



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LAURENTIDES / MRC DEUX-MONTAGNES / ALL CITIES



2-1-1



WWW.211.QC.CA

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Summary

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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

YOUTH SHELTERS AND SUPPORT

Child welfare

CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - DEUX-MONTAGNES

333 Antonin-Campeau Street, Suite 101, Deux-Montagnes, Laurentides, QC, J7R 0A2
450 472-2107

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

Services: Protection of minors in case of abandonment, neglect, ill psychological, sexual or physical treatment or serious behavioural problems. * Psychosocial and crisis intervention. * Rehabilitation with or without housing. * Supervised access. * Rehabilitation of young offenders.

Eligibility: children and teenagers in difficulty, young offenders, parents, guardians, counsellors

Coverage area: MRC Deux-Montagnes

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-EUSTACHE

11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3
450 472-0134 Fax: 450 472-0409

Website: ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Reception and processing 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: Saint-Eustache

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

SOS JEUNESSE

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-5014

Email: info@sosjeunesse.org

Services: * Supervised visits. * Supervised custody exchange. * Other point of service in Saint-Jérôme: 66 Danis Street.

Eligibility: children 0 to 17 years subject to custody under supervision, referred by the Superior Court or the DPJ, or whose 2 parents are voluntary

Coverage area: CSSS Argenteuil, CSSS Saint-Jérôme, CSSS Thérèse-de-Blainville, CSSS Lac-des-deux-Montagnes, CSSS des Pays-d'en-Haut, Centre Jeunesse des Laurentides

Hours: by appointment, voicemail: 24/7

Fees: file opening and services

Financing: provincial, grants

Legal status: non-profit organization

Daycare and respite

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL

509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5
450 472-2555 Fax: 450 472-2595

Website: www.carrefourperinaissance.org

Email: cpn.accueil@videotron.ca

Services: * Assistance and support individually or in group. * Information and referral. * Workshops: prenatal, family health, fitness, child development for children aged 2 to 12 years old, language development, sensory awareness for infants, cooking. * Online group prenatal classes. * Pre and post natal yoga. * Coffee meetings. * Daycare. * Familial thrift shop. * Home support. * Conferences. * Day camp.

Eligibility: future parents, parents, children 0 to 12 years old

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique

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

Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free

Financing: provincial, grants, self-financing

Legal status: non-profit organization

REGROUPEMENT TANDEM 0-6 ANS

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

450 974-5001 ext. 5630

Email: cbourgeois@saint-eustache.ca

Services: Collaboration of partners in the early childhood sector. * Development and maintenance of activities for children and their families. * Mobilization and information. * Ressource-familles: workshops with mobile childcare. * Les Marmitons: community meals. * Workshops, recreational outings. * Childcare.

Eligibility: children 0 to 5 years old, their families

Coverage area: MRC Deux-Montagnes

Hours: office: Monday to Friday 8h30 to 17h00, activities: variable

Financing: foundations, fundraising campaigns

Legal status: non-profit organization

Family Support

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL

509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5

450 472-2555 Fax: 450 472-2595

Website: www.carrefourperinaissance.org

Email: cpn.accueil@videotron.ca

Services: * Assistance and support individually or in group. * Information and referral. * Workshops: prenatal, family health, fitness, child development for children aged 2 to 12 years old, language development, sensory awareness for infants, cooking. * Online group prenatal classes. * Pre and post natal yoga. * Coffee meetings. * Daycare. * Familial thrift shop. * Home support. * Conferences. * Day camp.

Eligibility: future parents, parents, children 0 to 12 years old

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique

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

Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free

Financing: provincial, grants, self-financing

Legal status: non-profit organization

CENTRE POUR L'ENFANCE EN SANTÉ MENTALE DEUX-MONTAGNES

328 de la Grande Côte Road, Saint-Eustache, Laurentides, QC, J7P 1E7

450 623-5677 Fax: 450 623-6488

Website: www.cesamedeuxmontagnes.com

Email: infos@cesamedeuxmontagnes.com

Services: * Early stimulation workshops for children 3 to 5 years old. * Vive la discipline workshop for parents, with daycare. * Conferences. * Community activities. * Home visits.

Eligibility: children aged 0 to 5 years old with behaviour, communication or socialization issues, their parents

Coverage area: MRC Deux-Montagnes

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

Fees: annual membership: \$10

Financing: federal, provincial, municipal, donations, grants

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 974-7556 Fax: 450 974-1960

Email: petitemaison-pointe-calumet@hotmail.com

Services: * Family activities. * Child-mother mornings. * Collective kitchens. * Conferences. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Knitting club.

Eligibility: individuals and families

Coverage area: Pointe-Calumet and surroundings

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 12h00

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

REGROUPEMENT TANDEM 0-6 ANS

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

450 974-5001 ext. 5630

Email: cbourgeois@saint-eustache.ca

Services: Collaboration of partners in the early childhood sector. * Development and maintenance of activities for children and their families. * Mobilization and information. * Ressource-familles: workshops with mobile childcare. * Les Marmitons: community meals. * Workshops, recreational outings. * Childcare.

Eligibility: children 0 to 5 years old, their families

Coverage area: MRC Deux-Montagnes

Hours: office: Monday to Friday 8h30 to 17h00, activities: variable

Financing: foundations, fundraising campaigns

Legal status: non-profit organization

Juvenile Delinquency

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Email: info@ccblaurentide.ca

Services: Assistance in the integration and development of the Muslim community, in particular in the regions. * Cultural, social, sporting and charity activities. * Humanitarian actions, moral support and academic support. * Promotion of women's involvement. * Support for youth: dropout and crime prevention. * Accompaniment and integration of newcomers. * Involvement in municipal activities.

Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: \$25, some activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

Maternity support and adoption

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL

509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5

450 472-2555 Fax: 450 472-2595

Website: www.carrefourperinaissance.org

Email: cpn.accueil@videotron.ca

Services: * Assistance and support individually or in group. * Information and referral. * Workshops: prenatal, family health, fitness, child development for children aged 2 to 12 years old, language development, sensory awareness for infants, cooking. * Online group prenatal classes. * Pre and post natal yoga. * Coffee meetings. * Daycare. * Familial thrift shop. * Home support. * Conferences. * Day camp.

