



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LAURENTIDES / MRC ARGENTEUIL / ALL CITIES



2-1-1



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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

CITAD'ELLE DE LACHUTE (LA)

Confidential Address

450 562-7797 Fax: 450 562-1311

Website: citadellelachute.ca

Email: administration@citadellelachute.ca

Services: Temporary shelter for women and children. * Helpline. * Chat service. * External support without shelter. * Youth intervention. * Social reintegration. * Animation of workshops and trainings.

Eligibility: women and children victims of conjugal violence, workshops and trainings: schools, organizations, institutional and professional environment

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

LEGAL AID OFFICE - LACHUTE

505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6

450 562-2462 Fax: 450 562-1758

Website: www.ccjll.qc.ca

Email: bajlach@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: Lachute

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

Daycare and respite

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)

310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8

450 562-7122

Email: info@cafela.org

Services: Women's centre. * Reception, listening and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy of rights and representation.

Eligibility: women, drop-in day care centre: children from 18 months to 5 years old, respite care: children from 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL

232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8

450 562-0503

Email: info@familleargenteuil.org

Services: * Drop-in for newborns. * Socialization groups. * Parent-child workshops. * Educational and sports workshops for parents. * Outings, educational and recreational activities for children. * Mutual aid group and exchange of clothing and children's items.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old

Coverage area: Laurentides

Fees: variable

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Family Support**MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL**

232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8

450 562-0503

Email: info@familleargenteuil.org

Services: * Drop-in for newborns. * Socialization groups. * Parent-child workshops. * Educational and sports workshops for parents. * Outings, educational and recreational activities for children. * Mutual aid group and exchange of clothing and children's items.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old

Coverage area: Laurentides

Fees: variable

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Juvenile Delinquency**MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)**

201 Principale Street, Grenville, Laurentides, QC, J0V 1J0

819 242-2126 Fax: 819 242-2126

Email: mdjgrenville@gmail.com

Services: Youth centre. * Sports, cultural and entertainment activities. * Activities on healthy lifestyle and nutrition. * Prevention workshops.

Eligibility: youth from 10 to 16 years old

Coverage area: Grenville, Grenville-sur-la-Rouge

Hours: Monday to Thursday 18h00 to 20h30

Fees: membership card: \$2 per year

Financing: self-financing, municipal, grants

Legal status: non-profit organization

Maternity support and adoption

LEGAL AID OFFICE - LACHUTE

505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6

450 562-2462 Fax: 450 562-1758

Website: www.ccjll.qc.ca

Email: bajlach@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: Lachute

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

Parenting Education

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL

232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8

450 562-0503

Email: info@familleargenteuil.org

Services: * Drop-in for newborns. * Socialization groups. * Parent-child workshops. * Educational and sports workshops for parents. * Outings, educational and recreational activities for children. * Mutual aid group and exchange of clothing and children's items.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old

Coverage area: Laurentides

Fees: variable

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Recreational Activities

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL

232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8

450 562-0503

Email: info@familleargenteuil.org

Services: * Drop-in for newborns. * Socialization groups. * Parent-child workshops. * Educational and sports workshops for parents. * Outings, educational and recreational activities for children. * Mutual aid group and exchange of clothing and children's items.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old

Coverage area: Laurentides

Fees: variable

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Youth Centres and Support

MAISON DES JEUNES DE BROWNSBURG-CHATHAM

385 Principale Street, Brownsburg-Chatham, Laurentides, QC, J8G 2V2

450 533-6948

Website: www.mdjbrownsburgchatham.com

Email: mdjbrownsburgchatham@gmail.com

Services: Animated meeting place for young people. * Sports, cultural and entertainment activities. * Escouade lecture: group promoting reading.

Eligibility: youth from 11 to 17 years old

Coverage area: Brownsburg-Chatham

Hours: school period: Monday 16h30 to 20h30, Tuesday to Friday 16h30 to 21h00, summer period: Monday to Friday 14h00 to 22h00

Fees: none

Financing: municipal

Legal status: non-profit organization

MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)

201 Principale Street, Grenville, Laurentides, QC, J0V 1J0

819 242-2126 Fax: 819 242-2126

Email: mdjgrenville@gmail.com

Services: Youth centre. * Sports, cultural and entertainment activities. * Activities on healthy lifestyle and nutrition. * Prevention workshops.

Eligibility: youth from 10 to 16 years old

Coverage area: Grenville, Grenville-sur-la-Rouge

Hours: Monday to Thursday 18h00 to 20h30

Fees: membership card: \$2 per year

Financing: self-financing, municipal, grants

Legal status: non-profit organization

Youth Employment

CARREFOUR JEUNESSE-EMPLOI D'ARGENTEUIL

483 Principale Street, Lachute, Laurentides, QC, J8H 1Y5

450 566-5766

Website: www.cjea.org

Email: info@cjea.org

Services: * Reception, information and referrals. * Job search assistance, at home and abroad. * Assistance for school retention or return. * Digitalized documentation centre. * Guidance, vocational and school information. * Youth entrepreneurship development. * Support in project development. * Job posting. * Pairing. * Information on wage subsidies and financial contributions. * Room and offices rental. * Employability-based special events organization. * CV bank.

Eligibility: youth 16 to 35 years old, employers

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

TROUSSO DIRECTION EMPLOI

505 Béthany Street, Suite 300, Lachute, Laurentides, QC, J8H 4A6

450 562-6006

Website: troussso.ca

Email: info@troussso.ca

Services: * Professional reflection. * Job search assistance: help with curriculum vitae, consulting services, Youth Volunteer program, interview readiness assistance, labour market information. * Training in personal and work skills.

Eligibility: job seekers

Coverage area: Laurentides

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

Financing: self-financing, provincial

Legal status: Select Legal Status

Community Action

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Charity Organizations

LES AUXILIAIRES BÉNÉVOLES DE L'HÔPITAL D'ARGENTEUIL

145 de la Providence Avenue, Lachute, Laurentides, QC, J8H 4C7
450 562-3761 ext. 72100

Services: * Volunteer work. * Fundraising.

Coverage area: Lachute

Financing: donations

Legal status: non-profit organization

Community centres

AVOCA COMMUNITY CENTRE

192 Avoca Road, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0

Services: * Community meals. * Social and recreational activities.

Coverage area: Grenville-sur-la-Rouge

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

CAFÉ PARTAGE D'ARGENTEUIL

232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8

450 562-0987

Email: cafe partage@bell.net

Services: Resource allowing people in precarious situations to socialize, mobilize, organize, inform and interact with each other. * Purchasing groups. * Local services. * Popular education.

Eligibility: people in precarious human, social and economic situations

Coverage area: MRC Argenteuil

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

Financing: municipal

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CAMPBELL

2710 Route 148, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0

819 242-3232

Email: ca.cccampbell@gmail.com

Services: * Leisure and sports activities. * Events, exhibitions, parties. * Room rental.

Coverage area: Grenville-sur-la-Rouge

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

Information and referral

CENTRE D'ACTION BÉNÉVOLE D'ARGENTEUIL

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3

450 562-7447 Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca

Services: Volunteer centre. Seniors * Meals on wheels and frozen meals. * Accompaniment and transportation to medical appointments. * Friendly visits and reassuring phone calls. Caregivers * Training. * Individual or group psychological support. * Information and referral to resources. * Cultural and social activities. * Thematic conferences. * Coffee-meetings. * Documentation centre, loan of books. Volunteer action * Welcoming, orientation, training, coaching and follow-up of volunteers. * Volunteer recognition activities. * Promotion of volunteer action.

Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: \$6 per hot meal and \$6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization

Volunteering and volunteer centres

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)

310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8

450 562-7122

Email: info@cafela.org

Services: Women's centre. * Reception, listening and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy of rights and representation.

