



# DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LAURENTIDES / MRC ANTOINE-LABELLE / ALL CITIES



2-1-1



[WWW.211.QC.CA](http://WWW.211.QC.CA)

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## **Child, Youth and Family**

**CHILD WELFARE**

**DAYCARE AND RESPITE**

**FAMILY SUPPORT**

**JUVENILE DELINQUENCY**

**MATERNITY SUPPORT AND ADOPTION**

**PARENTING EDUCATION**

**RECREATIONAL ACTIVITIES**

**YOUTH CENTRES AND SUPPORT**

**YOUTH EMPLOYMENT**

## Child welfare

### CENTRE DE LA FAMILLE DES HAUTES-LAURENTIDES

362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7

**819 623-7215** Fax: 819 623-9718

**Email:** [ctre.famille@ireseau.com](mailto:ctre.famille@ireseau.com)

**Services:** \* Drop-in daycare. \* Access rights supervision services. \* Group workshops. \* Donation counter. \* Family activities.

**Eligibility:** families

**Coverage area:** Hautes-Laurentides, MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** \$1 per day

**Financing:** provincial, grants and donations

**Legal status:** non-profit organization

### LEGAL AID OFFICE - MONT-LAURIER

555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4

**819 623-2827** Fax: 819 623-4894

**Website:** [www.ccjll.qc.ca](http://www.ccjll.qc.ca)

**Email:** [bajml@ccjll.qc.ca](mailto:bajml@ccjll.qc.ca)

**Services:** Free or low cost legal services to eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Mont-Laurier

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

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

**Financing:** provincial

**Legal status:** parapublic organization

### MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7

**1 866 623-3009** Fax: 819 623-7040

**Website:** [www.lamereveille.ca](http://www.lamereveille.ca)

**Email:** [directioncrp@lamereveille.ca](mailto:directioncrp@lamereveille.ca)

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

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

**Financing:** grants, donations

**Legal status:** non-profit organization

## MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7653** Fax: 819 275-2161

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

**Financing:** grants, donations

**Legal status:** non-profit organization

## RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** www.maisonstjoseph.ressourcesolivier.com

**Email:** ressourcesolivier@gmail.com

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## Daycare and respite

### CENTRE DE LA FAMILLE DES HAUTES-LAURENTIDES

362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7

**819 623-7215** Fax: 819 623-9718

**Email:** ctre.famille@ireseau.com

**Services:** \* Drop-in daycare. \* Access rights supervision services. \* Group workshops. \* Donation counter. \* Family activities.

**Eligibility:** families

**Coverage area:** Hautes-Laurentides, MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** \$1 per day

**Financing:** provincial, grants and donations

**Legal status:** non-profit organization

## MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7

**1 866 623-3009** Fax: 819 623-7040

**Website:** [www.lamereveille.ca](http://www.lamereveille.ca)

**Email:** [directioncrp@lamereveille.ca](mailto:directioncrp@lamereveille.ca)

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

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

**Financing:** grants, donations

**Legal status:** non-profit organization

## MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7653** Fax: 819 275-2161

**Website:** [www.lamereveille.ca](http://www.lamereveille.ca)

**Email:** [directioncrp@lamereveille.ca](mailto:directioncrp@lamereveille.ca)

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

**Financing:** grants, donations

**Legal status:** non-profit organization

## SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS

170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-3355**

**Website:** [www.notre-dame-du-laus.ca/service-collectif-aux-familles-0](http://www.notre-dame-du-laus.ca/service-collectif-aux-familles-0)

**Email:** [maisondelafamille.ndl@outlook.com](mailto:maisondelafamille.ndl@outlook.com)

**Services:** \* Drop-in daycare and hot lunches for children. \* Physical activities for young people. \* Food assistance. \* Knitting and crochet classes. \* Christmas hamper and Christmas baskets (gift giving to children). \* Various trainings. \* Special projects and events throughout the year. \* Checking car seats. \* Fax and photocopy service.

**Eligibility:** families

**Coverage area:** Notre-Dame-du-Laus

**Hours:** Monday to Friday, variable hours

**Fees:** variable

**Financing:** self-financing, municipal

**Legal status:** non-profit organization



## Family Support

### CENTRE COMMUNAUTAIRE DE FERME-NEUVE

130 13th Street, Ferme-Neuve, Laurentides, QC, J0W 1C0

**819 587-4189**

**Email:** centre.fn@gmail.com

**Services:** \* Food assistance. \* Thrift store La Friperie du coin: recovery and sale of second-hand clothing, dishes and household items. \* Meubles en vrac: recovery and sale of second-hand furniture and household appliances. \* Coffee-meeting. \* Collective kitchen. \* Collective kitchen for adolescents. \* Community Internet access center. \* Kindergarten Coeur-Soleil.

**Eligibility:** single people and families on a low income

**Coverage area:** Ferme-Neuve, Lac-Saint-Paul, Mont-Saint-Michel and Sainte-Anne-du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, thrift store: Monday to Thursday 10h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

### CENTRE DE LA FAMILLE DES HAUTES-LAURENTIDES

362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7

**819 623-7215** Fax: 819 623-9718

**Email:** ctre.famille@ireseau.com

**Services:** \* Drop-in daycare. \* Access rights supervision services. \* Group workshops. \* Donation counter. \* Family activities.

**Eligibility:** families

**Coverage area:** Hautes-Laurentides, MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** \$1 per day

**Financing:** provincial, grants and donations

**Legal status:** non-profit organization

### CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ D'ANTOINE-LABELLE

380 de la Madone Street, app. 1, Mont-Laurier, Laurentides, QC, J9L 1S2

**819 499-1181**

**Website:** cpscal.org

**Email:** info@cpscal.org

**Services:** \* Assessment and orientation meetings with a multidisciplinary team. \* Medical, psychosocial and nursing follow-up. \* Accompaniment targeted to the needs of children and their development. \* Support for vulnerable families.

**Eligibility:** children of Antoine-Labelle aged 0 to 18 years old

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Thursday 8h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ D'ANTOINE-LABELLE - RIVIÈRE-ROUGE SERVICE POINT

1475 de L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 499-1181** Fax: 819 499-0672

**Website:** cpscal.org

**Email:** info@cpscal.org

**Services:** \* Evaluation and orientation meetings with a doctor and a social worker. \* Medical and psychosocial follow-up. \* Accompaniment targeted to the needs of children and their development. \* Support for vulnerable families. \* Distribution of school supplies to families known to the organization.

**Eligibility:** children aged 0 to 18 years old

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday and Tuesday 8h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER**

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7

**1 866 623-3009 Fax:** 819 623-7040

**Website:** [www.lamereveille.ca](http://www.lamereveille.ca)

**Email:** [directioncrp@lamereveille.ca](mailto:directioncrp@lamereveille.ca)

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### **MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE**

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7653 Fax:** 819 275-2161

**Website:** [www.lamereveille.ca](http://www.lamereveille.ca)

**Email:** [directioncrp@lamereveille.ca](mailto:directioncrp@lamereveille.ca)

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

**Financing:** grants, donations

**Legal status:** non-profit organization

### **RESSOURCES OLIVIER**

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** [www.maisonstjoseph.ressourcesolivier.com](http://www.maisonstjoseph.ressourcesolivier.com)

**Email:** [ressourcesolivier@gmail.com](mailto:ressourcesolivier@gmail.com)

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS

170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-3355**

**Website:** [www.notre-dame-du-laus.ca/service-collectif-aux-familles-0](http://www.notre-dame-du-laus.ca/service-collectif-aux-familles-0)

**Email:** [maisondelafamille.ndl@outlook.com](mailto:maisondelafamille.ndl@outlook.com)

**Services:** \* Drop-in daycare and hot lunches for children. \* Physical activities for young people. \* Food assistance. \* Knitting and crochet classes. \* Christmas hamper and Christmas baskets (gift giving to children). \* Various trainings. \* Special projects and events throughout the year. \* Checking car seats. \* Fax and photocopy service.

**Eligibility:** families

**Coverage area:** Notre-Dame-du-Laus

**Hours:** Monday to Friday, variable hours

**Fees:** variable

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

## Juvenile Delinquency

### MAISON DES JEUNES DE MONT-LAURIER

513 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1K8

**819 623-2835**

**Website:** [www.mdjml.org](http://www.mdjml.org)

**Email:** [admin@mdjml.org](mailto:admin@mdjml.org)

**Services:** Animated meeting place for young people. \* Sports, cultural and entertainment activities. \* Prevention, health promotion and wellness activities.

**Eligibility:** youth from 11 to 17 years old

**Coverage area:** Mont-Laurier and surrounding areas

**Hours:** Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00

**Fees:** free, except for special activities

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

## Maternity support and adoption

### CENTRE DE LA FAMILLE DES HAUTES-LAURENTIDES

362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7

**819 623-7215** Fax: 819 623-9718

**Email:** [ctre.famille@ireseau.com](mailto:ctre.famille@ireseau.com)

**Services:** \* Drop-in daycare. \* Access rights supervision services. \* Group workshops. \* Donation counter. \* Family activities.  
**Eligibility:** families  
**Coverage area:** Hautes-Laurentides, MRC Antoine-Labelle  
**Hours:** Monday to Friday 9h00 to 16h30  
**Fees:** \$1 per day  
**Financing:** provincial, grants and donations  
**Legal status:** non-profit organization

### LEGAL AID OFFICE - MONT-LAURIER

555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4  
**819 623-2827 Fax:** 819 623-4894  
**Website:** www.cjll.qc.ca  
**Email:** bajml@cjll.qc.ca

**Services:** Free or low cost legal services to eligible individuals. \* Receive and process legal aid requests.  
**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law  
**Coverage area:** Mont-Laurier  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency  
**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website  
**Financing:** provincial  
**Legal status:** parapublic organization

### MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7  
**1 866 623-3009 Fax:** 819 623-7040  
**Website:** www.lamereveille.ca  
**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.  
**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old  
**Coverage area:** MRC d'Antoine-Labelle  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Financing:** grants, donations  
**Legal status:** non-profit organization

### MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0  
**819 275-7653 Fax:** 819 275-2161  
**Website:** www.lamereveille.ca  
**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

**Financing:** grants, donations

**Legal status:** non-profit organization

## Parenting Education

### ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-3828

**Email:** asshandicaphl@qc.aira.com

**Services:** \* Welcoming, listening, referral and documentation. \* Information on available resources. \* Information and accompaniment for parents in the steps to obtain services from other organizations. \* Varied training for parents. \* Family meetings and recreational activities. \* Support to welcoming spaces. \* Awareness and promotion of social integration and participation.

**Eligibility:** parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Financing:** municipal, dons

**Legal status:** non-profit organization

### MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7

1 866 623-3009 Fax: 819 623-7040

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-7653 Fax: 819 275-2161

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

**Financing:** grants, donations

**Legal status:** non-profit organization

## RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** [www.maisonstjoseph.ressourcesolivier.com](http://www.maisonstjoseph.ressourcesolivier.com)

**Email:** [ressourcesolivier@gmail.com](mailto:ressourcesolivier@gmail.com)

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## Recreational Activities

### CENTRE DE LA FAMILLE DES HAUTES-LAURENTIDES

362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7

**819 623-7215** Fax: 819 623-9718

**Email:** [ctre.famille@ireseau.com](mailto:ctre.famille@ireseau.com)

**Services:** \* Drop-in daycare. \* Access rights supervision services. \* Group workshops. \* Donation counter. \* Family activities.

**Eligibility:** families

**Coverage area:** Hautes-Laurentides, MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** \$1 per day

**Financing:** provincial, grants and donations

**Legal status:** non-profit organization

### MANNE DU JOUR

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

**819 623-6604**

**Website:** [www.mannedujour.ca](http://www.mannedujour.ca)

**Email:** [mannedujour@gmail.com](mailto:mannedujour@gmail.com)

**Services:** \* Food counter. \* Soup distribution. \* Christmas baskets. \* Distribution of frozen meals and snacks in schools. \* Tasting and sharing recipes. \* Pantry at the boys' residence of Polyvalente Saint-Joseph. \* Collective cooking workshops at the Polyvalente Saint-Joseph residences. \* Culinary capsules. \* Workshop Saturday to play: activities for families with children aged 5 to 12 years. \* Homework club: homework help. \* La Boutik: collecting and selling items at low prices, Clothing, toys, sporting goods, kitchenware, CDs, furniture, books.

**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food counter: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food counter: \$5, the Boutik: variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

### **MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER**

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7

**1 866 623-3009 Fax:** 819 623-7040

**Website:** [www.lamereveille.ca](http://www.lamereveille.ca)

**Email:** [directioncrp@lamereveille.ca](mailto:directioncrp@lamereveille.ca)

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### **MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE**

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7653 Fax:** 819 275-2161

**Website:** [www.lamereveille.ca](http://www.lamereveille.ca)

**Email:** [directioncrp@lamereveille.ca](mailto:directioncrp@lamereveille.ca)

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

**Financing:** grants, donations

**Legal status:** non-profit organization

**SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS**

170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-3355**

**Website:** [www.notre-dame-du-la.us.ca/service-collectif-aux-familles-0](http://www.notre-dame-du-la.us.ca/service-collectif-aux-familles-0)

**Email:** [maisondelafamille.ndl@outlook.com](mailto:maisondelafamille.ndl@outlook.com)

**Services:** \* Drop-in daycare and hot lunches for children. \* Physical activities for young people. \* Food assistance. \* Knitting and crochet classes. \* Christmas hamper and Christmas baskets (gift giving to children). \* Various trainings. \* Special projects and events throughout the year. \* Checking car seats. \* Fax and photocopy service.

**Eligibility:** families

**Coverage area:** Notre-Dame-du-Laus

**Hours:** Monday to Friday, variable hours

**Fees:** variable

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

**Youth Centres and Support****MAISON DES JEUNES DE LA VALLÉE DE LA ROUGE**

2113 Tour-du-Lac Road, Nominingue, Laurentides, QC, J0W 1R0

**819 278-0560**

**Email:** [mdj.valleedelarouge@gmail.com](mailto:mdj.valleedelarouge@gmail.com)

**Services:** Meeting place for youth from 12 to 17 years old where, in contact with meaningful adults, they can become critical, active and responsible citizens. \* Sports, cultural and entertainment activities. \* Workshops. \* Financing activity through a sorting centre for refundable containers.

**Eligibility:** youth from 12 to 17 years old

**Capacity:** 30 young people

**Coverage area:** L'ascension, La Macaza, Lac-Saguay, Nominingue, Rivière-Rouge and surroundings

**Hours:** Wednesday and Thursday 15h00 to 20h00, Friday 15h00 to 22h00, Saturday 13h00 to 22h00

**Fees:** variable

**Financing:** self-financing, municipal, provincial

**Legal status:** non-profit organization

**MAISON DES JEUNES DE MONT-LAURIER**

513 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1K8

**819 623-2835**

**Website:** [www.mdjml.org](http://www.mdjml.org)

**Email:** [admin@mdjml.org](mailto:admin@mdjml.org)

**Services:** Animated meeting place for young people. \* Sports, cultural and entertainment activities. \* Prevention, health promotion and wellness activities.

**Eligibility:** youth from 11 to 17 years old

**Coverage area:** Mont-Laurier and surrounding areas

**Hours:** Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00

**Fees:** free, except for special activities

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

**MAISON DES JEUNES LA SENSASS ION**

4 Principale Street West, L'Ascension, Laurentides, QC, J0T 1W0

**819 275-7528**

**Email:** [mdj.lasensassion1@gmail.com](mailto:mdj.lasensassion1@gmail.com)

**Services:** Animated meeting place. \* Living environment, animation, activities and support for young people.



**Eligibility:** youth 12 to 17 years old  
**Coverage area:** L'Ascension  
**Hours:** Friday 15h00 to 22h00, Saturday 14h00 to 22h00  
**Financing:** donations  
**Legal status:** non-profit organization

### **SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS**

170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0  
**819 767-3355**  
**Website:** [www.notre-dame-du-lauss.ca/service-collectif-aux-familles-0](http://www.notre-dame-du-lauss.ca/service-collectif-aux-familles-0)  
**Email:** [maisondefamille.ndl@outlook.com](mailto:maisondefamille.ndl@outlook.com)

**Services:** \* Drop-in daycare and hot lunches for children. \* Physical activities for young people. \* Food assistance. \* Knitting and crochet classes. \* Christmas hamper and Christmas baskets (gift giving to children). \* Various trainings. \* Special projects and events throughout the year. \* Checking car seats. \* Fax and photocopy service.

**Eligibility:** families  
**Coverage area:** Notre-Dame-du-Laus  
**Hours:** Monday to Friday, variable hours  
**Fees:** variable  
**Financing:** self-financing, municipal  
**Legal status:** non-profit organization

## **Youth Employment**

### **CFER DU SOMMET**

4, rue Godard, Mont-Laurier, Laurentides, QC, J9L 3T6  
**819 623-2276**  
**Website:** [www.reseaucfer.ca/centre/cfer-du-sommet](http://www.reseaucfer.ca/centre/cfer-du-sommet)

**Services:** Center offering a job-oriented training program based on the recovery of tubing and wood. \* Acquisition of the Certificate of Training in Enterprise and Recovery.

**Eligibility:** young people between 15 and 18 years of age  
**Coverage area:** Mont-Laurier  
**Financing:** self-financing, provincial  
**Legal status:** non-profit organization

### **ZONE EMPLOI D'ANTOINE-LABELLE**

601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8  
**819 623-5051 Fax: 819 623-5504**  
**Website:** [zemploi.com](http://zemploi.com)  
**Email:** [info@zemploi.com](mailto:info@zemploi.com)

**Services:** \* Job search assistance. \* Online job directory. \* Entrepreneurship coaching. \* Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers  
**Coverage area:** MRC Antoine-Labelle  
**Hours:** Monday to Wednesday 8h00 to 12h00 and 13h00 to 17h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00  
**Fees:** free  
**Financing:** municipal  
**Legal status:** non-profit organization

**ZONE EMPLOI D'ANTOINE-LABELLE - VALLÉE DE LA ROUGE**

1355 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 623-5051**

**Website:** zemploi.com

**Email:** info@zemploi.com

**Services:** \* Job search assistance. \* Directory of job offers. \* Entrepreneurship coaching. \* Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Wednesday 8h00 to 12h00 and 13h00 to 17h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## **Community Action**

**ADVISORY AND CITIZEN ACTION ORGANIZATIONS**

**CHARITY ORGANIZATIONS**

**COMMUNITY CENTRES**

**COMMUNITY DEVELOPMENT**

**SKILLS EXCHANGES**

**VOLUNTEERING AND VOLUNTEER CENTRES**

## Advisory and citizen action organizations

### CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DES HAUTES-LAURENTIDES

385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9

**819 623-4494** Fax: 819 499-3009

**Website:** www.cdchl.org

**Email:** info@cdchl.org

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

**Eligibility:** population, community organizations

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Thursday 8h30 to 16h00

**Financing:** provincial

**Legal status:** non-profit organization

### CULTIVER POUR NOURRIR

385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9

**819 585-3283**

**Website:** securitealimentaireal.weebly.com

**Email:** cultiverpournourrir@gmail.com

**Services:** \* Gardening workshops. \* Food counters. \* Collective kitchens. \* Food assistance. \* The road to chew: promote local agriculture by planting fruit trees to serve people in need. \* Cultivate to feed: supply food counters and collective kitchens.

**Eligibility:** general population, organizations

**Coverage area:** MRC Antoine-Labelle

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

### PROMOTEURS DE BONNE HEURE LAC-DU-CERF (LES)

215 Principale Street, Lac-Du-Cerf, Laurentides, QC, J0W 1S0

**819 597-2011**

**Email:** pbhldc@gmail.com

**Services:** Development of collective projects in a self-managed way. \* La Principale: multi-purpose collective and intergenerational center, school of traditions and artists' studio. \* Le Georgiana: non-profit café-creamery.

**Coverage area:** Lac-Du-Cerf

**Hours:** la Principale: variable, le Georgiana: Thursday to Monday 15h00 to 21h00, during the summer

**Fees:** variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

### REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER

532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3

**819 623-2948** Fax: 819 623-9381

**Email:** rdass@videotron.ca

**Services:** \* Grouping and mobilisation of social assistance recipients. \* Information on rights. \* Exchange and mutual aid to break isolation. \* Raising awareness in the general population.

**Eligibility:** recipients of social assistance and people on a low income

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday and Friday 9h00 to 16h00

**Financing:** provincial, grants

**Legal status:** non-profit organization

**SOCIÉTÉ DE DÉVELOPPEMENT DU RÉSERVOIR-KIAMIKA**

1850 Fernand-Lafontaine Boulevard, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 278-5402**

**Email:** info@reservoirkiamika.org

**Services:** Organization for the protection and enhancement of the Kiamika reservoir. \* Ecosystems conservation for the regional park. \* Improvement of four-season tourism. \* Socio-cultural mission. \* Summer activities: canoe-camping, camping, beach, nautical activities, hiking.