Eligibility: future parents, parents, children 0 to 12 years old

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique

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

Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free

Financing: provincial, grants, self-financing

Legal status: non-profit organization

CENTRE MARIE ÈVE - SAINT-EUSTACHE

232 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2T8

450 491-1494 Fax: 450 473-4271

Website: www.centremarieeve.ca

Email: steustache@centremarieeve.ca

Services: * Support to pregnant women in difficulty through and after the pregnancy. * Workshops, individual accompaniment and emergency material assistance. * Mobile family counter.

Eligibility: pregnant women in difficulty, mothers with children aged 0 to 2 years old

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

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

Fees: none

Financing: grants, donations

Legal status: non-profit organization

CENTRE MARIE-EVE - SAINT-JÉRÔME

433, Du Palais Street, Saint-Eustache, Laurentides, QC, J7R 5M3

450 438-1484

Website: www.centremarieeve.ca

Email: stjerome@centremarieeve.ca

Services: * Reception and support. * At-home visits. * Phone support. * Various workshops. * Emergency material assistance.

Eligibility: pregnant women, new mothers of children 0 to 2 years old

Coverage area: MRC La Rivière-du-Nord

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

Fees: free

Financing: grants, donations

Legal status: non-profit organization

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-EUSTACHE

11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

450 472-0134 Fax: 450 472-0409

Website: ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Reception and processing 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: Saint-Eustache

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

ASSOCIATION PANDA BASSES-LAURENTIDES-SUD-OUEST

29 Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

514 713-5353

Website: www.pandablso.ca

Email: info_en@pandablso.ca

Services: Information and support related to ADHD. * Monthly conferences. * Phone and email support. * Loan of books and material. * Workshops. * Literacy skill program for children in the 3rd and 4th grade.

Eligibility: parents, children, teenagers and adults with ADHD, counsellors, professionals

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Fees: annual membership: \$10 for an individual or family

Financing: provincial

Legal status: non-profit organization

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL

509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5

450 472-2555 Fax: 450 472-2595

Website: www.carrefourperinaissance.org

Email: cpn.accueil@videotron.ca

Services: * Assistance and support individually or in group. * Information and referral. * Workshops: prenatal, family health, fitness, child development for children aged 2 to 12 years old, language development, sensory awareness for infants, cooking. * Online group prenatal classes. * Pre and post natal yoga. * Coffee meetings. * Daycare. * Familial thrift shop. * Home support. * Conferences. * Day camp.

Eligibility: future parents, parents, children 0 to 12 years old

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique

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

Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free

Financing: provincial, grants, self-financing

Legal status: non-profit organization

CENTRE POUR L'ENFANCE EN SANTÉ MENTALE DEUX-MONTAGNES

328 de la Grande Côte Road, Saint-Eustache, Laurentides, QC, J7P 1E7

450 623-5677 Fax: 450 623-6488

Website: www.cesamedeuxmontagnes.com

Email: infos@cesamedeuxmontagnes.com

Services: * Early stimulation workshops for children 3 to 5 years old. * Vive la discipline workshop for parents, with daycare. * Conferences. * Community activities. * Home visits.

Eligibility: children aged 0 to 5 years old with behaviour, communication or socialization issues, their parents

Coverage area: MRC Deux-Montagnes

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

Fees: annual membership: \$10

Financing: federal, provincial, municipal, donations, grants

Legal status: non-profit organization

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

DEUX-MONTAGNES PUBLIC LIBRARY

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-2702 ext. 228 Fax: 450 473-2816

Website: www.bibliotheque.ville.deux-montagnes.qc.ca

Email: biblio@ville.deux-montagnes.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Story time. * Reading workshops for toddlers. * Book club for children. * Coffee-reading. * Knitting club. * Conferences, shows, exhibitions. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Eligibility: children, youth and adults

Coverage area: Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00 and Saturday 10h00 to 13h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

SAINT-EUSTACHE PUBLIC LIBRARY

12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2

450 974-5035

Website: www.saint-eustache.ca/citoyens/bibliotheque

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Workshops, conferences, exhibitions.

Coverage area: Saint-Eustache

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

Recreational Activities**4KORNERS**

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

1 888 974-3940

Website: 4korners.org

Email: info@4korners.org

Services: Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d'Oka Road, Deux-Montagnes; 121 Saint-Vincent Street, Suite 202, Sainte-Agathe-des-Monts; 200 Principale Street, Suite 4, Saint-Sauveur; and 508 Principale Street, Lachute.

Eligibility: English-speaking community members

Coverage area: Laurentians

Hours: Deux-Montagnes: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, Lachute: Tuesday 9h00 to 15h00, Sainte-Agathe-des-Monts: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10, most programs and services are free for members

Financing: provincial, federal, fundraising campaigns, grants, donations, foundations

Legal status: non-profit organization

FORAINS ABYSSAUX (LES)

51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6

514 892-3271

Website: ecoledecirquelesforains.com

Email: ecoleforains@videotron.ca

Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: 7 days

Fees: variable, financial assistance program available

Financing: self-financing

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 974-7556 Fax: 450 974-1960

Email: petitemaison-pointe-calumet@hotmail.com

Services: * Family activities. * Child-mother mornings. * Collective kitchens. * Conferences. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Knitting club.

Eligibility: individuals and families

Coverage area: Pointe-Calumet and surroundings

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 12h00

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

REGROUPEMENT TANDEM 0-6 ANS

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

450 974-5001 ext. 5630

Email: cbourgeois@saint-eustache.ca

Services: Collaboration of partners in the early childhood sector. * Development and maintenance of activities for children and their families. * Mobilization and information. * Ressource-familles: workshops with mobile childcare. * Les Marmitons: community meals. * Workshops, recreational outings. * Childcare.

Eligibility: children 0 to 5 years old, their families

Coverage area: MRC Deux-Montagnes

Hours: office: Monday to Friday 8h30 to 17h00, activities: variable

Financing: foundations, fundraising campaigns

Legal status: non-profit organization

Youth Centres and Support**CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES**

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Email: info@ccblaurentide.ca

Services: Assistance in the integration and development of the Muslim community, in particular in the regions. * Cultural, social, sporting and charity activities. * Humanitarian actions, moral support and academic support. * Promotion of women's involvement. * Support for youth: dropout and crime prevention. * Accompaniment and integration of newcomers. * Involvement in municipal activities.

Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: \$25, some activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

FORAINS ABYSSAUX (LES)

51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6

514 892-3271

Website: ecoledecirquelesforains.com

Email: ecoleforains@videotron.ca

Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: 7 days

Fees: variable, financial assistance program available

Financing: self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE DEUX-MONTAGNES

108 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T8

450 491-3958 Fax: 450 491-3445

Website: www.mdjdm.net

Email: mdjdm@videotron.ca

Services: * Social and cultural activities. * Thematic meetings. * Conferences and seminars. * Volunteering.

Eligibility: youth 12 to 17 years old

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 15h00 to 22h00, Friday 16h00 to 23h00, Saturday and Sunday according to activities

Fees: \$2 per year

Financing: municipal, provincial

Legal status: non-profit organization

MAISON DES JEUNES DE POINTE-CALUMET (LA)

871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 491-6509

Email: mdj.pointe-calumet@hotmail.com

Services: Lively meeting place. * Awareness, information, prevention. * Cultural, educational, sports and social activities. * Cooking and art workshops. * Lunch boxes. * Help with homework. * Improvisation league for youth 12 to 17 years old. * Green projects for the environment.

Eligibility: youth 11 to 17 years

Coverage area: Pointe-Calumet

Hours: Tuesday to Friday and every other Saturday 17h00 to 21h00

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

SPOT (LE) - MAISON DES JEUNES DE SAINT-EUSTACHE

365 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1G7

450 983-4990

Website: mdjsteustache.com

Email: mdjsteustache@videotron.ca

Services: Safe and healthy meeting place. * Educational, cultural and recreational activities. * Awareness and prevention.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Eustache

Hours: Monday to Friday 16h00 to 21h00, Friday 16h00 to 22h00, group for young adults with special needs: on reservation, Saturday 10h00 to 14h30

Fees: free

Financing: provincial, municipal, self-financing, donations

Legal status: non-profit organization

SPOT (LE) - MAISON DES JEUNES DE SAINT-EUSTACHE - RIVIÈRE NORD

706 Primeau Street, Saint-Eustache, Laurentides, QC, J7R 7C6

450 598-6333

Website: mdjsteustache.com

Email: mdjsteustache@videotron.ca

Services: Safe and healthy meeting place. * Educational, cultural and recreational activities. * Awareness and prevention. * 6th grade project.

Eligibility: youth 11 to 17 years old

Coverage area: Saint-Eustache

Hours: Thursday 16h00 to 20h00, Friday 16h00 to 21h00

Fees: free

Financing: provincial, municipal, self-financing, donations

Legal status: non-profit organization

Youth Employment**CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES**

2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6

450 974-1635 Fax: 450 974-1077

Website: cjedm.qc.ca

Email: info@cjedm.qc.ca

Services: Assistance with job and returning to school procedures. * Psychosocial accompaniment. * Career counselling. * School and professional information. * Job search assistance: resume, cover letter, interview preparation and simulation, etc. * Info-centre: computers, printer, telephone, etc. * Financial education. * School perseverance. * Development of autonomy. * Internships. * Job postings and pairing with businesses. * Entrepreneurship and volunteering projects.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: free

Financing: provincial

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7

450 473-0606

Email: jatout2@outlook.com

Services: * Academic motivation and intervention. * Internships in the workplace. * In school workshops.

Eligibility: students at risk of dropping out referred by school principals

Coverage area: secondary schools of Saint-Eustache, Deux-Montagnes, Oka and Sainte-Marthe-sur-le-Lac

Hours: Monday to Thursday 14h00 to 17h00, by appointment

Financing: fundraising campaigns

Legal status: non-profit organization

MRC DEUX-MONTAGNES - DÉVELOPPEMENT ÉCONOMIQUE

1 Place de la Gare, Suite 301, Saint-Eustache, Laurentides, QC, J7R 0B4

450 491-1818 Fax: 450 491-3040

Website: www.mrc2m.qc.ca

Email: info@mrc2m.qc.ca

Services: * Business start-up and development assistance. * Project funding. * Business mentoring.

Eligibility: young entrepreneurs, businesses

Coverage area: MRC Deux-Montagnes
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial, municipal
Legal status: municipal agency

Youth Shelters and Support

ACCUEIL COMMUNAUTAIRE JEUNESSE DES BASSES-LAURENTIDES - MAISON D'HÉBERGEMENT

306 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V2

450 473-1600

Website: www.acjbl.org

Email: info@acjbl.org

Services: Short and medium term mixed housing for youth in difficulty. * 3-month stay. * Accompaniment and support. * Individual, parental or family meetings. * Post-housing follow-up. * Telephone support.

Eligibility: young adults 16 to 25 years old in difficult situations, their families

Capacity: 9 spots

Coverage area: Basses-Laurentides and surroundings

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

Fees: 25% of income or \$2 per day in the absence of income

Financing: grants, donations

Legal status: non-profit organization

APPARTEMENTS SUPERVISÉS LE TRANSIT (LES)

309 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

450 473-1600

Website: www.acjbl.org

Email: info@acjbl.org

Services: Mixed supervised housing. * 1 to 2-year stay. * Accompaniment and support. * Autonomy process.

Eligibility: youth 17 to 25 years old facing a difficult situation

Capacity: 3 places

Coverage area: Basses-Laurentides and surroundings

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

Financing: grants, donations

Legal status: non-profit organization

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

MAISON D'HÉBERGEMENT LE PRÉFIXE DES BASSES-LAURENTIDES

196 Rochon Street, Saint-Eustache, Laurentides, QC, J7R 2P8

450 974-2887

Website: www.acjbl.org

Email: info@acjbl.org

Services: Mixed housing. * 3-month stay. * Accompaniment, individual, parental or family meetings. * Conflict resolution assistance. * Reintegration. * Post-shelter follow-up. * Phone support.

Eligibility: youth 12 to 17 years old, their families

Capacity: 6 places

Coverage area: Basses-Laurentides and surroundings

Hours: 7 days, 8h00 to 23h00

Financing: grants, donations

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

PERSÉVÉRONS ENSEMBLE

465 Bibeau Street, Suite 600, Saint-Eustache, Laurentides, QC, J7R 0C8

450 419-4905

Website: www.perseveronsensemble.com

Email: info@perseveronsensemble.com

Services: Group of partners mobilizing to support concerted action and development of initiatives encouraging personal and academic perseverance and success. * Support, enhancement and financing for the development of rallying projects.