Eligibility: women, drop-in day care centre: children from 18 months to 5 years old, respite care: children from 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE D'ARGENTEUIL

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3

450 562-7447 Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca

Services: Volunteer centre. Seniors * Meals on wheels and frozen meals. * Accompaniment and transportation to medical appointments. * Friendly visits and reassuring phone calls. Caregivers * Training. * Individual or group psychological support. * Information and referral to resources. * Cultural and social activities. * Thematic conferences. * Coffee-meetings. * Documentation centre, loan of books. Volunteer action * Welcoming, orientation, training, coaching and follow-up of volunteers. * Volunteer recognition activities. * Promotion of volunteer action.

Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: \$6 per hot meal and \$6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization

LES AUXILIAIRES BÉNÉVOLES DE L'HÔPITAL D'ARGENTEUIL

145 de la Providence Avenue, Lachute, Laurentides, QC, J8H 4C7

450 562-3761 ext. 72100

Services: * Volunteer work. * Fundraising.

Coverage area: Lachute

Financing: donations

Legal status: non-profit organization

MAISON DES JEUNES DE BROWNSBURG-CHATHAM

385 Principale Street, Brownsburg-Chatham, Laurentides, QC, J8G 2V2

450 533-6948

Website: www.mdjbrownsburgchatham.com

Email: mdjbrownsburgchatham@gmail.com

Services: Animated meeting place for young people. * Sports, cultural and entertainment activities. * Escouade lecture: group promoting reading.

Eligibility: youth from 11 to 17 years old

Coverage area: Brownsburg-Chatham

Hours: school period: Monday 16h30 to 20h30, Tuesday to Friday 16h30 to 21h00, summer period: Monday to Friday 14h00 to 22h00

Fees: none

Financing: municipal

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

PARATRANSIT

RECREATION AND CAMPS

RESPIRE, CHILD CARE AND HOUSING

SUPPORT ASSOCIATIONS

Adapted work and employability support

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - LACHUTE POINT OF SERVICE

505 Béthany Street, Suite 420, Lachute, Laurentides, QC, J8H 4A6

450 562-3469 Fax: 450 562-6390

Website: capemploi.ca

Email: info@capemploi.ca

Services: Specialized and personalized employability services. * Support, supervision and accompaniment in the professional or academic reintegration process. * Needs, obstacles and goals assessment. * Individual and group counselling. * Psychosocial follow-up.

Eligibility: adults

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

FONDS D'EMPRUNT COMMUNAUTAIRE FÉMININ

508 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

1 888 782-3553 Fax: 450 562-1601

Website: felarentides.org

Email: info@felarentides.org

Services: * Business start-up assistance. * Individual follow-up. * Corporate loans. * Training. * S'Entreprendre: correspondence professional training and financial autonomy training for women. * Espace affaires: shared workspace.

Eligibility: women and men, entrepreneurs and future entrepreneurs

Coverage area: entrepreneurship: MRC Argenteuil, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle, Lanaudière, Abitibi, s'Entreprendre and complimentary training: Laurentians

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00

Financing: provincial, federal, foundations

Legal status: non-profit organization

Advocacy for people with a physical disability

MOUVEMENT DES PERSONNES D'ABORD DE LACHUTE

442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

450 562-5846

Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability.

* Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and others items.

Eligibility: people living or having been labeled with an intellectual disability, their relatives

Coverage area: Lachute

Hours: Tuesday to Friday 10h00 to 15h00

Fees: membership card: \$10

Financing: provincial, self-financing

Legal status: non-profit organization

Advocacy for people with an intellectual disability

MOUVEMENT DES PERSONNES D'ABORD DE LACHUTE

442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

450 562-5846

Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability.

* Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and others items.

Eligibility: people living or having been labeled with an intellectual disability, their relatives

Coverage area: Lachute

Hours: Tuesday to Friday 10h00 to 15h00

Fees: membership card: \$10

Financing: provincial, self-financing

Legal status: non-profit organization

Paratransit

TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC D'ARGENTEUIL

540, Berry Street, Lachute, Laurentides, QC, J8H 1S5

450 562-5797 Fax: 450 562-6199

Website: www.argenteuil.qc.ca

Email: transports@argenteuil.qc.ca

Services: * Public transit: taxibus in the 9 municipalities of Argenteuil, Argenteuil-Saint-Jérôme circuit, free circuit to Le Carrefour shopping centre. * Door to door paratransit: serving the 9 municipalities of Argenteuil.

Eligibility: public transit: residents of MRC Argenteuil, paratransit: people living with functional limitations in their movements

Coverage area: MRC Argenteuil

Hours: customer service: Monday to Friday 7h30 to 12h00 and 13h00 to 16h30, shopping centre circuit: Tuesday and Thursday

Fees: variable, shopping centre circuit: free

Financing: municipal, self-financing, grants

Legal status: non-profit organization

Recreation and camps

MOUVEMENT DES PERSONNES D'ABORD DE LACHUTE

442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

450 562-5846

Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. * Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and others items.

Eligibility: people living or having been labeled with an intellectual disability, their relatives

Coverage area: Lachute

Hours: Tuesday to Friday 10h00 to 15h00

Fees: membership card: \$10

Financing: provincial, self-financing

Legal status: non-profit organization

Respite, child care and housing

CLSC ET CENTRE DE JOUR DE GRENVILLE

93 Maple Street, Suite 10, Grenville, Laurentides, QC, J0V 1J0

819 242-0778

Website: www.santelaurentides.gouv.qc.ca/english

Services: Frontline services for routine health and social services. * Day centre. * 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: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Support Associations

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL

232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8

450 562-0503

Email: info@familleargenteuil.org

Services: * Drop-in for newborns. * Socialization groups. * Parent-child workshops. * Educational and sports workshops for parents. * Outings, educational and recreational activities for children. * Mutual aid group and exchange of clothing and children's items.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old

Coverage area: Laurentides

Fees: variable

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

HOMEWORK ASSISTANCE AND TUTORING

LITERACY

PUBLIC EDUCATION

Academic and vocational guidance

CARREFOUR JEUNESSE-EMPLOI D'ARGENTEUIL

483 Principale Street, Lachute, Laurentides, QC, J8H 1Y5

450 566-5766

Website: www.cjea.org

Email: info@cjea.org

Services: * Reception, information and referrals. * Job search assistance, at home and abroad. * Assistance for school retention or return. * Digitalized documentation centre. * Guidance, vocational and school information. * Youth entrepreneurship development. * Support in project development. * Job posting. * Pairing. * Information on wage subsidies and financial contributions. * Room and offices rental. * Employability-based special events organization. * CV bank.

Eligibility: youth 16 to 35 years old, employers

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Computer workshops

LAURENTIAN LITERACY CENTRE

505 Bethany Avenue, Suite 302, Lachute, Laurentides, QC, J8H 4A6

450 562-3719

Website: laurentianliteracy.ca

Email: literacycentre@bellnet.ca

Services: English literacy centre. * Private tutoring: reading, writing, numeracy, computer and digital technology. * Youth literacy programs: after school tutoring, individual summer tutoring to prepare students for the upcoming academic year. * Scribe service: assistance with reading, understanding and filling out forms or paperwork.

Eligibility: English-speaking people of all ages who want to improve their literacy skills

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 19h30, Friday 13h00 to 18h00, scribe service: by appointment only

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Homework assistance and tutoring

LAURENTIAN LITERACY CENTRE

505 Bethany Avenue, Suite 302, Lachute, Laurentides, QC, J8H 4A6

450 562-3719

Website: laurentianliteracy.ca

Email: literacycentre@bellnet.ca

Services: English literacy centre. * Private tutoring: reading, writing, numeracy, computer and digital technology. * Youth literacy programs: after school tutoring, individual summer tutoring to prepare students for the upcoming academic year. * Scribe service: assistance with reading, understanding and filling out forms or paperwork.