**Eligibility:** general public

**Coverage area:** Chute-Saint-Philippe, Kiamika, Lac-Saguay, Rivière-Rouge, reservoir and surroundings

**Financing:** provincial

**Legal status:** non-profit organization

**Charity Organizations****CENTRAIDE HAUTES-LAURENTIDES**

Confidential Address

**819 623-4090**

**Website:** centraide-rcoq.ca/hl

**Email:** direction@centraidehl.ca

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

**Eligibility:** non-profit organizations

**Coverage area:** MRC Antoine-Labelle, MRC Les Laurentides

**Financing:** fundraising campaigns, self-financing

**Legal status:** non-profit organization

**FONDATION YVAN LAURIN**

1300 des Cerisiers Road, Mont-Laurier, Laurentides, QC, J9L 0Y3

**819 623-6229 Fax:** 819 440-2579

**Email:** jassflo@videotron.ca

**Services:** Assistance to people on a low income with cancer, to ensure them a better quality of life. \* Financial assistance for services not covered.

**Eligibility:** people on a low income with cancer

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**Community centres****PROMOTEURS DE BONNE HEURE LAC-DU-CERF (LES)**

215 Principale Street, Lac-Du-Cerf, Laurentides, QC, J0W 1S0

**819 597-2011**

**Email:** pbhldc@gmail.com

**Services:** Development of collective projects in a self-managed way. \* La Principale: multi-purpose collective and intergenerational center, school of traditions and artists' studio. \* Le Georgiana: non-profit café-creamery.

**Coverage area:** Lac-Du-Cerf

**Hours:** la Principale: variable, le Georgiana: Thursday to Monday 15h00 to 21h00, during the summer

**Fees:** variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

## Community development

### CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412** Fax: 819 623-3081

**Website:** www.cableonie-belanger.org

**Email:** info@cableonie-belanger.org

**Services:** Seniors \* Meals on wheels. \* Community meal. \* At-home friendly visits. \* PAIR program: automated phone calls to ensure the users' good health and callback service for medication reminders. \* Assistance in administrative steps and to fill in forms. \* Club soleil: social and recreational activities. \* Transport Gérontin: transport service covering many municipalities of the MRC Antoine-Labelle. \* Tax clinic. Caregivers \* Support groups. \* Information and referral. \* Listening, consultation and follow-up services to prevent psychological distress. Health \* Point Rouge: creation of a data sheet describing the health problems and medication of a person to facilitate intervention in case of distress at home. Volunteering \* Promotion of volunteering. \* Recruitment and training of volunteers. \* Support to community organizations.

**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations

**Coverage area:** Mont-Laurier, Transport Gérontin: Ferme-Neuve, Kiamika, Lac-Du-Cerf, Lac-Des-Écorces, Mont-Laurier, Mont-Saint-Michel, Notre-Dame-De-Pontmain, Saint-Aimé-Du-Lac-Des-Îles, Sainte-Anne-Du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: every Tuesday for Mont-Laurier and Lac-des-Écorces, every second Tuesday for Ferme-Neuve, Mont-Saint-Michel and Sainte-Anne-du-Lac, every Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: \$5, community lunch: \$7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

### CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DES HAUTES-LAURENTIDES

385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9

**819 623-4494** Fax: 819 499-3009

**Website:** www.cdchl.org

**Email:** info@cdchl.org

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

**Eligibility:** population, community organizations

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Thursday 8h30 to 16h00

**Financing:** provincial

**Legal status:** non-profit organization

### PROMOTEURS DE BONNE HEURE LAC-DU-CERF (LES)

215 Principale Street, Lac-Du-Cerf, Laurentides, QC, J0W 1S0

**819 597-2011**

**Email:** pbhldc@gmail.com

**Services:** Development of collective projects in a self-managed way. \* La Principale: multi-purpose collective and intergenerational center, school of traditions and artists' studio. \* Le Georgiana: non-profit café-creamery.

**Coverage area:** Lac-Du-Cerf

**Hours:** la Principale: variable, le Georgiana: Thursday to Monday 15h00 to 21h00, during the summer

**Fees:** variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

## Skills Exchanges

### REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER

532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3

**819 623-2948** Fax: 819 623-9381

**Email:** rdass@videotron.ca

**Services:** \* Grouping and mobilisation of social assistance recipients. \* Information on rights. \* Exchange and mutual aid to break isolation. \* Raising awareness in the general population.

**Eligibility:** recipients of social assistance and people on a low income

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday and Friday 9h00 to 16h00

**Financing:** provincial, grants

**Legal status:** non-profit organization

## Volunteering and volunteer centres

### CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412** Fax: 819 623-3081

**Website:** www.cableonie-belanger.org

**Email:** info@cableonie-belanger.org

**Services:** Seniors \* Meals on wheels. \* Community meal. \* At-home friendly visits. \* PAIR program: automated phone calls to ensure the users' good health and callback service for medication reminders. \* Assistance in administrative steps and to fill in forms. \* Club soleil: social and recreational activities. \* Transport Gérontin: transport service covering many municipalities of the MRC Antoine-Labelle. \* Tax clinic. Caregivers \* Support groups. \* Information and referral. \* Listening, consultation and follow-up services to prevent psychological distress. Health \* Point Rouge: creation of a data sheet describing the health problems and medication of a person to facilitate intervention in case of distress at home. Volunteering \* Promotion of volunteering. \* Recruitment and training of volunteers. \* Support to community organizations.

**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations

**Coverage area:** Mont-Laurier, Transport Gérontin: Ferme-Neuve, Kiamika, Lac-Du-Cerf, Lac-Des-Écorces, Mont-Laurier, Mont-Saint-Michel, Notre-Dame-De-Pontmain, Saint-Aimé-Du-Lac-Des-Îles, Sainte-Anne-Du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: every Tuesday for Mont-Laurier and Lac-des-Écorces, every second Tuesday for Ferme-Neuve, Mont-Saint-Michel and Sainte-Anne-du-Lac, every Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: \$5, community lunch: \$7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

### COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC

1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0

**819 586-2099**

**Email:** baudrycarmen@gmail.com

**Services:** Volunteer committee to help seniors. \* Delivery of prepared meals. \* Telephone support and friendship calls. \* Friendship visits. \* Blood test service by a nurse, once a week at the city hall. \* Medical appointment service with a doctor, once a month at the city hall. \* Social activities, outings. \* Christmas baskets.

**Eligibility:** people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac

**Coverage area:** Sainte-Anne-du-Lac

**Hours:** delivery of prepared meals: once every two weeks

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

### **ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L') - MONT-LAURIER**

Confidential Address

**819 623-2624**

**Website:** www.lelan.org

**Email:** mtlaurier@lelan.org

**Services:** \* Personal growth group. \* Individual support. \* Accompaniment. \* Support for close ones and social workers. \* Prevention, awareness and training. \* Advocacy.

**Eligibility:** women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general population

**Coverage area:** MRC Antoine-Labelle, MRC Les Laurentides

**Hours:** Monday to Friday, variable hours

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **PROMOTEURS DE BONNE HEURE LAC-DU-CERF (LES)**

215 Principale Street, Lac-Du-Cerf, Laurentides, QC, J0W 1S0

**819 597-2011**

**Email:** pbhldc@gmail.com

**Services:** Development of collective projects in a self-managed way. \* La Principale: multi-purpose collective and intergenerational center, school of traditions and artists' studio. \* Le Georgiana: non-profit café-creamery.

**Coverage area:** Lac-Du-Cerf

**Hours:** la Principale: variable, le Georgiana: Thursday to Monday 15h00 to 21h00, during the summer

**Fees:** variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization



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

## Adapted work and employability support

### MAISON LYSE-BEAUCHAMP - CAFÉ DE LA GARE

700 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B7

819 623-4726

**Website:** maisonlysebeauchamp.org/la-gare

**Email:** info@maisonlysebeauchamp.org

**Services:** \* Restaurant and room rentals, caterer and work platform.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 15h00

**Legal status:** non-profit organization

## Advocacy for people with a physical disability

### ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-3828

**Email:** asshandicapht@qc.aira.com

**Services:** \* Welcoming, listening, referral and documentation. \* Information on available resources. \* Information and accompaniment for parents in the steps to obtain services from other organizations. \* Varied training for parents. \* Family meetings and recreational activities. \* Support to welcoming spaces. \* Awareness and promotion of social integration and participation.

**Eligibility:** parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Financing:** municipal, dons

**Legal status:** non-profit organization

## Advocacy for people with an intellectual disability

### ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-3828

**Email:** asshandicapht@qc.aira.com

**Services:** \* Welcoming, listening, referral and documentation. \* Information on available resources. \* Information and accompaniment for parents in the steps to obtain services from other organizations. \* Varied training for parents. \* Family meetings and recreational activities. \* Support to welcoming spaces. \* Awareness and promotion of social integration and participation.

**Eligibility:** parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Financing:** municipal, dons

**Legal status:** non-profit organization

## Autism, PDD, ADHD

### ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-3828

**Email:** asshandicapht@qc.aira.com

**Services:** \* Welcoming, listening, referral and documentation. \* Information on available resources. \* Information and accompaniment for parents in the steps to obtain services from other organizations. \* Varied training for parents. \* Family meetings and recreational activities. \* Support to welcoming spaces. \* Awareness and promotion of social integration and participation.

**Eligibility:** parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Financing:** municipal, dons

**Legal status:** non-profit organization

## CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

**819 623-1266**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.ccr@cspn.qc.ca](mailto:sec.ccr@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course in French: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

## CENTRE L'IMPACT

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7880**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.cim@cspn.qc.ca](mailto:sec.cim@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

## Deaf and hearing impaired

### REGROUPEMENT DES PERSONNES HANDICAPÉES DE LA RÉGION DE MONT-LAURIER

294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5258** Fax: 819 440-2579

**Website:** le-prisme.com

**Email:** coordo.le-prisme@hotmail.com

**Services:** \* Home environment. \* Welcoming, assistance, self-help and socialization place. \* Planning, preparation and organization of activities likely to improve the quality of life. \* Day-centre. \* Day camp. \* Mathematics library: learning activities adapted for young people to borrow.

**Eligibility:** persons with disabilities, an autism spectrum disorder and their families

**Coverage area:** Laurentians

**Hours:** day-centre: Monday to Thursday 8h00 to 11h30, 11h30 to 13h00 or 13h00 to 16h00, respite: Saturday

**Financing:** self-financing

**Legal status:** non-profit organization

## Language disorders

### CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

**819 623-1266**

**Website:** www.centrechristroi.qc.ca

**Email:** sec.ccr@cspn.qc.ca

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course in French: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE L'IMPACT

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7880**

**Website:** www.centrechristroi.qc.ca

**Email:** sec.cim@cspn.qc.ca

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

### **GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE MONT-LAURIER**

411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1

**1 866 974-1888 Fax:** 450 974-3757

**Website:** www.grpa.ca

**Email:** info@grpa.ca

**Services:** \* Information, documentation. \* Physical and social activities: adapted physical exercise, outings. \* Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. \* Communication: coffee-meetings, language stimulation. \* Support group for caregivers.

**Eligibility:** people with aphasia who experienced a stroke, caregivers

**Coverage area:** Laurentides

**Hours:** services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

**Fees:** membership: \$40 per year

**Financing:** provincial

**Legal status:** non-profit organization

### **REGROUPEMENT DES PERSONNES HANDICAPÉES DE LA RÉGION DE MONT-LAURIER**

294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5258 Fax:** 819 440-2579

**Website:** le-prisme.com

**Email:** coordo.le-prisme@hotmail.com

**Services:** \* Home environment. \* Welcoming, assistance, self-help and socialization place. \* Planning, preparation and organization of activities likely to improve the quality of life. \* Day-centre. \* Day camp. \* Mathematics library: learning activities adapted for young people to borrow.

**Eligibility:** persons with disabilities, an autism spectrum disorder and their families

**Coverage area:** Laurentians

**Hours:** day-centre: Monday to Thursday 8h00 to 11h30, 11h30 to 13h00 or 13h00 to 16h00, respite: Saturday

**Financing:** self-financing

**Legal status:** non-profit organization

## **Mobility aids**

### **AIDE AUX PERSONNES HANDICAPÉES D'ANTOINE-LABELLE**

294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 440-2297**

**Email:** aphal@videotron.ca

**Services:** \* Loan or purchase of specialized equipments. \* Payment for the first hearing aid. \* Payment for orthotics.

**Eligibility:** people living with physically disabled on a low income

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Paratransit

### TRANSPORT ADAPTÉ ET COLLECTIF D'ANTOINE-LABELLE

294 Du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5565**

**Website:** [tocal.ca](http://tocal.ca)

**Email:** [info@tocal.ca](mailto:info@tocal.ca)

**Services:** Transportation service. \* Public transportation: taxibuses, school buses, paratransit buses and inter-regional transportation. \* Paratransit: adapted buses. \* Volunteer transportation: volunteer drivers in their own vehicles for health care trips only.

**Eligibility:** public transportation: residents, paratransit: people with disabilities and mobility limitations, volunteer transportation: people with special transportation needs

**Coverage area:** MRC Antoine-Labelle and surroundings

**Hours:** customer service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

**Fees:** public and paratransit: \$3 per trip, volunteer transportation: fees according to kilometers travelled

**Financing:** municipal, self-financing, grants

**Legal status:** non-profit organization

## Recreation and camps

### ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-3828**

**Email:** [asshandicaphl@qc.aira.com](mailto:asshandicaphl@qc.aira.com)

**Services:** \* Welcoming, listening, referral and documentation. \* Information on available resources. \* Information and accompaniment for parents in the steps to obtain services from other organizations. \* Varied training for parents. \* Family meetings and recreational activities. \* Support to welcoming spaces. \* Awareness and promotion of social integration and participation.

**Eligibility:** parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Financing:** municipal, dons

**Legal status:** non-profit organization

### DOMAINE DES PRÉS D'OR

967 Route 309, Saint-Aimé-du-Lac-des-Îles, Laurentides, QC, J0W 1J0

**819 597-2499** Fax: 819 597-4009

**Website:** [domainedespresdor.com](http://domainedespresdor.com)

**Email:** [domainedespresdor@tlb.sympatico.ca](mailto:domainedespresdor@tlb.sympatico.ca)

**Services:** Summer, winter and fall day camp with accommodation for people with special needs.

**Eligibility:** adults living with an intellectual disability

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 16h00

**Fees:** variable, financial assistance available for people with low income

**Financing:** provincial, Centraide Laurentides

**Legal status:** non-profit organization

## **GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE MONT-LAURIER**

411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1

**1 866 974-1888 Fax:** 450 974-3757

**Website:** www.grpa.ca

**Email:** info@grpa.ca

**Services:** \* Information, documentation. \* Physical and social activities: adapted physical exercise, outings. \*

Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. \* Communication: coffee-meetings, language stimulation. \* Support group for caregivers.

**Eligibility:** people with aphasia who experienced a stroke, caregivers

**Coverage area:** Laurentides

**Hours:** services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

**Fees:** membership: \$40 per year

**Financing:** provincial

**Legal status:** non-profit organization

## **PAPILLONS DE NOMININGUE (LES)**

2252 Sacré-Coeur Street, Nominique, Laurentides, QC, J0W 1R0

**819 278-4748**

**Website:** www.cdchl.org/les-papillons-de-nominique

**Email:** papillonsnominique@bellnet.ca

**Services:** Living environment for disabled people. \* Educational and social activities.

**Eligibility:** disabled people

**Coverage area:** Vallée de la Rouge

**Financing:** self-financing

**Legal status:** non-profit organization

## **REGROUPEMENT DES PERSONNES HANDICAPÉES DE LA RÉGION DE MONT-LAURIER**

294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5258 Fax:** 819 440-2579

**Website:** le-prisme.com

**Email:** coordo.le-prisme@hotmail.com

**Services:** \* Home environment. \* Welcoming, assistance, self-help and socialization place. \* Planning, preparation and organization of activities likely to improve the quality of life. \* Day-centre. \* Day camp. \*

Mathematics library: learning activities adapted for young people to borrow.

**Eligibility:** persons with disabilities, an autism spectrum disorder and their families

**Coverage area:** Laurentians

**Hours:** day-centre: Monday to Thursday 8h00 to 11h30, 11h30 to 13h00 or 13h00 to 16h00, respite: Saturday

**Financing:** self-financing

**Legal status:** non-profit organization

## **Respite, child care and housing**

### **ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS**

15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-2112**

**Email:** abeillesactives.ndl@gmail.com

**Services:** \* Food assistance. \* Meals on wheels. \* Day centre. \* Telephone calls. \* Greeting cards. \* Social and informational meetings.

**Eligibility:** seniors

**Coverage area:** Notre-Dame-du-Laus

**Financing:** grants

**Legal status:** non-profit organization

### **ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES**

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-3828**

**Email:** asshandicap@qc.aira.com

**Services:** \* Welcoming, listening, referral and documentation. \* Information on available resources. \* Information and accompaniment for parents in the steps to obtain services from other organizations. \* Varied training for parents. \* Family meetings and recreational activities. \* Support to welcoming spaces. \* Awareness and promotion of social integration and participation.

**Eligibility:** parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Financing:** municipal, dons

**Legal status:** non-profit organization

### **COOPÉRATIVE DÉFI-AUTONOMIE D'ANTOINE-LABELLE**

538 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S7

**819 623-6681 Fax:** 819 623-2099

**Email:** info@defiautonomie.com

**Services:** \* Home support: regular housekeeping and big clean ups, meal preparation (without diet), help with daily care and hygiene, groceries and other errands. \* Respite and at-home surveillance.

**Eligibility:** seniors, caregivers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 8h30 to 16h30, respite: day, evening and weekends

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

### **MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER**

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7

**1 866 623-3009 Fax:** 819 623-7040

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

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

**Financing:** grants, donations

**Legal status:** non-profit organization



## MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7653** Fax: 819 275-2161

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

**Financing:** grants, donations

**Legal status:** non-profit organization

## REGROUPEMENT DES PERSONNES HANDICAPÉES DE LA RÉGION DE MONT-LAURIER

294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5258** Fax: 819 440-2579

**Website:** le-prisme.com

**Email:** coordo.le-prisme@hotmail.com

**Services:** \* Home environment. \* Welcoming, assistance, self-help and socialization place. \* Planning, preparation and organization of activities likely to improve the quality of life. \* Day-centre. \* Day camp. \* Mathematics library: learning activities adapted for young people to borrow.

**Eligibility:** persons with disabilities, an autism spectrum disorder and their families

**Coverage area:** Laurentians

**Hours:** day-centre: Monday to Thursday 8h00 to 11h30, 11h30 to 13h00 or 13h00 to 16h00, respite: Saturday

**Financing:** self-financing

**Legal status:** non-profit organization

## RÉSIDENCES CÔME-CARTIER

1201 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-3430 ext. 101**

**Email:** adm.rcc@bellnet.ca

**Services:** Supervised housing for seniors who are autonomous or with a moderate loss of autonomy. \* Meals. \* Personal assistance. \* Domestic help. \* Recreation.

**Eligibility:** autonomous or semi-autonomous seniors who are on a low or modest income

**Capacity:** 38 units

**Coverage area:** Rivière-Rouge

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Support Associations

### ALBATROS MONT-LAURIER (MRC ANTOINE-LABELLE)

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 449-4540**

**Website:** www.albatrosvgml.ca

**Email:** albatrosmontlaurier@gmail.com

**Services:** Volunteer support for people in palliative or end-of-life care. \* Support, telephone listening and assistance to people in terminal phase. \* Individual follow-up. \* Support groups for people experiencing loss of loved ones. \* Training for caregivers: bereavement, family dynamics and terminal phase.

**Eligibility:** people 18 years of age and older at the end of life, in mourning, as well as their family and caregivers

**Coverage area:** MRC Antoine-Labelle

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-3828**

**Email:** asshandicap@qc.aira.com

**Services:** \* Welcoming, listening, referral and documentation. \* Information on available resources. \* Information and accompaniment for parents in the steps to obtain services from other organizations. \* Varied training for parents. \* Family meetings and recreational activities. \* Support to welcoming spaces. \* Awareness and promotion of social integration and participation.

**Eligibility:** parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Financing:** municipal, dons

**Legal status:** non-profit organization

## DIABÈTE DES DRAVEURS

Confidential Address

**819 438-2139**

**Website:** [www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier](http://www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier)

**Email:** diabetemontlaurier@gmail.com

**Services:** Association providing help to diabetic people and their close ones. \* Information and referral. \* Raising awareness, prevention and advocacy for their interests. \* Physical and social activities. \* Collective kitchen.