Eligibility: organizations supporting academic perseverance, organizations working with youth, youth

Coverage area: Seigneurie-des-Mille-Îles School Board

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

Financing: donations, provincial, municipal

Legal status: non-profit organization

REGROUPEMENT TANDEM 0-6 ANS

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

450 974-5001 ext. 5630

Email: cbourgeois@saint-eustache.ca

Services: Collaboration of partners in the early childhood sector. * Development and maintenance of activities for children and their families. * Mobilization and information. * Ressource-familles: workshops with mobile childcare. * Les Marmitons: community meals. * Workshops, recreational outings. * Childcare.

Eligibility: children 0 to 5 years old, their families

Coverage area: MRC Deux-Montagnes

Hours: office: Monday to Friday 8h30 to 17h00, activities: variable

Financing: foundations, fundraising campaigns

Legal status: non-profit organization

TOUS COMPLICES POUR NOTRE COMMUNAUTÉ

184 Saint-Eustache Street, Suite 319, Saint-Eustache, Laurentides, QC, J7R 2L7

450 974-5001 ext. 5060 Fax: 450 974-5064

Website: www.tous-complices.com

Email: info@tous-complices.com

Services: Social development. * Identification and examination of local issues. * Accompaniment for projets with a social and ecological impact. * Consultation: relay between community organizations and resources (CISSS, municipalities) on the territory.

Eligibility: community organizations, CIUSSS, municipalities, school service centres, businesses

Coverage area: MRC Deux-Montagnes

Fees: none

Financing: provincial

Legal status: non-profit organization

Charity Organizations

FONDATION ÉMILE Z. LAVIOLETTE

3101 de l'Église Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 623-2112

Website: emile-z-laviolette.com

Email: info@emile-z-laviolette.com

Services: Financial or material assistance for organizations and projects that support children of families on a low income.

Eligibility: organizations that support children of families on a low income through food assistance or school perseverance

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h00 to 13h30

Financing: fundraising campaigns, donations

Legal status: non-profit organization

Community centres

CENTRE D'ENTRAIDE RACINE-LAVOIE

154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution. * Collective kitchen. * Lunch box: preparation of lunches by parents for their children's school. * Bonhomme à lunettes service point. * Referral and listening. * Tax clinic.

Eligibility: people and families on a low income

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 10h15 to 11h15, kitchen: twice a month, lunchbox: each week

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

Information and referral

ABL-IMMIGRATION

1 Place de la Gare, Suite 103, Saint-Eustache, Laurentides, QC, J7R 0B4

514 570-3313

Website: www.abl-immigration.org

Email: ablimmigration@gmail.com

Services: Integration support for newcomers. * Welcoming and integration support: referral and frontline services. * Regional promotion: job opportunities, sociocultural services, transport, housing, etc. * Transcultural openness promotion.

Eligibility: newcomers, immigrants

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: grants

Legal status: non-profit organization

ÉCOUTE AGRICOLE DES LAURENTIDES

231 Thérèse Crescent, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

514 929-2476

Website: www.ecouteagricole.com

Email: ecouteagricolelaurentides@gmail.com

Services: Support for agricultural producer and their relatives, and for those working in the agricultural sector. * Listening and referrals. * Support network aiming to break isolation. * Personalized accompaniment through conflict resolution process. * Awareness among the population to demystify the profession of farmer.

Eligibility: agricultural producers, their relatives and people from the agricultural sector

Coverage area: Laurentians

Fees: free services, individual member: \$20, corporate member: \$100

Financing: self-financing

Legal status: non-profit organization

Volunteering and volunteer centres

CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counseling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: social activities.

Eligibility: adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: free for most services, variable for the others

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

SERVICES POUR PERSONNES ATTEINTES DE CANCER

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1

450 491-1912 Fax: 450 491-5770

Website: www.maisonsercan.ca

Email: reception@maisonsercan.ca

Services: * Self-help group for people with cancer and the bereaved. * Pairing. * Individual and group accompaniment. * Community luncheons. * Conferences.

Eligibility: people with cancer, their caregivers and bereaved adults, adolescents and children

Coverage area: MRC Deux-Montagnes

Hours: office: Monday to Friday 8h30 to 16h30, self-help groups: day and evening

Fees: contribution: \$10 per year

Financing: grants, fundraising campaigns, self-financing, donations

Legal status: non-profit organization

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

Adapted work and employability support

COMITÉ D'AIDE ALIMENTAIRE DES PATRIOTES

1906 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1N4

450 472-9469

Website: www.aidealimentaire.com

Email: caa-patriotes@videotron.ca

Services: * Distributor for the county's food banks. * Food assistance: food pick-up, processing and distribution to organizations. * Social reintegration through employment.

Eligibility: social reintegration through employment: people living with intellectual or physical disabilities, pervasive development disorders or with a desire to reinsert the job market, food assistance: food banks

Capacity: unlimited

Coverage area: MRC Deux-Montagnes, Mirabel-South

Hours: Monday to Thursday 8h00 to 17h00

Fees: free

Financing: Centraide, provincial, federal, donations, foundations

Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

450 623-5891 Fax: 450 623-3797

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Sale of second-hand clothing, household items, books, sports equipment, toys, dishes, electronics and furniture at low prices. * Delivery. * Employment integration: handling, maintenance, sale, production and customer service.

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, MRC Mirabel

Hours: Monday, Tuesday, Wednesday 9h30 to 17h00, Thursday and Friday 9h30 to 18h00, Saturday 9h00 to 17h00

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7

450 473-0606

Email: jatout2@outlook.com

Services: * Academic motivation and intervention. * Internships in the workplace. * In school workshops.

Eligibility: students at risk of dropping out referred by school principals

Coverage area: secondary schools of Saint-Eustache, Deux-Montagnes, Oka and Sainte-Marthe-sur-le-Lac

Hours: Monday to Thursday 14h00 to 17h00, by appointment

Financing: fundraising campaigns

Legal status: non-profit organization

L'ATELIER ENSEMBLE ON SE TIENT

185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5

450 623-1561 Fax: 450 623-2692

Email: atelierensemble@videotron.ca

Services: Day centre. * Social reintegration and rehabilitation. * Socialization and learning activities. * Pre-employability group. * Closed support and growth groups facilitated by a counsellor, on a weekly basis with a dozen of meetings. * Rehabilitation follow-up program for people who are homeless or at risk of homelessness.