Eligibility: English-speaking people of all ages who want to improve their literacy skills

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 19h30, Friday 13h00 to 18h00, scribe service: by appointment only

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Literacy

LAURENTIAN LITERACY CENTRE

505 Bethany Avenue, Suite 302, Lachute, Laurentides, QC, J8H 4A6

450 562-3719

Website: laurentianliteracy.ca

Email: literacycentre@bellnet.ca

Services: English literacy centre. * Private tutoring: reading, writing, numeracy, computer and digital technology. * Youth literacy programs: after school tutoring, individual summer tutoring to prepare students for the upcoming academic year. * Scribe service: assistance with reading, understanding and filling out forms or paperwork.

Eligibility: English-speaking people of all ages who want to improve their literacy skills

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 19h30, Friday 13h00 to 18h00, scribe service: by appointment only

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

MAISON POPULAIRE D'ARGENTEUIL

335 Principale Street, Lachute, Laurentides, QC, J8H 2Z7

450 562-1996

Email: maisonpopulairearg@videotron.ca

Services: Raising community awareness of the problems of illiteracy. * Literacy services: practical and adapted reading, writing and numeracy workshops. * Workshops to build self-confidence and autonomy. * Help with filling out forms. * Used bookstore: sales and recovery of books.

Eligibility: adults

Coverage area: MRC Argenteuil

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

Financing: self-financing

Legal status: non-profit organization

Public education

CAFÉ PARTAGE D'ARGENTEUIL

232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8

450 562-0987

Email: cafepartage@bell.net

Services: Resource allowing people in precarious situations to socialize, mobilize, organize, inform and interact with each other. * Purchasing groups. * Local services. * Popular education.

Eligibility: people in precarious human, social and economic situations

Coverage area: MRC Argenteuil

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

Financing: municipal

Legal status: non-profit organization

MAISON POPULAIRE D'ARGENTEUIL

335 Principale Street, Lachute, Laurentides, QC, J8H 2Z7

450 562-1996

Email: maisonpopulairearg@videotron.ca

Services: Raising community awareness of the problems of illiteracy. * Literacy services: practical and adapted reading, writing and numeracy workshops. * Workshops to build self-confidence and autonomy. * Help with filling out forms. * Used bookstore: sales and recovery of books.

Eligibility: adults

Coverage area: MRC Argenteuil

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

Financing: self-financing

Legal status: non-profit organization

Employment and Income Support

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR WOMEN

EMPLOYMENT SUPPORT FOR YOUTH

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

LEGAL AID OFFICE - LACHUTE

505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6

450 562-2462 Fax: 450 562-1758

Website: www.ccjll.qc.ca

Email: bajlach@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: Lachute

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

Budget management and consumption

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. *

Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Business development

CENTRE LOCAL L'EMPLOI DE LACHUTE

505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6

450 562-8533 Fax: 450 562-1664

Website: 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. * 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: Lachute

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

Financing: provincial

Legal status: provincial government agency

FONDS D'EMPRUNT COMMUNAUTAIRE FÉMININ

508 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

1 888 782-3553 Fax: 450 562-1601

Website: felarentides.org

Email: info@felarentides.org

Services: * Business start-up assistance. * Individual follow-up. * Corporate loans. * Training. * S'Entreprendre: correspondence professional training and financial autonomy training for women. * Espace affaires: shared workspace.

Eligibility: women and men, entrepreneurs and future entrepreneurs

Coverage area: entrepreneurship: MRC Argenteuil, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle, Lanaudière, Abitibi, s'Entreprendre and complimentary training: Laurentians

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00

Financing: provincial, federal, foundations

Legal status: non-profit organization

MRC ARGENTEUIL

430 Grace Street, Lachute, Laurentides, QC, J8H 1M6

450 562-2474 Fax: 450 562-1911

Website: www.argenteuil.qc.ca

Email: info@argenteuil.qc.ca

Services: Administration of regional services with supra-local character. * Land management and development. * Urban planning regulations. * Management of public services: watercourses, waste management, property assessment, civil, fire and public security. * Participation in socio-economic development. * Promotion of heritage, culture and tourism.

Coverage area: MRC Argenteuil

Hours: Monday to Wednesday 8h30 à 12h00 et 13h00 à 16h30, Friday 8h30 à 13h00

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Employment support and training

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - LACHUTE POINT OF SERVICE

505 Béthany Street, Suite 420, Lachute, Laurentides, QC, J8H 4A6

450 562-3469 Fax: 450 562-6390

Website: capemploi.ca

Email: info@capemploi.ca

Services: Specialized and personalized employability services. * Support, supervision and accompaniment in the professional or academic reintegration process. * Needs, obstacles and goals assessment. * Individual and group counselling. * Psychosocial follow-up.

Eligibility: adults

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

CENTRE LOCAL L'EMPLOI DE LACHUTE

505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6

450 562-8533 Fax: 450 562-1664

Website: 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. * 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: Lachute

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

Financing: provincial

Legal status: provincial government agency

RECYPRO

70 Simon Street, Lachute, Laurentides, QC, J8H 3R8

450 562-7740 Fax: 450 562-7918

Website: www.recypro.com

Email: info@recypro.com

Services: Professional integration business specialized in maintenance and recycling of computers and electronic material. * 26-week training with post-employment follow-up and job search assistance. * Dropping point for the Recycler mes électroniques program. * Sale, installation and reparation of new and used equipment.

Eligibility: employment: adults with difficulties obtaining or maintaining a job

Coverage area: Laurentides

Hours: store: Monday to Wednesday 12h00 to 17h00, Thursday and Friday 12h00 to 19h00

Financing: grants, self-financing

Legal status: non-profit organization

TROUSSO DIRECTION EMPLOI

505 Béthany Street, Suite 300, Lachute, Laurentides, QC, J8H 4A6

450 562-6006

Website: troussso.ca

Email: info@troussso.ca

Services: * Professional reflection. * Job search assistance: help with curriculum vitae, consulting services, Youth Volunteer program, interview readiness assistance, labour market information. * Training in personal and work skills.

Eligibility: job seekers

Coverage area: Laurentides

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

Financing: self-financing, provincial

Legal status: Select Legal Status

Employment support for women**FONDS D'EMPRUNT COMMUNAUTAIRE FÉMININ**

508 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

1 888 782-3553 Fax: 450 562-1601

Website: felautentides.org

Email: info@felautentides.org

Services: * Business start-up assistance. * Individual follow-up. * Corporate loans. * Training. * S'Entreprendre: correspondence professional training and financial autonomy training for women. * Espace affaires: shared workspace.

Eligibility: women and men, entrepreneurs and future entrepreneurs

Coverage area: entrepreneurship: MRC Argenteuil, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle, Lanaudière, Abitibi, s'Entreprendre and complimentary training: Laurentians

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00

Financing: provincial, federal, foundations

Legal status: non-profit organization

Employment support for youth**CARREFOUR JEUNESSE-EMPLOI D'ARGENTEUIL**

483 Principale Street, Lachute, Laurentides, QC, J8H 1Y5

450 566-5766

Website: www.cjea.org

Email: info@cjea.org

Services: * Reception, information and referrals. * Job search assistance, at home and abroad. * Assistance for school retention or return. * Digitalized documentation centre. * Guidance, vocational and school information. * Youth entrepreneurship development. * Support in project development. * Job posting. * Pairing. * Information on wage subsidies and financial contributions. * Room and offices rental. * Employability-based special events organization. * CV bank.

