm.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: help in writing curriculum vitae and cover letters, mock interviews. * Academic and professional orientation. * Individual training and coaching in school perseverance. * Desjardins - Jeunes au travail: internship creation program. * Workshops on personal growth and work skills: emotion management, communication, decision making, motivation. * Entrepreneurial coaching.

Eligibility: people 15 to 35 years of age, youth 15 to 19 years of age at risk of dropping out of school or who have dropped out less than 6 months ago

Coverage area: MRC Montcalm

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

Fees: none

Financing: provincial, federal, grant

Legal status: non-profit organization

Youth Shelters and Support

MAISON DES JEUNES DE SAINT-ESPRIT

66 Montcalm Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-7227

Email: mdjsaintesprit@videotron.ca

Services: Animated meeting place for teenagers. * Listening and support service by phone and text message.

* Animation and preventive intervention. * Social, cultural and recreational activities.

Eligibility: teenagers from 12 to 18 years old

Coverage area: Saint-Esprit

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

Financing: self-financing

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

COMMUNITY DEVELOPMENT

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

GROUPE D'INFORMATION ET DE DÉFENSE DES DROITS SOCIAUX DE STE-JULIENNE

2405 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-4825 Fax: 450 831-4825

Website: gidds.org

Email: gidds.rt@gmail.com

Services: Organization in collective defence of social rights. * Assistance, information and accompaniment. * Help and support. * Autonomous popular education. * Assistance in filling in government forms and writing letters. * Telephone, photocopier and fax machine. * Recreational and social activities. * Tax clinic.

Eligibility: people on a low income

Coverage area: Sainte-Julienne

Hours: Monday to Thursday 10h00 to 16h00

Fees: annual membership fee: \$20, telephone, photocopier and fax machine: free, recreational and social activities: free for members

Financing: membership fees, grants

Legal status: non-profit organization

TABLE RÉGIONALE DES ORGANISMES COMMUNAUTAIRES AUTONOMES DE LANAUDIÈRE

25 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

1 866 839-6085 Fax: 450 839-6370

Website: trocl.org

Email: trocl@trocl.org

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

Eligibility: autonomous community organizations

Capacity: 200 organizations

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Fees: annual contribution: \$25 to \$150 per organization

Financing: membership fees, provincial

Legal status: non-profit organization

Community development

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3118 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: Seniors * Meals on wheels, frozen meals. * Seniors' socialization group. * Visits and friendship phones. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): listening, support, referral and accompaniment in the process. * PIED program for the prevention of injuries related to falls. * Awareness and prevention of elder abuse. Community Services * Social housing worker: listening, support, referral, assistance with procedures, information, animation. * Mutual Aid and Friendship groups to break social isolation. * Workshops and trainings. * Reception, referral and recruitment of volunteers. * Development and promotion of volunteer and community action. * Support to organizations: accompaniment, information, training. * Tax clinic.

Eligibility: seniors, people in vulnerable situations, people on a low income, people living in social isolation, caregivers, volunteers, organizations, meals on wheels: seniors, people in temporary or permanent loss of autonomy, people living with a chronic illness, a physical or intellectual disability, their caregivers

Coverage area: MRC Montcalm

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

Fees: annual membership: \$15, meals on wheels: variable costs per meal

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Volunteering and volunteer centres

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3118 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: Seniors * Meals on wheels, frozen meals. * Seniors' socialization group. * Visits and friendship phones. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): listening, support, referral and accompaniment in the process. * PIED program for the prevention of injuries related to falls. * Awareness and prevention of elder abuse. Community Services * Social housing worker: listening, support, referral, assistance with procedures, information, animation. * Mutual Aid and Friendship groups to break social isolation. * Workshops and trainings. * Reception, referral and recruitment of volunteers. * Development and promotion of volunteer and community action. * Support to organizations: accompaniment, information, training. * Tax clinic.

Eligibility: seniors, people in vulnerable situations, people on a low income, people living in social isolation, caregivers, volunteers, organizations, meals on wheels: seniors, people in temporary or permanent loss of autonomy, people living with a chronic illness, a physical or intellectual disability, their caregivers

Coverage area: MRC Montcalm

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

Fees: annual membership: \$15, meals on wheels: variable costs per meal

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Disability

AUTISM, PDD, ADHD

DEAF AND HEARING IMPAIRED

PARATRANSIT

RECREATION AND CAMPS

RESPIRE SERVICES AND HOUSING

RESPIRE, CHILD CARE AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

Autism, PDD, ADHD

ASSOCIATION CARREFOUR FAMILLE MONTCALM

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

1 877 439-2669 Fax: 450 439-8763

Website: www.acfmqc.org

Email: info@acfm-qc.org

Services: * Support and referral. * Drop-in daycare. * Language skills and motricity development activities. * Workshops on ADHD for parents. * Friendly meetings for parents of school-aged children. * Workshops on discipline methods. * Loan and verification of child safety seats. * Transportation and accompaniment for members. * Supervision of visiting rights for the Lanaudières county.

Eligibility: families, parents, language skills and motricity development activities: children aged 0 to 5 years old and their parents

Coverage area: MRC Montcalm

Hours: Monday to Friday 8h00 to 16h00, drop-in daycare: Monday to Friday 8h30 to 15h30

Fees: free services, \$40 deposit for child safety seat loan

Financing: federal, provincial, self-financing

Legal status: non-profit organization

Deaf and hearing impaired

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin–Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Paratransit

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM - ACCOMPAGNEMENT-TRANSPORT

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

1 888 839-3440 ext. 221 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: * Transportation and accompaniment to medical or legal appointments by a volunteer.

Eligibility: people 65 years old and over, people with temporary or permanent loss of autonomy, people in convalescence, people living with a chronic disease or a physical or intellectual disability, people on welfare

Coverage area: MRC Montcalm, accompaniment and transportation: Lanaudière, Montreal, Laval, Trois-Rivières and the South Shore of Montreal

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

Fees: annual membership: \$15, variable costs for transportation

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

MRC MONTCALM - SERVICE DES TRANSPORTS ADAPTÉ ET COLLECTIF

1540 Albert Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-2182 ext. 7031

Website: www.mrcmontcalm.com/site/services/transport-collectif

Email: transport@mrcmontcalm.com

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

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 Montcalm

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

Fees: variable

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Recreation and camps

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Respite services and housing

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Respite, child care and housing

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin–Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Support Associations

ASSOCIATION CARREFOUR FAMILLE MONTCALM

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

1 877 439-2669 Fax: 450 439-8763

Website: www.acfmqc.org

Email: info@acfm-qc.org

Services: * Support and referral. * Drop-in daycare. * Language skills and motricity development activities. * Workshops on ADHD for parents. * Friendly meetings for parents of school-aged children. * Workshops on discipline methods. * Loan and verification of child safety seats. * Transportation and accompaniment for members. * Supervision of visiting rights for the Lanaudières county.

Eligibility: families, parents, language skills and motricity development activities: children aged 0 to 5 years old and their parents

Coverage area: MRC Montcalm

Hours: Monday to Friday 8h00 to 16h00, drop-in daycare: Monday to Friday 8h30 to 15h30

Fees: free services, \$40 deposit for child safety seat loan

Financing: federal, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin–Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Support and integration organizations

ASSOCIATION CARREFOUR FAMILLE MONTCALM

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

1 877 439-2669 Fax: 450 439-8763

Website: www.acfmqc.org

Email: info@acfm-qc.org

Services: * Support and referral. * Drop-in daycare. * Language skills and motricity development activities. * Workshops on ADHD for parents. * Friendly meetings for parents of school-aged children. * Workshops on discipline methods. * Loan and verification of child safety seats. * Transportation and accompaniment for members. * Supervision of visiting rights for the Lanaudières county.

Eligibility: families, parents, language skills and motricity development activities: children aged 0 to 5 years old and their parents

Coverage area: MRC Montcalm

Hours: Monday to Friday 8h00 to 16h00, drop-in daycare: Monday to Friday 8h30 to 15h30

Fees: free services, \$40 deposit for child safety seat loan

Financing: federal, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin–Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

ASSOCIATIONS AND FEDERATIONS

COMPUTER WORKSHOPS

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

Academic and vocational guidance

CARREFOUR JEUNESSE-EMPLOI DE MONTCALM

2417 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3930

Website: www.cjemontcalm.qc.ca

Email: courrier@cjemontcalm.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: help in writing curriculum vitae and cover letters, mock interviews. * Academic and professional orientation. * Individual training and coaching in school perseverance. * Desjardins - Jeunes au travail: internship creation program. * Workshops on personal growth and work skills: emotion management, communication, decision making, motivation. * Entrepreneurial coaching.

Eligibility: people 15 to 35 years of age, youth 15 to 19 years of age at risk of dropping out of school or who have dropped out less than 6 months ago

Coverage area: MRC Montcalm

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

Fees: none

Financing: provincial, federal, grant

Legal status: non-profit organization

Associations and Federations

RÉUSSITE ÉDUCATIVE MONTCALM

2463 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 758-3703 ext. 28492 Fax: 450 831-3002

Website: reussiteeducativemontcalm.com

Email: reussiteeducativemontcalm@gmail.com

Services: Family support. * Workshops for parents of children 0 to 17 years old on various subjects related to children and school. * School dropout prevention project. * Family follow-up and accompaniment.

Eligibility: children 0 to 17 years old and their parents

Coverage area: MRC Montcalm

Fees: none

Financing: donations

Legal status: non-profit organization

Computer workshops

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SERVICES MULTIPLES DE LANAUDIÈRE

1317 du Gouvernement Road, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3333

Website: www.csmlanaudiere.org

Email: admin@csmlanaudiere.org

Services: Organization offering literacy and popular education services. * Training for adults: computer, French, memory stimulation, final year of high school equivalency, writing and reading workshops. * Thematic activities and training for caregivers. * Clothing counter: recovery and sale of clothing, shoes, jewelry, small appliances, dishes, books, sports equipment, small accessories, etc. * Ludothèque Caméléon: games and toys loans for all ages. * Loans of sensory tools for children with special needs. * Tax clinic.

