



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LAURENTIDES / MRC ANTOINE-LABELLE / ALL CITIES



2-1-1



WWW.211.QC.CA

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Summary

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Child, Youth and Family

CHILD WELFARE

FAMILY SUPPORT

PARENTING EDUCATION

Child welfare

RESSOURCES OLIVIER

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * 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. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

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

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Family Support

GRIFFE D'ALPHA (LA)

420 Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy program for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

RESSOURCES OLIVIER

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

819 660-2842

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Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Parenting Education

RESSOURCES OLIVIER

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

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Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

TABLE FORÊT LAURENTIDES

Confidential Address

819 951-2647

Website: www.tableforet.ca

Email: animation@tableforet.ca

Services: Forestry education and support for the forestry-wood industry. * School activities: workshops in the woods, workshops to discover the forestry trades, etc. * Educational tools. * Conferences.

Eligibility: general public, schools, municipalities

Coverage area: Laurentides

Fees: variable

Financing: municipal

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

Information and referral

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

Email: arcensoi@hotmail.ca

Services: Centre for people with mental health, wandering and homelessness issues. * Accompaniment, support and referral. * Therapeutic and occupational activities: mixed groups, groups of men exclusively or groups of women only. * Coffee and lunch every Wednesday at the Rivière-Rouge station park.

Eligibility: adult women and men with mental health, wandering and homelessness issues

Coverage area: MRC Antoine-Labelle

Hours: Tuesday to Thursday 8h30 to 16h00, Friday 8h30 to 14h00, coffee and lunch at Rivière-Rouge station park: Wednesday, emergency calls: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

Volunteering and volunteer centres

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 public

Coverage area: MRC Antoine-Labelle, MRC Les Laurentides

Hours: Monday to Friday, variable hours

Fees: none

Financing: donations, grants

Legal status: non-profit organization

Disability

LANGUAGE DISORDERS

RECREATION AND CAMPS

SUPPORT ASSOCIATIONS

THERAPY AND REHABILITATION CENTRES

Language disorders

AVC APHASIE LAURENTIDES - MONT-LAURIER SERVICE POINT

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

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise and outings. * Music therapy. * Communication: coffee-meeting and language stimulation.

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

Recreation and camps

AVC APHASIE LAURENTIDES - MONT-LAURIER SERVICE POINT

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

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise and outings. * Music therapy. * Communication: coffee-meeting and language stimulation.

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

DOMAINE DES PRÉS D'OR

960 du Domaine Road, Saint-Aimé-du-Lac-des-Îles, Laurentides, QC, J0W 1J0

819 597-2499 Fax: 819 597-4009

Website: domainedespresdor.com

Email: domainedespresdor@tlb.sympatico.ca

Services: Summer, winter and fall vacation 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

Support Associations

AVC APHASIE LAURENTIDES - MONT-LAURIER SERVICE POINT

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

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise and outings. * Music therapy. * Communication: coffee-meeting and language stimulation.

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

DIABÈTE DES DRAVEURS

Confidential Address

819 438-2139

Email: diabetedesdrapeurs@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, MRC La Vallée-de-la-Gatineau

Fees: \$10 per year

Financing: donations, contributions, grants

Legal status: non-profit organization

Therapy and rehabilitation centres

AVC APHASIE LAURENTIDES - MONT-LAURIER SERVICE POINT

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

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise and outings. * Music therapy. * Communication: coffee-meeting and language stimulation.

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

Education and Literacy

COMPUTER WORKSHOPS

LANGUAGE COURSES

LITERACY

Computer workshops

GRIFFE D'ALPHA (LA)

420 Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalalpha.org

Email: infogriffe@lagriffedalalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy program for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

Language courses

GRIFFE D'ALPHA (LA)

420 Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalalpha.org

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Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

Literacy

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Education and Literacy

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Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

Employment and Income Support

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR SENIORS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Employment support and training

MAISON LYSE-BEAUCHAMP - LA BOUTIQUE À BOIS

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

819 623-3719 ext. 2221

Website: maisonlysebeauchamp.org/boutique-a-bois

Email: 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

Employment support for seniors

GRIFFE D'ALPHA (LA)