Eligibility: youth 16 to 35 years old, employers

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

TROUSSO DIRECTION EMPLOI

505 Béthany Street, Suite 300, Lachute, Laurentides, QC, J8H 4A6

450 562-6006

Website: troussso.ca

Email: info@troussso.ca

Services: * Professional reflection. * Job search assistance: help with curriculum vitae, consulting services, Youth Volunteer program, interview readiness assistance, labour market information. * Training in personal and work skills.

Eligibility: job seekers

Coverage area: Laurentides

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

Financing: self-financing, provincial

Legal status: Select Legal Status

Vocational rehabilitation and disability-related employment**CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - LACHUTE POINT OF SERVICE**

505 Béthany Street, Suite 420, Lachute, Laurentides, QC, J8H 4A6

450 562-3469 Fax: 450 562-6390

Website: capemploi.ca

Email: info@capemploi.ca

Services: Specialized and personalized employability services. * Support, supervision and accompaniment in the professional or academic reintegration process. * Needs, obstacles and goals assessment. * Individual and group counselling. * Psychosocial follow-up.

Eligibility: adults

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

CENTRE LOCAL L'EMPLOI DE LACHUTE

505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6

450 562-8533 Fax: 450 562-1664

Website: 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. * 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: Lachute

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

Financing: provincial

Legal status: provincial government agency

FONDS D'EMPRUNT COMMUNAUTAIRE FÉMININ

508 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

1 888 782-3553 Fax: 450 562-1601

Website: felaurentides.org

Email: info@felaurentides.org

Services: * Business start-up assistance. * Individual follow-up. * Corporate loans. * Training. * S'Entreprendre: correspondence professional training and financial autonomy training for women. * Espace affaires: shared workspace.

Eligibility: women and men, entrepreneurs and future entrepreneurs

Coverage area: entrepreneurship: MRC Argenteuil, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle, Lanaudière, Abitibi, s'Entreprendre and complimentary training: Laurentians

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00

Financing: provincial, federal, foundations

Legal status: non-profit organization

RECYPRO

70 Simon Street, Lachute, Laurentides, QC, J8H 3R8

450 562-7740 Fax: 450 562-7918

Website: www.recypro.com

Email: info@recypro.com

Services: Professional integration business specialized in maintenance and recycling of computers and electronic material. * 26-week training with post-employment follow-up and job search assistance. * Dropping point for the Recycler mes électroniques program. * Sale, installation and reparation of new and used equipment.

Eligibility: employment: adults with difficulties obtaining or maintaining a job

Coverage area: Laurentides

Hours: store: Monday to Wednesday 12h00 to 17h00, Thursday and Friday 12h00 to 19h00

Financing: grants, self-financing

Legal status: non-profit organization

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

FOOD ASSISTANCE

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Collective kitchens and cooking workshops

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Food Assistance

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

RÉSEAU DE DÉPANNAGE ALIMENTAIRE SECTEUR OUEST DE LA MRC D'ARGENTEUIL

289 Principale Street, Grenville, Laurentides, QC, J0V 1J0

450 612-7380

Email: reseaudepannage2020@gmail.com

Services: * Food assistance.

Eligibility: people on a low income

Coverage area: Grenville, Grenville-sur-la-Rouge

Hours: Thursday 7h30 to 11h30

Fees: \$5 per week

Financing: self-financing, municipal, Centraide Laurentians

Legal status: non-profit organization

Low cost or free meals

AVOCA COMMUNITY CENTRE

192 Avoca Road, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0

Services: * Community meals. * Social and recreational activities.

Coverage area: Grenville-sur-la-Rouge

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)

310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8

450 562-7122

Email: info@cafela.org

Services: Women's centre. * Reception, listening and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy of rights and representation.

Eligibility: women, drop-in day care centre: children from 18 months to 5 years old, respite care: children from 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

CENTRE AUX SOURCES D'ARGENTEUIL

546 Sidney Street, Lachute, Laurentides, QC, J8H 1L1

450 562-0673

Email: ctauxsources@videotron.ca

Services: Day centre in mental health. * Support group. * Individual counselling, support and referral. * Community meals. * Leisure activities, mental health workshops and group outings.

Eligibility: adults living with or who have lived with mental health issues

Coverage area: MRC Argenteuil

Hours: Monday 9h00 to 12h00, Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 14h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Prepared meals and Meals-on-wheels**CENTRE D'ACTION BÉNÉVOLE D'ARGENTEUIL**

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3

450 562-7447 Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca

Services: Volunteer centre. Seniors * Meals on wheels and frozen meals. * Accompaniment and transportation to medical appointments. * Friendly visits and reassuring phone calls. Caregivers * Training. * Individual or group psychological support. * Information and referral to resources. * Cultural and social activities. * Thematic conferences. * Coffee-meetings. * Documentation centre, loan of books. Volunteer action * Welcoming, orientation, training, coaching and follow-up of volunteers. * Volunteer recognition activities. * Promotion of volunteer action.

Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: \$6 per hot meal and \$6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

PROVINCIAL SERVICES

Municipal services

BROWNSBURG-CHATHAM - CITY

300 de l'Hôtel-de-Ville Street, Brownsburg-Chatham, Laurentides, QC, J8G 3B3

450 533-6687 Fax: 450 533-5795

Website: www.brownsburgchatham.ca

Email: info@brownsburgchatham.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: <https://www.brownsburgchatham.ca/services-municipaux/travaux-publics/collecte-des-ordures-sacs-de-plastique-recyclage-recuperation-des-arbres-de-noel/> * Public security: fire safety service, Sûreté du Québec.

Coverage area: Brownsburg-Chatham

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

Financing: municipal

Legal status: municipal agency

GORE - MUNICIPALITY

9, Cambria Road, Gore, Laurentides, QC, J0V 1K0

450 562-2025

Website: www.cantondegore.qc.ca

Email: info@cantondegore.qc.ca

Services: Management of municipal services. * Fire department. * Collection and disposal of residual waste and bulky items. * Payment of municipal taxes. * Property assessment. * Authentication of documents and oath commissioner. * Management of urban planning by-laws and territorial development. * Maintenance and construction of public infrastructures. * Recreational activities and rental of the community premises.

Coverage area: Gore

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

Financing: municipal

Legal status: municipal agency

GRENVILLE - VILLAGE

21 Tri-Jean Street, Grenville, Laurentides, QC, J0V 1J0

819 242-2146 Fax: 819 242-5891

Website: grenville.ca

Email: info@grenville.ca

Services: Municipal service management. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: grenville.ca/services/environnement-matieres-residuelles * Fire security service. * Room rental.

Coverage area: Grenville

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

Financing: municipal

Legal status: municipal agency

GRENVILLE-SUR-LA-ROUGE - MUNICIPALITY

88 des Érables Street, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0

819 242-8762 Fax: 819 242-9341

Website: www.grenvillesurlarouge.ca/en

Email: info@gsrlr.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.grenvillesurlarouge.ca/en/municipal-life/services/waste-residual-materials * Voilà: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Grenville-sur-La-Rouge

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

Financing: municipal

Legal status: municipal agency

LACHUTE - CITY

380 Principale Street, Lachute, Laurentides, QC, J8H 1Y2

450 562-3781 Fax: 450 562-1431

Website: www.ville.lachute.qc.ca/en

Email: lachute@ville.lachute.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.ville.lachute.qc.ca/citoyens/gestion-des-matieres-residuelles/collectes/> * Here it is: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Lachute

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

Financing: municipal

Legal status: municipal agency

MILLE-ISLES - MUNICIPALITY

1262 de Mille-Isles Road, Mille-Isles, Laurentides, QC, J0R 1A0

450 438-2958 Fax: 450 438-6157

Website: mille-isles.ca

Services: Municipal service management. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: mille-isles.ca/en/urbanism-and-environment/waste-management * Public safety: fire security service, Sûreté du Québec, automated alert system. * Dog control: dog tag, canine patrol.