Coverage area: MRC Montcalm, MRC Matawinie Ouest

Hours: clothing counter and Ludothèque Caméléon: Tuesday to Thursday 9h00 to 15h00, administration: Monday to Thursday 8h00 to 15h30

Fees: clothing counter: variable, Caméléon Ludothèque: \$15 per year for 6 to 8 toys per month depending on the number of children, training: none

Financing: provincial

Legal status: non-profit organization

Homework assistance and tutoring**MAISON DES JEUNES D.O. ADOS**

1042 Principale Street, Saint-Roch-de-l'Achigan, Lanaudière, QC, J0K 3H0

450 588-6589 Fax: 450 588-6784

Email: mdjdoados@bellnet.ca

Services: Animated meeting place for teenagers. * Animation and preventive intervention. * Social, cultural and recreational activities. * Homework help.

Eligibility: teenagers from 12 to 18 years old

Coverage area: Saint-Roch-de-l'Achigan

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

Financing: self-financing

Legal status: non-profit organization

Language courses**ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE**

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SERVICES MULTIPLES DE LANAUDIÈRE

1317 du Gouvernement Road, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3333

Website: www.csmlanaudiere.org

Email: admin@csmlanaudiere.org

Services: Organization offering literacy and popular education services. * Training for adults: computer, French, memory stimulation, final year of high school equivalency, writing and reading workshops. * Thematic activities and training for caregivers. * Clothing counter: recovery and sale of clothing, shoes, jewelry, small appliances, dishes, books, sports equipment, small accessories, etc. * Ludothèque Caméléon: games and toys loans for all ages. * Loans of sensory tools for children with special needs. * Tax clinic.

Coverage area: MRC Montcalm, MRC Matawinie Ouest

Hours: clothing counter and Ludothèque Caméléon: Tuesday to Thursday 9h00 to 15h00, administration: Monday to Thursday 8h00 to 15h30

Fees: clothing counter: variable, Caméléon Ludothèque: \$15 per year for 6 to 8 toys per month depending on the number of children, training: none

Financing: provincial

Legal status: non-profit organization

Literacy**ASSOCIATION CARREFOUR FAMILLE MONTCALM**

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

1 877 439-2669 Fax: 450 439-8763

Website: www.acfmqc.org

Email: info@acfm-qc.org

Services: * Support and referral. * Drop-in daycare. * Language skills and motricity development activities. * Workshops on ADHD for parents. * Friendly meetings for parents of school-aged children. * Workshops on discipline methods. * Loan and verification of child safety seats. * Transportation and accompaniment for members. * Supervision of visiting rights for the Lanaudières county.

Eligibility: families, parents, language skills and motricity development activities: children aged 0 to 5 years old and their parents

Coverage area: MRC Montcalm

Hours: Monday to Friday 8h00 to 16h00, drop-in daycare: Monday to Friday 8h30 to 15h30

Fees: free services, \$40 deposit for child safety seat loan

Financing: federal, provincial, self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SERVICES MULTIPLES DE LANAUDIÈRE

1317 du Gouvernement Road, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3333

Website: www.csmlanaudiere.org

Email: admin@csmlanaudiere.org

Services: Organization offering literacy and popular education services. * Training for adults: computer, French, memory stimulation, final year of high school equivalency, writing and reading workshops. * Thematic activities and training for caregivers. * Clothing counter: recovery and sale of clothing, shoes, jewelry, small appliances, dishes, books, sports equipment, small accessories, etc. * Ludothèque Caméléon: games and toys loans for all ages. * Loans of sensory tools for children with special needs. * Tax clinic.

Coverage area: MRC Montcalm, MRC Matawinie Ouest

Hours: clothing counter and Ludothèque Caméléon: Tuesday to Thursday 9h00 to 15h00, administration: Monday to Thursday 8h00 to 15h30

Fees: clothing counter: variable, Caméléon Ludothèque: \$15 per year for 6 to 8 toys per month depending on the number of children, training: none

Financing: provincial

Legal status: non-profit organization

GROUPE D'INFORMATION ET DE DÉFENSE DES DROITS SOCIAUX DE STE-JULIENNE

2405 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-4825 Fax: 450 831-4825

Website: gidds.org

Email: gidds.rt@gmail.com

Services: Organization in collective defence of social rights. * Assistance, information and accompaniment. * Help and support. * Autonomous popular education. * Assistance in filling in government forms and writing letters. * Telephone, photocopier and fax machine. * Recreational and social activities. * Tax clinic.

Eligibility: people on a low income

Coverage area: Sainte-Julienne

Hours: Monday to Thursday 10h00 to 16h00

Fees: annual membership fee: \$20, telephone, photocopier and fax machine: free, recreational and social activities: free for members

Financing: membership fees, grants

Legal status: non-profit organization

Public education

GROUPE D'INFORMATION ET DE DÉFENSE DES DROITS SOCIAUX DE STE-JULIENNE

2405 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-4825 Fax: 450 831-4825

Website: gidds.org

Email: gidds.rt@gmail.com

Services: Organization in collective defence of social rights. * Assistance, information and accompaniment. * Help and support. * Autonomous popular education. * Assistance in filling in government forms and writing letters. * Telephone, photocopier and fax machine. * Recreational and social activities. * Tax clinic.

Eligibility: people on a low income

Coverage area: Sainte-Julienne

Hours: Monday to Thursday 10h00 to 16h00

Fees: annual membership fee: \$20, telephone, photocopier and fax machine: free, recreational and social activities: free for members

Financing: membership fees, grants

Legal status: non-profit organization

School perseverance

CARREFOUR JEUNESSE-EMPLOI DE MONTCALM

2417 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3930

Website: www.cjemontcalm.qc.ca

Email: courrier@cjemontcalm.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: help in writing curriculum vitae and cover letters, mock interviews. * Academic and professional orientation. * Individual training and coaching in school perseverance. * Desjardins - Jeunes au travail: internship creation program. * Workshops on personal growth and work skills: emotion management, communication, decision making, motivation. * Entrepreneurial coaching.

Eligibility: people 15 to 35 years of age, youth 15 to 19 years of age at risk of dropping out of school or who have dropped out less than 6 months ago

Coverage area: MRC Montcalm

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

Fees: none

Financing: provincial, federal, grant

Legal status: non-profit organization

RÉUSSITE ÉDUCATIVE MONTCALM

2463 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 758-3703 ext. 28492 Fax: 450 831-3002

Website: reussiteeducativemontcalm.com

Email: reussiteeducativemontcalm@gmail.com

Services: Family support. * Workshops for parents of children 0 to 17 years old on various subjects related to children and school. * School dropout prevention project. * Family follow-up and accompaniment.

Eligibility: children 0 to 17 years old and their parents

Coverage area: MRC Montcalm

Fees: none

Financing: donations

Legal status: non-profit organization

Employment and Income Support

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Business development

CENTRE LOCAL D'EMPLOI DE SAINTE-JULIENNE

2495 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-4222 Fax: 450 831-8439

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. * Administration of oath. * 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. * Services related to the 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: Sainte-Julienne

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

COOPÉRATIVE DE DÉVELOPPEMENT RÉGIONAL DU QUÉBEC - LANAUDIÈRE

104 Saint-Jacques Street, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 759-8423

Website: cdrq.coop/bureau-regional/lanaudiere

Email: lanaudiere-laurentides@cdrq.coop

Services: Consultancy for starting and developing cooperatives. * Information and promotion of the cooperative system. * Feasibility evaluation and start-up support. * Constitution and document production assistance. * Business plan, feasibility study, funding research, strategical planning, etc. * Consultancy on associative and commercial facets of an existing cooperative. * Advanced training: governance, financial management, fiscality, management tools, etc.

Eligibility: people or groups interested in starting a cooperative business, cooperatives already in operation

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: variable, services are partly subsidized

Financing: provincial

Legal status: cooperative

FEMMESSOR - LANAUDIÈRE

104 Saint-Jacques Street, Saint-Jacques, Lanaudière, QC, J0K 2R0

1 844 523-7767

Website: www.femmessor.com

Email: info@femmessorqc.com

Services: Supports start-up, business consolidation, expansion or acquisition projects. * Financing. * Accompaniment. * Training. * Networking events.

Eligibility: women

Coverage area: Lanaudière

Financing: provincial

Legal status: non-profit organization

Employment support and training

BUFFET ACCÈS EMPLOI

355 Road 335, Saint-Lin–Laurentides, Lanaudière, QC, J5M 2C1

450 439-3465 Fax: 450 439-3400

Website: www.bae.qc.ca

Email: info@bae.qc.ca

Services: Employment enterprise specialized in food catering for events. * Workplace training of 22 to 26 weeks. * Post-training follow-up. * Events, corporate, CPE and daycare catering.

Eligibility: employment enterprise: adults on welfare assistance or unemployment insurance

Coverage area: Lanaudière

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

Financing: self-financing, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE MONTCALM

2417 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3930

Website: www.cjemontcalm.qc.ca

Email: courrier@cjmontcalm.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: help in writing curriculum vitae and cover letters, mock interviews. * Academic and professional orientation. * Individual training and coaching in school perseverance. * Desjardins - Jeunes au travail: internship creation program. * Workshops on personal growth and work skills: emotion management, communication, decision making, motivation. * Entrepreneurial coaching.