420 Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy programm for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

MAISON LYSE-BEAUCHAMP - LA BOUTIQUE À BOIS

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

819 623-3719 ext. 2221

Website: maisonlysebeauchamp.org/boutique-a-bois

Email: 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

Food

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

FOOD ASSISTANCE COORDINATION

LOW COST OR FREE MEALS

Collective kitchens and cooking workshops

DIABÈTE DES DRAVEURS

Confidential Address

819 438-2139

Email: diabetedesdrapeurs@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, MRC La Vallée-de-la-Gatineau

Fees: \$10 per year

Financing: donations, contributions, grants

Legal status: non-profit organization

Food assistance coordination

RESSOURCES OLIVIER

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * 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. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

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

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Low cost or free meals

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

Email: arcensoi@hotmail.ca

Services: Centre for people with mental health, wandering and homelessness issues. * Accompaniment, support and referral. * Therapeutic and occupational activities: mixed groups, groups of men exclusively or groups of women only. * Coffee and lunch every Wednesday at the Rivière-Rouge station park.

Eligibility: adult women and men with mental health, wandering and homelessness issues

Coverage area: MRC Antoine-Labelle

Hours: Tuesday to Thursday 8h30 to 16h00, Friday 8h30 to 14h00, coffee and lunch at Rivière-Rouge station park: Wednesday, emergency calls: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - SHELTER

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. * Meals for people experiencing homelessness. * 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: 2

Coverage area: MRC d'Antoine-Labelle

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

Government services

OFFICIAL DOCUMENTS

Official documents

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

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

Health

FAMILY PLANNING

FUNERAL COOPERATIVES

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Family planning

RESSOURCES OLIVIER

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

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

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

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: Laurentians

Hours: Monday to Friday 9h30 to 16h30

Fees: membership fee: \$20

Financing: self-financing

Legal status: cooperative

Patient support associations

AVC APHASIE LAURENTIDES - MONT-LAURIER SERVICE POINT

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

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise and outings. * Music therapy. * Communication: coffee-meeting and language stimulation.

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

DIABÈTE DES DRAVEURS

Confidential Address

819 438-2139

Email: diabetedesdrapeurs@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, MRC La Vallée-de-la-Gatineau

Fees: \$10 per year

Financing: donations, contributions, grants

Legal status: non-profit organization

Public Health

CENTRE DE SERVICES DE RIVIÈRE-ROUGE

1525 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-2118

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=465

Services: General and specialized medical care. * Emergency and short-term care. * Minor surgery. * Distribution of new injection equipment. * Detoxification. * Vaccination. * Designated centre for victims of sexual assault. * Nursing consultation. * Sampling centre. * Psychiatry. * Readaptation centre for intellectual disabilities. * Authentication of the Health Insurance Card.

Eligibility: general public

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

Homelessness

DAY AND EVENING CENTRES

HOUSING FOR PREGNANT WOMEN AND FAMILIES

SHELTERS

TRANSITIONAL HOUSING

Day and evening centres

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

Email: arcensoi@hotmail.ca

Services: Centre for people with mental health, wandering and homelessness issues. * Accompaniment, support and referral. * Therapeutic and occupational activities: mixed groups, groups of men exclusively or groups of women only. * Coffee and lunch every Wednesday at the Rivière-Rouge station park.

Eligibility: adult women and men with mental health, wandering and homelessness issues

Coverage area: MRC Antoine-Labelle

Hours: Tuesday to Thursday 8h30 to 16h00, Friday 8h30 to 14h00, coffee and lunch at Rivière-Rouge station park: Wednesday, emergency calls: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - SHELTER

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. * Meals for people experiencing homelessness. * 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: 2

Coverage area: MRC d'Antoine-Labelle

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

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: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * 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. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

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

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

RESSOURCES OLIVIER - MAISON OXYGÈNE SAINT-JOSEPH

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Temporary housing, support and accompaniment for fathers and their children.