Coverage area: Mille-Isles

Hours: Monday to Friday 7h45 to 16h30

Financing: municipal

Legal status: municipal agency

SAINT-ANDRÉ-D'ARGENTEUIL - MUNICIPALITY

10 de la Mairie Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0

450 537-3527 Fax: 450 537-3070

Website: stada.ca

Email: info@stada.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management. * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-André-d'Argenteuil

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

Financing: municipal

Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC D'ARGENTEUIL

350 Béthany Avenue, Lachute, Laurentides, QC, J8H 4G8

450 562-2442 Fax: 450 562-7465

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

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

Coverage area: MRC Argenteuil

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

Financing: provincial

Legal status: provincial government agency

WENTWORTH - MUNICIPALITY

175 Louisa Road, Wentworth, Laurentides, QC, J8H 0C7

450 562-0701 Fax: 450 562-0703

Website: www.wentworth.ca

Email: info@wentworth.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: here * Public safety: fire safety service. * Licenses for dogs.

Coverage area: Wentworth

Hours: Monday to Friday 9h00 to 16h30

Financing: municipal

Legal status: municipal agency

Municipalité régionale de comté (MRC)**MRC ARGENTEUIL**

430 Grace Street, Lachute, Laurentides, QC, J8H 1M6

450 562-2474 Fax: 450 562-1911

Website: www.argenteuil.qc.ca

Email: info@argenteuil.qc.ca

Services: Administration of regional services with supra-local character. * Land management and development. * Urban planning regulations. * Management of public services: watercourses, waste management, property assessment, civil, fire and public security. * Participation in socio-economic development. * Promotion of heritage, culture and tourism.

Coverage area: MRC Argenteuil

Hours: Monday to Wednesday 8h30 à 12h00 et 13h00 à 16h30, Friday 8h30 à 13h00

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Provincial services**CENTRE LOCAL L'EMPLOI DE LACHUTE**

505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6

450 562-8533 Fax: 450 562-1664

Website: 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. * Self-service computer stations. * Québec land register. * Information about government programs and services.

Government 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: Lachute

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

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - LACHUTE

505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6

450 562-2462 Fax: 450 562-1758

Website: www.ccjll.qc.ca

Email: bajlach@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: Lachute

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

SÛRETÉ DU QUÉBEC - POSTE MRC D'ARGENTEUIL

350 Béthany Avenue, Lachute, Laurentides, QC, J8H 4G8

450 562-2442 Fax: 450 562-7465

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

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

Coverage area: MRC Argenteuil

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

Financing: provincial

Legal status: provincial government agency

Health

EYE CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PUBLIC HEALTH

Eye care

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Hospitals, CLSC and community clinics

CLSC D'ARGENTEUIL

189 Mary Street, Lachute, Laurentides, QC, J8H 2C3

450 562-9608

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/clsc

Services: Frontline services for routine health and social services. * Emergency room. * Consultation with a nurse. * Sample collection centre. * Medical imaging. * Distribution of free injection equipment to people who use drugs. * Recuperation of used needles and syringes. * Vaccination. * Radiology.

Coverage area: Lachute

Hours: Monday to Friday 8h00 to 16h00

Fees: injection equipment: free

Legal status: parapublic organization

CLSC ET CENTRE DE JOUR DE GRENVILLE

93 Maple Street, Suite 10, Grenville, Laurentides, QC, J0V 1J0

819 242-0778

Website: www.santelaurentides.gouv.qc.ca/english

Services: Frontline services for routine health and social services. * Day centre. * 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: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Public Health

MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)

201 Principale Street, Grenville, Laurentides, QC, J0V 1J0

819 242-2126 Fax: 819 242-2126

Email: mdjgrenville@gmail.com

Services: Youth centre. * Sports, cultural and entertainment activities. * Activities on healthy lifestyle and nutrition. * Prevention workshops.

Eligibility: youth from 10 to 16 years old

Coverage area: Grenville, Grenville-sur-la-Rouge

Hours: Monday to Thursday 18h00 to 20h30

Fees: membership card: \$2 per year

Financing: self-financing, municipal, grants

Legal status: non-profit organization

Housing

ADVOCACY FOR HOUSING

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

OFFICE MUNICIPAL D'HABITATION DE LACHUTE

317 Aéroport Boulevard, Lachute, Laurentides, QC, J8H 3V7

450 562-9260 Fax: 450 562-3217

Email: admin@omhlachute.qc.ca

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

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

Capacity: 298 units

Coverage area: Lachute

Financing: provincial

Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-ANDRÉ-D'ARGENTEUIL

20 Martin Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0

450 537-3934

Email: marcel.stjacques@gmail.com

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

Eligibility: individuals and families on a low and moderate income

Capacity: 15 units

Coverage area: Saint-André-D'argenteuil

Financing: provincial

Legal status: municipal agency

Housing cooperatives and corporations

HABITATIONS COMMUNAUTAIRES DE GRENVILLE (LES)

236 Principale Street, Grenville, Laurentides, QC, J0V 1J0

819 242-9145

Services: Construction and rental of housing for people on a low income.

Eligibility: people on a low income 50 years old and over

Coverage area: Grenville

Financing: municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LACHUTE

317 Aéroport Boulevard, Lachute, Laurentides, QC, J8H 3V7

450 562-9260 Fax: 450 562-3217

Email: admin@omhlachute.qc.ca

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

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

Capacity: 298 units

Coverage area: Lachute

Financing: provincial

Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-ANDRÉ-D'ARGENTEUIL

20 Martin Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0

450 537-3934

Email: marcel.stjacques@gmail.com

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

Eligibility: individuals and families on a low and moderate income

Capacity: 15 units

Coverage area: Saint-André-D'argenteuil

Financing: provincial

Legal status: municipal agency

Housing search assistance**CENTRE D'ENTRAIDE D'ARGENTEUIL**

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Social housing and housing cooperatives**OFFICE MUNICIPAL D'HABITATION DE LACHUTE**

317 Aéroport Boulevard, Lachute, Laurentides, QC, J8H 3V7

450 562-9260 Fax: 450 562-3217

Email: admin@omhlachute.qc.ca

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

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

Capacity: 298 units

Coverage area: Lachute

Financing: provincial

Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-ANDRÉ-D'ARGENTEUIL

20 Martin Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0

450 537-3934

Email: marcel.stjacques@gmail.com

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

Eligibility: individuals and families on a low and moderate income

Capacity: 15 units

Coverage area: Saint-André-D'argenteuil

Financing: provincial

Legal status: municipal agency

Indigenous Peoples

GOVERNMENT SERVICES

Government services

CENTRE LOCAL L'EMPLOI DE LACHUTE

505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6

450 562-8533 Fax: 450 562-1664

Website: 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. * 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: Lachute

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

Financing: provincial

Legal status: provincial government agency

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

LEGAL ASSISTANCE AND INFORMATION

Advocacy groups

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)

310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8

450 562-7122

Email: info@cafela.org

Services: Women's centre. * Reception, listening and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy of rights and representation.

Eligibility: women, drop-in day care centre: children from 18 months to 5 years old, respite care: children from 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

MOUVEMENT DES PERSONNES D'ABORD DE LACHUTE

442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

450 562-5846

Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. * Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and others items.