**Eligibility:** diabetic people, their close ones

**Coverage area:** MRC Antoine-Labelle et MRC La Vallée-de-la-Gatineau

**Fees:** \$20 per year

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

## GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE MONT-LAURIER

411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1

**1 866 974-1888** Fax: 450 974-3757

**Website:** [www.grpa.ca](http://www.grpa.ca)

**Email:** info@grpa.ca

**Services:** \* Information, documentation. \* Physical and social activities: adapted physical exercise, outings. \* Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. \* Communication: coffee-meetings, language stimulation. \* Support group for caregivers.

**Eligibility:** people with aphasia who experienced a stroke, caregivers

**Coverage area:** Laurentides

**Hours:** services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

**Fees:** membership: \$40 per year

**Financing:** provincial

**Legal status:** non-profit organization

## MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7

**1 866 623-3009** Fax: 819 623-7040

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

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

**Financing:** grants, donations

**Legal status:** non-profit organization

## MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7653** Fax: 819 275-2161

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

**Financing:** grants, donations

**Legal status:** non-profit organization

## REGROUPEMENT DES PERSONNES HANDICAPÉES DE LA RÉGION DE MONT-LAURIER

294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5258** Fax: 819 440-2579

**Website:** le-prisme.com

**Email:** coordo.le-prisme@hotmail.com

**Services:** \* Home environment. \* Welcoming, assistance, self-help and socialization place. \* Planning, preparation and organization of activities likely to improve the quality of life. \* Day-centre. \* Day camp. \* Mathematics library: learning activities adapted for young people to borrow.

**Eligibility:** persons with disabilities, an autism spectrum disorder and their families

**Coverage area:** Laurentians

**Hours:** day-centre: Monday to Thursday 8h00 to 11h30, 11h30 to 13h00 or 13h00 to 16h00, respite: Saturday

**Financing:** self-financing

**Legal status:** non-profit organization

## Support and integration organizations

### ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-3828**

**Email:** asshandicaphl@qc.aira.com

**Services:** \* Welcoming, listening, referral and documentation. \* Information on available resources. \* Information and accompaniment for parents in the steps to obtain services from other organizations. \* Varied training for parents. \* Family meetings and recreational activities. \* Support to welcoming spaces. \* Awareness and promotion of social integration and participation.

**Eligibility:** parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Financing:** municipal, dons

**Legal status:** non-profit organization

### CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

**819 623-1266**

**Website:** www.centrechristroi.qc.ca

**Email:** sec.ccr@cspn.qc.ca

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course in French: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE L'IMPACT

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7880**

**Website:** www.centrechristroi.qc.ca

**Email:** sec.cim@cspn.qc.ca

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

## The Blind

### AIDE AUX PERSONNES HANDICAPÉES D'ANTOINE-LABELLE

294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 440-2297**

**Email:** aphal@videotron.ca

**Services:** \* Loan or purchase of specialized equipments. \* Payment for the first hearing aid. \* Payment for orthotics.

**Eligibility:** people living with physically disabled on a low income

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### REGROUPEMENT DES PERSONNES HANDICAPÉES DE LA RÉGION DE MONT-LAURIER

294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5258 Fax:** 819 440-2579

**Website:** le-prisme.com

**Email:** coordo.le-prisme@hotmail.com

**Services:** \* Home environment. \* Welcoming, assistance, self-help and socialization place. \* Planning, preparation and organization of activities likely to improve the quality of life. \* Day-centre. \* Day camp. \*

Mathematics library: learning activities adapted for young people to borrow.

**Eligibility:** persons with disabilities, an autism spectrum disorder and their families

**Coverage area:** Laurentians

**Hours:** day-centre: Monday to Thursday 8h00 to 11h30, 11h30 to 13h00 or 13h00 to 16h00, respite: Saturday

**Financing:** self-financing

**Legal status:** non-profit organization

## Therapy and rehabilitation centres

### GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE MONT-LAURIER

411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1

**1 866 974-1888 Fax:** 450 974-3757

**Website:** www.grpa.ca

**Email:** info@grpa.ca

**Services:** \* Information, documentation. \* Physical and social activities: adapted physical exercise, outings. \*

Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. \* Communication: coffee-meetings, language stimulation. \* Support group for caregivers.

**Eligibility:** people with aphasia who experienced a stroke, caregivers

**Coverage area:** Laurentides

**Hours:** services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

**Fees:** membership: \$40 per year

**Financing:** provincial

**Legal status:** non-profit organization

## **Education and Literacy**

**ACADEMIC AND VOCATIONAL GUIDANCE**

**DIFFICULTIES AND LEARNING DISABILITIES**

**HOMEWORK ASSISTANCE AND TUTORING**

**LANGUAGE COURSES**

**LITERACY**

**PUBLIC EDUCATION**

**VOCATIONAL TRAINING, CÉGEPs AND UNIVERSITIES**

## Academic and vocational guidance

### ZONE EMPLOI D'ANTOINE-LABELLE

601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8

**819 623-5051** Fax: 819 623-5504

**Website:** zemploi.com

**Email:** info@zemploi.com

**Services:** \* Job search assistance. \* Online job directory. \* Entrepreneurship coaching. \* Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

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

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

### ZONE EMPLOI D'ANTOINE-LABELLE - VALLÉE DE LA ROUGE

1355 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 623-5051**

**Website:** zemploi.com

**Email:** info@zemploi.com

**Services:** \* Job search assistance. \* Directory of job offers. \* Entrepreneurship coaching. \* Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Wednesday 8h00 to 12h00 and 13h00 to 17h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## Difficulties and learning disabilities

### CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

**819 623-1266**

**Website:** www.centrechristroi.qc.ca

**Email:** sec.ccr@cspn.qc.ca

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course in French: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

## CENTRE L'IMPACT

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7880**

**Website:** [www.centrechristoi.qc.ca](http://www.centrechristoi.qc.ca)

**Email:** [sec.cim@cspn.qc.ca](mailto:sec.cim@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

## Homework assistance and tutoring

### MANNE DU JOUR

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

**819 623-6604**

**Website:** [www.mannedujour.ca](http://www.mannedujour.ca)

**Email:** [mannedujour@gmail.com](mailto:mannedujour@gmail.com)

**Services:** \* Food counter. \* Soup distribution. \* Christmas baskets. \* Distribution of frozen meals and snacks in schools. \* Tasting and sharing recipes. \* Pantry at the boys' residence of Polyvalente Saint-Joseph. \* Collective cooking workshops at the Polyvalente Saint-Joseph residences. \* Culinary capsules. \* Workshop Saturday to play: activities for families with children aged 5 to 12 years. \* Homework club: homework help. \* La Boutik: collecting and selling items at low prices, Clothing, toys, sporting goods, kitchenware, CDs, furniture, books.

**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food counter: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food counter: \$5, the Boutik: variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization



## Language courses

### CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

**819 623-1266**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.ccr@cspn.qc.ca](mailto:sec.ccr@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course in French: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE L'IMPACT

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7880**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.cim@cspn.qc.ca](mailto:sec.cim@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

## Literacy

### CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

**819 623-1266**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.ccr@cspn.qc.ca](mailto:sec.ccr@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course in French: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE L'IMPACT**

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7880**

**Website:** [www.centrechristoi.qc.ca](http://www.centrechristoi.qc.ca)

**Email:** [sec.cim@cspn.qc.ca](mailto:sec.cim@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

### **REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER**

532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3

**819 623-2948** Fax: 819 623-9381

**Email:** [rdass@videotron.ca](mailto:rdass@videotron.ca)

**Services:** \* Grouping and mobilisation of social assistance recipients. \* Information on rights. \* Exchange and mutual aid to break isolation. \* Raising awareness in the general population.

**Eligibility:** recipients of social assistance and people on a low income

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday and Friday 9h00 to 16h00

**Financing:** provincial, grants

**Legal status:** non-profit organization

## Public education

### CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

**819 623-1266**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.ccr@cspn.qc.ca](mailto:sec.ccr@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course in French: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE L'IMPACT

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7880**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.cim@cspn.qc.ca](mailto:sec.cim@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

## Vocational training, Cégeps and Universities

### CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

**819 623-1266**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.ccr@cspn.qc.ca](mailto:sec.ccr@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course in French: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

## CENTRE L'IMPACT

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7880**

**Website:** [www.centrechristoi.qc.ca](http://www.centrechristoi.qc.ca)

**Email:** [sec.cim@cspn.qc.ca](mailto:sec.cim@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

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

## Advocacy for workers and unemployed

### LEGAL AID OFFICE - MONT-LAURIER

555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4

**819 623-2827** Fax: 819 623-4894

**Website:** www.ccjll.qc.ca

**Email:** bajml@ccjll.qc.ca

**Services:** Free or low cost legal services to eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Mont-Laurier

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

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

**Financing:** provincial

**Legal status:** parapublic organization

### REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER

532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3

**819 623-2948** Fax: 819 623-9381

**Email:** rdass@videotron.ca

**Services:** \* Grouping and mobilisation of social assistance recipients. \* Information on rights. \* Exchange and mutual aid to break isolation. \* Raising awareness in the general population.

**Eligibility:** recipients of social assistance and people on a low income

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday and Friday 9h00 to 16h00

**Financing:** provincial, grants

**Legal status:** non-profit organization

## Budget management and consumption

### FONDATION MARTIN PAQUETTE

Confidential Address

**819 660-9771**

**Email:** fondation.martin-paquette@hotmail.com

**Services:** Foundation helping families of children with leukemia, cancer or rare diseases. \* Financial assistance for medical expenses. \* Financial assistance for transportation and accommodation expenses during medical care. \* Fundraising campaigns.

**Eligibility:** children with leukemia, cancer or rare diseases, their families

**Coverage area:** Laurentians

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### FONDATION YVAN LAURIN

1300 des Cerisiers Road, Mont-Laurier, Laurentides, QC, J9L 0Y3

**819 623-6229** Fax: 819 440-2579

**Email:** jassflo@videotron.ca

**Services:** Assistance to people on a low income with cancer, to ensure them a better quality of life. \* Financial assistance for services not covered.

**Eligibility:** people on a low income with cancer

**Coverage area:** MRC Antoine-Labelle  
**Hours:** Monday to Friday 9h00 to 16h00  
**Fees:** none  
**Financing:** donations  
**Legal status:** non-profit organization

## Business development

### SERVICES QUÉBEC - MONT-LAURIER

585 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4

**819 623-4610 Fax:** 819 623-3801

**Website:** [www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index\\_en.asp](http://www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp)

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Services related to the Ministry of Immigration, Francization and Integration. \* Self-service computer stations. \* Québec land register. \* Information about government programs and services.

**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:** Mont-Laurier

**Hours:** Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## Employment support and training

### MAISON LYSE-BEAUCHAMP - CAFÉ DE LA GARE

700 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B7

**819 623-4726**

**Website:** [maisonlysebeauchamp.org/la-gare](http://maisonlysebeauchamp.org/la-gare)

**Email:** [info@maisonlysebeauchamp.org](mailto:info@maisonlysebeauchamp.org)

**Services:** \* Restaurant and room rentals, caterer and work platform.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 15h00

**Legal status:** non-profit organization

### MAISON LYSE-BEAUCHAMP - LA BOUTIQUE À BOIS

770 Olivier-Guimond Street, Mont-Laurier, Laurentides, QC, J9L 2Y6

**819 623-3719 poste 222**

**Website:** [maisonlysebeauchamp.org/boutique-a-bois](http://maisonlysebeauchamp.org/boutique-a-bois)

**Email:** [info@maisonlysebeauchamp.org](mailto:info@maisonlysebeauchamp.org)

**Services:** Workshop-boutique for repairs and furniture making \* Reinsertion via woodworking.

**Eligibility:** people referred by the Centre Local d'Emploi or having to complete community service, people registered in socio-professional projects

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 8h00 to 15h00, Friday 8h00 to 12h00

**Legal status:** non-profit organization

**SERVICES QUÉBEC - MONT-LAURIER**

585 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4

**819 623-4610** Fax: 819 623-3801

**Website:** [www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index\\_en.asp](http://www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp)

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Services related to the Ministry of Immigration, Francization and Integration. \* Self-service computer stations. \* Québec land register. \* Information about government programs and services.

**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:** Mont-Laurier

**Hours:** Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**ZONE EMPLOI D'ANTOINE-LABELLE**

601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8

**819 623-5051** Fax: 819 623-5504

**Website:** [zemploi.com](http://zemploi.com)

**Email:** [info@zemploi.com](mailto:info@zemploi.com)

**Services:** \* Job search assistance. \* Online job directory. \* Entrepreneurship coaching. \* Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

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

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

**ZONE EMPLOI D'ANTOINE-LABELLE - VALLÉE DE LA ROUGE**

1355 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 623-5051**

**Website:** [zemploi.com](http://zemploi.com)

**Email:** [info@zemploi.com](mailto:info@zemploi.com)

**Services:** \* Job search assistance. \* Directory of job offers. \* Entrepreneurship coaching. \* Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Wednesday 8h00 to 12h00 and 13h00 to 17h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization



## Employment support for immigrants

### ZONE EMPLOI D'ANTOINE-LABELLE

601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8

**819 623-5051** Fax: 819 623-5504

**Website:** zemploi.com

**Email:** info@zemploi.com

**Services:** \* Job search assistance. \* Online job directory. \* Entrepreneurship coaching. \* Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

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

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

### ZONE EMPLOI D'ANTOINE-LABELLE - VALLÉE DE LA ROUGE

1355 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 623-5051**

**Website:** zemploi.com

**Email:** info@zemploi.com

**Services:** \* Job search assistance. \* Directory of job offers. \* Entrepreneurship coaching. \* Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Wednesday 8h00 to 12h00 and 13h00 to 17h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## Employment support for seniors

### ZONE EMPLOI D'ANTOINE-LABELLE

601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8

**819 623-5051** Fax: 819 623-5504

**Website:** zemploi.com

**Email:** info@zemploi.com

**Services:** \* Job search assistance. \* Online job directory. \* Entrepreneurship coaching. \* Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

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

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

### **ZONE EMPLOI D'ANTOINE-LABELLE - VALLÉE DE LA ROUGE**

1355 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 623-5051**

**Website:** [zemploi.com](http://zemploi.com)

**Email:** [info@zemploi.com](mailto:info@zemploi.com)

**Services:** \* Job search assistance. \* Directory of job offers. \* Entrepreneurship coaching. \* Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Wednesday 8h00 to 12h00 and 13h00 to 17h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## **Employment support for youth**

### **CFER DU SOMMET**

4, rue Godard, Mont-Laurier, Laurentides, QC, J9L 3T6

**819 623-2276**

**Website:** [www.reseaucfer.ca/centre/cfer-du-sommet](http://www.reseaucfer.ca/centre/cfer-du-sommet)

**Services:** Center offering a job-oriented training program based on the recovery of tubing and wood. \* Acquisition of the Certificate of Training in Enterprise and Recovery.

**Eligibility:** young people between 15 and 18 years of age

**Coverage area:** Mont-Laurier

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### **ZONE EMPLOI D'ANTOINE-LABELLE**

601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8

**819 623-5051 Fax: 819 623-5504**

**Website:** [zemploi.com](http://zemploi.com)

**Email:** [info@zemploi.com](mailto:info@zemploi.com)

**Services:** \* Job search assistance. \* Online job directory. \* Entrepreneurship coaching. \* Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

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

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

**ZONE EMPLOI D'ANTOINE-LABELLE - VALLÉE DE LA ROUGE**

1355 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 623-5051**

**Website:** [zemploi.com](http://zemploi.com)

**Email:** [info@zemploi.com](mailto:info@zemploi.com)

**Services:** \* Job search assistance. \* Directory of job offers. \* Entrepreneurship coaching. \* Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Wednesday 8h00 to 12h00 and 13h00 to 17h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**Tax clinics****CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER - TAX CLINIC**

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412 Fax:** 819 623-3081

**Website:** [www.cableonie-belanger.org/impots](http://www.cableonie-belanger.org/impots)

**Email:** [info@cableonie-belanger.org](mailto:info@cableonie-belanger.org)

**Services:** Walk-in year-long tax clinic.

**Eligibility:** seniors on a low income over 60 years old, seniors over 60 years old who are bereaved, have experienced bankruptcy or who have sold their house in the last year

**Coverage area:** Mont-Laurier

**Hours:** Monday to Thursday 8h30 to 11h30 and 13h00 to 15h30

**Fees:** single people: \$15, couple: \$28

**Financing:** self-financing

**Legal status:** non-profit organization

**Vocational rehabilitation and disability-related employment****MAISON LYSE-BEAUCHAMP - CAFÉ DE LA GARE**

700 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B7

**819 623-4726**

**Website:** [maisonlysebeauchamp.org/la-gare](http://maisonlysebeauchamp.org/la-gare)

**Email:** [info@maisonlysebeauchamp.org](mailto:info@maisonlysebeauchamp.org)

**Services:** \* Restaurant and room rentals, caterer and work platform.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 15h00

**Legal status:** non-profit organization

**MAISON LYSE-BEAUCHAMP - LA BOUTIQUE À BOIS**

770 Olivier-Guimond Street, Mont-Laurier, Laurentides, QC, J9L 2Y6

**819 623-3719 poste 222**

**Website:** [maisonlysebeauchamp.org/boutique-a-bois](http://maisonlysebeauchamp.org/boutique-a-bois)

**Email:** [info@maisonlysebeauchamp.org](mailto:info@maisonlysebeauchamp.org)

**Services:** Workshop-boutique for repairs and furniture making \* Reinsertion via woodworking.

**Eligibility:** people referred by the Centre Local d'Emploi or having to complete community service, people registered in socio-professional projects

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 8h00 to 15h00, Friday 8h00 to 12h00

**Legal status:** non-profit organization

### **SERVICES QUÉBEC - MONT-LAURIER**

585 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4

**819 623-4610 Fax:** 819 623-3801

**Website:** [www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index\\_en.asp](http://www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp)

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Services related to the Ministry of Immigration, Francization and Integration. \* Self-service computer stations. \* Québec land register. \* Information about government programs and services.

**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:** Mont-Laurier

**Hours:** Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**Food**

**CHRISTMAS BASKET**

**COLLECTIVE KITCHENS AND COOKING WORKSHOPS**

**COMMUNITY GARDENS AND MARKETS**

**FOOD ASSISTANCE**

**FOOD ASSISTANCE COORDINATION**

**FOOD ASSISTANCE IN SCHOOLS**

**LOW COST OR FREE MEALS**

**PREPARED MEALS AND MEALS-ON-WHEELS**

## Christmas basket

### ACTION BÉNÉVOLE DE LA ROUGE (L')

284, L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-1241** Fax: 819 275-1700

**Website:** www.actionbenevoledelarouge.com

**Email:** directionabr@gmail.com

**Services:** \* Guidance, information and references. \* Food aid. \* Meals on wheels, hot meal deliveries. \* Thrift shop Le Baluchon: clothes, furnitures, house items, books. \* Par'Aînés: friendly visits to the elderlies. \* Community diners.

**Eligibility:** people and families on a low income, seniors, Par'Aînés: seniors 55 years and older living in a precarious situation or socially isolated

**Coverage area:** Rivière-Rouge

**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00, meals on wheels: Tuesday and Thursday 12h00, community meals: 2nd Wednesday of each month

**Fees:** community diners: \$9 per person, food aid: variable, Par'Aînés: none

**Financing:** federal, donations, self-financing

**Legal status:** non-profit organization

### COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC

1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0

**819 586-2099**

**Email:** baudrycarmen@gmail.com

**Services:** Volunteer committee to help seniors. \* Delivery of prepared meals. \* Telephone support and friendship calls. \* Friendship visits. \* Blood test service by a nurse, once a week at the city hall. \* Medical appointment service with a doctor, once a month at the city hall. \* Social activities, outings. \* Christmas baskets.

**Eligibility:** people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac

**Coverage area:** Sainte-Anne-du-Lac

**Hours:** delivery of prepared meals: once every two weeks

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

### MANNE DU JOUR

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

**819 623-6604**

**Website:** www.mannedujour.ca

**Email:** mannedujour@gmail.com

**Services:** \* Food counter. \* Soup distribution. \* Christmas baskets. \* Distribution of frozen meals and snacks in schools. \* Tasting and sharing recipes. \* Pantry at the boys' residence of Polyvalente Saint-Joseph. \* Collective cooking workshops at the Polyvalente Saint-Joseph residences. \* Culinary capsules. \* Workshop Saturday to play: activities for families with children aged 5 to 12 years. \* Homework club: homework help. \* La Boutik: collecting and selling items at low prices, Clothing, toys, sporting goods, kitchenware, CDs, furniture, books.

**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food counter: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food counter: \$5, the Boutik: variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

**SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS**

170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-3355**

**Website:** [www.notre-dame-du-laus.ca/service-collectif-aux-familles-0](http://www.notre-dame-du-laus.ca/service-collectif-aux-familles-0)

**Email:** [maisondelafamille.ndl@outlook.com](mailto:maisondelafamille.ndl@outlook.com)

**Services:** \* Drop-in daycare and hot lunches for children. \* Physical activities for young people. \* Food assistance. \* Knitting and crochet classes. \* Christmas hamper and Christmas baskets (gift giving to children). \* Various trainings. \* Special projects and events throughout the year. \* Checking car seats. \* Fax and photocopy service.