Eligibility: people 15 to 35 years of age, youth 15 to 19 years of age at risk of dropping out of school or who have dropped out less than 6 months ago

Coverage area: MRC Montcalm

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

Fees: none

Financing: provincial, federal, grant

Legal status: non-profit organization

CENTRE LOCAL D'EMPLOI DE SAINTE-JULIENNE

2495 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-4222 Fax: 450 831-8439

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. * Administration of oath. * 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. * Services related to the 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: Sainte-Julienne

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 immigrants

CARREFOUR JEUNESSE-EMPLOI DE MONTCALM

2417 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3930

Website: www.cjemontcalm.qc.ca

Email: courrier@cjmontcalm.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: help in writing curriculum vitae and cover letters, mock interviews. * Academic and professional orientation. * Individual training and coaching in school perseverance. * Desjardins - Jeunes au travail: internship creation program. * Workshops on personal growth and work skills: emotion management, communication, decision making, motivation. * Entrepreneurial coaching.

Eligibility: people 15 to 35 years of age, youth 15 to 19 years of age at risk of dropping out of school or who have dropped out less than 6 months ago

Coverage area: MRC Montcalm

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

Fees: none

Financing: provincial, federal, grant

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - SAINTE-JULIENNE

2484 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 399-0898

Website: www.laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: * GLOBE: job search program for immigrant people with group workshops and individual accompaniment. * Personalized services upon request.

Eligibility: immigrant people searching for a job with a permanent resident, a refugee or a Canadian citizen status

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30 and by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI DE MONTCALM

2417 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3930

Website: www.cjemontcalm.qc.ca

Email: courrier@cjmontcalm.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: help in writing curriculum vitae and cover letters, mock interviews. * Academic and professional orientation. * Individual training and coaching in school perseverance. * Desjardins - Jeunes au travail: internship creation program. * Workshops on personal growth and work skills: emotion management, communication, decision making, motivation. * Entrepreneurial coaching.

Eligibility: people 15 to 35 years of age, youth 15 to 19 years of age at risk of dropping out of school or who have dropped out less than 6 months ago

Coverage area: MRC Montcalm

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

Fees: none

Financing: provincial, federal, grant

Legal status: non-profit organization

Tax clinics

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3118 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: Seniors * Meals on wheels, frozen meals. * Seniors' socialization group. * Visits and friendship phones. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): listening, support, referral and accompaniment in the process. * PIED program for the prevention of injuries related to falls. * Awareness and prevention of elder abuse. Community Services * Social housing worker: listening, support, referral, assistance with procedures, information, animation. * Mutual Aid and Friendship groups to break social isolation. * Workshops and trainings. * Reception, referral and recruitment of volunteers. * Development and promotion of volunteer and community action. * Support to organizations: accompaniment, information, training. * Tax clinic.

Eligibility: seniors, people in vulnerable situations, people on a low income, people living in social isolation, caregivers, volunteers, organizations, meals on wheels: seniors, people in temporary or permanent loss of autonomy, people living with a chronic illness, a physical or intellectual disability, their caregivers

Coverage area: MRC Montcalm

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

Fees: annual membership: \$15, meals on wheels: variable costs per meal

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

GROUPE D'INFORMATION ET DE DÉFENSE DES DROITS SOCIAUX DE STE-JULIENNE - TAX CLINIC

2405 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-4825 Fax: 450 831-4825

Website: gidds.org

Email: gidds.rt@gmail.com

Services: Tax clinic.

Eligibility: people on a low income

Coverage area: Sainte-Julienne

Hours: by appointment Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00

Fees: annual membership fee: \$ 20, clinic: free

Financing: membership fees

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

BUFFET ACCÈS EMPLOI

355 Road 335, Saint-Lin-Laurentides, Lanaudière, QC, J5M 2C1

450 439-3465 Fax: 450 439-3400

Website: www.bae.qc.ca

Email: info@bae.qc.ca

Services: Employment enterprise specialized in food catering for events. * Workplace training of 22 to 26 weeks. * Post-training follow-up. * Events, corporate, CPE and daycare catering.

Eligibility: employment enterprise: adults on welfare assistance or unemployment insurance

Coverage area: Lanaudière

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

Financing: self-financing, grants

Legal status: non-profit organization

CENTRE LOCAL D'EMPLOI DE SAINTE-JULIENNE

2495 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-4222 Fax: 450 831-8439

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. * Administration of oath. * 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. * Services related to the 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: Sainte-Julienne

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

FOOD ASSISTANCE

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

FABRIQUE DE LA PAROISSE DE NOTRE-DAME-DE-L'ACADIE (LA) - DÉPANNAGE SAINT-JACQUES

102 Saint-Jacques Street, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 839-3434

Email: paroisse.n-d-acadie@videotron.ca

Services: * Food bank. * Clothing depot. * Christmas baskets.

Eligibility: people on a low income and families

Coverage area: Saint-Jacques

Hours: clothing depot : Monday and Wednesday 13h00 to 16h00, Wednesday 18h00 to 19h30 from the end of April to the end of October, food bankw: one Wednesday out of two 13h00 to 14h00

Fees: food aid: \$3 per family

Financing: donations, self-financing

Legal status: non-profit organization

SERVICE D'ENTRAIDE ST-LIN-LAURENTIDES

532 Saint-Antoine Street, Saint-Lin–Laurentides, Lanaudière, QC, J5M 3A4

450 439-2218

Email: service.entraide@bellnet.ca

Services: * Food supply for families in need. * Clothing counter. * Furniture counter. * Collective kitchens. * Listening and referral. * Christmas baskets.

Eligibility: people and families in need

Coverage area: Saint-Lin-Laurentides

Hours: Tuesday to Saturday 9h00 to 12h00 and 13h00 to 15h30

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE ISOLÉE DE SAINT-JACQUES DE MONTCALM

102 Saint-Jacques Road, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 839-3434

Email: paroisse.n-d-acadie@videotron.ca

Services: * Food bank. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Saint-Jacques

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-JULIENNE ET SAINT-ESPRIT

1484 Albert Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-8207

Website: ssvp.qc.ca

Email: ssvp2389@gmail.com

Services: * Food assistance. * Thrift store: used clothing, small appliances, toys, sporting goods, miscellaneous items, appliances and furniture. * Christmas baskets.

Eligibility: food assistance and Christmas baskets: people on a low income, thrift store: general population

Coverage area: Saint-Alexis, Saint-Esprit, Sainte-Julienne

Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 15h00, food assistance: Thursday 9h00 to 15h00

Financing: donations

Legal status: non-profit organization

Collective kitchens and cooking workshops

AILES DE L'ESPOIR DE SAINT-CALIXTE (LES)

20 Alexandre Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

450 222-3923

Website: www.lesaillesdelespoir.com

Email: comptabilite@lesaillesdelespoir.org

Services: * Food bank and fresh meals distribution. * Thrift store: clothing, furniture, appliances, etc. * Disaster relief. * Le Partage: solidarity grocery store. * Collective kitchens. * Reception and listening. * Preparation of healthy snacks for 2 elementary schools. * Tax clinic. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Saint-Calixte

Hours: Monday and Tuesday 9h00 to 16h00, Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$35, food bank: \$6 every two weeks, meals: free

Financing: donations

Legal status: non-profit organization

SERVICE D'ENTRAIDE ST-LIN-LAURENTIDES

532 Saint-Antoine Street, Saint-Lin–Laurentides, Lanaudière, QC, J5M 3A4

450 439-2218

Email: service.entraide@bellnet.ca

Services: * Food supply for families in need. * Clothing counter. * Furniture counter. * Collective kitchens. * Listening and referral. * Christmas baskets.

Eligibility: people and families in need

Coverage area: Saint-Lin-Laurentides

Hours: Tuesday to Saturday 9h00 to 12h00 and 13h00 to 15h30

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

Food Assistance

AILES DE L'ESPOIR DE SAINT-CALIXTE (LES)

20 Alexandre Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

450 222-3923

Website: www.lesaillesdelespoir.com

Email: comptabilite@lesaillesdelespoir.org

Services: * Food bank and fresh meals distribution. * Thrift store: clothing, furniture, appliances, etc. * Disaster relief. * Le Partage: solidarity grocery store. * Collective kitchens. * Reception and listening. * Preparation of healthy snacks for 2 elementary schools. * Tax clinic. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Saint-Calixte

Hours: Monday and Tuesday 9h00 to 16h00, Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$35, food bank: \$6 every two weeks, meals: free

Financing: donations

Legal status: non-profit organization

COMPTOIR MINI-BUDGET DE SAINT-ROCH-DE-L'ACHIGAN

6 du Docteur Wilfrid Locat Street North, Saint-Roch-de-l'Achigan, Lanaudière, QC, J0K 3H0

514 236-4479

Email: comptoir.minibudget.stroch@hotmail.com

Services: * Recovery and sale of used items at low cost: clothing, toys, books, household items, etc. * Food assistance.

Eligibility: food assistance: people on a low income

Coverage area: Saint-Roch-de-l'Achigan

Hours: Thursday 13h00 to 20h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE NOTRE-DAME-DE-L'ACADIE (LA) - DÉPANNAGE SAINT-JACQUES

102 Saint-Jacques Street, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 839-3434

Email: paroisse.n-d-acadie@videotron.ca

Services: * Food bank. * Clothing depot. * Christmas baskets.

Eligibility: people on a low income and families

Coverage area: Saint-Jacques

Hours: clothing depot : Monday and Wednesday 13h00 to 16h00, Wednesday 18h00 to 19h30 from the end of April to the end of October, food bank: one Wednesday out of two 13h00 to 14h00

Fees: food aid: \$3 per family

Financing: donations, self-financing

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE NOTRE-DAME-DE-L'ACADIE (LA) - DÉPANNAGE SAINT-LIGUORI

741 Principale Street, Saint-Liguori, Lanaudière, QC, J0K 2X0

450 839-3434

Email: paroisse.n-d-acadie@videotron.ca

Services: * Food bank. * Clothing depot.