Eligibility: people living or having been labeled with an intellectual disability, their relatives

Coverage area: Lachute

Hours: Tuesday to Friday 10h00 to 15h00

Fees: membership card: \$10

Financing: provincial, self-financing

Legal status: non-profit organization

Consumer protection and complaints

OFFICE MUNICIPAL D'HABITATION DE LACHUTE

317 Aéroport Boulevard, Lachute, Laurentides, QC, J8H 3V7

450 562-9260 Fax: 450 562-3217

Email: admin@omhlachute.qc.ca

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

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

Capacity: 298 units

Coverage area: Lachute

Financing: provincial

Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-ANDRÉ-D'ARGENTEUIL

20 Martin Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0

450 537-3934

Email: marcel.stjacques@gmail.com

Services: Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Accès Logis program. * Referral service.
Eligibility: individuals and families on a low and moderate income
Capacity: 15 units
Coverage area: Saint-André-D'argenteuil
Financing: provincial
Legal status: municipal agency

Legal assistance and information

GRENVILLE-SUR-LA-ROUGE - MUNICIPALITY

88 des Érables Street, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0

819 242-8762 Fax: 819 242-9341

Website: www.grenvillesurlarouge.ca/en

Email: info@gslr.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.grenvillesurlarouge.ca/en/municipal-life/services/waste-residual-materials * Voilà: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Grenville-sur-La-Rouge

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

Financing: municipal

Legal status: municipal agency

LACHUTE - CITY

380 Principale Street, Lachute, Laurentides, QC, J8H 1Y2

450 562-3781 Fax: 450 562-1431

Website: www.ville.lachute.qc.ca/en

Email: lachute@ville.lachute.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.ville.lachute.qc.ca/citoyens/gestion-des-matieres-residuelles/collectes/> * Here it is: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Lachute

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

Financing: municipal

Legal status: municipal agency

LEGAL AID OFFICE - LACHUTE

505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6

450 562-2462 Fax: 450 562-1758

Website: www.ccjll.qc.ca

Email: bajlach@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: Lachute

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

SAINT-ANDRÉ-D'ARGENTEUIL - MUNICIPALITY

10 de la Mairie Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0

450 537-3527 Fax: 450 537-3070

Website: stada.ca

Email: info@stada.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management. * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-André-d'Argenteuil

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

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

COMMUNITY SUPPORT IN MENTAL HEALTH

Community support in mental health

CENTRE AUX SOURCES D'ARGENTEUIL

546 Sidney Street, Lachute, Laurentides, QC, J8H 1L1

450 562-0673

Email: ctauxsources@videotron.ca

Services: Day centre in mental health. * Support group. * Individual counselling, support and referral. * Community meals. * Leisure activities, mental health workshops and group outings.

Eligibility: adults living with or who have lived with mental health issues

Coverage area: MRC Argenteuil

Hours: Monday 9h00 to 12h00, Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 14h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Seniors

CAREGIVERS

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

CENTRE D'ACTION BÉNÉVOLE D'ARGENTEUIL

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3

450 562-7447 Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca

Services: Volunteer centre. Seniors * Meals on wheels and frozen meals. * Accompaniment and transportation to medical appointments. * Friendly visits and reassuring phone calls. Caregivers * Training. * Individual or group psychological support. * Information and referral to resources. * Cultural and social activities. * Thematic conferences. * Coffee-meetings. * Documentation centre, loan of books. Volunteer action * Welcoming, orientation, training, coaching and follow-up of volunteers. * Volunteer recognition activities. * Promotion of volunteer action.

Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: \$6 per hot meal and \$6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization

Day centres and respite

CLSC ET CENTRE DE JOUR DE GRENVILLE

93 Maple Street, Suite 10, Grenville, Laurentides, QC, J0V 1J0

819 242-0778

Website: www.santelaurentides.gouv.qc.ca/english

Services: Frontline services for routine health and social services. * Day centre. * 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: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Friendly visits and safety calls

CENTRE D'ACTION BÉNÉVOLE D'ARGENTEUIL

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3

450 562-7447 Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca

Services: Volunteer centre. Seniors * Meals on wheels and frozen meals. * Accompaniment and transportation to medical appointments. * Friendly visits and reassuring phone calls. Caregivers * Training. * Individual or group psychological support. * Information and referral to resources. * Cultural and social activities. * Thematic conferences. * Coffee-meetings. * Documentation centre, loan of books. Volunteer action * Welcoming, orientation, training, coaching and follow-up of volunteers. * Volunteer recognition activities. * Promotion of volunteer action.

Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: \$6 per hot meal and \$6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization

Home support

CENTRE D'ACTION BÉNÉVOLE D'ARGENTEUIL

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3

450 562-7447 Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca

Services: Volunteer centre. Seniors * Meals on wheels and frozen meals. * Accompaniment and transportation to medical appointments. * Friendly visits and reassuring phone calls. Caregivers * Training. * Individual or group psychological support. * Information and referral to resources. * Cultural and social activities. * Thematic conferences. * Coffee-meetings. * Documentation centre, loan of books. Volunteer action * Welcoming, orientation, training, coaching and follow-up of volunteers. * Volunteer recognition activities. * Promotion of volunteer action.

Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: \$6 per hot meal and \$6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization

Housing for seniors

CORPORATION DE L'HORIZON D'OR DE GRENVILLE & AGGLOMÉRATION (LA)

26 Queen Street, Grenville, Laurentides, QC, J0V 1J0

819 242-4598

Services: Housing for seniors.

Eligibility: seniors over 65 years old who are autonomous and on a low or modest income

Capacity: 12 units

Coverage area: MRC Argenteuil

Financing: self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE LACHUTE

317 Aéroport Boulevard, Lachute, Laurentides, QC, J8H 3V7

450 562-9260 Fax: 450 562-3217

Email: admin@omhlachute.qc.ca

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

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

Capacity: 298 units

Coverage area: Lachute

Financing: provincial

Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-ANDRÉ-D'ARGENTEUIL

20 Martin Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0

450 537-3934

Email: marcel.stjacques@gmail.com

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

Eligibility: individuals and families on a low and moderate income

Capacity: 15 units

Coverage area: Saint-André-D'argenteuil

Financing: provincial

Legal status: municipal agency

RÉSIDENCE DE LACHUTE

377 Principale Street, Lachute, Laurentides, QC, J8H 1Y1

450 562-5203

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

Meals on Wheels

CENTRE D'ACTION BÉNÉVOLE D'ARGENTEUIL

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3

450 562-7447 Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca

Services: Volunteer centre. Seniors * Meals on wheels and frozen meals. * Accompaniment and transportation to medical appointments. * Friendly visits and reassuring phone calls. Caregivers * Training. * Individual or group psychological support. * Information and referral to resources. * Cultural and social activities. * Thematic conferences. * Coffee-meetings. * Documentation centre, loan of books. Volunteer action * Welcoming, orientation, training, coaching and follow-up of volunteers. * Volunteer recognition activities. * Promotion of volunteer action.

Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: \$6 per hot meal and \$6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

LEGAL AID OFFICE - LACHUTE

505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6

450 562-2462 Fax: 450 562-1758

Website: www.ccjll.qc.ca

Email: bajlach@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: Lachute

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

CENTRE D'ACTION BÉNÉVOLE D'ARGENTEUIL - ACCOMPANIMENT-TRANSPORTATION

212, rue Wilson, Lachute, Laurentides, QC, J8H 3J3

450 562-7447 Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca

Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: people aged 65 years old and over

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: variable, fee for each accompaniment-transportation

Financing: provincial, self-financing

Legal status: non-profit organization

Sex and gender

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

Women's centres

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)

310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8

450 562-7122

Email: info@cafela.org

Services: Women's centre. * Reception, listening and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy of rights and representation.

Eligibility: women, drop-in day care centre: children from 18 months to 5 years old, respite care: children from 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

Women's associations

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)

310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8

450 562-7122

Email: info@cafela.org

Services: Women's centre. * Reception, listening and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy of rights and representation.

Eligibility: women, drop-in day care centre: children from 18 months to 5 years old, respite care: children from 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

Sports, Recreation and Culture

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

HOBBIES

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Clubs and social events

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)

310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8

450 562-7122

Email: info@cafela.org

Services: Women's centre. * Reception, listening and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy of rights and representation.