Eligibility: adults with severe and persistent mental health or emotional distress disorders, rehabilitation follow-up: homeless people or people at risk of homelessness

Capacity: support group: 12 people maximum per group

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: Monday to Friday 9h30 to 16h00, support group on day and evening

Fees: free

Financing: provincial

Legal status: non-profit organization

Advocacy for people with a physical disability

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social monitoring. * Promotion and advocacy of rights. * Mutual aid. * Monthly dances. * Collective kitchens. * Adapted karate. * Workshops.

Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

Advocacy for people with an intellectual disability

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social monitoring. * Promotion and advocacy of rights. * Mutual aid. * Monthly dances. * Collective kitchens. * Adapted karate. * Workshops.

Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

Autism, PDD, ADHD

ASSOCIATION PANDA BASSES-LAURENTIDES-SUD-OUEST

29 Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

514 713-5353

Website: www.pandablso.ca

Email: info_en@pandablso.ca

Services: Information and support related to ADHD. * Monthly conferences. * Phone and email support. * Loan of books and material. * Workshops. * Literacy skill program for children in the 3rd and 4th grade.

Eligibility: parents, children, teenagers and adults with ADHD, counsellors, professionals

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Fees: annual membership: \$10 for an individual or family

Financing: provincial

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - DEUX-MONTAGNES - MIRABEL

333 Antonin-Campeau Street, Suite 102, Deux-Montagnes, Laurentides, QC, J7R 0A2

811

Website: www.santelaurentides.gouv.qc.ca

Services: Adaptation and rehabilitation for people with intellectual disabilities or an autism spectrum disorder. * Early stimulation. * Support with community, work and housing integration. * Support to relatives.

Eligibility: people with intellectual disabilities or an autism spectrum disorder, their close ones

Coverage area: MRC Deux-Montagnes, Mirabel

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

Financing: provincial

Legal status: parapublic organization

CHACUNIÈRE (LA)

3419 d'Oka Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 951-4146

Email: quennevilleg@lycos.com

Services: * Supervised housing for people with an intellectual disability or an autism spectrum disorder (ASD) and severely limited employment capacity.

Eligibility: people living with intellectual disabilities or an autism spectrum disorder (ASD) living with their parents

Capacity: 12 housings

Coverage area: MRC Deux-Montagnes

Financing: provincial, donations, federal

Legal status: non-profit organization

COMITÉ D'AIDE ALIMENTAIRE DES PATRIOTES

1906 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1N4

450 472-9469

Website: www.aidealimentaire.com

Email: caa-patriotes@videotron.ca

Services: * Distributor for the county's food banks. * Food assistance: food pick-up, processing and distribution to organizations. * Social reintegration through employment.

Eligibility: social reintegration through employment: people living with intellectual or physical disabilities, pervasive development disorders or with a desire to reinsert the job market, food assistance: food banks

Capacity: unlimited

Coverage area: MRC Deux-Montagnes, Mirabel-South

Hours: Monday to Thursday 8h00 to 17h00

Fees: free

Financing: Centraide, provincial, federal, donations, foundations

Legal status: non-profit organization

LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LEURS PROCHES

865 43rd Street, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 472-4532 Fax: 450 472-0977

Website: lalibellule.org

Email: la.libellule@videotron.ca

Services: * Day centre for adults. * Weekend respite for adults and young adults. * Family and caregiver support: information, referral, technical or psychosocial support. * Workshop centre for autonomous adults. * Information sessions, conferences.

Eligibility: people 21 years and over living with an intellectual disability or an autism spectrum disorder, their relatives

Capacity: day centre: 20, respite: 7

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: day centre: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day centre: \$15, workshop centre: \$10 per day, respite: \$150 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

Deaf and hearing impaired

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE

29 d'Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6

811

Website: www.santelaurentides.gouv.qc.ca

Services: Adaptation, rehabilitation and social integration. * Support to relatives. * Driving assessment and vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

Eligibility: people of all ages with a visual, language, motor or hearing disability

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

Language disorders

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE

29 d'Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6

811

Website: www.santelaurentides.gouv.qc.ca

Services: Adaptation, rehabilitation and social integration. * Support to relatives. * Driving assessment and vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

Eligibility: people of all ages with a visual, language, motor or hearing disability

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

Mobility aids

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE

29 d'Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6

811

Website: www.santelaurentides.gouv.qc.ca

Services: Adaptation, rehabilitation and social integration. * Support to relatives. * Driving assessment and vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

Eligibility: people of all ages with a visual, language, motor or hearing disability

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Recreation and camps

CHACUNIÈRE (LA)

3419 d'Oka Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 951-4146

Email: quennevilleg@lycos.com

Services: * Supervised housing for people with an intellectual disability or an autism spectrum disorder (ASD) and severely limited employment capacity.

Eligibility: people living with intellectual disabilities or an autism spectrum disorder (ASD) living with their parents

Capacity: 12 housings

Coverage area: MRC Deux-Montagnes

Financing: provincial, donations, federal

Legal status: non-profit organization

FIBROMYALGIE SAINT-EUSTACHE ET BASSES-LAURENTIDES

Confidential Address

450 472-3374

Email: fibro.fsebl@videotron.ca

Services: * Information on fibromyalgia. * Support for people affected and their relatives. * Listening over the telephone or via Internet. * Breakfast get-togethers. * Workshops. * Outings.

Eligibility: people with fibromyalgia, their close ones

Coverage area: Basses-Laurentides

Hours: variable

Financing: donations, contributions

Legal status: non-profit organization

FORAINS ABYSSAUX (LES)

51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6

514 892-3271

Website: ecoledecirquelesforains.com

Email: ecoleforains@videotron.ca

Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: 7 days

Fees: variable, financial assistance program available

Financing: self-financing

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social monitoring. * Promotion and advocacy of rights. * Mutual aid. * Monthly dances. * Collective kitchens. * Adapted karate. * Workshops.

Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

Respite services and housing**ACCUEIL ET PARTAGE POUR HANDICAPÉS DE STE-MARTHE-SUR-LE-LAC**

117 25th Avenue, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 473-7538

Email: lyndachevalier@live.ca

Services: Home environment for people living with an intellectual disability or a mental health issue. * Accommodation. * Cares.

Eligibility: people living with an intellectual disability or a mental health issue

Coverage area: North Shore

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CHACUNIÈRE (LA)

3419 d'Oka Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 951-4146

Email: quennevilleg@lycos.com

Services: * Supervised housing for people with an intellectual disability or an autism spectrum disorder (ASD) and severely limited employment capacity.