Eligibility: people on a low income and families

Coverage area: Saint-Liguori

Hours: office opened half a day a week, food bank: one Thursday out of two 12h00 to 16h00, clothing depot: Tuesday 12h00 to 16h00, Saturday 9h00 to 12h00

Fees: food aid: \$3 per family

Financing: donations, self-financing

Legal status: non-profit organization

SERVICE D'ENTRAIDE ST-LIN-LAURENTIDES

532 Saint-Antoine Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A4

450 439-2218

Email: service.entraide@bellnet.ca

Services: * Food supply for families in need. * Clothing counter. * Furniture counter. * Collective kitchens. * Listening and referral. * Christmas baskets.

Eligibility: people and families in need

Coverage area: Saint-Lin-Laurentides

Hours: Tuesday to Saturday 9h00 to 12h00 and 13h00 to 15h30

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE ISOLÉE DE SAINT-JACQUES DE MONTCALM

102 Saint-Jacques Road, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 839-3434

Email: paroisse.n-d-acadie@videotron.ca

Services: * Food bank. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Saint-Jacques

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-JULIENNE ET SAINT-ESPRIT

1484 Albert Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-8207

Website: ssvp.qc.ca

Email: ssvp2389@gmail.com

Services: * Food assistance. * Thrift store: used clothing, small appliances, toys, sporting goods, miscellaneous items, appliances and furniture. * Christmas baskets.

Eligibility: food assistance and Christmas baskets: people on a low income, thrift store: general population

Coverage area: Saint-Alexis, Saint-Esprit, Sainte-Julienne

Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 15h00, food assistance: Thursday 9h00 to 15h00

Financing: donations

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

BUFFET ACCÈS EMPLOI

355 Road 335, Saint-Lin-Laurentides, Lanaudière, QC, J5M 2C1

450 439-3465 Fax: 450 439-3400

Website: www.bae.qc.ca

Email: info@bae.qc.ca

Services: Employment enterprise specialized in food catering for events. * Workplace training of 22 to 26 weeks. * Post-training follow-up. * Events, corporate, CPE and daycare catering.

Eligibility: employment enterprise: adults on welfare assistance or unemployment insurance

Coverage area: Lanaudière

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

Financing: self-financing, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3118 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: Seniors * Meals on wheels, frozen meals. * Seniors' socialization group. * Visits and friendship phones. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): listening, support, referral and accompaniment in the process. * PIED program for the prevention of injuries related to falls. * Awareness and prevention of elder abuse. Community Services * Social housing worker: listening, support, referral, assistance with procedures, information, animation. * Mutual Aid and Friendship groups to break social isolation. * Workshops and trainings. * Reception, referral and recruitment of volunteers. * Development and promotion of volunteer and community action. * Support to organizations: accompaniment, information, training. * Tax clinic.

Eligibility: seniors, people in vulnerable situations, people on a low income, people living in social isolation, caregivers, volunteers, organizations, meals on wheels: seniors, people in temporary or permanent loss of autonomy, people living with a chronic illness, a physical or intellectual disability, their caregivers

Coverage area: MRC Montcalm

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

Fees: annual membership: \$15, meals on wheels: variable costs per meal

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

PROVINCIAL SERVICES

Municipal services

SAINT-ALEXIS - MUNICIPALITY

258 Principale Street, local 100, Saint-Alexis, Lanaudière, QC, J0K 1T0

450 839-7277

Website: www.st-alexis.com

Email: info@st-alexis.com

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

Coverage area: Saint-Alexis

Financing: municipal

Legal status: municipal agency

SAINT-CALIXTE - CITY

6230 de l'Hôtel-de-Ville Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

450 222-2782 Fax: 450 222-2789

Website: saint-calixte.ca

Email: reception@mscalixte.qc.ca

Services: Municipal service management. * Municipal counter: information on permits, subsidies and taxes, payment of taxes, regulations, etc. * Calendar of recyclable and garbage collections and information on waste management: [click here](#). * Public safety: fire safety service. * Service of recreation, sports and culture.

Coverage area: Saint-Calixte

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

Financing: municipal

Legal status: municipal agency

SAINT-ESPRIT - MUNICIPALITY

21 Principale Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 831-2114 Fax: 450 839-6070

Website: www.saint-esprit.ca

Email: info@saint-esprit.ca

Services: Municipal services management. * Waste management. * Planning departement and permit issuance.

Coverage area: Saint-Esprit

Financing: municipal

Legal status: municipal agency

SAINT-JACQUES - MUNICIPALITY

16 Maréchal Street, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 839-3671 Fax: 450 839-2387

Website: www.st-jacques.org

Email: info@st-jacques.org

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual materials and waste collection calendar: www.st-jacques.org/contact/matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers. * Hall rental.

Coverage area: Saint-Jacques

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

Financing: municipal

Legal status: municipal agency

SAINT-LIGUORI - MUNICIPALITY

840 Richard Street, Saint-Liguori, Lanaudière, QC, J0K 2X0

450 753-3570 Fax: 450 753-4638

Website: www.saint-liguori.com

Email: info@saint-liguori.com

Services: Municipal services management. * Waste management. * Fire department. * Planning department and permit issuance. * Luciole: municipal Internet service.

Coverage area: Saint-Liguori

Financing: municipal

Legal status: municipal agency

SAINT-LIN-LAURENTIDES - CITY

900 12th Avenue, Saint-Lin-Laurentides, Lanaudière, QC, J5M 2W2

450 439-3130 ext. 7200 Fax: 450 439-1525

Website: www.saint-lin-laurentides.com

Email: info@saint-lin-laurentides.com

Services: Municipal service management. * Municipal tax management and payment. * Fire safety department. * Development and technical department: construction permits. * Public work department: infrastructure maintenance, garbage collection. * Info-travaux: information on road works, works having an impact on citizens, boil water advisories. * Municipal information offered by SMS text message, email or voicemail. * Financial assistance to families: subsidy for reusable diapers, subsidy for new residents with a family acquiring a new residential construction, subsidy for families with three or more children. * Library. * Recreation and sports services: Water complex, outdoor rinks, day camps, parks.

Coverage area: Saint-Lin-Laurentides

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

Financing: municipal

Legal status: municipal agency

SAINT-ROCH-DE-L'ACHIGAN - MUNICIPALITY

7 du Docteur-Wilfrid-Locat Street, Saint-Roch-de-l'Achigan, Lanaudière, QC, J0K 3H0

450 588-2326 Fax: 450 588-4848

Website: www.sra.quebec

Email: reception@sra.quebec

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Collection of residual materials and waste calendar: www.sra.quebec/calendrier-des-collectes * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers. * Commissioner of Oaths.

Coverage area: Saint-Roch-De-L'achigan

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

Financing: municipal

Legal status: municipal agency

SAINT-ROCH-OUEST - MUNICIPALITY

270 Route 125, Saint-Roch-Ouest, Lanaudière, QC, J0K 3H0

450 588-6060 Fax: 579 795-0358

Website: www.saint-roch-ouest.ca

Email: info@saint-roch-ouest.ca

Services: Municipal services management. * Waste management. * Economic and touristic developpement.

Coverage area: Saint-Roch-Ouest

Financing: municipal

Legal status: municipal agency

SAINTE-JULIENNE - MUNICIPALITY

2450 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-2688 Fax: 450 831-4433

Website: www.sainte-julienne.com

Email: municipalite@sainte-julienne.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual and waste collection schedule: www.sainte-julienne.com/environnement/calendrier-collectes * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers.

Coverage area: Sainte-Julienne

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

Financing: municipal

Legal status: municipal agency

SAINTE-MARIE-SALOMÉ - MUNICIPALITY

690 Saint-Jean Street, Sainte-Marie-Salomé, Lanaudière, QC, J0K 2Z0

450 839-6212 ext. 7810 Fax: 450 839-6106

Website: www.sainte-marie-salome.ca

Email: info@sainte-marie-salome.ca

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

Coverage area: Sainte-Marie-Salomé

Financing: municipal

Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC DE MONTCALM

1701 335 Road, Saint-Lin-Laurentides, Lanaudière, QC, J5M 1Y3

450 759-5222 Fax: 450 759-7174

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 Montcalm

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 MONTCALM**

1540 Albert Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-2182 ext. 7000 Fax: 450 831-2647

Website: www.mrcmontcalm.com

Email: info@mrcmontcalm.com

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. * Paratransit and public transit service.

Coverage area: MRC Montcalm

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

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Provincial services

CENTRE LOCAL D'EMPLOI DE SAINTE-JULIENNE

2495 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-4222 Fax: 450 831-8439

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. * Administration of oath. * 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. * Services related to the 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: Sainte-Julienne

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 MRC DE MONTCALM

1701 335 Road, Saint-Lin–Laurentides, Lanaudière, QC, J5M 1Y3

450 759-5222 Fax: 450 759-7174

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 Montcalm

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

Financing: provincial

Legal status: provincial government agency

Health

HOSPITALS, CLSC AND COMMUNITY CLINICS

Hospitals, CLSC and community clinics

CLSC DE SAINT-ESPRIT

110 Saint-Isidore Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3676

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=739#

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

Vaccination: seasonal and for 0-5 year olds.