Eligibility: women, drop-in day care centre: children from 18 months to 5 years old, respite care: children from 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

Community recreation centres

CENTRE D'ACTION BÉNÉVOLE D'ARGENTEUIL

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3

450 562-7447 Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca

Services: Volunteer centre. Seniors * Meals on wheels and frozen meals. * Accompaniment and transportation to medical appointments. * Friendly visits and reassuring phone calls. Caregivers * Training. * Individual or group psychological support. * Information and referral to resources. * Cultural and social activities. * Thematic conferences. * Coffee-meetings. * Documentation centre, loan of books. Volunteer action * Welcoming, orientation, training, coaching and follow-up of volunteers. * Volunteer recognition activities. * Promotion of volunteer action.

Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: \$6 per hot meal and \$6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL

232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8

450 562-0503

Email: info@familleargenteuil.org

Services: * Drop-in for newborns. * Socialization groups. * Parent-child workshops. * Educational and sports workshops for parents. * Outings, educational and recreational activities for children. * Mutual aid group and exchange of clothing and children's items.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old

Coverage area: Laurentides

Fees: variable

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

MAISON DES JEUNES DE BROWNSBURG-CHATHAM

385 Principale Street, Brownsburg-Chatham, Laurentides, QC, J8G 2V2

450 533-6948

Website: www.mdjbrownsburgchatham.com

Email: mdjbrownsburgchatham@gmail.com

Services: Animated meeting place for young people. * Sports, cultural and entertainment activities. * Escouade lecture: group promoting reading.

Eligibility: youth from 11 to 17 years old

Coverage area: Brownsburg-Chatham

Hours: school period: Monday 16h30 to 20h30, Tuesday to Friday 16h30 to 21h00, summer period: Monday to Friday 14h00 to 22h00

Fees: none

Financing: municipal

Legal status: non-profit organization

MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)

201 Principale Street, Grenville, Laurentides, QC, J0V 1J0

819 242-2126 Fax: 819 242-2126

Email: mdjgrenville@gmail.com

Services: Youth centre. * Sports, cultural and entertainment activities. * Activities on healthy lifestyle and nutrition. * Prevention workshops.

Eligibility: youth from 10 to 16 years old

Coverage area: Grenville, Grenville-sur-la-Rouge

Hours: Monday to Thursday 18h00 to 20h30

Fees: membership card: \$2 per year

Financing: self-financing, municipal, grants

Legal status: non-profit organization

Hobbies**CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)**

310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8

450 562-7122

Email: info@cafela.org

Services: Women's centre. * Reception, listening and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy of rights and representation.

Eligibility: women, drop-in day care centre: children from 18 months to 5 years old, respite care: children from 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

LAURENTIAN LITERACY CENTRE

505 Bethany Avenue, Suite 302, Lachute, Laurentides, QC, J8H 4A6

450 562-3719

Website: laurentianliteracy.ca

Email: literacycentre@bellnet.ca

Services: English literacy centre. * Private tutoring: reading, writing, numeracy, computer and digital technology. * Youth literacy programs: after school tutoring, individual summer tutoring to prepare students for the upcoming academic year. * Scribe service: assistance with reading, understanding and filling out forms or paperwork.

Eligibility: English-speaking people of all ages who want to improve their literacy skills

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 19h30, Friday 13h00 to 18h00, scribe service: by appointment only

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Sports and recreation for people with a disability

CENTRE AUX SOURCES D'ARGENTEUIL

546 Sidney Street, Lachute, Laurentides, QC, J8H 1L1

450 562-0673

Email: ctauxsources@videotron.ca

Services: Day centre in mental health. * Support group. * Individual counselling, support and referral. * Community meals. * Leisure activities, mental health workshops and group outings.

Eligibility: adults living with or who have lived with mental health issues

Coverage area: MRC Argenteuil

Hours: Monday 9h00 to 12h00, Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 14h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MOUVEMENT DES PERSONNES D'ABORD DE LACHUTE

442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

450 562-5846

Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. * Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and others items.

Eligibility: people living or having been labeled with an intellectual disability, their relatives

Coverage area: Lachute

Hours: Tuesday to Friday 10h00 to 15h00

Fees: membership card: \$10

Financing: provincial, self-financing

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

Clothing

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)

310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8

450 562-7122

Email: info@cafela.org

Services: Women's centre. * Reception, listening and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy of rights and representation.

Eligibility: women, drop-in day care centre: children from 18 months to 5 years old, respite care: children from 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

Thrift Stores

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)

310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8

450 562-7122

Email: info@cafela.org

Services: Women's centre. * Reception, listening and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy of rights and representation.

Eligibility: women, drop-in day care centre: children from 18 months to 5 years old, respite care: children from 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

COMPTOIR D'ENTRAIDE DE LACHUTE

273 Principale Street, Lachute, Laurentides, QC, J8H 2Z7

450 562-9932

Services: * Sale of used clothes and other items. * Collection of donations on-site: furniture, toys, clothes, books, household appliances, dishware, household items, etc. * Welcoming participants to various employability measures, volunteers.

Coverage area: Laurentides

Hours: Tuesday to Saturday 9h30 to 16h00, store: Saturday 12h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL

232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8

450 562-0503

Email: info@familleargenteuil.org

Services: * Drop-in for newborns. * Socialization groups. * Parent-child workshops. * Educational and sports workshops for parents. * Outings, educational and recreational activities for children. * Mutual aid group and exchange of clothing and children's items.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old

Coverage area: Laurentides

Fees: variable

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

MAISON POPULAIRE D'ARGENTEUIL

335 Principale Street, Lachute, Laurentides, QC, J8H 2Z7

450 562-1996

Email: maisonpopulairearg@videotron.ca

Services: Raising community awareness of the problems of illiteracy. * Literacy services: practical and adapted reading, writing and numeracy workshops. * Workshops to build self-confidence and autonomy. * Help with filling out forms. * Used bookstore: sales and recovery of books.

Eligibility: adults

Coverage area: MRC Argenteuil

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

Financing: self-financing

Legal status: non-profit organization

MOUVEMENT DES PERSONNES D'ABORD DE LACHUTE

442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

450 562-5846

Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. * Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and others items.

Eligibility: people living or having been labeled with an intellectual disability, their relatives

Coverage area: Lachute

Hours: Tuesday to Friday 10h00 to 15h00

Fees: membership card: \$10

Financing: provincial, self-financing

Legal status: non-profit organization

Used item donation recovery programs**CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)**

310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8

450 562-7122

Email: info@cafela.org

Services: Women's centre. * Reception, listening and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy of rights and representation.

Thrift store and material aid

Eligibility: women, drop-in day care centre: children from 18 months to 5 years old, respite care: children from 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership: \$5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

COMPTOIR D'ENTRAIDE DE LACHUTE

273 Principale Street, Lachute, Laurentides, QC, J8H 2Z7

450 562-9932

Services: * Sale of used clothes and other items. * Collection of donations on-site: furniture, toys, clothes, books, household appliances, dishware, household items, etc. * Welcoming participants to various employability measures, volunteers.

Coverage area: Laurentides

Hours: Tuesday to Saturday 9h30 to 16h00, store: Saturday 12h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL

232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8

450 562-0503

Email: info@familleargenteuil.org

Services: * Drop-in for newborns. * Socialization groups. * Parent-child workshops. * Educational and sports workshops for parents. * Outings, educational and recreational activities for children. * Mutual aid group and exchange of clothing and children's items.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old

Coverage area: Laurentides

Fees: variable

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

MAISON POPULAIRE D'ARGENTEUIL

335 Principale Street, Lachute, Laurentides, QC, J8H 2Z7

450 562-1996

Email: maisonpopulairearg@videotron.ca

Services: Raising community awareness of the problems of illiteracy. * Literacy services: practical and adapted reading, writing and numeracy workshops. * Workshops to build self-confidence and autonomy. * Help with filling out forms. * Used bookstore: sales and recovery of books.