**Eligibility:** families

**Coverage area:** Notre-Dame-du-Laus

**Hours:** Monday to Friday, variable hours

**Fees:** variable

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MONT-LAURIER**

656 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-6499**

**Website:** [csvgp-mont-laurier.org](http://csvgp-mont-laurier.org)

**Email:** [info@csvgp-mont-laurier.org](mailto:info@csvgp-mont-laurier.org)

**Services:** \* Food assistance. \* Weekly soup kitchen. \* Christmas baskets. \* Sale of used items. \* Operation Bonne Mine.

**Eligibility:** people on a low income

**Coverage area:** Mont-Laurier

**Hours:** Tuesday and Wednesday 13h00 to 17h00, Thursday 13h00 to 20h00, Friday 13h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

**Collective kitchens and cooking workshops****CENTRE COMMUNAUTAIRE DE FERME-NEUVE**

130 13th Street, Ferme-Neuve, Laurentides, QC, J0W 1C0

**819 587-4189**

**Email:** [centre.fn@gmail.com](mailto:centre.fn@gmail.com)

**Services:** \* Food assistance. \* Thrift store La Friperie du coin: recovery and sale of second-hand clothing, dishes and household items. \* Meubles en vrac: recovery and sale of second-hand furniture and household appliances. \* Coffee-meeting. \* Collective kitchen. \* Collective kitchen for adolescents. \* Community Internet access center. \* Kindergarten Coeur-Soleil.

**Eligibility:** single people and families on a low income

**Coverage area:** Ferme-Neuve, Lac-Saint-Paul, Mont-Saint-Michel and Sainte-Anne-du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, thrift store: Monday to Thursday 10h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

**CULTIVER POUR NOURRIR**

385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9

**819 585-3283**

**Website:** [securitealimentaireal.weebly.com](http://securitealimentaireal.weebly.com)

**Email:** [cultiverpournourrir@gmail.com](mailto:cultiverpournourrir@gmail.com)

**Services:** \* Gardening workshops. \* Food counters. \* Collective kitchens. \* Food assistance. \* The road to chew: promote local agriculture by planting fruit trees to serve people in need. \* Cultivate to feed: supply food counters and collective kitchens.

**Eligibility:** general population, organizations

**Coverage area:** MRC Antoine-Labelle

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

## DIABÈTE DES DRAVEURS

Confidential Address

**819 438-2139**

**Website:** [www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier](http://www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier)

**Email:** [diabetemontlaurier@gmail.com](mailto:diabetemontlaurier@gmail.com)

**Services:** Association providing help to diabetic people and their close ones. \* Information and referral. \* Raising awareness, prevention and advocacy for their interests. \* Physical and social activities. \* Collective kitchen.

**Eligibility:** diabetic people, their close ones

**Coverage area:** MRC Antoine-Labelle et MRC La Vallée-de-la-Gatineau

**Fees:** \$20 per year

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

## MANNE DU JOUR

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

**819 623-6604**

**Website:** [www.mannedujour.ca](http://www.mannedujour.ca)

**Email:** [mannedujour@gmail.com](mailto:mannedujour@gmail.com)

**Services:** \* Food counter. \* Soup distribution. \* Christmas baskets. \* Distribution of frozen meals and snacks in schools. \* Tasting and sharing recipes. \* Pantry at the boys' residence of Polyvalente Saint-Joseph. \* Collective cooking workshops at the Polyvalente Saint-Joseph residences. \* Culinary capsules. \* Workshop Saturday to play: activities for families with children aged 5 to 12 years. \* Homework club: homework help. \* La Boutik: collecting and selling items at low prices, Clothing, toys, sporting goods, kitchenware, CDs, furniture, books.

**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food counter: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food counter: \$5, the Boutik: variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

## Community gardens and markets

### CULTIVER POUR NOURRIR

385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9

**819 585-3283**

**Website:** [securitealimentaireal.weebly.com](http://securitealimentaireal.weebly.com)

**Email:** [cultiverpournourrir@gmail.com](mailto:cultiverpournourrir@gmail.com)

**Services:** \* Gardening workshops. \* Food counters. \* Collective kitchens. \* Food assistance. \* The road to chew: promote local agriculture by planting fruit trees to serve people in need. \* Cultivate to feed: supply food counters and collective kitchens.

**Eligibility:** general population, organizations

**Coverage area:** MRC Antoine-Labelle



**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

## Food Assistance

### **ACTION BÉNÉVOLE DE LA ROUGE (L')**

284, L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-1241 Fax:** 819 275-1700

**Website:** www.actionbenevoledelarouge.com

**Email:** directionabr@gmail.com

**Services:** \* Guidance, information and references.\* Food aid.\* Meals on wheels, hot meal deliveries.\* Thrift shop Le Baluchon: clothes, furnitures, house items, books. \* Par'Aînés: friendly visits to the elderlies.\* Community diners.

**Eligibility:** people and families on a low income, seniors, Par'Aînés: seniors 55 years and older living in a precarious situation or socially isolated

**Coverage area:** Rivière-Rouge

**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00, meals on wheels: Tuesday and Thursday 12h00, community meals: 2nd Wednesday of each month

**Fees:** community diners: \$9 per person, food aid: variable, Par'Aînés: none

**Financing:** federal, donations, self-financing

**Legal status:** non-profit organization

### **ARC-EN-SOI (L') - CENTRE DE PRÉVENTION ET D'INTERVENTION EN SANTÉ MENTALE**

929 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-2060 Fax:** 819 275-0527

**Website:** www.larcensoi.ca

**Email:** arcensoi@hotmail.ca

**Services:** Day centre for people with mental health issues. \* Accompaniment, support and referral. \* Therapeutic and occupational activities: mixed groups, groups of men exclusively or groups of women only.

**Eligibility:** adult women and men with mental health, wandering and homelessness issues

**Coverage area:** MRC Antoine-Labelle

**Hours:** Tuesday to Thursday 8h45 to 15h45, Friday 8h45 to 13h45, delivery: Tuesday, Rivière-Rouge station park: Wednesday

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS**

15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-2112**

**Email:** abeillesactives.ndl@gmail.com

**Services:** \* Food assistance. \* Meals on wheels. \* Day centre. \* Telephone calls. \* Greeting cards. \* Social and informational meetings.

**Eligibility:** seniors

**Coverage area:** Notre-Dame-du-Laus

**Financing:** grants

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE DE FERME-NEUVE**

130 13th Street, Ferme-Neuve, Laurentides, QC, J0W 1C0

**819 587-4189**

**Email:** centre.fn@gmail.com

**Services:** \* Food assistance. \* Thrift store La Friperie du coin: recovery and sale of second-hand clothing, dishes and household items. \* Meubles en vrac: recovery and sale of second-hand furniture and household appliances. \* Coffee-meeting. \* Collective kitchen. \* Collective kitchen for adolescents. \* Community Internet access center. \* Kindergarten Coeur-Soleil.

**Eligibility:** single people and families on a low income

**Coverage area:** Ferme-Neuve, Lac-Saint-Paul, Mont-Saint-Michel and Sainte-Anne-du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, thrift store: Monday to Thursday 10h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

**CULTIVER POUR NOURRIR**

385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9

**819 585-3283**

**Website:** securitealimentaireal.weebly.com

**Email:** cultiverpournourrir@gmail.com

**Services:** \* Gardening workshops. \* Food counters. \* Collective kitchens. \* Food assistance. \* The road to chew: promote local agriculture by planting fruit trees to serve people in need. \* Cultivate to feed: supply food counters and collective kitchens.

**Eligibility:** general population, organizations

**Coverage area:** MRC Antoine-Labelle

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**MANNE DU JOUR**

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

**819 623-6604**

**Website:** www.mannedujour.ca

**Email:** mannedujour@gmail.com

**Services:** \* Food counter. \* Soup distribution. \* Christmas baskets. \* Distribution of frozen meals and snacks in schools. \* Tasting and sharing recipes. \* Pantry at the boys' residence of Polyvalente Saint-Joseph. \* Collective cooking workshops at the Polyvalente Saint-Joseph residences. \* Culinary capsules. \* Workshop Saturday to play: activities for families with children aged 5 to 12 years. \* Homework club: homework help. \* La Boutik: collecting and selling items at low prices, Clothing, toys, sporting goods, kitchenware, CDs, furniture, books.

**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food counter: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food counter: \$5, the Boutik: variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

**SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS**

170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-3355**

**Website:** www.notre-dame-du-la.us.ca/service-collectif-aux-familles-0

**Email:** maisondefamille.ndl@outlook.com

**Services:** \* Drop-in daycare and hot lunches for children. \* Physical activities for young people. \* Food assistance. \* Knitting and crochet classes. \* Christmas hamper and Christmas baskets (gift giving to children). \* Various trainings. \* Special projects and events throughout the year. \* Checking car seats. \* Fax and photocopy service.

**Eligibility:** families

**Coverage area:** Notre-Dame-du-Laus

**Hours:** Monday to Friday, variable hours

**Fees:** variable

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

## **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MONT-LAURIER**

656 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-6499**

**Website:** csvp-mont-laurier.org

**Email:** info@csvp-mont-laurier.org

**Services:** \* Food assistance. \* Weekly soup kitchen. \* Christmas baskets. \* Sale of used items. \* Operation Bonne Mine.

**Eligibility:** people on a low income

**Coverage area:** Mont-Laurier

**Hours:** Tuesday and Wednesday 13h00 to 17h00, Thursday 13h00 to 20h00, Friday 13h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

## **Food assistance coordination**

### **CULTIVER POUR NOURRIR**

385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9

**819 585-3283**

**Website:** securitealimentaireal.weebly.com

**Email:** cultiverpournourrir@gmail.com

**Services:** \* Gardening workshops. \* Food counters. \* Collective kitchens. \* Food assistance. \* The road to chew: promote local agriculture by planting fruit trees to serve people in need. \* Cultivate to feed: supply food counters and collective kitchens.

**Eligibility:** general population, organizations

**Coverage area:** MRC Antoine-Labelle

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

## **Food assistance in schools**

### **MANNE DU JOUR**

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

**819 623-6604**

**Website:** www.mannedujour.ca

**Email:** mannedujour@gmail.com

**Services:** \* Food counter. \* Soup distribution. \* Christmas baskets. \* Distribution of frozen meals and snacks in schools. \* Tasting and sharing recipes. \* Pantry at the boys' residence of Polyvalente Saint-Joseph. \* Collective cooking workshops at the Polyvalente Saint-Joseph residences. \* Culinary capsules. \* Workshop Saturday to play: activities for families with children aged 5 to 12 years. \* Homework club: homework help. \* La Boutik: collecting and selling items at low prices, Clothing, toys, sporting goods, kitchenware, CDs, furniture, books.

**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food counter: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food counter: \$5, the Boutik: variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

## Low cost or free meals

### ACTION BÉNÉVOLE DE LA ROUGE (L')

284, L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-1241 Fax:** 819 275-1700

**Website:** [www.actionbenevoledelarouge.com](http://www.actionbenevoledelarouge.com)

**Email:** [directionabr@gmail.com](mailto:directionabr@gmail.com)

**Services:** \* Guidance, information and references.\* Food aid.\* Meals on wheels, hot meal deliveries.\* Thrift shop Le Baluchon: clothes, furnitures, house items, books. \* Par'Aînés: friendly visits to the elderlies.\* Community diners.

**Eligibility:** people and families on a low income, seniors, Par'Aînés: seniors 55 years and older living in a precarious situation or socially isolated

**Coverage area:** Rivière-Rouge

**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00, meals on wheels: Tuesday and Thursday 12h00, community meals: 2nd Wednesday of each month

**Fees:** community diners: \$9 per person, food aid: variable, Par'Aînés: none

**Financing:** federal, donations, self-financing

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412 Fax:** 819 623-3081

**Website:** [www.cableonie-belanger.org](http://www.cableonie-belanger.org)

**Email:** [info@cableonie-belanger.org](mailto:info@cableonie-belanger.org)

**Services:** Seniors \* Meals on wheels. \* Community meal. \* At-home friendly visits. \* PAIR program: automated phone calls to ensure the users' good health and callback service for medication reminders. \* Assistance in administrative steps and to fill in forms. \* Club soleil: social and recreational activities. \* Transport Gérontin: transport service covering many municipalities of the MRC Antoine-Labelle. \* Tax clinic. Caregivers \* Support groups. \* Information and referral. \* Listening, consultation and follow-up services to prevent psychological distress. Health \* Point Rouge: creation of a data sheet describing the health problems and medication of a person to facilitate intervention in case of distress at home. Volunteering \* Promotion of volunteering. \* Recruitment and training of volunteers. \* Support to community organizations.

**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations

**Coverage area:** Mont-Laurier, Transport Gérontin: Ferme-Neuve, Kiamika, Lac-Du-Cerf, Lac-Des-Écorces, Mont-Laurier, Mont-Saint-Michel, Notre-Dame-De-Pontmain, Saint-Aimé-Du-Lac-Des-Îles, Sainte-Anne-Du-Lac  
**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: every Tuesday for Mont-Laurier and Lac-des-Écorces, every second Tuesday for Ferme-Neuve, Mont-Saint-Michel and Sainte-Anne-du-Lac, every Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: \$5, community lunch: \$7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

**MANNE DU JOUR**

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

**819 623-6604**

**Website:** www.mannedujour.ca

**Email:** mannedujour@gmail.com

**Services:** \* Food counter. \* Soup distribution. \* Christmas baskets. \* Distribution of frozen meals and snacks in schools. \* Tasting and sharing recipes. \* Pantry at the boys' residence of Polyvalente Saint-Joseph. \* Collective cooking workshops at the Polyvalente Saint-Joseph residences. \* Culinary capsules. \* Workshop Saturday to play: activities for families with children aged 5 to 12 years. \* Homework club: homework help. \* La Boutik: collecting and selling items at low prices, Clothing, toys, sporting goods, kitchenware, CDs, furniture, books.

**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food counter: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food counter: \$5, the Boutik: variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MONT-LAURIER**

656 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-6499**

**Website:** csvp-mont-laurier.org

**Email:** info@csvp-mont-laurier.org

**Services:** \* Food assistance. \* Weekly soup kitchen. \* Christmas baskets. \* Sale of used items. \* Operation Bonne Mine.

**Eligibility:** people on a low income

**Coverage area:** Mont-Laurier

**Hours:** Tuesday and Wednesday 13h00 to 17h00, Thursday 13h00 to 20h00, Friday 13h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

**Prepared meals and Meals-on-wheels****ACTION BÉNÉVOLE DE LA ROUGE (L')**

284, L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-1241 Fax:** 819 275-1700

**Website:** www.actionbenevoledelarouge.com

**Email:** directionabr@gmail.com

**Services:** \* Guidance, information and references.\* Food aid.\* Meals on wheels, hot meal deliveries.\* Thrift shop Le Baluchon: clothes, furnitures, house items, books. \* Par'Aînés: friendly visits to the elderlies.\* Community diners.

**Eligibility:** people and families on a low income, seniors, Par'Aînés: seniors 55 years and older living in a precarious situation or socially isolated

**Coverage area:** Rivière-Rouge

**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00, meals on wheels: Tuesday and Thursday 12h00, community meals: 2nd Wednesday of each month

**Fees:** community diners: \$9 per person, food aid: variable, Par'Aînés: none

**Financing:** federal, donations, self-financing

**Legal status:** non-profit organization

**ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS**

15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-2112**

**Email:** abeillesactives.ndl@gmail.com

**Services:** \* Food assistance. \* Meals on wheels. \* Day centre. \* Telephone calls. \* Greeting cards. \* Social and informational meetings.

**Eligibility:** seniors

**Coverage area:** Notre-Dame-du-Laus

**Financing:** grants

**Legal status:** non-profit organization

**CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER**

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412 Fax:** 819 623-3081

**Website:** www.cableonie-belanger.org

**Email:** info@cableonie-belanger.org

**Services:** Seniors \* Meals on wheels. \* Community meal. \* At-home friendly visits. \* PAIR program: automated phone calls to ensure the users' good health and callback service for medication reminders. \* Assistance in administrative steps and to fill in forms. \* Club soleil: social and recreational activities. \* Transport Gérontin: transport service covering many municipalities of the MRC Antoine-Labelle. \* Tax clinic. Caregivers \* Support groups. \* Information and referral. \* Listening, consultation and follow-up services to prevent psychological distress. Health \* Point Rouge: creation of a data sheet describing the health problems and medication of a person to facilitate intervention in case of distress at home. Volunteering \* Promotion of volunteering. \* Recruitment and training of volunteers. \* Support to community organizations.

**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations

**Coverage area:** Mont-Laurier, Transport Gérontin: Ferme-Neuve, Kiamika, Lac-Du-Cerf, Lac-Des-Écorces, Mont-Laurier, Mont-Saint-Michel, Notre-Dame-De-Pontmain, Saint-Aimé-Du-Lac-Des-Îles, Sainte-Anne-Du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: every Tuesday for Mont-Laurier and Lac-des-Écorces, every second Tuesday for Ferme-Neuve, Mont-Saint-Michel and Sainte-Anne-du-Lac, every Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: \$5, community lunch: \$7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

**COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC**

1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0

**819 586-2099**

**Email:** baudrycarmen@gmail.com

**Services:** Volunteer committee to help seniors. \* Delivery of prepared meals. \* Telephone support and friendship calls. \* Friendship visits. \* Blood test service by a nurse, once a week at the city hall. \* Medical appointment service with a doctor, once a month at the city hall. \* Social activities, outings. \* Christmas baskets.

**Eligibility:** people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac

**Coverage area:** Sainte-Anne-du-Lac

**Hours:** delivery of prepared meals: once every two weeks

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

**Government services**

**MUNICIPAL SERVICES**

**PROVINCIAL SERVICES**

## Municipal services

### CHUTE-SAINT-PHILIPPE - MUNICIPALITY

560 des Voyageurs Road, Chute-Saint-Philippe, Laurentides, QC, J0W 1A0

**819 585-3397** Fax: 819 585-4949

**Website:** [www.chute-saint-philippe.ca](http://www.chute-saint-philippe.ca)

**Email:** [reception@chute-saint-philippe.ca](mailto:reception@chute-saint-philippe.ca)

**Services:** Municipal service management. \* Payment of municipal taxes. \* Collection of residual materials. \* Urban-planning department: construction permits. \* Fire department.