Eligibility: fathers with or without their children who are vulnerable, homeless or at risk of homelessness

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

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Shelters

MAISON LYSE-BEAUCHAMP - SHELTER

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. * Meals for people experiencing homelessness. * 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: 2

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: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * 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. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

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

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Transitional housing

MAISON LYSE-BEAUCHAMP - LA R.U

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

819 623-3719 ext. 2232 Fax: 819 623-1243

Website: maisonlysebeauchamp.org/itinerance

Email: info@maisonlysebeauchamp.org

Services: Housing for social reintegration. * Social reintegration of 30 days. * Meals included.

Eligibility: men and women 18 and over that find themselves in social emergency, homeless or vagrant situations

Capacity: 6

Coverage area: MRC d'Antoine-Labelle

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

RESSOURCES OLIVIER - MAISON OXYGÈNE SAINT-JOSEPH

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Temporary housing, support and accompaniment for fathers and their children.

Eligibility: fathers with or without their children who are vulnerable, homeless or at risk of homelessness

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

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Immigration and cultural communities

FRENCH COURSES

SETTLEMENT SERVICES FOR NEWCOMERS

French courses

GRIFFE D'ALPHA (LA)

420 Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy program for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

Settlement services for newcomers

GRIFFE D'ALPHA (LA)

420 Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy program for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

Justice and Advocacy

ADVOCACY GROUPS

CORRECTIONAL SERVICES

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

Advocacy groups

DIABÈTE DES DRAVEURS

Confidential Address

819 438-2139

Email: diabetedesdrapeurs@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, MRC La Vallée-de-la-Gatineau

Fees: \$10 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

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 public

Coverage area: MRC Antoine-Labelle, MRC Les Laurentides

Hours: Monday to Friday, variable hours

Fees: none

Financing: donations, grants

Legal status: non-profit organization

SIGNÉE FEMMES, LE CENTRE DE FEMMES

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

819 275-5455 Fax: 819 275-5428

Website: www.signeefemmes.ca

Email: info@signeefemmes.ca

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: MRC d'Antoine-Labelle

Hours: Monday to Thursday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

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

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

RESSOURCES OLIVIER

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * 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. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

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

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

MENTAL HEALTH ADVOCACY GROUPS

Addiction prevention

RESSOURCES OLIVIER

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * 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. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

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

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Addiction treatment

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - RIVIÈRE-ROUGE

1525 L'Annonciation Nord Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

811 option 2

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Second-line addiction services. * Detoxification with medical assistance (light withdrawal only) and psychosocial. * Rehabilitation. * Social and professional reintegration, post-treatment follow-up. * Substitution treatment. * Support for relatives: individual consultations for partners and group meetings for parents. * Evaluation of drivers convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction, their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE SERVICES DE RIVIÈRE-ROUGE

1525 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-2118

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=465

Services: General and specialized medical care. * Emergency and short-term care. * Minor surgery. * Distribution of new injection equipment. * Detoxification. * Vaccination. * Designated centre for victims of sexual assault. * Nursing consultation. * Sampling centre. * Psychiatry. * Readaptation centre for intellectual disabilities. * Authentication of the Health Insurance Card.

Eligibility: general public

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

HÔPITAL DE MONT-LAURIER

2561 de la Lièvre Sud Road, Mont-Laurier, Laurentides, QC, J9L 3G3

819 623-1234

Website: www.santelaurentides.gouv.qc.ca

Services: General and specialized hospital centre. * Emergency and intensive care. * Family medicine. * Obstetric unit. * Palliative and end-of-life care. * Medical imaging. * Abortion. * Contraception. * Minor surgery. * Vaccination. * Test centre. * Detoxification. * Distribution of new injection equipment to people who use drugs. * Recovery of used syringes and needles.

Coverage area: Laurentians

Hours: 24 hours / 7 days, test centre: Monday to Friday 7h00 to 14h30

Financing: provincial

Legal status: parapublic organization

MAISON LYSE-BEAUCHAMP - SHELTER

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. * Meals for people experiencing homelessness. * 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: 2

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

Email: arcensoi@hotmail.ca

Services: Centre for people with mental health, wandering and homelessness issues. * Accompaniment, support and referral. * Therapeutic and occupational activities: mixed groups, groups of men exclusively or groups of women only. * Coffee and lunch every Wednesday at the Rivière-Rouge station park.