Eligibility: adults

Coverage area: MRC Argenteuil

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

Financing: self-financing

Legal status: non-profit organization

MOUVEMENT DES PERSONNES D'ABORD DE LACHUTE

442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

450 562-5846

Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. * Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and others items.

Thrift store and material aid

Eligibility: people living or having been labeled with an intellectual disability, their relatives

Coverage area: Lachute

Hours: Tuesday to Friday 10h00 to 15h00

Fees: membership card: \$10

Financing: provincial, self-financing

Legal status: non-profit organization

RECYPRO

70 Simon Street, Lachute, Laurentides, QC, J8H 3R8

450 562-7740 Fax: 450 562-7918

Website: www.recypro.com

Email: info@recypro.com

Services: Professional integration business specialized in maintenance and recycling of computers and electronic material. * 26-week training with post-employment follow-up and job search assistance. * Dropping point for the Recycler mes électroniques program. * Sale, installation and reparation of new and used equipment.

Eligibility: employment: adults with difficulties obtaining or maintaining a job

Coverage area: Laurentides

Hours: store: Monday to Wednesday 12h00 to 17h00, Thursday and Friday 12h00 to 19h00

Financing: grants, self-financing

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

PUBLIC TRANSPORTATION

Accompanied transport for medical reasons

CENTRE D'ACTION BÉNÉVOLE D'ARGENTEUIL - ACCOMPANIMENT-TRANSPORTATION

212, rue Wilson, Lachute, Laurentides, QC, J8H 3J3

450 562-7447 Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca

Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: people aged 65 years old and over

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: variable, fee for each accompaniment-transportation

Financing: provincial, self-financing

Legal status: non-profit organization

Paratransit

TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC D'ARGENTEUIL

540, Berry Street, Lachute, Laurentides, QC, J8H 1S5

450 562-5797 Fax: 450 562-6199

Website: www.argenteuil.qc.ca

Email: transports@argenteuil.qc.ca

Services: * Public transit: taxibus in the 9 municipalities of Argenteuil, Argenteuil-Saint-Jérôme circuit, free circuit to Le Carrefour shopping centre. * Door to door paratransit: serving the 9 municipalities of Argenteuil.

Eligibility: public transit: residents of MRC Argenteuil, paratransit: people living with functional limitations in their movements

Coverage area: MRC Argenteuil

Hours: customer service: Monday to Friday 7h30 to 12h00 and 13h00 to 16h30, shopping centre circuit: Tuesday and Thursday

Fees: variable, shopping centre circuit: free

Financing: municipal, self-financing, grants

Legal status: non-profit organization

Public Transportation

TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC D'ARGENTEUIL

540, Berry Street, Lachute, Laurentides, QC, J8H 1S5

450 562-5797 Fax: 450 562-6199

Website: www.argenteuil.qc.ca

Email: transports@argenteuil.qc.ca

Services: * Public transit: taxibus in the 9 municipalities of Argenteuil, Argenteuil-Saint-Jérôme circuit, free circuit to Le Carrefour shopping centre. * Door to door paratransit: serving the 9 municipalities of Argenteuil.

Eligibility: public transit: residents of MRC Argenteuil, paratransit: people living with functional limitations in their movements

Coverage area: MRC Argenteuil

Hours: customer service: Monday to Friday 7h30 to 12h00 and 13h00 to 16h30, shopping centre circuit: Tuesday and Thursday

Fees: variable, shopping centre circuit: free

Financing: municipal, self-financing, grants

Legal status: non-profit organization

Violence and abuse

CHILD ABUSE

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

HELP LINES RELATED TO VIOLENCE AND ABUSE

PREVENTION OF VIOLENCE AND CRIME

THERAPY AND COUNSELLING

Child abuse

CITAD'ELLE DE LACHUTE (LA)

Confidential Address

450 562-7797 Fax: 450 562-1311

Website: citadellelachute.ca

Email: administration@citadellelachute.ca

Services: Temporary shelter for women and children. * Helpline. * Chat service. * External support without shelter. * Youth intervention. * Social reintegration. * Animation of workshops and trainings.

Eligibility: women and children victims of conjugal violence, workshops and trainings: schools, organizations, institutional and professional environment

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)

201 Principale Street, Grenville, Laurentides, QC, J0V 1J0

819 242-2126 Fax: 819 242-2126

Email: mdjgrenville@gmail.com

Services: Youth centre. * Sports, cultural and entertainment activities. * Activities on healthy lifestyle and nutrition. * Prevention workshops.

Eligibility: youth from 10 to 16 years old

Coverage area: Grenville, Grenville-sur-la-Rouge

Hours: Monday to Thursday 18h00 to 20h30

Fees: membership card: \$2 per year

Financing: self-financing, municipal, grants

Legal status: non-profit organization

Domestic violence: shelters and support

CITAD'ELLE DE LACHUTE (LA)

Confidential Address

450 562-7797 Fax: 450 562-1311

Website: citadellelachute.ca

Email: administration@citadellelachute.ca

Services: Temporary shelter for women and children. * Helpline. * Chat service. * External support without shelter. * Youth intervention. * Social reintegration. * Animation of workshops and trainings.

Eligibility: women and children victims of conjugal violence, workshops and trainings: schools, organizations, institutional and professional environment

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

LEGAL AID OFFICE - LACHUTE

505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6

450 562-2462 Fax: 450 562-1758

Website: www.ccjll.qc.ca

Email: bajlach@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: Lachute

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

Help lines related to violence and abuse

CITAD'ELLE DE LACHUTE (LA)

Confidential Address

450 562-7797 Fax: 450 562-1311

Website: citadellelachute.ca

Email: administration@citadellelachute.ca

Services: Temporary shelter for women and children. * Helpline. * Chat service. * External support without shelter. * Youth intervention. * Social reintegration. * Animation of workshops and trainings.

Eligibility: women and children victims of conjugal violence, workshops and trainings: schools, organizations, institutional and professional environment

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

Prevention of violence and crime

CITAD'ELLE DE LACHUTE (LA)

Confidential Address

450 562-7797 Fax: 450 562-1311

Website: citadellelachute.ca

Email: administration@citadellelachute.ca

Services: Temporary shelter for women and children. * Helpline. * Chat service. * External support without shelter. * Youth intervention. * Social reintegration. * Animation of workshops and trainings.

Eligibility: women and children victims of conjugal violence, workshops and trainings: schools, organizations, institutional and professional environment

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)

201 Principale Street, Grenville, Laurentides, QC, J0V 1J0

819 242-2126 Fax: 819 242-2126

Email: mdjgrenville@gmail.com

Services: Youth centre. * Sports, cultural and entertainment activities. * Activities on healthy lifestyle and nutrition. * Prevention workshops.

Eligibility: youth from 10 to 16 years old

Coverage area: Grenville, Grenville-sur-la-Rouge

Hours: Monday to Thursday 18h00 to 20h30

Fees: membership card: \$2 per year

Financing: self-financing, municipal, grants

Legal status: non-profit organization

Therapy and counselling

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151 Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca

Services: * Food distribution and emergency assistance. * Collective kitchens. * Community meals. * Nourrissons notre autonomie: collective kitchens for seniors. * Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people. * Counselling with or without an appointment with a psychotherapist. * Training workshop: employability, budget, housing. * Bonhomme à lunettes point of service: moderate price glasses. * Social integration, compensatory and community work opportunity. * Community action development. * Babysitting courses. * Christmas baskets. * Tax clinic.

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

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