Eligibility: people living with intellectual disabilities or an autism spectrum disorder (ASD) living with their parents

Capacity: 12 housings

Coverage area: MRC Deux-Montagnes

Financing: provincial, donations, federal

Legal status: non-profit organization

CIBLE-EMPLOI - SAINT-EUSTACHE

477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1

450 473-1842 Fax: 450 491-2586

Website: www.cible-emploi.qc.ca

Email: st-eustache@cible-emploi.qc.ca

Services: * Individual guidance and group trainings in job searching. * CV and cover letters writing. * Career guidance. * Programs for people aged 45 to 64 years old. * Preparation for Secondary School Equivalency Tests (TENS). * Initiation computer workshops for job searching. * Reclassification assistance committee.

Coverage area: MRC Thérèse-De Blainville, MRC Deux-Montagnes and MRC Mirabel

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LEURS PROCHES

865 43rd Street, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 472-4532 Fax: 450 472-0977

Website: lalibellule.org

Email: la.libellule@videotron.ca

Services: * Day centre for adults. * Weekend respite for adults and young adults. * Family and caregiver support: information, referral, technical or psychosocial support. * Workshop centre for autonomous adults. * Information sessions, conferences.

Eligibility: people 21 years and over living with an intellectual disability or an autism spectrum disorder, their relatives

Capacity: day centre: 20, respite: 7

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: day centre: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day centre: \$15, workshop centre: \$10 per day, respite: \$150 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

Respite, child care and housing

4KORNERS

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

1 888 974-3940

Website: 4korners.org

Email: info@4korners.org

Services: Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d'Oka Road, Deux-Montagnes; 121 Saint-Vincent Street, Suite 202, Sainte-Agathe-des-Monts; 200 Principale Street, Suite 4, Saint-Sauveur; and 508 Principale Street, Lachute.

Eligibility: English-speaking community members

Coverage area: Laurentians

Hours: Deux-Montagnes: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, Lachute: Tuesday 9h00 to 15h00, Sainte-Agathe-des-Monts: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10, most programs and services are free for members

Financing: provincial, federal, fundraising campaigns, grants, donations, foundations

Legal status: non-profit organization

ACCUEIL ET PARTAGE POUR HANDICAPÉS DE STE-MARTHE-SUR-LE-LAC

117 25th Avenue, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 473-7538

Email: lyndachevalier@live.ca

Services: Home environment for people living with an intellectual disability or a mental health issue. * Accommodation. * Cares.

Eligibility: people living with an intellectual disability or a mental health issue

Coverage area: North Shore

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL

509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5

450 472-2555 Fax: 450 472-2595

Website: www.carrefourperinaissance.org

Email: cpn.accueil@videotron.ca

Services: * Assistance and support individually or in group. * Information and referral. * Workshops: prenatal, family health, fitness, child development for children aged 2 to 12 years old, language development, sensory awareness for infants, cooking. * Online group prenatal classes. * Pre and post natal yoga. * Coffee meetings. * Daycare. * Familial thrift shop. * Home support. * Conferences. * Day camp.

Eligibility: future parents, parents, children 0 to 12 years old

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique

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

Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free

Financing: provincial, grants, self-financing

Legal status: non-profit organization

CHACUNIÈRE (LA)

3419 d'Oka Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 951-4146

Email: quennevilleg@lycos.com

Services: * Supervised housing for people with an intellectual disability or an autism spectrum disorder (ASD) and severely limited employment capacity.

Eligibility: people living with intellectual disabilities or an autism spectrum disorder (ASD) living with their parents

Capacity: 12 housings

Coverage area: MRC Deux-Montagnes

Financing: provincial, donations, federal

Legal status: non-profit organization

CIBLE-EMPLOI - SAINT-EUSTACHE

477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1

450 473-1842 Fax: 450 491-2586

Website: www.cible-emploi.qc.ca

Email: st-eustache@cible-emploi.qc.ca

Services: * Individual guidance and group trainings in job searching. * CV and cover letters writing. * Career guidance. * Programs for people aged 45 to 64 years old. * Preparation for Secondary School Equivalency Tests (TENS). * Initiation computer workshops for job searching. * Reclassification assistance committee.

Coverage area: MRC Thérèse-De Blainville, MRC Deux-Montagnes and MRC Mirabel

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

DOMAINE CHÉNIER PHASE IV

401 de l'Accueil Street, Saint-Eustache, Laurentides, QC, J7R 5X7

450 472-0926 Fax: 450 472-5480

Email: domainechenier@videotron.ca

Services: Subsidized housing for seniors. * 3½ and 4½ apartments. * Adapted housing for disabled people. * Leisure activities. * Community room. * Hairdressing for residents.

Eligibility: people aged 65 years and over, autonomous or with a slight loss of autonomy, on a low income

Capacity: 24 apartments

Coverage area: MRC Deux-Montagnes

Fees: 25% of income

Financing: provincial

Legal status: non-profit organization

LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LEURS PROCHES

865 43rd Street, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 472-4532 Fax: 450 472-0977

Website: lalibellule.org

Email: la.libellule@videotron.ca

Services: * Day centre for adults. * Weekend respite for adults and young adults. * Family and caregiver support: information, referral, technical or psychosocial support. * Workshop centre for autonomous adults. * Information sessions, conferences.

Eligibility: people 21 years and over living with an intellectual disability or an autism spectrum disorder, their relatives

Capacity: day centre: 20, respite: 7

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: day centre: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day centre: \$15, workshop centre: \$10 per day, respite: \$150 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

Support Associations

ASSOCIATION PANDA BASSES-LAURENTIDES-SUD-OUEST

29 Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

514 713-5353

Website: www.pandablso.ca

Email: info_en@pandablso.ca

Services: Information and support related to ADHD. * Monthly conferences. * Phone and email support. * Loan of books and material. * Workshops. * Literacy skill program for children in the 3rd and 4th grade.

Eligibility: parents, children, teenagers and adults with ADHD, counsellors, professionals

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Fees: annual membership: \$10 for an individual or family

Financing: provincial

Legal status: non-profit organization

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL

509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5

450 472-2555 Fax: 450 472-2595

Website: www.carrefourperinaissance.org

Email: cpn.accueil@videotron.ca

Services: * Assistance and support individually or in group. * Information and referral. * Workshops: prenatal, family health, fitness, child development for children aged 2 to 12 years old, language development, sensory awareness for infants, cooking. * Online group prenatal classes. * Pre and post natal yoga. * Coffee meetings. * Daycare. * Familial thrift shop. * Home support. * Conferences. * Day camp.