Coverage area: Québec

Hours: Monday, Tuesday 8h30 to 18h00, Wednesday 08h30 to 20h00, Thursday, Friday 8h30 to 16h30, collection centre: Monday to Friday 7h00 to 9h00

Financing: provincial

Legal status: parapublic organization

Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

OFFICE RÉGIONAL D'HABITATION DE MONTCALM

82 Principale Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 831-2182 ext. 7027

Website: www.orhmontcalm.com

Email: info@orhmontcalm.com

Services: Manage and administer housing and housing programs. * Low-rent 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: 221 units

Coverage area: MRC Montcalm

Hours: Monday to Wednesday 9h00 à 12h00 and 13h30 to 16h00

Financing: provincial

Legal status: municipal agency

Emergency

AILES DE L'ESPOIR DE SAINT-CALIXTE (LES)

20 Alexandre Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

450 222-3923

Website: www.lesaillesdelespoir.com

Email: comptabilite@lesaillesdelespoir.org

Services: * Food bank and fresh meals distribution. * Thrift store: clothing, furniture, appliances, etc. * Disaster relief. * Le Partage: solidarity grocery store. * Collective kitchens. * Reception and listening. * Preparation of healthy snacks for 2 elementary schools. * Tax clinic. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Saint-Calixte

Hours: Monday and Tuesday 9h00 to 16h00, Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$35, food bank: \$6 every two weeks, meals: free

Financing: donations

Legal status: non-profit organization

Housing cooperatives and corporations

OFFICE RÉGIONAL D'HABITATION DE MONTCALM

82 Principale Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 831-2182 ext. 7027

Website: www.orhmontcalm.com

Email: info@orhmontcalm.com

Services: Manage and administer housing and housing programs. * Low-rent 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: 221 units

Coverage area: MRC Montcalm

Hours: Monday to Wednesday 9h00 à 12h00 and 13h30 to 16h00

Financing: provincial

Legal status: municipal agency

Housing search assistance

AILES DE L'ESPOIR DE SAINT-CALIXTE (LES)

20 Alexandre Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

450 222-3923

Website: www.lesaillesdelespoir.com

Email: comptabilite@lesaillesdelespoir.org

Services: * Food bank and fresh meals distribution. * Thrift store: clothing, furniture, appliances, etc. * Disaster relief. * Le Partage: solidarity grocery store. * Collective kitchens. * Reception and listening. * Preparation of healthy snacks for 2 elementary schools. * Tax clinic. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Saint-Calixte

Hours: Monday and Tuesday 9h00 to 16h00, Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$35, food bank: \$6 every two weeks, meals: free

Financing: donations

Legal status: non-profit organization

Social housing and housing cooperatives

OFFICE RÉGIONAL D'HABITATION DE MONTCALM

82 Principale Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 831-2182 ext. 7027

Website: www.orhmontcalm.com

Email: info@orhmontcalm.com

Services: Manage and administer housing and housing programs. * Low-rent 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: 221 units

Coverage area: MRC Montcalm

Hours: Monday to Wednesday 9h00 à 12h00 and 13h30 to 16h00

Financing: provincial

Legal status: municipal agency

Immigration and cultural communities

SETTLEMENT SERVICES FOR NEWCOMERS

Settlement services for newcomers

CARREFOUR JEUNESSE-EMPLOI DE MONTCALM

2417 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3930

Website: www.cjemontcalm.qc.ca

Email: courrier@cjmontcalm.qc.ca

Services: * Support, information and accompaniment. * Job search assistance: help in writing curriculum vitae and cover letters, mock interviews. * Academic and professional orientation. * Individual training and coaching in school perseverance. * Desjardins - Jeunes au travail: internship creation program. * Workshops on personal growth and work skills: emotion management, communication, decision making, motivation. * Entrepreneurial coaching.

Eligibility: people 15 to 35 years of age, youth 15 to 19 years of age at risk of dropping out of school or who have dropped out less than 6 months ago

Coverage area: MRC Montcalm

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

Fees: none

Financing: provincial, federal, grant

Legal status: non-profit organization

PERSPECTIVES NOUVELLES - SAINTE-JULIENNE

2484 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 399-0898

Website: www.laclef-perspectives.com

Email: info@laclef-perspectives.com

Services: * GLOBE: job search program for immigrant people with group workshops and individual accompaniment. * Personalized services upon request.

Eligibility: immigrant people searching for a job with a permanent resident, a refugee or a Canadian citizen status

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30 and by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Indigenous Peoples

GOVERNMENT SERVICES

Government services

CENTRE LOCAL D'EMPLOI DE SAINTE-JULIENNE

2495 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-4222 Fax: 450 831-8439

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. * Administration of oath. * 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. * Services related to the 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: Sainte-Julienne

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

LEGAL ASSISTANCE AND INFORMATION

Advocacy groups

GRUPE D'INFORMATION ET DE DÉFENSE DES DROITS SOCIAUX DE STE-JULIENNE

2405 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-4825 Fax: 450 831-4825

Website: gidds.org

Email: gidds.rt@gmail.com

Services: Organization in collective defence of social rights. * Assistance, information and accompaniment. * Help and support. * Autonomous popular education. * Assistance in filling in government forms and writing letters. * Telephone, photocopier and fax machine. * Recreational and social activities. * Tax clinic.

Eligibility: people on a low income

Coverage area: Sainte-Julienne

Hours: Monday to Thursday 10h00 to 16h00

Fees: annual membership fee: \$20, telephone, photocopier and fax machine: free, recreational and social activities: free for members

Financing: membership fees, grants

Legal status: non-profit organization

RÉUSSITE ÉDUCATIVE MONTCALM

2463 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 758-3703 ext. 28492 Fax: 450 831-3002

Website: reussiteeducativemontcalm.com

Email: reussiteeducativemontcalm@gmail.com

Services: Family support. * Workshops for parents of children 0 to 17 years old on various subjects related to children and school. * School dropout prevention project. * Family follow-up and accompaniment.

Eligibility: children 0 to 17 years old and their parents

Coverage area: MRC Montcalm

Fees: none

Financing: donations

Legal status: non-profit organization

Consumer protection and complaints

OFFICE RÉGIONAL D'HABITATION DE MONTCALM

82 Principale Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 831-2182 ext. 7027

Website: www.orhmontcalm.com

Email: info@orhmontcalm.com

Services: Manage and administer housing and housing programs. * Low-rent 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: 221 units

Coverage area: MRC Montcalm

Hours: Monday to Wednesday 9h00 à 12h00 and 13h30 to 16h00

Financing: provincial

Legal status: municipal agency

Legal assistance and information

SAINT-CALIXTE - CITY

6230 de l'Hôtel-de-Ville Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

450 222-2782 Fax: 450 222-2789

Website: saint-calixte.ca

Email: reception@mscalixte.qc.ca

Services: Municipal service management. * Municipal counter: information on permits, subsidies and taxes, payment of taxes, regulations, etc. * Calendar of recyclable and garbage collections and information on waste management: [click here](#). * Public safety: fire safety service. * Service of recreation, sports and culture.

Coverage area: Saint-Calixte

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

Financing: municipal

Legal status: municipal agency

SAINT-JACQUES - MUNICIPALITY

16 Maréchal Street, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 839-3671 Fax: 450 839-2387

Website: www.st-jacques.org

Email: info@st-jacques.org

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual materials and waste collection calendar: www.st-jacques.org/contact/matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers. * Hall rental.

Coverage area: Saint-Jacques

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

Financing: municipal

Legal status: municipal agency

SAINT-ROCH-DE-L'ACHIGAN - MUNICIPALITY

7 du Docteur-Wilfrid-Locat Street, Saint-Roch-de-l'Achigan, Lanaudière, QC, J0K 3H0

450 588-2326 Fax: 450 588-4848

Website: www.sra.quebec

Email: reception@sra.quebec

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Collection of residual materials and waste calendar: www.sra.quebec/calendrier-des-collectes * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers. * Commissioner of Oaths.

Coverage area: Saint-Roch-De-L'achigan

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

Financing: municipal

Legal status: municipal agency

SAINTE-JULIENNE - MUNICIPALITY

2450 Victoria Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-2688 Fax: 450 831-4433

Website: www.sainte-julienne.com

Email: municipalite@sainte-julienne.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Residual and waste collection schedule: www.sainte-julienne.com/environnement/calendrier-collectes * Public safety: fire safety service, Sûreté du Québec. * Reusable diapers.

Coverage area: Sainte-Julienne

Justice and Advocacy

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

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

COMMUNITY SUPPORT IN MENTAL HEALTH

HELPLINES

Community support in mental health

RESCOUSSE MONTCALM (LA)

114 Montcalm Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-7050 Fax: 450 839-7438

Website: rescoussemontcalm.com

Email: larescoussemontcalm@videotron.ca

Services: * Counselling. * Telephone listening. * Coffee get-togethers to break isolation. * Thematic and creative workshops. * Outdoor, sports, cultural and musical activities. * Conferences and testimonials. * Library and thrift store. * Available transportation for anyone living in the MRC Montcalm wanting to participate in the activities.

Eligibility: people with a mental health problem

Coverage area: MRC Montcalm

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership card: \$12 per year

Financing: provincial

Legal status: non-profit organization

Helplines

RESCOUSSE MONTCALM (LA)

114 Montcalm Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-7050 Fax: 450 839-7438

Website: rescoussemontcalm.com

Email: larescoussemontcalm@videotron.ca

Services: * Counselling. * Telephone listening. * Coffee get-togethers to break isolation. * Thematic and creative workshops. * Outdoor, sports, cultural and musical activities. * Conferences and testimonials. * Library and thrift store. * Available transportation for anyone living in the MRC Montcalm wanting to participate in the activities.

Eligibility: people with a mental health problem

Coverage area: MRC Montcalm

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership card: \$12 per year

Financing: provincial

Legal status: non-profit organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

INTERVENTION WITH SENIORS SUBJECTED TO ABUSE

MEALS ON WHEELS

VOLUNTEER TRANSPORTATION

Caregivers

COOPÉRATIVE DE SERVICES MULTIPLES DE LANAUDIÈRE

1317 du Gouvernement Road, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3333

Website: www.csmlanaudiere.org

Email: admin@csmlanaudiere.org

Services: Organization offering literacy and popular education services. * Training for adults: computer, French, memory stimulation, final year of high school equivalency, writing and reading workshops. * Thematic activities and training for caregivers. * Clothing counter: recovery and sale of clothing, shoes, jewelry, small appliances, dishes, books, sports equipment, small accessories, etc. * Ludothèque Caméléon: games and toys loans for all ages. * Loans of sensory tools for children with special needs. * Tax clinic.