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

**Financing:** municipal

**Legal status:** municipal agency

### FERME-NEUVE - MUNICIPALITY

125 12th Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1C0

**819 587-3400**

**Website:** [www.municipalite.ferme-neuve.qc.ca](http://www.municipalite.ferme-neuve.qc.ca)

**Email:** [reception@munfn.ca](mailto:reception@munfn.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [municipalite.ferme-neuve.qc.ca/environnement](http://municipalite.ferme-neuve.qc.ca/environnement) \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Ferme-Neuve

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

**Financing:** municipal

**Legal status:** municipal agency

### KIAMIKA - MUNICIPALITY

3 Valiquette Road, Kiamika, Laurentides, QC, J0W 1G0

**819 585-3225 ext. 0**

**Website:** [www.kimakia.ca](http://www.kimakia.ca)

**Email:** [info@kiamika.ca](mailto:info@kiamika.ca)

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

**Coverage area:** Kiamika

**Financing:** municipal

**Legal status:** municipal agency

### LAC-DES-ÉCORCES - MUNICIPALITY

672 Saint-François Boulevard, Lac-des-Écorces, Laurentides, QC, J0W 1H0

**819 585-4600** Fax: 819 585-4610

**Website:** [www.lacdesecorces.ca](http://www.lacdesecorces.ca)

**Email:** [adm@lacdesecorces.ca](mailto:adm@lacdesecorces.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [www.lacdesecorces.ca/calendrier-des-collectes-de-dechets](http://www.lacdesecorces.ca/calendrier-des-collectes-de-dechets) \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Lac-des-Écorces

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

**Financing:** municipal

**Legal status:** municipal agency



**LAC-DU-CERF - MUNICIPALITY**

19 de l'Église Road, Lac-Du-Cerf, Laurentides, QC, J0W 1S1

**819 597-2424** Fax: 819 597-4036

**Website:** www.lacducerf.ca

**Email:** taxation@lacducerf.ca

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

**Coverage area:** Lac-Du-Cerf

**Financing:** municipal

**Legal status:** municipal agency

**LAC-SAGUAY - MUNICIPALITY**

257A Route 117, Lac-Saguay, Laurentides, QC, J0W 1L0

**819 278-3972** Fax: 819 278-0260

**Website:** www.lacsaguay.qc.ca

**Email:** info@lacsaguay.qc.ca

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

**Coverage area:** Lac-Saguay

**Financing:** municipal

**Legal status:** municipal agency

**MONT-LAURIER - CITY**

300 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1J9

**819 623-1221**

**Website:** www.villemontlaurier.qc.ca

**Email:** info@villemontlaurier.qc.ca

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: <http://www.villemontlaurier.qc.ca/services-aux-citoyens/matieres-residuelles> \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Mont-Laurier

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

**Financing:** municipal

**Legal status:** municipal agency

**MONT-SAINT-MICHEL - MUNICIPALITY**

94 de l'Église Street, Mont-Saint-Michel, Laurentides, QC, J0W 1P0

**819 587-3093** Fax: 819 587-3781

**Website:** www.montsaintmichel.ca

**Email:** info@montsaintmichel.ca

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

**Coverage area:** Mont-Saint-Michel

**Financing:** municipal

**Legal status:** municipal agency

**NOMININGUE - MUNICIPALITY**

2110 du Tour-du-Lac Road, Nominuingue, Laurentides, QC, J0W 1R0

**819 278-3384** Fax: 819 278-4967

**Website:** www.municipalitenominuingue.qc.ca

**Email:** reception@municipalitenominuingue.qc.ca

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [www.municipalitenominingue.qc.ca/affaires-municipales/communications-aux-citoyens/collectes/](http://www.municipalitenominingue.qc.ca/affaires-municipales/communications-aux-citoyens/collectes/)  
\* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Nominingue

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

**Financing:** municipal

**Legal status:** municipal agency

### NOTRE-DAME-DE-PONTMAIN - MUNICIPALITY

5 de l'Église Street, Notre-Dame-de-Pontmain, Laurentides, QC, J0W 1S0

**819 597-2382 Fax:** 819 597-2231

**Website:** [www.munpontmain.qc.ca](http://www.munpontmain.qc.ca)

**Email:** [info@munpontmain.qc.ca](mailto:info@munpontmain.qc.ca)

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

**Coverage area:** Notre-Dame-de-Pontmain

**Financing:** municipal

**Legal status:** municipal agency

### NOTRE-DAME-DU-LAUS - MUNICIPALITY

66 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-2247 Fax:** 819 767-3102

**Website:** [www.notre-dame-du-laus.ca](http://www.notre-dame-du-laus.ca)

**Email:** [reception@mun-ndl.ca](mailto:reception@mun-ndl.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [www.notre-dame-du-laus.ca/dechets-et-recyclage](http://www.notre-dame-du-laus.ca/dechets-et-recyclage) \* Public safety: fire safety service.

**Coverage area:** Notre-Dame-du-Laus

**Hours:** Tuesday to Friday 9h00 to 12h00 and 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### RIVIÈRE-ROUGE - CITY

25 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-2929 Fax:** 819 275-3676

**Website:** [www.riviere-rouge.ca](http://www.riviere-rouge.ca)

**Email:** [greffe@riviere-rouge.ca](mailto:greffe@riviere-rouge.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: <http://www.riviere-rouge.ca/calendrier-des-collectes> \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Rivière-Rouge

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

**Financing:** municipal

**Legal status:** municipal agency

### SAINTE-ANNE-DU-LAC - MUNICIPALITY

1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0

**819 586-2110 Fax:** 819 586-2203

**Website:** [www.steannedulac.ca](http://www.steannedulac.ca)

**Email:** [municipalite@steannedulac.ca](mailto:municipalite@steannedulac.ca)

## Government services

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Collection of recyclable materials and garbage and information on waste management. \* Public safety: fire safety service, animal control. \* Room rental.

**Coverage area:** Sainte-Anne-du-Lac

**Hours:** Tuesday to Friday 10h00 to 12h00 and 13h00 to 15h00

**Financing:** municipal

**Legal status:** municipal agency

**SÛRETÉ DU QUÉBEC - POSTE MRC D'ANTOINE-LABELLE**

100 Godard Street, Mont-Laurier, Laurentides, QC, J9L 3T6

**819 623-2211 Fax:** 819 623-2558

**Website:** [www.sq.gouv.qc.ca/en/the-surete-du-quebec/](http://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 Antoine-Labelle

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

**Financing:** provincial

**Legal status:** provincial government agency

**Provincial services****LEGAL AID OFFICE - MONT-LAURIER**

555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4

**819 623-2827 Fax:** 819 623-4894

**Website:** [www.ccjll.qc.ca](http://www.ccjll.qc.ca)

**Email:** [bajml@ccjll.qc.ca](mailto:bajml@ccjll.qc.ca)

**Services:** Free or low cost legal services to eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Mont-Laurier

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

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

**Financing:** provincial

**Legal status:** parapublic organization

**SERVICES QUÉBEC - MONT-LAURIER**

585 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4

**819 623-4610 Fax:** 819 623-3801

**Website:** [www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index\\_en.asp](http://www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp)

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Services related to the Ministry of Immigration, Francization and Integration. \* Self-service computer stations. \* Québec land register. \* Information about government programs and services.

**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:** Mont-Laurier

**Hours:** Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### **SÛRETÉ DU QUÉBEC - POSTE MRC D'ANTOINE-LABELLE**

100 Godard Street, Mont-Laurier, Laurentides, QC, J9L 3T6

**819 623-2211 Fax:** 819 623-2558

**Website:** [www.sq.gouv.qc.ca/en/the-surete-du-quebec/](http://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 Antoine-Labelle

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

**Financing:** provincial

**Legal status:** provincial government agency

## **Health**

**FUNERAL COOPERATIVES**

**HOSPITALS, CLSC AND COMMUNITY CLINICS**

**PALLIATIVE CARE**

**PATIENT SUPPORT ASSOCIATIONS**

## Funeral cooperatives

### COOPÉRATIVE FUNÉRAIRE BRUNET

632 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-6232** Fax: 819 623-2132

**Website:** coopfbrunet.com

**Email:** direction@coopfbrunet.com

**Services:** Funeral services cooperative.

**Coverage area:** Laurentides

**Hours:** Monday to Friday 9h30 to 16h30

**Fees:** membership fee: \$20

**Financing:** self-financing

**Legal status:** cooperative

## Hospitals, CLSC and community clinics

### CENTRE DE SERVICES DE RIVIÈRE-ROUGE

1525 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-2118**

**Website:** www.santelaurentides.gouv.qc.ca

**Services:** General and specialized medical care. \* Emergency and short-term care. \* Minor surgery. \* Distribution of new injection equipment. \* Vaccination. \* Designated centre for victims of sexual assault. \* Nursing consultation. \* Sampling centre. \* Psychiatry. \* Readaptation centre for intellectual disabilities.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days, nursing care: Monday to Friday 8h30 to 16h30, sampling centre: Monday, Wednesday, Thursday, Friday 7h00 to 12h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC DE MONT-LAURIER

757 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1T3

**819 623-1228**

**Website:** www.santelaurentides.gouv.qc.ca/english

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Laurentides

**Hours:** 7 days 8h30 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC DE NOTRE-DAME-DU-LAUS

8 Saint-Denis Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-2488**

**Website:** www.santelaurentides.gouv.qc.ca/english

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEIP: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care. \* Tests centre.

**Coverage area:** Laurentides

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

**Financing:** provincial

**Legal status:** parapublic organization

## Palliative care

### ALBATROS MONT-LAURIER (MRC ANTOINE-LABELLE)

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 449-4540**

**Website:** [www.albatrosvgl.ca](http://www.albatrosvgl.ca)

**Email:** [albatrosmontlaurier@gmail.com](mailto:albatrosmontlaurier@gmail.com)

**Services:** Volunteer support for people in palliative or end-of-life care. \* Support, telephone listening and assistance to people in terminal phase. \* Individual follow-up. \* Support groups for people experiencing loss of loved ones. \* Training for caregivers: bereavement, family dynamics and terminal phase.

**Eligibility:** people 18 years of age and older at the end of life, in mourning, as well as their family and caregivers

**Coverage area:** MRC Antoine-Labelle

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## Patient support associations

### AIDE AUX PERSONNES HANDICAPÉES D'ANTOINE-LABELLE

294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 440-2297**

**Email:** [aphal@videotron.ca](mailto:aphal@videotron.ca)

**Services:** \* Loan or purchase of specialized equipments. \* Payment for the first hearing aid. \* Payment for orthotics.

**Eligibility:** people living with physically disabled on a low income

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### ALBATROS MONT-LAURIER (MRC ANTOINE-LABELLE)

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 449-4540**

**Website:** [www.albatrosvgl.ca](http://www.albatrosvgl.ca)

**Email:** [albatrosmontlaurier@gmail.com](mailto:albatrosmontlaurier@gmail.com)

**Services:** Volunteer support for people in palliative or end-of-life care. \* Support, telephone listening and assistance to people in terminal phase. \* Individual follow-up. \* Support groups for people experiencing loss of loved ones. \* Training for caregivers: bereavement, family dynamics and terminal phase.

**Eligibility:** people 18 years of age and older at the end of life, in mourning, as well as their family and caregivers

**Coverage area:** MRC Antoine-Labelle

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## **ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES**

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-3828**

**Email:** asshandicaphl@qc.aira.com

**Services:** \* Welcoming, listening, referral and documentation. \* Information on available resources. \* Information and accompaniment for parents in the steps to obtain services from other organizations. \* Varied training for parents. \* Family meetings and recreational activities. \* Support to welcoming spaces. \* Awareness and promotion of social integration and participation.

**Eligibility:** parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Financing:** municipal, dons

**Legal status:** non-profit organization

## **DIABÈTE DES DRAVEURS**

Confidential Address

**819 438-2139**

**Website:** [www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier](http://www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier)

**Email:** diabetemontlaurier@gmail.com

**Services:** Association providing help to diabetic people and their close ones. \* Information and referral. \* Raising awareness, prevention and advocacy for their interests. \* Physical and social activities. \* Collective kitchen.

**Eligibility:** diabetic people, their close ones

**Coverage area:** MRC Antoine-Labelle et MRC La Vallée-de-la-Gatineau

**Fees:** \$20 per year

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

## **GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE MONT-LAURIER**

411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1

**1 866 974-1888 Fax:** 450 974-3757

**Website:** [www.grpa.ca](http://www.grpa.ca)

**Email:** info@grpa.ca

**Services:** \* Information, documentation. \* Physical and social activities: adapted physical exercise, outings. \* Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. \* Communication: coffee-meetings, language stimulation. \* Support group for caregivers.

**Eligibility:** people with aphasia who experienced a stroke, caregivers

**Coverage area:** Laurentides

**Hours:** services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

**Fees:** membership: \$40 per year

**Financing:** provincial

**Legal status:** non-profit organization



## **Homelessness**

**DAY AND EVENING CENTRES**

**HOUSING FOR PREGNANT WOMEN AND FAMILIES**

**MOBILE UNITS AND STREET WORK**

**SHELTERS**

**SUPPORTIVE HOUSING**

**TRANSITIONAL HOUSING**

## Day and evening centres

### MANNE DU JOUR

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

**819 623-6604**

**Website:** [www.mannedujour.ca](http://www.mannedujour.ca)

**Email:** [mannedujour@gmail.com](mailto:mannedujour@gmail.com)

**Services:** \* Food counter. \* Soup distribution. \* Christmas baskets. \* Distribution of frozen meals and snacks in schools. \* Tasting and sharing recipes. \* Pantry at the boys' residence of Polyvalente Saint-Joseph. \* Collective cooking workshops at the Polyvalente Saint-Joseph residences. \* Culinary capsules. \* Workshop Saturday to play: activities for families with children aged 5 to 12 years. \* Homework club: homework help. \* La Boutik: collecting and selling items at low prices, Clothing, toys, sporting goods, kitchenware, CDs, furniture, books.

**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food counter: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food counter: \$5, the Boutik: variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

## Housing for pregnant women and families

### RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** [www.maisonstjoseph.ressourcesolivier.com](http://www.maisonstjoseph.ressourcesolivier.com)

**Email:** [ressourcesolivier@gmail.com](mailto:ressourcesolivier@gmail.com)

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## Mobile units and street work

### MAISON LYSE-BEAUCHAMP - RESSOURCE D'URGENCE

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

**819 623-3719 ext. 232** Fax: 819 623-1243

**Website:** [maisonlysebeauchamp.org/itinerance](http://maisonlysebeauchamp.org/itinerance)

**Email:** [info@maisonlysebeauchamp.org](mailto:info@maisonlysebeauchamp.org)

**Services:** \* Emergency shelter. \* 30-day social reinsertion. \* Distribution of sterile consumer material (CAMI). \* Distribution of naloxone kits (intra-nasal and injectable). \* Distribution of fentanyl test strips.

**Eligibility:** men and women 18 and over that find themselves in social emergency, homeless or vagrant situations

**Capacity:** 10

**Coverage area:** MRC d'Antoine-Labelle

**Hours:** 24 hours / 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## Shelters

### MAISON LYSE-BEAUCHAMP - RESSOURCE D'URGENCE

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

**819 623-3719 ext. 232 Fax:** 819 623-1243

**Website:** maisonlysebeauchamp.org/itinerance

**Email:** info@maisonlysebeauchamp.org

**Services:** \* Emergency shelter. \* 30-day social reinsertion. \* Distribution of sterile consumer material (CAMI). \* Distribution of naloxone kits (intra-nasal and injectable). \* Distribution of fentanyl test strips.

**Eligibility:** men and women 18 and over that find themselves in social emergency, homeless or vagrant situations

**Capacity:** 10

**Coverage area:** MRC d'Antoine-Labelle

**Hours:** 24 hours / 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** www.maisonstjoseph.ressourcesolivier.com

**Email:** ressourcesolivier@gmail.com

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## Supportive housing

### RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** [www.maisonstjoseph.ressourcesolivier.com](http://www.maisonstjoseph.ressourcesolivier.com)

**Email:** [ressourcesolivier@gmail.com](mailto:ressourcesolivier@gmail.com)

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## Transitional housing

### MAISON LYSE-BEAUCHAMP - RESSOURCE D'URGENCE

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

**819 623-3719 ext. 232** Fax: 819 623-1243

**Website:** [maisonlysebeauchamp.org/itinerance](http://maisonlysebeauchamp.org/itinerance)

**Email:** [info@maisonlysebeauchamp.org](mailto:info@maisonlysebeauchamp.org)

**Services:** \* Emergency shelter. \* 30-day social reinsertion. \* Distribution of sterile consumer material (CAMI). \* Distribution of naloxone kits (intra-nasal and injectable). \* Distribution of fentanyl test strips.

**Eligibility:** men and women 18 and over that find themselves in social emergency, homeless or vagrant situations

**Capacity:** 10

**Coverage area:** MRC d'Antoine-Labelle

**Hours:** 24 hours / 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** [www.maisonstjoseph.ressourcesolivier.com](http://www.maisonstjoseph.ressourcesolivier.com)

**Email:** [ressourcesolivier@gmail.com](mailto:ressourcesolivier@gmail.com)

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

## Homelessness

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by apointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## **Housing**

**ADVOCACY FOR HOUSING**

**HOUSING COOPERATIVES AND CORPORATIONS**

**SOCIAL HOUSING AND HOUSING COOPERATIVES**

## Advocacy for housing

### OFFICE MUNICIPAL D'HABITATION DES HAUTES-LAURENTIDES

600b Albiny Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1L4

**1 833 623-4230** Fax: 819 623-3925

**Website:** www.omhhl.com

**Email:** info@omhhl.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:** 230 units

**Coverage area:** Ferme-Neuve, L'ascension, Lac-Des-Écorces, Mont-Laurier, Nomingue, Notre-Dame-Du-Laus, Rivière-Rouge

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

**Financing:** provincial, municipal

**Legal status:** municipal agency

## Housing cooperatives and corporations

### OFFICE MUNICIPAL D'HABITATION DES HAUTES-LAURENTIDES

600b Albiny Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1L4

**1 833 623-4230** Fax: 819 623-3925

**Website:** www.omhhl.com

**Email:** info@omhhl.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:** 230 units

**Coverage area:** Ferme-Neuve, L'ascension, Lac-Des-Écorces, Mont-Laurier, Nomingue, Notre-Dame-Du-Laus, Rivière-Rouge

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

**Financing:** provincial, municipal

**Legal status:** municipal agency

## Social housing and housing cooperatives

### OFFICE MUNICIPAL D'HABITATION DES HAUTES-LAURENTIDES

600b Albiny Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1L4

**1 833 623-4230** Fax: 819 623-3925

**Website:** www.omhhl.com

**Email:** info@omhhl.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:** 230 units

**Coverage area:** Ferme-Neuve, L'ascension, Lac-Des-Écorces, Mont-Laurier, Nomingue, Notre-Dame-Du-Laus, Rivière-Rouge

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

**Financing:** provincial, municipal

**Legal status:** municipal agency



## **Immigration and cultural communities**

### **FRENCH COURSES**

### **IMMIGRATION AND SPONSORSHIP**

### **SETTLEMENT SERVICES FOR NEWCOMERS**

## French courses

### CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

**819 623-1266**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.ccr@cspn.qc.ca](mailto:sec.ccr@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course in French: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE L'IMPACT

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7880**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.cim@cspn.qc.ca](mailto:sec.cim@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

## Immigration and sponsorship

### CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

**819 623-1266**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.ccr@cspn.qc.ca](mailto:sec.ccr@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course in French: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

## CENTRE L'IMPACT

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7880**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.cim@cspn.qc.ca](mailto:sec.cim@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

## Settlement services for newcomers

### CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

**819 623-1266**

**Website:** [www.centrechristroi.qc.ca](http://www.centrechristroi.qc.ca)

**Email:** [sec.ccr@cspn.qc.ca](mailto:sec.ccr@cspn.qc.ca)

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course in French: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE L'IMPACT**

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7880**

**Website:** www.centrechristoi.qc.ca

**Email:** sec.cim@cspn.qc.ca

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. \* General course: secondary education classes from grades 7 to 11 and review of primary school. \* Literacy, francization and preparation for the Canadian citizenship test. \* Test de développement général (TDG). \* Test d'équivalence de niveau de scolarité (TENS). \* Distance learning, with the assistance of a tutor. \* Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. \* Academic and professional orientation. \* Access to the regular transportation service of the Commission scolaire Pierre-Neveu. \* Access to the daycare of the Centre de la petite enfance la Fourmière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

### **ZONE EMPLOI D'ANTOINE-LABELLE**

601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8

**819 623-5051 Fax:** 819 623-5504

**Website:** zemploi.com

**Email:** info@zemploi.com

**Services:** \* Job search assistance. \* Online job directory. \* Entrepreneurship coaching. \* Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

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

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

### **ZONE EMPLOI D'ANTOINE-LABELLE - VALLÉE DE LA ROUGE**

1355 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 623-5051**

**Website:** zemploi.com

**Email:** info@zemploi.com

**Services:** \* Job search assistance. \* Directory of job offers. \* Entrepreneurship coaching. \* Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. \* Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. \* Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Wednesday 8h00 to 12h00 and 13h00 to 17h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## **Indigenous Peoples**

### **GOVERNMENT SERVICES**

## Government services

### SERVICES QUÉBEC - MONT-LAURIER

585 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4

**819 623-4610** Fax: 819 623-3801

**Website:** [www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index\\_en.asp](http://www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp)

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Services related to the Ministry of Immigration, Francization and Integration. \* Self-service computer stations. \* Québec land register. \* Information about government programs and services.

**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:** Mont-Laurier

**Hours:** Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## **Justice and Advocacy**

### **ADVOCACY GROUPS**

### **CONSUMER PROTECTION AND COMPLAINTS**

### **CORRECTIONAL SERVICES**

### **COURTHOUSES AND TRIBUNALS**

### **LEGAL ASSISTANCE AND INFORMATION**



## Advocacy groups

### ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-3828**

**Email:** asshandicaphl@qc.aira.com

**Services:** \* Welcoming, listening, referral and documentation. \* Information on available resources. \* Information and accompaniment for parents in the steps to obtain services from other organizations. \* Varied training for parents. \* Family meetings and recreational activities. \* Support to welcoming spaces. \* Awareness and promotion of social integration and participation.

**Eligibility:** parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Financing:** municipal, dons

**Legal status:** non-profit organization

### ASSOCIATION FÉMININE D'ÉDUCATION ET D'ACTION SOCIALE - HAUTES-RIVIÈRES

Confidential Address

**819 587-3199**

**Email:** ddore3@hotmail.com

**Services:** \* Information, social action and promotion of women's issues. \* Advocacy and representation.

**Eligibility:** women 16 years old and older

**Coverage area:** Bouchette, Ferme-Neuve, Gracefield, Saint-Aimé-du-Lac-des-Îles

**Fees:** annual membership: \$35

**Financing:** membership fees

**Legal status:** non-profit organization

### DIABÈTE DES DRAVEURS

Confidential Address

**819 438-2139**

**Website:** [www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier](http://www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier)

**Email:** diabetemontlaurier@gmail.com

**Services:** Association providing help to diabetic people and their close ones. \* Information and referral. \* Raising awareness, prevention and advocacy for their interests. \* Physical and social activities. \* Collective kitchen.