Eligibility: future parents, parents, children 0 to 12 years old

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique

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

Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free

Financing: provincial, grants, self-financing

Legal status: non-profit organization

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

FIBROMYALGIE SAINT-EUSTACHE ET BASSES-LAURENTIDES

Confidential Address

450 472-3374**Email:** fibro.fsebl@videotron.ca**Services:** * Information on fibromyalgia. * Support for people affected and their relatives. * Listening over the telephone or via Internet. * Breakfast get-togethers. * Workshops. * Outings.**Eligibility:** people with fibromyalgia, their close ones**Coverage area:** Basses-Laurentides**Hours:** variable**Financing:** donations, contributions**Legal status:** non-profit organization**LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LEURS PROCHES**

865 43rd Street, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 472-4532 Fax: 450 472-0977**Website:** lalibellule.org**Email:** la.libellule@videotron.ca**Services:** * Day centre for adults. * Weekend respite for adults and young adults. * Family and caregiver support: information, referral, technical or psychosocial support. * Workshop centre for autonomous adults. * Information sessions, conferences.**Eligibility:** people 21 years and over living with an intellectual disability or an autism spectrum disorder, their relatives**Capacity:** day centre: 20, respite: 7**Coverage area:** MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin**Hours:** day centre: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00**Fees:** day centre: \$15, workshop centre: \$10 per day, respite: \$150 per weekend**Financing:** self-financing, grants**Legal status:** non-profit organization**LITTLE BROTHERS - BASSES-LAURENTIDES**

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

450 598-1888**Website:** www.petitsfreres.ca/basseslaurentides**Email:** basseslaurentides@petitsfreres.ca**Services:** Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.**Eligibility:** seniors 75 years and over without a present family or significant social contact**Coverage area:** Basses-Laurentides**Hours:** Monday to Friday 9h00 to 16h00**Fees:** free**Financing:** fundraising campaigns, self-financing, donations**Legal status:** non-profit organization**MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE**

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792**Email:** mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social monitoring. * Promotion and advocacy of rights. * Mutual aid. * Monthly dances. * Collective kitchens. * Adapted karate. * Workshops.
Eligibility: adults 18 years and over living with an intellectual disability
Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 8h30 to 16h00
Fees: membership: \$10 per year
Financing: provincial
Legal status: non-profit organization

SERVICES POUR PERSONNES ATTEINTES DE CANCER

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912 Fax: 450 491-5770
Website: www.maisonsercan.ca
Email: reception@maisonsercan.ca

Services: * Self-help group for people with cancer and the bereaved. * Pairing. * Individual and group accompaniment. * Community luncheons. * Conferences.
Eligibility: people with cancer, their caregivers and bereaved adults, adolescents and children
Coverage area: MRC Deux-Montagnes
Hours: office: Monday to Friday 8h30 to 16h30, self-help groups: day and evening
Fees: contribution: \$10 per year
Financing: grants, fundraising campaigns, self-financing, donations
Legal status: non-profit organization

Support and integration organizations

ASSOCIATION PANDA BASSES-LAURENTIDES-SUD-OUEST

29 Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6
514 713-5353
Website: www.pandablso.ca
Email: info_en@pandablso.ca

Services: Information and support related to ADHD. * Monthly conferences. * Phone and email support. * Loan of books and material. * Workshops. * Literacy skill program for children in the 3rd and 4th grade.
Eligibility: parents, children, teenagers and adults with ADHD, counsellors, professionals
Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin
Fees: annual membership: \$10 for an individual or family
Financing: provincial
Legal status: non-profit organization

CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES

52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7
450 473-2277 Fax: 450 473-2277
Website: alphabetisationdespatriotes.com
Email: alpha.patriote@videotron.ca

Services: * Literacy, mathematics and French-learning activities. * Alpha-créativité workshops: another way to learn how to read and write through art. * Permanent library. * Help with forms.
Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability
Capacity: 8 students per group
Coverage area: Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel
Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - DEUX-MONTAGNES - MIRABEL

333 Antonin-Campeau Street, Suite 102, Deux-Montagnes, Laurentides, QC, J7R 0A2

811

Website: www.santelaurentides.gouv.qc.ca

Services: Adaptation and rehabilitation for people with intellectual disabilities or an autism spectrum disorder. * Early stimulation. * Support with community, work and housing integration. * Support to relatives.

Eligibility: people with intellectual disabilities or an autism spectrum disorder, their close ones

Coverage area: MRC Deux-Montagnes, Mirabel

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

Financing: provincial

Legal status: parapublic organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social monitoring. * Promotion and advocacy of rights. * Mutual aid. * Monthly dances. * Collective kitchens. * Adapted karate. * Workshops.

Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

The Blind

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE

29 d'Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6

811

Website: www.santelaurentides.gouv.qc.ca

Services: Adaptation, rehabilitation and social integration. * Support to relatives. * Driving assessment and vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

Eligibility: people of all ages with a visual, language, motor or hearing disability

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

Therapy and rehabilitation centres

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - DEUX-MONTAGNES - MIRABEL

333 Antonin-Campeau Street, Suite 102, Deux-Montagnes, Laurentides, QC, J7R 0A2

811

Website: www.santelaurentides.gouv.qc.ca

Services: Adaptation and rehabilitation for people with intellectual disabilities or an autism spectrum disorder. * Early stimulation. * Support with community, work and housing integration. * Support to relatives.
Eligibility: people with intellectual disabilities or an autism spectrum disorder, their close ones
Coverage area: MRC Deux-Montagnes, Mirabel
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE

29 d'Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6

811

Website: www.santelaurentides.gouv.qc.ca

Services: Adaptation, rehabilitation and social integration. * Support to relatives. * Driving assessment and vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

Eligibility: people of all ages with a visual, language, motor or hearing disability

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

SCHOOL SERVICE CENTERS

Academic and vocational guidance

CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES

2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6

450 974-1635 Fax: 450 974-1077

Website: cjedm.qc.ca

Email: info@cjedm.qc.ca

Services: Assistance with job and returning to school procedures. * Psychosocial accompaniment. * Career counselling. * School and professional information. * Job search assistance: resume, cover letter, interview preparation and simulation, etc. * Info-centre: computers, printer, telephone, etc. * Financial education. * School perseverance. * Development of autonomy. * Internships. * Job postings and pairing with businesses. * Entrepreneurship and volunteering projects.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CIBLE-EMPLOI - SAINT-EUSTACHE

477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1

450 473-1842 Fax: 450 491-2586

Website: www.cible-emploi.qc.ca

Email: st-eustache@cible-emploi.qc.ca

Services: * Individual guidance and group trainings in job searching. * CV and cover letters writing. * Career guidance. * Programs for people aged 45 to 64 years old. * Preparation for Secondary School Equivalency Tests (TENS). * Initiation computer workshops for job searching. * Reclassification assistance committee.