Coverage area: MRC Montcalm, MRC Matawinie Ouest

Hours: clothing counter and Ludothèque Caméléon: Tuesday to Thursday 9h00 to 15h00, administration: Monday to Thursday 8h00 to 15h30

Fees: clothing counter: variable, Caméléon Ludothèque: \$15 per year for 6 to 8 toys per month depending on the number of children, training: none

Financing: provincial

Legal status: non-profit organization

Community and Recreation Centres

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3118 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: Seniors * Meals on wheels, frozen meals. * Seniors' socialization group. * Visits and friendship phones. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): listening, support, referral and accompaniment in the process. * PIED program for the prevention of injuries related to falls. * Awareness and prevention of elder abuse. Community Services * Social housing worker: listening, support, referral, assistance with procedures, information, animation. * Mutual Aid and Friendship groups to break social isolation. * Workshops and trainings. * Reception, referral and recruitment of volunteers. * Development and promotion of volunteer and community action. * Support to organizations: accompaniment, information, training. * Tax clinic.

Eligibility: seniors, people in vulnerable situations, people on a low income, people living in social isolation, caregivers, volunteers, organizations, meals on wheels: seniors, people in temporary or permanent loss of autonomy, people living with a chronic illness, a physical or intellectual disability, their caregivers

Coverage area: MRC Montcalm

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

Fees: annual membership: \$15, meals on wheels: variable costs per meal

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Friendly visits and safety calls

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3118 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Seniors

Services: Seniors * Meals on wheels, frozen meals. * Seniors' socialization group. * Visits and friendship phones. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): listening, support, referral and accompaniment in the process. * PIED program for the prevention of injuries related to falls. * Awareness and prevention of elder abuse. Community Services * Social housing worker: listening, support, referral, assistance with procedures, information, animation. * Mutual Aid and Friendship groups to break social isolation. * Workshops and trainings. * Reception, referral and recruitment of volunteers. * Development and promotion of volunteer and community action. * Support to organizations: accompaniment, information, training. * Tax clinic.

Eligibility: seniors, people in vulnerable situations, people on a low income, people living in social isolation, caregivers, volunteers, organizations, meals on wheels: seniors, people in temporary or permanent loss of autonomy, people living with a chronic illness, a physical or intellectual disability, their caregivers

Coverage area: MRC Montcalm

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

Fees: annual membership: \$15, meals on wheels: variable costs per meal

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Home support

BUFFET ACCÈS EMPLOI

355 Road 335, Saint-Lin–Laurentides, Lanaudière, QC, J5M 2C1

450 439-3465 Fax: 450 439-3400

Website: www.bae.qc.ca

Email: info@bae.qc.ca

Services: Employment enterprise specialized in food catering for events. * Workplace training of 22 to 26 weeks. * Post-training follow-up. * Events, corporate, CPE and daycare catering.

Eligibility: employment enterprise: adults on welfare assistance or unemployment insurance

Coverage area: Lanaudière

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

Financing: self-financing, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3118 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: Seniors * Meals on wheels, frozen meals. * Seniors' socialization group. * Visits and friendship phones. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): listening, support, referral and accompaniment in the process. * PIED program for the prevention of injuries related to falls. * Awareness and prevention of elder abuse. Community Services * Social housing worker: listening, support, referral, assistance with procedures, information, animation. * Mutual Aid and Friendship groups to break social isolation. * Workshops and trainings. * Reception, referral and recruitment of volunteers. * Development and promotion of volunteer and community action. * Support to organizations: accompaniment, information, training. * Tax clinic.

Eligibility: seniors, people in vulnerable situations, people on a low income, people living in social isolation, caregivers, volunteers, organizations, meals on wheels: seniors, people in temporary or permanent loss of autonomy, people living with a chronic illness, a physical or intellectual disability, their caregivers

Coverage area: MRC Montcalm

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

Fees: annual membership: \$15, meals on wheels: variable costs per meal

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Housing for seniors

CENTRE D'HÉBERGEMENT ARMAND-MARCHAND

771 Principale Street, Saint-Liguori, Lanaudière, QC, J0K 2X0

450 753-7062

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

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors and people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE SAINT-JACQUES

30 Sainte-Anne Street, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 839-2695

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

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors and people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT SAINT-ANTOINE-DE-PADOUE

521 Saint-Antoine Street, Saint-Lin–Laurentides, Lanaudière, QC, J5M 3A3

450 439-2609

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

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors and people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

OFFICE RÉGIONAL D'HABITATION DE MONTCALM

82 Principale Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 831-2182 ext. 7027

Website: www.orhmontcalm.com

Email: info@orhmontcalm.com

Services: Manage and administer housing and housing programs. * Low-rent 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: 221 units

Coverage area: MRC Montcalm

Hours: Monday to Wednesday 9h00 à 12h00 and 13h30 to 16h00

Financing: provincial

Legal status: municipal agency

Intervention with seniors subjected to abuse

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3118 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: Seniors * Meals on wheels, frozen meals. * Seniors' socialization group. * Visits and friendship phones. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): listening, support, referral and accompaniment in the process. * PIED program for the prevention of injuries related to falls. * Awareness and prevention of elder abuse. Community Services * Social housing worker: listening, support, referral, assistance with procedures, information, animation. * Mutual Aid and Friendship groups to break social isolation. * Workshops and trainings. * Reception, referral and recruitment of volunteers. * Development and promotion of volunteer and community action. * Support to organizations: accompaniment, information, training. * Tax clinic.

Eligibility: seniors, people in vulnerable situations, people on a low income, people living in social isolation, caregivers, volunteers, organizations, meals on wheels: seniors, people in temporary or permanent loss of autonomy, people living with a chronic illness, a physical or intellectual disability, their caregivers

Coverage area: MRC Montcalm

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

Fees: annual membership: \$15, meals on wheels: variable costs per meal

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Meals on Wheels

BUFFET ACCÈS EMPLOI

355 Road 335, Saint-Lin–Laurentides, Lanaudière, QC, J5M 2C1

450 439-3465 Fax: 450 439-3400

Website: www.bae.qc.ca

Email: info@bae.qc.ca

Services: Employment enterprise specialized in food catering for events. * Workplace training of 22 to 26 weeks. * Post-training follow-up. * Events, corporate, CPE and daycare catering.

Eligibility: employment enterprise: adults on welfare assistance or unemployment insurance

Coverage area: Lanaudière

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

Financing: self-financing, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3118 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: Seniors * Meals on wheels, frozen meals. * Seniors' socialization group. * Visits and friendship phones. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): listening, support, referral and accompaniment in the process. * PIED program for the prevention of injuries related to falls. * Awareness and prevention of elder abuse. Community Services * Social housing worker: listening, support, referral, assistance with procedures, information, animation. * Mutual Aid and Friendship groups to break social isolation. * Workshops and trainings. * Reception, referral and recruitment of volunteers. * Development and promotion of volunteer and community action. * Support to organizations: accompaniment, information, training. * Tax clinic.

Seniors

Eligibility: seniors, people in vulnerable situations, people on a low income, people living in social isolation, caregivers, volunteers, organizations, meals on wheels: seniors, people in temporary or permanent loss of autonomy, people living with a chronic illness, a physical or intellectual disability, their caregivers

Coverage area: MRC Montcalm

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

Fees: annual membership: \$15, meals on wheels: variable costs per meal

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Volunteer Transportation

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM - ACCOMPAGNEMENT-TRANSPORT

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

1 888 839-3440 ext. 221 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: * Transportation and accompaniment to medical or legal appointments by a volunteer.

Eligibility: people 65 years old and over, people with temporary or permanent loss of autonomy, people in convalescence, people living with a chronic disease or a physical or intellectual disability, people on welfare

Coverage area: MRC Montcalm, accompaniment and transportation: Lanaudière, Montreal, Laval, Trois-Rivières and the South Shore of Montreal

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

Fees: annual membership: \$15, variable costs for transportation

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

HOBBIES

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Clubs and social events

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3118 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: Seniors * Meals on wheels, frozen meals. * Seniors' socialization group. * Visits and friendship phones. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): listening, support, referral and accompaniment in the process. * PIED program for the prevention of injuries related to falls. * Awareness and prevention of elder abuse. Community Services * Social housing worker: listening, support, referral, assistance with procedures, information, animation. * Mutual Aid and Friendship groups to break social isolation. * Workshops and trainings. * Reception, referral and recruitment of volunteers. * Development and promotion of volunteer and community action. * Support to organizations: accompaniment, information, training. * Tax clinic.

Eligibility: seniors, people in vulnerable situations, people on a low income, people living in social isolation, caregivers, volunteers, organizations, meals on wheels: seniors, people in temporary or permanent loss of autonomy, people living with a chronic illness, a physical or intellectual disability, their caregivers

Coverage area: MRC Montcalm

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

Fees: annual membership: \$15, meals on wheels: variable costs per meal

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Community recreation centres

GROUPE D'INFORMATION ET DE DÉFENSE DES DROITS SOCIAUX DE STE-JULIENNE

2405 Cartier Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-4825 Fax: 450 831-4825

Website: gidds.org

Email: gidds.rt@gmail.com

Services: Organization in collective defence of social rights. * Assistance, information and accompaniment. * Help and support. * Autonomous popular education. * Assistance in filling in government forms and writing letters. * Telephone, photocopier and fax machine. * Recreational and social activities. * Tax clinic.