**Eligibility:** diabetic people, their close ones

**Coverage area:** MRC Antoine-Labelle et MRC La Vallée-de-la-Gatineau

**Fees:** \$20 per year

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

### ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L') - MONT-LAURIER

Confidential Address

**819 623-2624**

**Website:** [www.lelan.org](http://www.lelan.org)

**Email:** mtlaurier@lelan.org

**Services:** \* Personal growth group. \* Individual support. \* Accompaniment. \* Support for close ones and social workers. \* Prevention, awareness and training. \* Advocacy.

**Eligibility:** women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general population

**Coverage area:** MRC Antoine-Labelle, MRC Les Laurentides

**Hours:** Monday to Friday, variable hours

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER**

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7

**1 866 623-3009 Fax:** 819 623-7040

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### **MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE**

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7653 Fax:** 819 275-2161

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

**Financing:** grants, donations

**Legal status:** non-profit organization

### **REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER**

532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3

**819 623-2948 Fax:** 819 623-9381

**Email:** rdass@videotron.ca

**Services:** \* Grouping and mobilisation of social assistance recipients. \* Information on rights. \* Exchange and mutual aid to break isolation. \* Raising awareness in the general population.

**Eligibility:** recipients of social assistance and people on a low income

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday and Friday 9h00 to 16h00

**Financing:** provincial, grants

**Legal status:** non-profit organization

**SIGNÉE FEMMES - LE CENTRE DE FEMMES**

383 Labelle Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-5455**

**Website:** www.signeefemmes.com

**Email:** signeefemmes@signeefemmes.com

**Services:** Meeting and exchange space for women. \* Reception, listening, support and accompaniment. \* Workshops, coffee meetings, conferences, educational activities. \* Fight against poverty, violence in all forms and social exclusion. \* Defense of rights. \* Collective actions. \* References.

**Eligibility:** women

**Coverage area:** Rivière-Rouge

**Hours:** Monday to Thursday 9h00 to 16h00

**Financing:** municipal

**Legal status:** non-profit organization

**SOCIÉTÉ DE DÉVELOPPEMENT DU RÉSERVOIR-KIAMIKA**

1850 Fernand-Lafontaine Boulevard, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 278-5402**

**Email:** info@reservoirkiamika.org

**Services:** Organization for the protection and enhancement of the Kiamika reservoir. \* Ecosystems conservation for the regional park. \* Improvement of four-season tourism. \* Socio-cultural mission. \* Summer activities: canoe-camping, camping, beach, nautical activities, hiking.

**Eligibility:** general public

**Coverage area:** Chute-Saint-Philippe, Kiamika, Lac-Saguay, Rivière-Rouge, reservoir and surroundings

**Financing:** provincial

**Legal status:** non-profit organization

**Consumer protection and complaints****OFFICE MUNICIPAL D'HABITATION DES HAUTES-LAURENTIDES**

600b Albiny Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1L4

**1 833 623-4230 Fax:** 819 623-3925

**Website:** www.omhhl.com

**Email:** info@omhhl.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:** 230 units

**Coverage area:** Ferme-Neuve, L'ascension, Lac-Des-Écorces, Mont-Laurier, Nominique, Notre-Dame-Du-Laus, Rivière-Rouge

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

**Financing:** provincial, municipal

**Legal status:** municipal agency

**Correctional services****CORRECTIONAL SERVICE CANADA - LA MACAZA INSTITUTION**

321 de l'Aéroport Road, La Macaza, Laurentides, QC, J0T 1R0

**819 275-2315 Fax:** 819 275-3079

**Website:** www.csc-scc.gc.ca

**Services:** Medium security centre responsible of activities related to the detention of offenders. \* Offenders assessment and follow-up. \* Correctional plans elaboration. \* Management of custody, accommodation, supervision and guidance programs. \* Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

**Eligibility:** men offenders sentenced for more than 2 years

**Capacity:** 240 inmates

**Coverage area:** Province of Québec

**Financing:** federal

**Legal status:** federal government agency

## Courthouses and tribunals

### MONT-LAURIER COURTHOUSE

645 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1T1

**819 623-9666 Fax:** 819 623-6859

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/mont-laurier-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/mont-laurier-courthouse)

**Services:** Administration of court services of Mont-Laurier. \* Support to various courts constituting the judicial system of Québec and some specialized courts. \* Judicial services: civil wedding and partnership, family mediation, support payments.

**Coverage area:** Labelle judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

## Legal assistance and information

### FERME-NEUVE - MUNICIPALITY

125 12th Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1C0

**819 587-3400**

**Website:** [www.municipalite.ferme-neuve.qc.ca](http://www.municipalite.ferme-neuve.qc.ca)

**Email:** [reception@munfn.ca](mailto:reception@munfn.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [municipalite.ferme-neuve.qc.ca/environnement](http://municipalite.ferme-neuve.qc.ca/environnement) \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Ferme-Neuve

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

**Financing:** municipal

**Legal status:** municipal agency

### LAC-DES-ÉCORCES - MUNICIPALITY

672 Saint-François Boulevard, Lac-des-Écorces, Laurentides, QC, J0W 1H0

**819 585-4600 Fax:** 819 585-4610

**Website:** [www.lacdesecorces.ca](http://www.lacdesecorces.ca)

**Email:** [adm@lacdesecorces.ca](mailto:adm@lacdesecorces.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [www.lacdesecorces.ca/calendrier-des-collectes-de-dechets](http://www.lacdesecorces.ca/calendrier-des-collectes-de-dechets) \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Lac-des-Écorces

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

**Financing:** municipal

**Legal status:** municipal agency

### LEGAL AID OFFICE - MONT-LAURIER

555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4

**819 623-2827 Fax:** 819 623-4894

**Website:** [www.ccjll.qc.ca](http://www.ccjll.qc.ca)

**Email:** [bajml@ccjll.qc.ca](mailto:bajml@ccjll.qc.ca)

**Services:** Free or low cost legal services to eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Mont-Laurier

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

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

**Financing:** provincial

**Legal status:** parapublic organization

### MONT-LAURIER - CITY

300 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1J9

**819 623-1221**

**Website:** [www.villemontlaurier.qc.ca](http://www.villemontlaurier.qc.ca)

**Email:** [info@villemontlaurier.qc.ca](mailto:info@villemontlaurier.qc.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: <http://www.villemontlaurier.qc.ca/services-aux-citoyens/matieres-residuelles> \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Mont-Laurier

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

**Financing:** municipal

**Legal status:** municipal agency

### NOMININGUE - MUNICIPALITY

2110 du Tour-du-Lac Road, Nominuingue, Laurentides, QC, J0W 1R0

**819 278-3384 Fax:** 819 278-4967

**Website:** [www.municipalitenominuingue.qc.ca](http://www.municipalitenominuingue.qc.ca)

**Email:** [reception@municipalitenominuingue.qc.ca](mailto:reception@municipalitenominuingue.qc.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [www.municipalitenominuingue.qc.ca/affaires-municipales/communications-aux-citoyens/collectes/](http://www.municipalitenominuingue.qc.ca/affaires-municipales/communications-aux-citoyens/collectes/) \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Nominuingue

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

**Financing:** municipal

**Legal status:** municipal agency

### REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER

532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3

**819 623-2948 Fax:** 819 623-9381

**Email:** [rdass@videotron.ca](mailto:rdass@videotron.ca)

**Services:** \* Grouping and mobilisation of social assistance recipients. \* Information on rights. \* Exchange and mutual aid to break isolation. \* Raising awareness in the general population.

**Eligibility:** recipients of social assistance and people on a low income

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday and Friday 9h00 to 16h00

**Financing:** provincial, grants

**Legal status:** non-profit organization

## RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** [www.maisonstjoseph.ressourcesolivier.com](http://www.maisonstjoseph.ressourcesolivier.com)

**Email:** [ressourcesolivier@gmail.com](mailto:ressourcesolivier@gmail.com)

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## RIVIÈRE-ROUGE - CITY

25 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-2929 Fax: 819 275-3676**

**Website:** [www.riviere-rouge.ca](http://www.riviere-rouge.ca)

**Email:** [greffe@riviere-rouge.ca](mailto:greffe@riviere-rouge.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: <http://www.riviere-rouge.ca/calendrier-des-collectes> \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Rivière-Rouge

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

**Financing:** municipal

**Legal status:** municipal agency

## **Mental Health and addictions**

**ADDICTION PREVENTION**

**ADDICTION TREATMENT**

**COMMUNITY SUPPORT IN MENTAL HEALTH**

**CRISIS CENTRES AND SUICIDE PREVENTION**

## Addiction prevention

### MAISON LYSE-BEAUCHAMP - RESSOURCE D'URGENCE

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

**819 623-3719 ext. 232 Fax:** 819 623-1243

**Website:** maisonlysebeauchamp.org/itinerance

**Email:** info@maisonlysebeauchamp.org

**Services:** \* Emergency shelter. \* 30-day social reinsertion. \* Distribution of sterile consumer material (CAMI). \* Distribution of naloxone kits (intra-nasal and injectable). \* Distribution of fentanyl test strips.

**Eligibility:** men and women 18 and over that find themselves in social emergency, homeless or vagrant situations

**Capacity:** 10

**Coverage area:** MRC d'Antoine-Labelle

**Hours:** 24 hours / 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** www.maisonstjoseph.ressourcesolivier.com

**Email:** ressourcesolivier@gmail.com

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## Addiction treatment

### MAISON LYSE-BEAUCHAMP - RESSOURCE D'URGENCE

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

**819 623-3719 ext. 232 Fax:** 819 623-1243

**Website:** maisonlysebeauchamp.org/itinerance

**Email:** info@maisonlysebeauchamp.org

**Services:** \* Emergency shelter. \* 30-day social reinsertion. \* Distribution of sterile consumer material (CAMI). \* Distribution of naloxone kits (intra-nasal and injectable). \* Distribution of fentanyl test strips.

**Eligibility:** men and women 18 and over that find themselves in social emergency, homeless or vagrant situations

**Capacity:** 10

**Coverage area:** MRC d'Antoine-Labelle

**Hours:** 24 hours / 7 days

**Fees:** free



**Financing:** provincial

**Legal status:** non-profit organization

## Community support in mental health

### ARC-EN-SOI (L') - CENTRE DE PRÉVENTION ET D'INTERVENTION EN SANTÉ MENTALE

929 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-2060 Fax:** 819 275-0527

**Website:** www.larcensoi.ca

**Email:** arcensoi@hotmail.ca

**Services:** Day centre for people with mental health issues. \* Accompaniment, support and referral. \*

Therapeutic and occupational activities: mixed groups, groups of men exclusively or groups of women only.

**Eligibility:** adult women and men with mental health, wandering and homelessness issues

**Coverage area:** MRC Antoine-Labelle

**Hours:** Tuesday to Thursday 8h45 to 15h45, Friday 8h45 to 13h45, delivery: Tuesday, Rivière-Rouge station park: Wednesday

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### MAISON CLOTHILDE

341 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1

**819 623-3843 Fax:** 819 623-0843

**Website:** www.maisonclothilde.org

**Email:** info@maisonclothilde.org

**Services:** Support and education for the family and friends of someone who lives with a mental illness. \*

Activities. \* Documentation.

**Eligibility:** family and friends of someone living with a mental illness

**Coverage area:** MRC Antoine-Labelle

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

**Financing:** self-financing

**Legal status:** non-profit organization

## Crisis centres and suicide prevention

### RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** www.maisonstjoseph.ressourcesolivier.com

**Email:** ressourcesolivier@gmail.com

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \*

Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \*

Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health

and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for

parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

**Seniors**

**CAREGIVERS**

**COMMUNITY AND RECREATION CENTRES**

**DAY CENTRES AND RESPITE**

**FRIENDLY VISITS AND SAFETY CALLS**

**HOME SUPPORT**

**HOUSING FOR SENIORS**

**MEALS ON WHEELS**

**SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS**

**VOLUNTEER TRANSPORTATION**

## Caregivers

### ALBATROS MONT-LAURIER (MRC ANTOINE-LABELLE)

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 449-4540**

**Website:** www.albatrosvgl.ca

**Email:** albatrosmontlaurier@gmail.com

**Services:** Volunteer support for people in palliative or end-of-life care. \* Support, telephone listening and assistance to people in terminal phase. \* Individual follow-up. \* Support groups for people experiencing loss of loved ones. \* Training for caregivers: bereavement, family dynamics and terminal phase.

**Eligibility:** people 18 years of age and older at the end of life, in mourning, as well as their family and caregivers

**Coverage area:** MRC Antoine-Labelle

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412 Fax:** 819 623-3081

**Website:** www.cableonie-belanger.org

**Email:** info@cableonie-belanger.org

**Services:** Seniors \* Meals on wheels. \* Community meal. \* At-home friendly visits. \* PAIR program: automated phone calls to ensure the users' good health and callback service for medication reminders. \* Assistance in administrative steps and to fill in forms. \* Club soleil: social and recreational activities. \* Transport Gérontin: transport service covering many municipalities of the MRC Antoine-Labelle. \* Tax clinic. Caregivers \* Support groups. \* Information and referral. \* Listening, consultation and follow-up services to prevent psychological distress. Health \* Point Rouge: creation of a data sheet describing the health problems and medication of a person to facilitate intervention in case of distress at home. Volunteering \* Promotion of volunteering. \* Recruitment and training of volunteers. \* Support to community organizations.

**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations

**Coverage area:** Mont-Laurier, Transport Gérontin: Ferme-Neuve, Kiamika, Lac-Du-Cerf, Lac-Des-Écorces, Mont-Laurier, Mont-Saint-Michel, Notre-Dame-De-Pontmain, Saint-Aimé-Du-Lac-Des-Îles, Sainte-Anne-Du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: every Tuesday for Mont-Laurier and Lac-des-Écorces, every second Tuesday for Ferme-Neuve, Mont-Saint-Michel and Sainte-Anne-du-Lac, every Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: \$5, community lunch: \$7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

### COOPÉRATIVE DÉFI-AUTONOMIE D'ANTOINE-LABELLE

538 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S7

**819 623-6681 Fax:** 819 623-2099

**Email:** info@defiautonomie.com

**Services:** \* Home support: regular housekeeping and big clean ups, meal preparation (without diet), help with daily care and hygiene, groceries and other errands. \* Respite and at-home surveillance.

**Eligibility:** seniors, caregivers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 8h30 to 16h30, respite: day, evening and weekends

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

## Community and Recreation Centres

### CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412** Fax: 819 623-3081

**Website:** www.cableonie-belanger.org

**Email:** info@cableonie-belanger.org

**Services:** Seniors \* Meals on wheels. \* Community meal. \* At-home friendly visits. \* PAIR program: automated phone calls to ensure the users' good health and callback service for medication reminders. \* Assistance in administrative steps and to fill in forms. \* Club soleil: social and recreational activities. \* Transport Gérontin: transport service covering many municipalities of the MRC Antoine-Labelle. \* Tax clinic. Caregivers \* Support groups. \* Information and referral. \* Listening, consultation and follow-up services to prevent psychological distress. Health \* Point Rouge: creation of a data sheet describing the health problems and medication of a person to facilitate intervention in case of distress at home. Volunteering \* Promotion of volunteering. \* Recruitment and training of volunteers. \* Support to community organizations.

**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations

**Coverage area:** Mont-Laurier, Transport Gérontin: Ferme-Neuve, Kiamika, Lac-Du-Cerf, Lac-Des-Écorces, Mont-Laurier, Mont-Saint-Michel, Notre-Dame-De-Pontmain, Saint-Aimé-Du-Lac-Des-Îles, Sainte-Anne-Du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: every Tuesday for Mont-Laurier and Lac-des-Écorces, every second Tuesday for Ferme-Neuve, Mont-Saint-Michel and Sainte-Anne-du-Lac, every Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: \$5, community lunch: \$7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

### COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC

1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0

**819 586-2099**

**Email:** baudrycarmen@gmail.com

**Services:** Volunteer committee to help seniors. \* Delivery of prepared meals. \* Telephone support and friendship calls. \* Friendship visits. \* Blood test service by a nurse, once a week at the city hall. \* Medical appointment service with a doctor, once a month at the city hall. \* Social activities, outings. \* Christmas baskets.

**Eligibility:** people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac

**Coverage area:** Sainte-Anne-du-Lac

**Hours:** delivery of prepared meals: once every two weeks

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

## Day centres and respite

### ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS

15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-2112**

**Email:** abeillesactives.ndl@gmail.com

**Services:** \* Food assistance. \* Meals on wheels. \* Day centre. \* Telephone calls. \* Greeting cards. \* Social and informational meetings.

**Eligibility:** seniors

**Coverage area:** Notre-Dame-du-Laus

**Financing:** grants

**Legal status:** non-profit organization

## Friendly visits and safety calls

### **ACTION BÉNÉVOLE DE LA ROUGE (L')**

284, L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-1241** Fax: 819 275-1700

**Website:** www.actionbenevoledelarouge.com

**Email:** directionabr@gmail.com

**Services:** \* Guidance, information and references.\* Food aid.\* Meals on wheels, hot meal deliveries.\* Thrift shop Le Baluchon: clothes, furnitures, house items, books. \* Par'Aînés: friendly visits to the elderlies.\* Community diners.

**Eligibility:** people and families on a low income, seniors, Par'Aînés: seniors 55 years and older living in a precarious situation or socially isolated

**Coverage area:** Rivière-Rouge

**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00, meals on wheels: Tuesday and Thursday 12h00, community meals: 2nd Wednesday of each month

**Fees:** community diners: \$9 per person, food aid: variable, Par'Aînés: none

**Financing:** federal, donations, self-financing

**Legal status:** non-profit organization

### **ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS**

15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-2112**

**Email:** abeillesactives.ndl@gmail.com

**Services:** \* Food assistance. \* Meals on wheels. \* Day centre. \* Telephone calls. \* Greeting cards. \* Social and informational meetings.

**Eligibility:** seniors

**Coverage area:** Notre-Dame-du-Laus

**Financing:** grants

**Legal status:** non-profit organization

### **COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC**

1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0

**819 586-2099**

**Email:** baudrycarmen@gmail.com

**Services:** Volunteer committee to help seniors. \* Delivery of prepared meals. \* Telephone support and friendship calls. \* Friendship visits. \* Blood test service by a nurse, once a week at the city hall. \* Medical appointment service with a doctor, once a month at the city hall. \* Social activities, outings. \* Christmas baskets.

**Eligibility:** people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac

**Coverage area:** Sainte-Anne-du-Lac

**Hours:** delivery of prepared meals: once every two weeks

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

## Home support

### **ACTION BÉNÉVOLE DE LA ROUGE (L')**

284, L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-1241 Fax:** 819 275-1700

**Website:** www.actionbenevoledelarouge.com

**Email:** directionabr@gmail.com

**Services:** \* Guidance, information and references.\* Food aid.\* Meals on wheels, hot meal deliveries.\* Thrift shop Le Baluchon: clothes, furnitures, house items, books. \* Par'Aînés: friendly visits to the elderlies.\* Community diners.

**Eligibility:** people and families on a low income, seniors, Par'Aînés: seniors 55 years and older living in a precarious situation or socially isolated

**Coverage area:** Rivière-Rouge

**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00, meals on wheels: Tuesday and Thursday 12h00, community meals: 2nd Wednesday of each month

**Fees:** community diners: \$9 per person, food aid: variable, Par'Aînés: none

**Financing:** federal, donations, self-financing

**Legal status:** non-profit organization

### **ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS**

15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-2112**

**Email:** abeillesactives.ndl@gmail.com

**Services:** \* Food assistance. \* Meals on wheels. \* Day centre. \* Telephone calls. \* Greeting cards. \* Social and informational meetings.

**Eligibility:** seniors

**Coverage area:** Notre-Dame-du-Laus

**Financing:** grants

**Legal status:** non-profit organization

### **CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER**

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412 Fax:** 819 623-3081

**Website:** www.cableonie-belanger.org

**Email:** info@cableonie-belanger.org

**Services:** Seniors \* Meals on wheels. \* Community meal. \* At-home friendly visits. \* PAIR program: automated phone calls to ensure the users' good health and callback service for medication reminders. \* Assistance in administrative steps and to fill in forms. \* Club soleil: social and recreational activities. \* Transport Gérontin: transport service covering many municipalities of the MRC Antoine-Labelle. \* Tax clinic. Caregivers \* Support groups. \* Information and referral. \* Listening, consultation and follow-up services to prevent psychological distress. Health \* Point Rouge: creation of a data sheet describing the health problems and medication of a person to facilitate intervention in case of distress at home. Volunteering \* Promotion of volunteering. \* Recruitment and training of volunteers. \* Support to community organizations.