Eligibility: adult women and men with mental health, wandering and homelessness issues

Coverage area: MRC Antoine-Labelle

Hours: Tuesday to Thursday 8h30 to 16h00, Friday 8h30 to 14h00, coffee and lunch at Rivière-Rouge station park: Wednesday, emergency calls: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

GRIFFE D'ALPHA (LA)

420 Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy program for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-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. * Information on the P-38.

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

Fees: none

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: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * 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. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

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

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Mental health advocacy groups

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. * Information on the P-38.

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

Fees: none

Financing: self-financing

Legal status: non-profit organization

Seniors

HOUSING FOR SENIORS

Housing for seniors

CENTRE D'HÉBERGEMENT L'ÉQUIP'ÂGE

1525 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-2118

Website: santelaurentides.gouv.qc.ca/nous-joindre/centres-dhebergement-chsld/

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: santelaurentides.gouv.qc.ca/nous-joindre/centres-dhebergement-chsld

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

Sex and gender

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

Women's centres

SIGNÉE FEMMES, LE CENTRE DE FEMMES

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

819 275-5455 Fax: 819 275-5428

Website: www.signeefemmes.ca

Email: info@signeefemmes.ca

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: MRC d'Antoine-Labelle

Hours: Monday to Thursday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

Women's associations

SIGNÉE FEMMES, LE CENTRE DE FEMMES

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

819 275-5455 Fax: 819 275-5428

Website: www.signeefemmes.ca

Email: info@signeefemmes.ca

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: MRC d'Antoine-Labelle

Hours: Monday to Thursday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

Sports, Recreation and Culture

CLUBS AND SOCIAL EVENTS

HOBBIES

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Clubs and social events

SIGNÉE FEMMES, LE CENTRE DE FEMMES

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

819 275-5455 Fax: 819 275-5428

Website: www.signeefemmes.ca

Email: info@signeefemmes.ca

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: MRC d'Antoine-Labelle

Hours: Monday to Thursday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

Hobbies

GRIFFE D'ALPHA (LA)

420 Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy program for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

TABLE FORÊT LAURENTIDES

Confidential Address

819 951-2647

Website: www.tableforet.ca

Email: animation@tableforet.ca

Services: Forestry education and support for the forestry-wood industry. * School activities: workshops in the woods, workshops to discover the forestry trades, etc. * Educational tools. * Conferences.

Eligibility: general public, schools, municipalities

Coverage area: Laurentides

Fees: variable

Financing: municipal

Legal status: non-profit organization

Sports and recreation for people with a disability

AVC APHASIE LAURENTIDES - MONT-LAURIER SERVICE POINT

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

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise and outings. * Music therapy. * Communication: coffee-meeting and language stimulation.

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

Clothing

RESSOURCES OLIVIER

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * 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. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

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

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Violence and abuse

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

PREVENTION OF VIOLENCE AND CRIME

SEXUAL ASSAULT AND INCEST

SUPPORT FOR VICTIMS AND THEIR FAMILIES

THERAPY AND COUNSELLING

Domestic violence: shelters and support

RESSOURCES OLIVIER

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * 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. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

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

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Prevention of violence and crime

RESSOURCES OLIVIER

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

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Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

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

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Sexual assault and incest

CENTRE DE SERVICES DE RIVIÈRE-ROUGE

1525 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-2118

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=465

Services: General and specialized medical care. * Emergency and short-term care. * Minor surgery. * Distribution of new injection equipment. * Detoxification. * Vaccination. * Designated centre for victims of sexual assault. * Nursing consultation. * Sampling centre. * Psychiatry. * Readaptation centre for intellectual disabilities. * Authentication of the Health Insurance Card.

Eligibility: general public

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

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 public

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

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 public

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

AVC APHASIE LAURENTIDES - MONT-LAURIER SERVICE POINT

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

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise and outings. * Music therapy. * Communication: coffee-meeting and language stimulation.

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 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. 2221

Website: maisonlysebeauchamp.org/prevention-et-postvention-suicide

Email: 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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