Eligibility: people on a low income

Coverage area: Sainte-Julienne

Hours: Monday to Thursday 10h00 to 16h00

Fees: annual membership fee: \$20, telephone, photocopier and fax machine: free, recreational and social activities: free for members

Financing: membership fees, grants

Legal status: non-profit organization

MAISON DES JEUNES D.O. ADOS

1042 Principale Street, Saint-Roch-de-l'Achigan, Lanaudière, QC, J0K 3H0

450 588-6589 Fax: 450 588-6784

Email: mdjdoados@bellnet.ca

Services: Animated meeting place for teenagers. * Animation and preventive intervention. * Social, cultural and recreational activities. * Homework help.

Eligibility: teenagers from 12 to 18 years old

Coverage area: Saint-Roch-de-l'Achigan

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

Financing: self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-ESPRIT

66 Montcalm Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-7227

Email: mdjsaintesprit@videotron.ca

Services: Animated meeting place for teenagers. * Listening and support service by phone and text message. * Animation and preventive intervention. * Social, cultural and recreational activities.

Eligibility: teenagers from 12 to 18 years old

Coverage area: Saint-Esprit

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

Financing: self-financing

Legal status: non-profit organization

Hobbies

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SERVICES MULTIPLES DE LANAUDIÈRE

1317 du Gouvernement Road, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3333

Website: www.csmlanaudiere.org

Email: admin@csmlanaudiere.org

Services: Organization offering literacy and popular education services. * Training for adults: computer, French, memory stimulation, final year of high school equivalency, writing and reading workshops. * Thematic activities and training for caregivers. * Clothing counter: recovery and sale of clothing, shoes, jewelry, small appliances, dishes, books, sports equipment, small accessories, etc. * Ludothèque Caméléon: games and toys loans for all ages. * Loans of sensory tools for children with special needs. * Tax clinic.

Coverage area: MRC Montcalm, MRC Matawinie Ouest

Hours: clothing counter and Ludothèque Caméléon: Tuesday to Thursday 9h00 to 15h00, administration: Monday to Thursday 8h00 to 15h30

Fees: clothing counter: variable, Caméléon Ludothèque: \$15 per year for 6 to 8 toys per month depending on the number of children, training: none

Financing: provincial

Legal status: non-profit organization

Sports and recreation for people with a disability**ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE**

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

RESCOUSSE MONTCALM (LA)

114 Montcalm Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-7050 Fax: 450 839-7438

Website: rescoussemontcalm.com

Email: larescoussemontcalm@videotron.ca

Services: * Counselling. * Telephone listening. * Coffee get-togethers to break isolation. * Thematic and creative workshops. * Outdoor, sports, cultural and musical activities. * Conferences and testimonials. * Library and thrift store. * Available transportation for anyone living in the MRC Montcalm wanting to participate in the activities.

Eligibility: people with a mental health problem

Coverage area: MRC Montcalm

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership card: \$12 per year

Financing: provincial

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

AILES DE L'ESPOIR DE SAINT-CALIXTE (LES) - USED ITEMS RECOVERY

20 Alexandre Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

450 222-3923

Website: www.lesaillesdelespoir.com

Email: plouffepascale5@gmail.com

Services: * Used items recovery: furniture and appliances.

Eligibility: residents

Coverage area: Saint-Calixte

Hours: Monday and Tuesday 9h00 to 16h00, Thursday 9h00 to 16h00, Friday 9h00 to 12h00, by appointment

Financing: donations

Legal status: non-profit organization

SERVICE D'ENTRAIDE ST-LIN-LAURENTIDES - USED ITEMS RECOVERY

532 Saint-Antoine Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A4

450 439-2218

Email: service.entraide@bellnet.ca

Services: * On-site recovery of used items. * At-home recovery of used items: furniture and bulky items.

Coverage area: Saint-Lin-Laurentides

Hours: Monday, Tuesday, Thursday and Friday by appointment

Financing: donations, grants

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-JULIENNE ET SAINT-ESPRIT - USED ITEMS RECOVERY

1484 Albert Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-8207

Website: ssvp.qc.ca

Email: ssvp2389@gmail.com

Services: * On-site recovery of used items: clothing, small appliances, toys, sporting goods, miscellaneous items, appliances and furniture. * At-home recovery of furniture and appliances.

Coverage area: Rawdon, Saint-Alexis, Saint-Esprit, Saint-Jacques, Saint-Lin-Laurentides, Sainte-Julienne, Sainte-Marie-Salomé

Hours: on-site recovery: Monday to Wednesday and Friday 9h00 to 14h00, at-home recovery: by appointment, Monday and Tuesday 9h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

School supplies

ASSOCIATION CARREFOUR FAMILLE MONTCALM

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

1 877 439-2669 Fax: 450 439-8763

Website: www.acfmqc.org

Email: info@acfm-qc.org

Services: * Support and referral. * Drop-in daycare. * Language skills and motricity development activities. * Workshops on ADHD for parents. * Friendly meetings for parents of school-aged children. * Workshops on discipline methods. * Loan and verification of child safety seats. * Transportation and accompaniment for members. * Supervision of visiting rights for the Lanaudière county.

Eligibility: families, parents, language skills and motricity development activities: children aged 0 to 5 years old and their parents

Coverage area: MRC Montcalm

Hours: Monday to Friday 8h00 to 16h00, drop-in daycare: Monday to Friday 8h30 to 15h30

Fees: free services, \$40 deposit for child safety seat loan

Financing: federal, provincial, self-financing

Legal status: non-profit organization

Thrift Stores

AILES DE L'ESPOIR DE SAINT-CALIXTE (LES)

20 Alexandre Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

450 222-3923

Website: www.lesaillesdelespoir.com

Email: comptabilite@lesaillesdelespoir.org

Services: * Food bank and fresh meals distribution. * Thrift store: clothing, furniture, appliances, etc. * Disaster relief. * Le Partage: solidarity grocery store. * Collective kitchens. * Reception and listening. * Preparation of healthy snacks for 2 elementary schools. * Tax clinic. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Saint-Calixte

Hours: Monday and Tuesday 9h00 to 16h00, Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$35, food bank: \$6 every two weeks, meals: free

Financing: donations

Legal status: non-profit organization

AILES DE L'ESPOIR DE SAINT-CALIXTE (LES) - USED ITEMS RECOVERY

20 Alexandre Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

450 222-3923

Website: www.lesaillesdelespoir.com

Email: plouffepascal5@gmail.com

Services: * Used items recovery: furniture and appliances.

Eligibility: residents

Coverage area: Saint-Calixte

Hours: Monday and Tuesday 9h00 to 16h00, Thursday 9h00 to 16h00, Friday 9h00 to 12h00, by appointment

Financing: donations

Legal status: non-profit organization

COMPTOIR MINI-BUDGET DE SAINT-ROCH-DE-L'ACHIGAN

6 du Docteur Wilfrid Locat Street North, Saint-Roch-de-l'Achigan, Lanaudière, QC, J0K 3H0

514 236-4479

Email: comptoir.minibudget.stroch@hotmail.com

Services: * Recovery and sale of used items at low cost: clothing, toys, books, household items, etc. * Food assistance.

Eligibility: food assistance: people on a low income

Coverage area: Saint-Roch-de-l'Achigan

Hours: Thursday 13h00 to 20h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

COMPTOIR TROUVAILLES À BAS PRIX

6292 Principale Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

Thrift store and material aid

Services: Sale and recovery of used items. * Clothes for children and adults. * Dishes, kitchenware, ornaments, small furniture. * Books.

Eligibility: general public

Coverage area: Saint-Calixte

Hours: Monday and Saturday 13h00 to 15h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SERVICES MULTIPLES DE LANAUDIÈRE

1317 du Gouvernement Road, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3333

Website: www.csmlanaudiere.org

Email: admin@csmlanaudiere.org

Services: Organization offering literacy and popular education services. * Training for adults: computer, French, memory stimulation, final year of high school equivalency, writing and reading workshops. * Thematic activities and training for caregivers. * Clothing counter: recovery and sale of clothing, shoes, jewelry, small appliances, dishes, books, sports equipment, small accessories, etc. * Ludothèque Caméléon: games and toys loans for all ages. * Loans of sensory tools for children with special needs. * Tax clinic.

Coverage area: MRC Montcalm, MRC Matawinie Ouest

Hours: clothing counter and Ludothèque Caméléon: Tuesday to Thursday 9h00 to 15h00, administration: Monday to Thursday 8h00 to 15h30

Fees: clothing counter: variable, Caméléon Ludothèque: \$15 per year for 6 to 8 toys per month depending on the number of children, training: none

Financing: provincial

Legal status: non-profit organization

RESCOUSSE MONTCALM (LA)

114 Montcalm Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-7050 Fax: 450 839-7438

Website: rescousemontcalm.com

Email: larescousemontcalm@videotron.ca

Services: * Counselling. * Telephone listening. * Coffee get-togethers to break isolation. * Thematic and creative workshops. * Outdoor, sports, cultural and musical activities. * Conferences and testimonials. * Library and thrift store. * Available transportation for anyone living in the MRC Montcalm wanting to participate in the activities.

Eligibility: people with a mental health problem

Coverage area: MRC Montcalm

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership card: \$12 per year

Financing: provincial

Legal status: non-profit organization

SERVICE D'ENTRAIDE ST-LIN-LAURENTIDES

532 Saint-Antoine Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A4

450 439-2218

Email: service.entraide@bellnet.ca

Services: * Food supply for families in need. * Clothing counter. * Furniture counter. * Collective kitchens. * Listening and referral. * Christmas baskets.