**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations

**Coverage area:** Mont-Laurier, Transport Gérontin: Ferme-Neuve, Kiamika, Lac-Du-Cerf, Lac-Des-Écorces, Mont-Laurier, Mont-Saint-Michel, Notre-Dame-De-Pontmain, Saint-Aimé-Du-Lac-Des-Îles, Sainte-Anne-Du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: every Tuesday for Mont-Laurier and Lac-des-Écorces, every second Tuesday for Ferme-Neuve, Mont-Saint-Michel and Sainte-Anne-du-Lac, every Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: \$5, community lunch: \$7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

### COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC

1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0

**819 586-2099**

**Email:** baudrycarmen@gmail.com

**Services:** Volunteer committee to help seniors. \* Delivery of prepared meals. \* Telephone support and friendship calls. \* Friendship visits. \* Blood test service by a nurse, once a week at the city hall. \* Medical appointment service with a doctor, once a month at the city hall. \* Social activities, outings. \* Christmas baskets.

**Eligibility:** people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac

**Coverage area:** Sainte-Anne-du-Lac

**Hours:** delivery of prepared meals: once every two weeks

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

### COOPÉRATIVE DÉFI-AUTONOMIE D'ANTOINE-LABELLE

538 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S7

**819 623-6681 Fax:** 819 623-2099

**Email:** info@defiautonomie.com

**Services:** \* Home support: regular housekeeping and big clean ups, meal preparation (without diet), help with daily care and hygiene, groceries and other errands. \* Respite and at-home surveillance.

**Eligibility:** seniors, caregivers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 8h30 to 16h30, respite: day, evening and weekends

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

## Housing for seniors

### CENTRE D'HÉBERGEMENT L'ÉQUIP'ÂGE

1525 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-2118**

**Website:** www.santelaurentides.gouv.qc.ca

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

**Eligibility:** seniors or people with a loss of autonomy

**Coverage area:** Laurentians

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE D'HÉBERGEMENT SAINTE-ANNE

411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1

**819 623-5940**

**Website:** www.santelaurentides.gouv.qc.ca

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

**Eligibility:** seniors or people with a loss of autonomy

**Coverage area:** Laurentians

**Financing:** provincial

**Legal status:** parapublic organization



**OFFICE MUNICIPAL D'HABITATION DES HAUTES-LAURENTIDES**

600b Albiny Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1L4

**1 833 623-4230 Fax:** 819 623-3925

**Website:** www.omhhl.com

**Email:** info@omhhl.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:** 230 units

**Coverage area:** Ferme-Neuve, L'ascension, Lac-Des-Écorces, Mont-Laurier, Nomingue, Notre-Dame-Du-Laus, Rivière-Rouge

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

**Financing:** provincial, municipal

**Legal status:** municipal agency

**RÉSIDENCES CÔME-CARTIER**

1201 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-3430 ext. 101**

**Email:** adm.rcc@bellnet.ca

**Services:** Supervised housing for seniors who are autonomous or with a moderate loss of autonomy. \* Meals. \* Personal assistance. \* Domestic help. \* Recreation.

**Eligibility:** autonomous or semi-autonomous seniors who are on a low or modest income

**Capacity:** 38 units

**Coverage area:** Rivière-Rouge

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**VILLA DES ARCS-EN-CIEL**

570 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S7

**Services:** Housing for seniors.

**Eligibility:** seniors on a low or modest income

**Capacity:** 12 units

**Coverage area:** Mont-Laurier

**Financing:** self-financing

**Legal status:** non-profit organization

**Meals on Wheels****ACTION BÉNÉVOLE DE LA ROUGE (L')**

284, L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-1241 Fax:** 819 275-1700

**Website:** www.actionbenevoledelarouge.com

**Email:** directionabr@gmail.com

**Services:** \* Guidance, information and references.\* Food aid.\* Meals on wheels, hot meal deliveries.\* Thrift shop Le Baluchon: clothes, furnitures, house items, books. \* Par'Aînés: friendly visits to the elderlies.\* Community diners.

**Eligibility:** people and families on a low income, seniors, Par'Aînés: seniors 55 years and older living in a precarious situation or socially isolated

**Coverage area:** Rivière-Rouge

**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00, meals on wheels: Tuesday and Thursday 12h00, community meals: 2nd Wednesday of each month

**Fees:** community diners: \$9 per person, food aid: variable, Par'Aînés: none

**Financing:** federal, donations, self-financing

**Legal status:** non-profit organization

### ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS

15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-2112**

**Email:** abeillesactives.ndl@gmail.com

**Services:** \* Food assistance. \* Meals on wheels. \* Day centre. \* Telephone calls. \* Greeting cards. \* Social and informational meetings.

**Eligibility:** seniors

**Coverage area:** Notre-Dame-du-Laus

**Financing:** grants

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412 Fax:** 819 623-3081

**Website:** www.cableonie-belanger.org

**Email:** info@cableonie-belanger.org

**Services:** Seniors \* Meals on wheels. \* Community meal. \* At-home friendly visits. \* PAIR program: automated phone calls to ensure the users' good health and callback service for medication reminders. \* Assistance in administrative steps and to fill in forms. \* Club soleil: social and recreational activities. \* Transport Gérontin: transport service covering many municipalities of the MRC Antoine-Labelle. \* Tax clinic. Caregivers \* Support groups. \* Information and referral. \* Listening, consultation and follow-up services to prevent psychological distress. Health \* Point Rouge: creation of a data sheet describing the health problems and medication of a person to facilitate intervention in case of distress at home. Volunteering \* Promotion of volunteering. \* Recruitment and training of volunteers. \* Support to community organizations.

**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations

**Coverage area:** Mont-Laurier, Transport Gérontin: Ferme-Neuve, Kiamika, Lac-Du-Cerf, Lac-Des-Écorces, Mont-Laurier, Mont-Saint-Michel, Notre-Dame-De-Pontmain, Saint-Aimé-Du-Lac-Des-Îles, Sainte-Anne-Du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: every Tuesday for Mont-Laurier and Lac-des-Écorces, every second Tuesday for Ferme-Neuve, Mont-Saint-Michel and Sainte-Anne-du-Lac, every Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: \$5, community lunch: \$7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

### COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC

1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0

**819 586-2099**

**Email:** baudrycarmen@gmail.com

**Services:** Volunteer committee to help seniors. \* Delivery of prepared meals. \* Telephone support and friendship calls. \* Friendship visits. \* Blood test service by a nurse, once a week at the city hall. \* Medical appointment service with a doctor, once a month at the city hall. \* Social activities, outings. \* Christmas baskets.

**Eligibility:** people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac

**Coverage area:** Sainte-Anne-du-Lac

**Hours:** delivery of prepared meals: once every two weeks

**Financing:** self-financing, municipal  
**Legal status:** non-profit organization

## Seniors' Advocacy and Assistance Associations

### LEGAL AID OFFICE - MONT-LAURIER

555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4  
**819 623-2827 Fax:** 819 623-4894  
**Website:** www.cjll.qc.ca  
**Email:** bajml@cjll.qc.ca

**Services:** Free or low cost legal services to eligible individuals. \* Receive and process legal aid requests.  
**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law  
**Coverage area:** Mont-Laurier  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency  
**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website  
**Financing:** provincial  
**Legal status:** parapublic organization

## Volunteer Transportation

### ACTION BÉNÉVOLE DE LA ROUGE (L') - ACCOMPANIMENT-TRANSPORTATION

284, L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0  
**819 275-1241 Fax:** 819 275-1700  
**Website:** www.actionbenevoledelarouge.com  
**Email:** directionabr@gmail.com

**Services:** \* Transportation-accompagnement for medical appointments by volunteers.  
**Eligibility:** people with temporary or permanent autonomy loss, people living with a physical disability or chronic disease, people in recovery, receiving help from CSST, social assistance or curatorship  
**Coverage area:** Rivière-Rouge  
**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00  
**Financing:** federal, donations, self-financing  
**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9  
**819 623-4412 Fax:** 819 623-3081  
**Website:** www.cableonie-belanger.org  
**Email:** info@cableonie-belanger.org

**Services:** Seniors \* Meals on wheels. \* Community meal. \* At-home friendly visits. \* PAIR program: automated phone calls to ensure the users' good health and callback service for medication reminders. \* Assistance in administrative steps and to fill in forms. \* Club soleil: social and recreational activities. \* Transport Gérontin: transport service covering many municipalities of the MRC Antoine-Labelle. \* Tax clinic. Caregivers \* Support groups. \* Information and referral. \* Listening, consultation and follow-up services to prevent psychological distress. Health \* Point Rouge: creation of a data sheet describing the health problems and medication of a person to facilitate intervention in case of distress at home. Volunteering \* Promotion of volunteering. \* Recruitment and training of volunteers. \* Support to community organizations.  
**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations  
**Coverage area:** Mont-Laurier, Transport Gérontin: Ferme-Neuve, Kiamika, Lac-Du-Cerf, Lac-Des-Écorces, Mont-Laurier, Mont-Saint-Michel, Notre-Dame-De-Pontmain, Saint-Aimé-Du-Lac-Des-Îles, Sainte-Anne-Du-Lac

## Seniors

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: every Tuesday for Mont-Laurier and Lac-des-Écorces, every second Tuesday for Ferme-Neuve, Mont-Saint-Michel and Sainte-Anne-du-Lac, every Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: \$5, community lunch: \$7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

### **CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER - ACCOMPANIMENT-TRANSPORTATION**

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412 ext. 224**

**Website:** [www.cableonie-belanger.org](http://www.cableonie-belanger.org)

**Email:** [info@cableonie-belanger.org](mailto:info@cableonie-belanger.org)

**Services:** \* Transport and accompaniment by volunteers for medical appointments and for errands.

**Eligibility:** seniors aged 60 years old and over

**Coverage area:** accompaniment-transportation: Mont-Laurier, appointment: MRC Antoine-Labelle

**Hours:** by appointment

**Fees:** transportation and accompaniment: \$9.50 for a local accompaniment and \$0.40 per kilometer for an accompaniment outside of Mont-Laurier

**Financing:** self-financing

**Legal status:** non-profit organization

### **TRANSPORT ADAPTÉ ET COLLECTIF D'ANTOINE-LABELLE**

294 Du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5565**

**Website:** [tacal.ca](http://tacal.ca)

**Email:** [info@tacal.ca](mailto:info@tacal.ca)

**Services:** Transportation service. \* Public transportation: taxibuses, school buses, paratransit buses and inter-regional transportation. \* Paratransit: adapted buses. \* Volunteer transportation: volunteer drivers in their own vehicles for health care trips only.

**Eligibility:** public transportation: residents, paratransit: people with disabilities and mobility limitations, volunteer transportation: people with special transportation needs

**Coverage area:** MRC Antoine-Labelle and surroundings

**Hours:** customer service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

**Fees:** public and paratransit: \$3 per trip, volunteer transportation: fees according to kilometers travelled

**Financing:** municipal, self-financing, grants

**Legal status:** non-profit organization

**Sex and gender**

**WOMEN'S CENTRES**

**WOMEN'S ASSOCIATIONS**

## Women's centres

### SIGNÉE FEMMES - LE CENTRE DE FEMMES

383 Labelle Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-5455**

**Website:** www.signeefemmes.com

**Email:** signeefemmes@signeefemmes.com

**Services:** Meeting and exchange space for women. \* Reception, listening, support and accompaniment. \* Workshops, coffee meetings, conferences, educational activities. \* Fight against poverty, violence in all forms and social exclusion. \* Defense of rights. \* Collective actions. \* References.

**Eligibility:** women

**Coverage area:** Rivière-Rouge

**Hours:** Monday to Thursday 9h00 to 16h00

**Financing:** municipal

**Legal status:** non-profit organization

## Women's associations

### ASSOCIATION FÉMININE D'ÉDUCATION ET D'ACTION SOCIALE - HAUTES-RIVIÈRES

Confidential Address

**819 587-3199**

**Email:** ddore3@hotmail.com

**Services:** \* Information, social action and promotion of women's issues. \* Advocacy and representation.

**Eligibility:** women 16 years old and older

**Coverage area:** Bouchette, Ferme-Neuve, Gracefield, Saint-Aimé-du-Lac-des-Îles

**Fees:** annual membership: \$35

**Financing:** membership fees

**Legal status:** non-profit organization

### SIGNÉE FEMMES - LE CENTRE DE FEMMES

383 Labelle Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-5455**

**Website:** www.signeefemmes.com

**Email:** signeefemmes@signeefemmes.com

**Services:** Meeting and exchange space for women. \* Reception, listening, support and accompaniment. \* Workshops, coffee meetings, conferences, educational activities. \* Fight against poverty, violence in all forms and social exclusion. \* Defense of rights. \* Collective actions. \* References.

**Eligibility:** women

**Coverage area:** Rivière-Rouge

**Hours:** Monday to Thursday 9h00 to 16h00

**Financing:** municipal

**Legal status:** non-profit organization

**Sports, Recreation and Culture**

**CLUBS AND SOCIAL EVENTS**

**COMMUNITY RECREATION CENTRES**

**HOBBIES**

**SPORT**

**SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY**

## Clubs and social events

### CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412** Fax: 819 623-3081

**Website:** www.cableonie-belanger.org

**Email:** info@cableonie-belanger.org

**Services:** Seniors \* Meals on wheels. \* Community meal. \* At-home friendly visits. \* PAIR program: automated phone calls to ensure the users' good health and callback service for medication reminders. \* Assistance in administrative steps and to fill in forms. \* Club soleil: social and recreational activities. \* Transport Gérontin: transport service covering many municipalities of the MRC Antoine-Labelle. \* Tax clinic. Caregivers \* Support groups. \* Information and referral. \* Listening, consultation and follow-up services to prevent psychological distress. Health \* Point Rouge: creation of a data sheet describing the health problems and medication of a person to facilitate intervention in case of distress at home. Volunteering \* Promotion of volunteering. \* Recruitment and training of volunteers. \* Support to community organizations.

**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations

**Coverage area:** Mont-Laurier, Transport Gérontin: Ferme-Neuve, Kiamika, Lac-Du-Cerf, Lac-Des-Écorces, Mont-Laurier, Mont-Saint-Michel, Notre-Dame-De-Pontmain, Saint-Aimé-Du-Lac-Des-Îles, Sainte-Anne-Du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: every Tuesday for Mont-Laurier and Lac-des-Écorces, every second Tuesday for Ferme-Neuve, Mont-Saint-Michel and Sainte-Anne-du-Lac, every Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: \$5, community lunch: \$7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

### SIGNÉE FEMMES - LE CENTRE DE FEMMES

383 Labelle Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-5455**

**Website:** www.signeefemmes.com

**Email:** signeefemmes@signeefemmes.com

**Services:** Meeting and exchange space for women. \* Reception, listening, support and accompaniment. \* Workshops, coffee meetings, conferences, educational activities. \* Fight against poverty, violence in all forms and social exclusion. \* Defense of rights. \* Collective actions. \* References.

**Eligibility:** women

**Coverage area:** Rivière-Rouge

**Hours:** Monday to Thursday 9h00 to 16h00

**Financing:** municipal

**Legal status:** non-profit organization

## Community recreation centres

### COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC

1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0

**819 586-2099**

**Email:** baudrycarmen@gmail.com

**Services:** Volunteer committee to help seniors. \* Delivery of prepared meals. \* Telephone support and friendship calls. \* Friendship visits. \* Blood test service by a nurse, once a week at the city hall. \* Medical appointment service with a doctor, once a month at the city hall. \* Social activities, outings. \* Christmas baskets.

**Eligibility:** people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac

**Coverage area:** Sainte-Anne-du-Lac

**Hours:** delivery of prepared meals: once every two weeks



**Financing:** self-financing, municipal

**Legal status:** non-profit organization

### MAISON DES JEUNES DE LA VALLÉE DE LA ROUGE

2113 Tour-du-Lac Road, Nominique, Laurentides, QC, J0W 1R0

**819 278-0560**

**Email:** mdj.valleedelarouge@gmail.com

**Services:** Meeting place for youth from 12 to 17 years old where, in contact with meaningful adults, they can become critical, active and responsible citizens. \* Sports, cultural and entertainment activities. \* Workshops. \* Financing activity through a sorting centre for refundable containers.

**Eligibility:** youth from 12 to 17 years old

**Capacity:** 30 young people

**Coverage area:** L'ascension, La Macaza, Lac-Saguay, Nominique, Rivière-Rouge and surroundings

**Hours:** Wednesday and Thursday 15h00 to 20h00, Friday 15h00 to 22h00, Saturday 13h00 to 22h00

**Fees:** variable

**Financing:** self-financing, municipal, provincial

**Legal status:** non-profit organization

### MAISON DES JEUNES DE MONT-LAURIER

513 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1K8

**819 623-2835**

**Website:** www.mdjml.org

**Email:** admin@mdjml.org

**Services:** Animated meeting place for young people. \* Sports, cultural and entertainment activities. \* Prevention, health promotion and wellness activities.

**Eligibility:** youth from 11 to 17 years old

**Coverage area:** Mont-Laurier and surrounding areas

**Hours:** Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00

**Fees:** free, except for special activities

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

### MAISON DES JEUNES LA SENSASS ION

4 Principale Street West, L'Ascension, Laurentides, QC, J0T 1W0

**819 275-7528**

**Email:** mdj.lasensassion1@gmail.com

**Services:** Animated meeting place. \* Living environment, animation, activities and support for young people.

**Eligibility:** youth 12 to 17 years old

**Coverage area:** L'Ascension

**Hours:** Friday 15h00 to 22h00, Saturday 14h00 to 22h00

**Financing:** donations

**Legal status:** non-profit organization

### SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS

170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-3355**

**Website:** www.notre-dame-du-laus.ca/service-collectif-aux-familles-0

**Email:** maisondefamille.ndl@outlook.com

**Services:** \* Drop-in daycare and hot lunches for children. \* Physical activities for young people. \* Food assistance. \* Knitting and crochet classes. \* Christmas hamper and Christmas baskets (gift giving to children). \* Various trainings. \* Special projects and events throughout the year. \* Checking car seats. \* Fax and photocopy service.

**Eligibility:** families

**Coverage area:** Notre-Dame-du-Laus  
**Hours:** Monday to Friday, variable hours  
**Fees:** variable  
**Financing:** self-financing, municipal  
**Legal status:** non-profit organization

## Hobbies

### SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS

170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

**819 767-3355**

**Website:** [www.notre-dame-du-la.us.ca/service-collectif-aux-familles-0](http://www.notre-dame-du-la.us.ca/service-collectif-aux-familles-0)

**Email:** [maisondelafamille.ndl@outlook.com](mailto:maisondelafamille.ndl@outlook.com)

**Services:** \* Drop-in daycare and hot lunches for children. \* Physical activities for young people. \* Food assistance. \* Knitting and crochet classes. \* Christmas hamper and Christmas baskets (gift giving to children). \* Various trainings. \* Special projects and events throughout the year. \* Checking car seats. \* Fax and photocopy service.

**Eligibility:** families

**Coverage area:** Notre-Dame-du-Laus

**Hours:** Monday to Friday, variable hours

**Fees:** variable

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

## Sport

### MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7

**1 866 623-3009** Fax: 819 623-7040

**Website:** [www.lamereveille.ca](http://www.lamereveille.ca)

**Email:** [directioncrp@lamereveille.ca](mailto:directioncrp@lamereveille.ca)

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7653** Fax: 819 275-2161

**Website:** [www.lamereveille.ca](http://www.lamereveille.ca)

**Email:** [directioncrp@lamereveille.ca](mailto:directioncrp@lamereveille.ca)

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

**Financing:** grants, donations

**Legal status:** non-profit organization

## Sports and recreation for people with a disability

### ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-3828

**Email:** asshandicaphl@qc.aira.com

**Services:** \* Welcoming, listening, referral and documentation. \* Information on available resources. \* Information and accompaniment for parents in the steps to obtain services from other organizations. \* Varied training for parents. \* Family meetings and recreational activities. \* Support to welcoming spaces. \* Awareness and promotion of social integration and participation.

**Eligibility:** parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Financing:** municipal, dons

**Legal status:** non-profit organization

### GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE MONT-LAURIER

411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1

1 866 974-1888 Fax: 450 974-3757

**Website:** www.grpa.ca

**Email:** info@grpa.ca

**Services:** \* Information, documentation. \* Physical and social activities: adapted physical exercise, outings. \* Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. \* Communication: coffee-meetings, language stimulation. \* Support group for caregivers.