Eligibility: people and families in need

Coverage area: Saint-Lin-Laurentides

Hours: Tuesday to Saturday 9h00 to 12h00 and 13h00 to 15h30

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-JULIENNE ET SAINT-ESPRIT

1484 Albert Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-8207

Website: ssvp.qc.ca

Email: ssvp2389@gmail.com

Services: * Food assistance. * Thrift store: used clothing, small appliances, toys, sporting goods, miscellaneous items, appliances and furniture. * Christmas baskets.

Eligibility: food assistance and Christmas baskets: people on a low income, thrift store: general population

Coverage area: Saint-Alexis, Saint-Esprit, Sainte-Julienne

Hours: Monday to Wednesday 9h00 to 16h00, Friday 9h00 to 15h00, food assistance: Thursday 9h00 to 15h00

Financing: donations

Legal status: non-profit organization

Used item donation recovery programs

AILES DE L'ESPOIR DE SAINT-CALIXTE (LES) - USED ITEMS RECOVERY

20 Alexandre Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

450 222-3923

Website: www.lesaillesdelespoir.com

Email: plouffepascale5@gmail.com

Services: * Used items recovery: furniture and appliances.

Eligibility: residents

Coverage area: Saint-Calixte

Hours: Monday and Tuesday 9h00 to 16h00, Thursday 9h00 to 16h00, Friday 9h00 to 12h00, by appointment

Financing: donations

Legal status: non-profit organization

COMPTOIR MINI-BUDGET DE SAINT-ROCH-DE-L'ACHIGAN

6 du Docteur Wilfrid Locat Street North, Saint-Roch-de-l'Achigan, Lanaudière, QC, J0K 3H0

514 236-4479

Email: comptoir.minibudget.stroch@hotmail.com

Services: * Recovery and sale of used items at low cost: clothing, toys, books, household items, etc. * Food assistance.

Eligibility: food assistance: people on a low income

Coverage area: Saint-Roch-de-l'Achigan

Hours: Thursday 13h00 to 20h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

COMPTOIR TROUVAILLES À BAS PRIX

6292 Principale Street, Saint-Calixte, Lanaudière, QC, J0K 1Z0

Services: Sale and recovery of used items. * Clothes for children and adults. * Dishes, kitchenware, ornaments, small furniture. * Books.

Eligibility: general public

Coverage area: Saint-Calixte

Hours: Monday and Saturday 13h00 to 15h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SERVICES MULTIPLES DE LANAUDIÈRE

1317 du Gouvernement Road, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-3333

Website: www.csmlanaudiere.org

Email: admin@csmlanaudiere.org

Services: Organization offering literacy and popular education services. * Training for adults: computer, French, memory stimulation, final year of high school equivalency, writing and reading workshops. * Thematic activities and training for caregivers. * Clothing counter: recovery and sale of clothing, shoes, jewelry, small appliances, dishes, books, sports equipment, small accessories, etc. * Ludothèque Caméléon: games and toys loans for all ages. * Loans of sensory tools for children with special needs. * Tax clinic.

Coverage area: MRC Montcalm, MRC Matawinie Ouest

Hours: clothing counter and Ludothèque Caméléon: Tuesday to Thursday 9h00 to 15h00, administration: Monday to Thursday 8h00 to 15h30

Fees: clothing counter: variable, Caméléon Ludothèque: \$15 per year for 6 to 8 toys per month depending on the number of children, training: none

Financing: provincial

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE NOTRE-DAME-DE-L'ACADIE (LA) - DÉPANNAGE SAINT-JACQUES

102 Saint-Jacques Street, Saint-Jacques, Lanaudière, QC, J0K 2R0

450 839-3434

Email: paroisse.n-d-acadie@videotron.ca

Services: * Food bank. * Clothing depot. * Christmas baskets.

Eligibility: people on a low income and families

Coverage area: Saint-Jacques

Hours: clothing depot : Monday and Wednesday 13h00 to 16h00, Wednesday 18h00 to 19h30 from the end of April to the end of October, food bank: one Wednesday out of two 13h00 to 14h00

Fees: food aid: \$3 per family

Financing: donations, self-financing

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE NOTRE-DAME-DE-L'ACADIE (LA) - DÉPANNAGE SAINT-LIGUORI

741 Principale Street, Saint-Liguori, Lanaudière, QC, J0K 2X0

450 839-3434

Email: paroisse.n-d-acadie@videotron.ca

Services: * Food bank. * Clothing depot.

Eligibility: people on a low income and families

Coverage area: Saint-Liguori

Hours: office opened half a day a week, food bank: one Thursday out of two 12h00 to 16h00, clothing depot: Tuesday 12h00 to 16h00, Saturday 9h00 to 12h00

Fees: food aid: \$3 per family

Financing: donations, self-financing

Legal status: non-profit organization

SERVICE D'ENTRAIDE ST-LIN-LAURENTIDES - USED ITEMS RECOVERY

532 Saint-Antoine Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A4

450 439-2218

Email: service.entraide@bellnet.ca

Services: * On-site recovery of used items. * At-home recovery of used items: furniture and bulky items.

Coverage area: Saint-Lin-Laurentides

Hours: Monday, Tuesday, Thursday and Friday by appointment

Financing: donations, grants

Legal status: non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-JULIENNE ET SAINT-ESPRIT
- USED ITEMS RECOVERY**

1484 Albert Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-8207

Website: ssvp.qc.ca

Email: ssvp2389@gmail.com

Services: * On-site recovery of used items: clothing, small appliances, toys, sporting goods, miscellaneous items, appliances and furniture. * At-home recovery of furniture and appliances.

Coverage area: Rawdon, Saint-Alexis, Saint-Esprit, Saint-Jacques, Saint-Lin-Laurentides, Sainte-Julienne, Sainte-Marie-Salomé

Hours: on-site recovery: Monday to Wednesday and Friday 9h00 to 14h00, at-home recovery: by appointment, Monday and Tuesday 9h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

PUBLIC TRANSPORTATION

Accompanied transport for medical reasons

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM - ACCOMPAGNEMENT-TRANSPORT

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

1 888 839-3440 ext. 221 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: * Transportation and accompaniment to medical or legal appointments by a volunteer.

Eligibility: people 65 years old and over, people with temporary or permanent loss of autonomy, people in convalescence, people living with a chronic disease or a physical or intellectual disability, people on welfare

Coverage area: MRC Montcalm, accompaniment and transportation: Lanaudière, Montreal, Laval, Trois-Rivières and the South Shore of Montreal

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

Fees: annual membership: \$15, variable costs for transportation

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Paratransit

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM - ACCOMPAGNEMENT-TRANSPORT

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

1 888 839-3440 ext. 221 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: * Transportation and accompaniment to medical or legal appointments by a volunteer.

Eligibility: people 65 years old and over, people with temporary or permanent loss of autonomy, people in convalescence, people living with a chronic disease or a physical or intellectual disability, people on welfare

Coverage area: MRC Montcalm, accompaniment and transportation: Lanaudière, Montreal, Laval, Trois-Rivières and the South Shore of Montreal

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

Fees: annual membership: \$15, variable costs for transportation

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

MRC MONTCALM - SERVICE DES TRANSPORTS ADAPTÉ ET COLLECTIF

1540 Albert Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-2182 ext. 7031

Website: www.mrcmontcalm.com/site/services/transport-collectif

Email: transport@mrcmontcalm.com

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

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 Montcalm

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

Fees: variable

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Public Transportation

MRC MONTCALM - SERVICE DES TRANSPORTS ADAPTÉ ET COLLECTIF

1540 Albert Street, Sainte-Julienne, Lanaudière, QC, J0K 2T0

450 831-2182 ext. 7031

Website: www.mrcmontcalm.com/site/services/transport-collectif

Email: transport@mrcmontcalm.com

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

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 Montcalm

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

Fees: variable

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Violence and abuse

ELDER ABUSE

THERAPY AND COUNSELLING

Elder abuse

CENTRE D'ACTION BÉNÉVOLE DE MONTCALM

27 Saint-Louis Street, Saint-Esprit, Lanaudière, QC, J0K 2L0

450 839-3118 Fax: 450 839-3440

Website: www.cabmontcalm.com

Email: lequipe@cabmontcalm.com

Services: Seniors * Meals on wheels, frozen meals. * Seniors' socialization group. * Visits and friendship phones. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): listening, support, referral and accompaniment in the process. * PIED program for the prevention of injuries related to falls. * Awareness and prevention of elder abuse. Community Services * Social housing worker: listening, support, referral, assistance with procedures, information, animation. * Mutual Aid and Friendship groups to break social isolation. * Workshops and trainings. * Reception, referral and recruitment of volunteers. * Development and promotion of volunteer and community action. * Support to organizations: accompaniment, information, training. * Tax clinic.

Eligibility: seniors, people in vulnerable situations, people on a low income, people living in social isolation, caregivers, volunteers, organizations, meals on wheels: seniors, people in temporary or permanent loss of autonomy, people living with a chronic illness, a physical or intellectual disability, their caregivers

Coverage area: MRC Montcalm

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

Fees: annual membership: \$15, meals on wheels: variable costs per meal

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

Therapy and counselling

ASSOCIATION HANDAMI POUR PERSONNES HANDICAPÉES ET LEUR FAMILLE

460 du Parc Street, Saint-Lin-Laurentides, Lanaudière, QC, J5M 3A2

450 439-2077 Fax: 450 439-5167

Website: www.handami.com

Email: associationhandami@videotron.ca

Services: Activity centre. * Activities: choir, sign language courses, adapted gym, computer classes, art-therapy, zootherapy, bingo, etc. * Outings. * Day camp. * Accessibility promotion.

Eligibility: people living with an intellectual or a physical disability, their family

Capacity: 25

Coverage area: Mascouche, Saint-Calixte, Saint-Esprit, Saint-Lin-Laurentides, Saint-Roch-de-l'Achigan, Sainte-Anne-des-Plaines, Sainte-Julienne

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

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