**Eligibility:** people with aphasia who experienced a stroke, caregivers

**Coverage area:** Laurentides

**Hours:** services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

**Fees:** membership: \$40 per year

**Financing:** provincial

**Legal status:** non-profit organization

### PAPILLONS DE NOMININGUE (LES)

2252 Sacré-Coeur Street, Nominuingue, Laurentides, QC, J0W 1R0

819 278-4748

**Website:** www.cdchl.org/les-papillons-de-nominuingue

**Email:** papillonsnominuingue@bellnet.ca

**Services:** Living environment for disabled people. \* Educational and social activities.

**Eligibility:** disabled people

**Coverage area:** Vallée de la Rouge

**Financing:** self-financing

**Legal status:** non-profit organization

## **REGROUPEMENT DES PERSONNES HANDICAPÉES DE LA RÉGION DE MONT-LAURIER**

294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5258 Fax:** 819 440-2579

**Website:** le-prisme.com

**Email:** coordo.le-prisme@hotmail.com

**Services:** \* Home environment. \* Welcoming, assistance, self-help and socialization place. \* Planning, preparation and organization of activities likely to improve the quality of life. \* Day-centre. \* Day camp. \* Mathematics library: learning activities adapted for young people to borrow.

**Eligibility:** persons with disabilities, an autism spectrum disorder and their families

**Coverage area:** Laurentians

**Hours:** day-centre: Monday to Thursday 8h00 to 11h30, 11h30 to 13h00 or 13h00 to 16h00, respite: Saturday

**Financing:** self-financing

**Legal status:** non-profit organization

## **Thrift store and material aid**

### **CLOTHING**

### **DONATION PICK-UPS**

### **THRIFT STORES**

### **USED ITEM DONATION RECOVERY PROGRAMS**

## Clothing

### RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3  
**819 660-2842**

**Website:** [www.maisonstjoseph.ressourcesolivier.com](http://www.maisonstjoseph.ressourcesolivier.com)

**Email:** [ressourcesolivier@gmail.com](mailto:ressourcesolivier@gmail.com)

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## Donation pick-ups

### CENTRE DE LA FAMILLE DES HAUTES-LAURENTIDES

362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7

**819 623-7215** Fax: 819 623-9718

**Email:** [ctre.famille@ireseau.com](mailto:ctre.famille@ireseau.com)

**Services:** \* Drop-in daycare. \* Access rights supervision services. \* Group workshops. \* Donation counter. \* Family activities.

**Eligibility:** families

**Coverage area:** Hautes-Laurentides, MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** \$1 per day

**Financing:** provincial, grants and donations

**Legal status:** non-profit organization

## Thrift Stores

### ACTION BÉNÉVOLE DE LA ROUGE (L')

284, L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-1241** Fax: 819 275-1700

**Website:** [www.actionbenevoledelarouge.com](http://www.actionbenevoledelarouge.com)

**Email:** [directionabr@gmail.com](mailto:directionabr@gmail.com)

**Services:** \* Guidance, information and references. \* Food aid. \* Meals on wheels, hot meal deliveries. \* Thrift shop Le Baluchon: clothes, furnitures, house items, books. \* Par'Aînés: friendly visits to the elderlies. \* Community diners.

**Eligibility:** people and families on a low income, seniors, Par'Aînés: seniors 55 years and older living in a precarious situation or socially isolated

**Coverage area:** Rivière-Rouge

**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00, meals on wheels: Tuesday and Thursday 12h00, community meals: 2nd Wednesday of each month

**Fees:** community diners: \$9 per person, food aid: variable, Par'Aînés: none

**Financing:** federal, donations, self-financing

**Legal status:** non-profit organization

### **CENTRE COMMUNAUTAIRE DE FERME-NEUVE**

130 13th Street, Ferme-Neuve, Laurentides, QC, J0W 1C0

**819 587-4189**

**Email:** centre.fn@gmail.com

**Services:** \* Food assistance. \* Thrift store La Friperie du coin: recovery and sale of second-hand clothing, dishes and household items. \* Meubles en vrac: recovery and sale of second-hand furniture and household appliances. \* Coffee-meeting. \* Collective kitchen. \* Collective kitchen for adolescents. \* Community Internet access center. \* Kindergarten Coeur-Soleil.

**Eligibility:** single people and families on a low income

**Coverage area:** Ferme-Neuve, Lac-Saint-Paul, Mont-Saint-Michel and Sainte-Anne-du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, thrift store: Monday to Thursday 10h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

### **MANNE DU JOUR**

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

**819 623-6604**

**Website:** www.mannedujour.ca

**Email:** mannedujour@gmail.com

**Services:** \* Food counter. \* Soup distribution. \* Christmas baskets. \* Distribution of frozen meals and snacks in schools. \* Tasting and sharing recipes. \* Pantry at the boys' residence of Polyvalente Saint-Joseph. \* Collective cooking workshops at the Polyvalente Saint-Joseph residences. \* Culinary capsules. \* Workshop Saturday to play: activities for families with children aged 5 to 12 years. \* Homework club: homework help. \* La Boutik: collecting and selling items at low prices, Clothing, toys, sporting goods, kitchenware, CDs, furniture, books.

**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food counter: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food counter: \$5, the Boutik: variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

### **MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER**

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7

**1 866 623-3009 Fax:** 819 623-7040

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### **MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE**

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-7653 Fax:** 819 275-2161

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

**Services:** Perinatal resource centre. \* Support and educational activities for parents. \* Themed dinners. \* In-home respite care. \* Daycare centre. \* Phone helpline and mutual aid. \* Breastfeeding support and sponsorship. \* Accompaniment during pregnancy and at childbirth. \* Meal preparation during pregnancy and after childbirth. \* Massages for newborns. \* Workshops on baby carrying. \* Parent-child activities. \* Meetings for fathers. \* Thrift store. \* Documentation centre. \* Rental and verification of car seats for newborns and children. \* Family summer activities: outings, meetings in the park, yoga in the park, etc. \* Consultation with the sector: Table de concertation de la petite enfance des Hautes-Laurentides.

**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d'Antoine-Labelle

**Financing:** grants, donations

**Legal status:** non-profit organization

### **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MONT-LAURIER**

656 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-6499**

**Website:** csvp-mont-laurier.org

**Email:** info@csvp-mont-laurier.org

**Services:** \* Food assistance. \* Weekly soup kitchen. \* Christmas baskets. \* Sale of used items. \* Operation Bonne Mine.

**Eligibility:** people on a low income

**Coverage area:** Mont-Laurier

**Hours:** Tuesday and Wednesday 13h00 to 17h00, Thursday 13h00 to 20h00, Friday 13h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

## **Used item donation recovery programs**

### **CENTRE COMMUNAUTAIRE DE FERME-NEUVE**

130 13th Street, Ferme-Neuve, Laurentides, QC, J0W 1C0

**819 587-4189**

**Email:** centre.fn@gmail.com

**Services:** \* Food assistance. \* Thrift store La Friperie du coin: recovery and sale of second-hand clothing, dishes and household items. \* Meubles en vrac: recovery and sale of second-hand furniture and household appliances. \* Coffee-meeting. \* Collective kitchen. \* Collective kitchen for adolescents. \* Community Internet access center. \* Kindergarten Coeur-Soleil.

**Eligibility:** single people and families on a low income

**Coverage area:** Ferme-Neuve, Lac-Saint-Paul, Mont-Saint-Michel and Sainte-Anne-du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, thrift store: Monday to Thursday 10h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization



**MANNE DU JOUR**

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

**819 623-6604**

**Website:** [www.mannedujour.ca](http://www.mannedujour.ca)

**Email:** [mannedujour@gmail.com](mailto:mannedujour@gmail.com)

**Services:** \* Food counter. \* Soup distribution. \* Christmas baskets. \* Distribution of frozen meals and snacks in schools. \* Tasting and sharing recipes. \* Pantry at the boys' residence of Polyvalente Saint-Joseph. \* Collective cooking workshops at the Polyvalente Saint-Joseph residences. \* Culinary capsules. \* Workshop Saturday to play: activities for families with children aged 5 to 12 years. \* Homework club: homework help. \* La Boutik: collecting and selling items at low prices, Clothing, toys, sporting goods, kitchenware, CDs, furniture, books.

**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food counter: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food counter: \$5, the Boutik: variable

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

**RESSOURCES OLIVIER**

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** [www.maisonstjoseph.ressourcesolivier.com](http://www.maisonstjoseph.ressourcesolivier.com)

**Email:** [ressourcesolivier@gmail.com](mailto:ressourcesolivier@gmail.com)

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## **Transportation**

**ACCOMPANIED TRANSPORT**

**ACCOMPANIED TRANSPORT FOR MEDICAL REASONS**

**PARATRANSIT**

**PUBLIC TRANSPORTATION**

## Accompanied transport

### CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER - ACCOMPANIMENT-TRANSPORTATION

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412 ext. 224**

**Website:** [www.cableonie-belanger.org](http://www.cableonie-belanger.org)

**Email:** [info@cableonie-belanger.org](mailto:info@cableonie-belanger.org)

**Services:** \* Transport and accompaniment by volunteers for medical appointments and for errands.

**Eligibility:** seniors aged 60 years old and over

**Coverage area:** accompaniment-transportation: Mont-Laurier, appointment: MRC Antoine-Labelle

**Hours:** by appointment

**Fees:** transportation and accompaniment: \$9.50 for a local accompaniment and \$0.40 per kilometer for an accompaniment outside of Mont-Laurier

**Financing:** self-financing

**Legal status:** non-profit organization

### TRANSPORT ADAPTÉ ET COLLECTIF D'ANTOINE-LABELLE

294 Du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5565**

**Website:** [tacal.ca](http://tacal.ca)

**Email:** [info@tacal.ca](mailto:info@tacal.ca)

**Services:** Transportation service. \* Public transportation: taxibuses, school buses, paratransit buses and inter-regional transportation. \* Paratransit: adapted buses. \* Volunteer transportation: volunteer drivers in their own vehicles for health care trips only.

**Eligibility:** public transportation: residents, paratransit: people with disabilities and mobility limitations, volunteer transportation: people with special transportation needs

**Coverage area:** MRC Antoine-Labelle and surroundings

**Hours:** customer service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

**Fees:** public and paratransit: \$3 per trip, volunteer transportation: fees according to kilometers travelled

**Financing:** municipal, self-financing, grants

**Legal status:** non-profit organization

## Accompanied transport for medical reasons

### ACTION BÉNÉVOLE DE LA ROUGE (L') - ACCOMPANIMENT-TRANSPORTATION

284, L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

**819 275-1241 Fax: 819 275-1700**

**Website:** [www.actionbenevoledelarouge.com](http://www.actionbenevoledelarouge.com)

**Email:** [directionabr@gmail.com](mailto:directionabr@gmail.com)

**Services:** \* Transportation-accompaniment for medical appointments by volunteers.

**Eligibility:** people with temporary or permanent autonomy loss, people living with a physical disability or chronic disease, people in recovery, receiving help from CSST, social assistance or curatorship

**Coverage area:** Rivière-Rouge

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

**Financing:** federal, donations, self-financing

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER - ACCOMPANIMENT-TRANSPORTATION

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412 ext. 224**

**Website:** [www.cableonie-belanger.org](http://www.cableonie-belanger.org)

**Email:** [info@cableonie-belanger.org](mailto:info@cableonie-belanger.org)

## Transportation

**Services:** \* Transport and accompaniment by volunteers for medical appointments and for errands.

**Eligibility:** seniors aged 60 years old and over

**Coverage area:** accompaniment-transportation: Mont-Laurier, appointment: MRC Antoine-Labelle

**Hours:** by appointment

**Fees:** transportation and accompaniment: \$9.50 for a local accompaniment and \$0.40 per kilometer for an accompaniment outside of Mont-Laurier

**Financing:** self-financing

**Legal status:** non-profit organization

### TRANSPORT ADAPTÉ ET COLLECTIF D'ANTOINE-LABELLE

294 Du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5565**

**Website:** [tacal.ca](http://tacal.ca)

**Email:** [info@tacal.ca](mailto:info@tacal.ca)

**Services:** Transportation service. \* Public transportation: taxibuses, school buses, paratransit buses and inter-regional transportation. \* Paratransit: adapted buses. \* Volunteer transportation: volunteer drivers in their own vehicles for health care trips only.

**Eligibility:** public transportation: residents, paratransit: people with disabilities and mobility limitations, volunteer transportation: people with special transportation needs

**Coverage area:** MRC Antoine-Labelle and surroundings

**Hours:** customer service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

**Fees:** public and paratransit: \$3 per trip, volunteer transportation: fees according to kilometers travelled

**Financing:** municipal, self-financing, grants

**Legal status:** non-profit organization

## Paratransit

### TRANSPORT ADAPTÉ ET COLLECTIF D'ANTOINE-LABELLE

294 Du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2

**819 623-5565**

**Website:** [tacal.ca](http://tacal.ca)

**Email:** [info@tacal.ca](mailto:info@tacal.ca)

**Services:** Transportation service. \* Public transportation: taxibuses, school buses, paratransit buses and inter-regional transportation. \* Paratransit: adapted buses. \* Volunteer transportation: volunteer drivers in their own vehicles for health care trips only.

**Eligibility:** public transportation: residents, paratransit: people with disabilities and mobility limitations, volunteer transportation: people with special transportation needs

**Coverage area:** MRC Antoine-Labelle and surroundings

**Hours:** customer service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

**Fees:** public and paratransit: \$3 per trip, volunteer transportation: fees according to kilometers travelled

**Financing:** municipal, self-financing, grants

**Legal status:** non-profit organization

## Public Transportation

### CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 623-4412** Fax: 819 623-3081

**Website:** [www.cableonie-belanger.org](http://www.cableonie-belanger.org)

**Email:** [info@cableonie-belanger.org](mailto:info@cableonie-belanger.org)

## Transportation

**Services:** Seniors \* Meals on wheels. \* Community meal. \* At-home friendly visits. \* PAIR program: automated phone calls to ensure the users' good health and callback service for medication reminders. \* Assistance in administrative steps and to fill in forms. \* Club soleil: social and recreational activities. \* Transport Gérontin: transport service covering many municipalities of the MRC Antoine-Labelle. \* Tax clinic. Caregivers \* Support groups. \* Information and referral. \* Listening, consultation and follow-up services to prevent psychological distress. Health \* Point Rouge: creation of a data sheet describing the health problems and medication of a person to facilitate intervention in case of distress at home. Volunteering \* Promotion of volunteering. \* Recruitment and training of volunteers. \* Support to community organizations.

**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations

**Coverage area:** Mont-Laurier, Transport Gérontin: Ferme-Neuve, Kiamika, Lac-Du-Cerf, Lac-Des-Écorces, Mont-Laurier, Mont-Saint-Michel, Notre-Dame-De-Pontmain, Saint-Aimé-Du-Lac-Des-Îles, Sainte-Anne-Du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: every Tuesday for Mont-Laurier and Lac-des-Écorces, every second Tuesday for Ferme-Neuve, Mont-Saint-Michel and Sainte-Anne-du-Lac, every Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: \$5, community lunch: \$7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

## **Violence and abuse**

**CHILD ABUSE**

**DOMESTIC VIOLENCE: SHELTERS AND SUPPORT**

**PREVENTION OF VIOLENCE AND CRIME**

**SEXUAL ASSAULT AND INCEST**

**SUPPORT FOR VICTIMS AND THEIR FAMILIES**

**THERAPY AND COUNSELLING**

## Child abuse

### MAISON DES JEUNES DE MONT-LAURIER

513 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1K8

**819 623-2835**

**Website:** [www.mdjml.org](http://www.mdjml.org)

**Email:** [admin@mdjml.org](mailto:admin@mdjml.org)

**Services:** Animated meeting place for young people. \* Sports, cultural and entertainment activities. \* Prevention, health promotion and wellness activities.

**Eligibility:** youth from 11 to 17 years old

**Coverage area:** Mont-Laurier and surrounding areas

**Hours:** Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00

**Fees:** free, except for special activities

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

## Domestic violence: shelters and support

### LEGAL AID OFFICE - MONT-LAURIER

555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4

**819 623-2827** Fax: 819 623-4894

**Website:** [www.ccjll.qc.ca](http://www.ccjll.qc.ca)

**Email:** [bajml@ccjll.qc.ca](mailto:bajml@ccjll.qc.ca)

**Services:** Free or low cost legal services to eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Mont-Laurier

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

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

**Financing:** provincial

**Legal status:** parapublic organization

### RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** [www.maisonstjoseph.ressourcesolivier.com](http://www.maisonstjoseph.ressourcesolivier.com)

**Email:** [ressourcesolivier@gmail.com](mailto:ressourcesolivier@gmail.com)

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## Prevention of violence and crime

### MAISON DES JEUNES DE MONT-LAURIER

513 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1K8

**819 623-2835**

**Website:** www.mdjml.org

**Email:** admin@mdjml.org

**Services:** Animated meeting place for young people. \* Sports, cultural and entertainment activities. \* Prevention, health promotion and wellness activities.

**Eligibility:** youth from 11 to 17 years old

**Coverage area:** Mont-Laurier and surrounding areas

**Hours:** Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00

**Fees:** free, except for special activities

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

### RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

**819 660-2842**

**Website:** www.maisonstjoseph.ressourcesolivier.com

**Email:** ressourcesolivier@gmail.com

**Services:** Residential and outreach services for fathers. \* Evaluation, listening, orientation and referral. \* Temporary housing. \* Supervised apartments. \* Material assistance for primary needs of the people followed. \* Assistance in legal and child custody procedures. \* Support, evaluation and accompaniment in mental health and social reintegration. \* Help with drug and alcohol addiction. \* Prevention of homelessness. \* Support for parenthood and co-parenting. \* Suicide prevention and awareness.

**Eligibility:** fathers and their children in a situation of vulnerability, people in a situation of vulnerability living with issues related to suicide prevention, bereaved people

**Capacity:** temporary housing: 12 families, supervised apartments: 2 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable: services: none

**Financing:** self-financing

**Legal status:** non-profit organization

## Sexual assault and incest

### ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L') - MONT-LAURIER

Confidential Address

**819 623-2624**

**Website:** www.lélan.org

**Email:** mtlaurier@lelan.org

**Services:** \* Personal growth group. \* Individual support. \* Accompaniment. \* Support for close ones and social workers. \* Prevention, awareness and training. \* Advocacy.

**Eligibility:** women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general population

**Coverage area:** MRC Antoine-Labelle, MRC Les Laurentides

**Hours:** Monday to Friday, variable hours

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization



## Support for victims and their families

### ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L') - MONT-LAURIER

Confidential Address

**819 623-2624**

**Website:** [www.lelan.org](http://www.lelan.org)

**Email:** [mtlaurier@lelan.org](mailto:mtlaurier@lelan.org)

**Services:** \* Personal growth group. \* Individual support. \* Accompaniment. \* Support for close ones and social workers. \* Prevention, awareness and training. \* Advocacy.

**Eligibility:** women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general population

**Coverage area:** MRC Antoine-Labelle, MRC Les Laurentides

**Hours:** Monday to Friday, variable hours

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

## Therapy and counselling

### ALBATROS MONT-LAURIER (MRC ANTOINE-LABELLE)

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

**819 449-4540**

**Website:** [www.albatrosvglml.ca](http://www.albatrosvglml.ca)

**Email:** [albatrosmontlaurier@gmail.com](mailto:albatrosmontlaurier@gmail.com)

**Services:** Volunteer support for people in palliative or end-of-life care. \* Support, telephone listening and assistance to people in terminal phase. \* Individual follow-up. \* Support groups for people experiencing loss of loved ones. \* Training for caregivers: bereavement, family dynamics and terminal phase.

**Eligibility:** people 18 years of age and older at the end of life, in mourning, as well as their family and caregivers

**Coverage area:** MRC Antoine-Labelle

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### GRUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE MONT-LAURIER

411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1

**1 866 974-1888 Fax:** 450 974-3757

**Website:** [www.grpa.ca](http://www.grpa.ca)

**Email:** [info@grpa.ca](mailto:info@grpa.ca)

**Services:** \* Information, documentation. \* Physical and social activities: adapted physical exercise, outings. \* Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. \* Communication: coffee-meetings, language stimulation. \* Support group for caregivers.

**Eligibility:** people with aphasia who experienced a stroke, caregivers

**Coverage area:** Laurentides

**Hours:** services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

**Fees:** membership: \$40 per year

**Financing:** provincial

**Legal status:** non-profit organization

**MAISON LYSE-BEAUCHAMP - PRÉVENTION ET POSTVENTION DU SUICIDE**

770, rue Olivier-Guimond, Mont-Laurier, Laurentides, QC, J9L 2Y6

**819 623-3719 ext. 221**

**Website:** [maisonlysebeauchamp.org/prevention-et-postvention-suicide](http://maisonlysebeauchamp.org/prevention-et-postvention-suicide)

**Email:** [info@maisonlysebeauchamp.org](mailto:info@maisonlysebeauchamp.org)

**Services:** \* Postvention follow-up.

**Eligibility:** people bereaved by suicide

**Coverage area:** MRC Antoine-Labelle

**Legal status:** non-profit organization

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