Coverage area: MRC Thérèse-De Blainville, MRC Deux-Montagnes and MRC Mirabel

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

PORTE DE L'EMPLOI (LA) - SAINT-EUSTACHE

460 du Parc Street, Suite 302, Saint-Eustache, Laurentides, QC, J7R 0C9

450 435-4565

Website: www.laportedeemploi.com

Email: info@laportedeemploi.com

Services: Accompaniment for a return to the job market or to school. * Information sessions on the job market and employment assistance services available in the region. * Labor market preparation activities. * Vocational guidance services and professional reorientation assistance. * Individual and group support in job search or return to school. * Psychosocial intervention.

Eligibility: people searching for a job, including people out of the job market

Coverage area: MRC Deux-Montagnes, Mirabel

Hours: Monday to Thursday 8h15 to 16h15

Fees: free

Financing: provincial

Legal status: non-profit organization

Computer workshops

SAINT-EUSTACHE PUBLIC LIBRARY

12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2

450 974-5035

Website: www.saint-eustache.ca/citoyens/bibliotheque

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Workshops, conferences, exhibitions.

Coverage area: Saint-Eustache

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

Difficulties and learning disabilities

CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES

52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7

450 473-2277 Fax: 450 473-2277

Website: alphabetisationdespatriotes.com

Email: alpha.patriote@videotron.ca

Services: * Literacy, mathematics and French-learning activities. * Alpha-créativité workshops: another way to learn how to read and write through art. * Permanent library. * Help with forms.

Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability

Capacity: 8 students per group

Coverage area: Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

Homework assistance and tutoring

MAISON DES JEUNES DE POINTE-CALUMET (LA)

871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 491-6509

Email: mdj.pointe-calumet@hotmail.com

Services: Lively meeting place. * Awareness, information, prevention. * Cultural, educational, sports and social activities. * Cooking and art workshops. * Lunch boxes. * Help with homework. * Improvisation league for youth 12 to 17 years old. * Green projects for the environment.

Eligibility: youth 11 to 17 years

Coverage area: Pointe-Calumet

Hours: Tuesday to Friday and every other Saturday 17h00 to 21h00

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

Language courses

CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES

52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7

450 473-2277 Fax: 450 473-2277

Website: alphabetisationdespatriotes.com

Email: alpha.patriote@videotron.ca

Services: * Literacy, mathematics and French-learning activities. * Alpha-créativité workshops: another way to learn how to read and write through art. * Permanent library. * Help with forms.

Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability

Capacity: 8 students per group

Coverage area: Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

Literacy

CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES

52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7

450 473-2277 Fax: 450 473-2277

Website: alphabetisationdespatriotes.com

Email: alpha.patriote@videotron.ca

Services: * Literacy, mathematics and French-learning activities. * Alpha-créativité workshops: another way to learn how to read and write through art. * Permanent library. * Help with forms.

Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability

Capacity: 8 students per group

Coverage area: Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

DEUX-MONTAGNES PUBLIC LIBRARY

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-2702 ext. 228 Fax: 450 473-2816

Website: www.bibliotheque.ville.deux-montagnes.qc.ca

Email: biblio@ville.deux-montagnes.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Story time. * Reading workshops for toddlers. * Book club for children. * Coffee-reading. * Knitting club. * Conferences, shows, exhibitions. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Eligibility: children, youth and adults

Coverage area: Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00 and Saturday 10h00 to 13h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

SAINT-EUSTACHE PUBLIC LIBRARY

12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2

450 974-5035

Website: www.saint-eustache.ca/citoyens/bibliotheque

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Workshops, conferences, exhibitions.

Coverage area: Saint-Eustache

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

Public education

CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES

52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7

450 473-2277 Fax: 450 473-2277

Website: alphabetisationdespatriotes.com

Email: alpha.patriote@videotron.ca

Services: * Literacy, mathematics and French-learning activities. * Alpha-créativité workshops: another way to learn how to read and write through art. * Permanent library. * Help with forms.

Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability

Capacity: 8 students per group

Coverage area: Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

CIBLE-EMPLOI - SAINT-EUSTACHE

477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1

450 473-1842 Fax: 450 491-2586

Website: www.cible-emploi.qc.ca

Email: st-eustache@cible-emploi.qc.ca

Services: * Individual guidance and group trainings in job searching. * CV and cover letters writing. * Career guidance. * Programs for people aged 45 to 64 years old. * Preparation for Secondary School Equivalency Tests (TENS). * Initiation computer workshops for job searching. * Reclassification assistance committee.

Coverage area: MRC Thérèse-De Blainville, MRC Deux-Montagnes and MRC Mirabel

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

COMMISSION SCOLAIRE DE LA SEIGNEURIE-DES-MILLE-ÎLES

430 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 6V6

450 974-7000 Fax: 450 974-6977

Website: www.cssmi.qc.ca

Email: info@cssmi.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and orientation. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Services to companies. * School transportation coordination.

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Deux-Montagnes, Lorraine, Mirabel (Saint-Augustin, Saint-Benoît, Sainte-Scholastique and Parc du Domaine Vert), Oka, Pointe-Calumet, Rosemère, Sainte-Anne-des-Plaines, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide and a part of Terrebonne (quartier 2, Germain-Raby and quartier 3, Louis-Gilles-Ouimet)

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

Financing: self-financing

Legal status: parapublic organization

School perseverance**CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES**

2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6

450 974-1635 Fax: 450 974-1077

Website: cjedm.qc.ca

Email: info@cjedm.qc.ca

Services: Assistance with job and returning to school procedures. * Psychosocial accompaniment. * Career counselling. * School and professional information. * Job search assistance: resume, cover letter, interview preparation and simulation, etc. * Info-centre: computers, printer, telephone, etc. * Financial education. * School perseverance. * Development of autonomy. * Internships. * Job postings and pairing with businesses. * Entrepreneurship and volunteering projects.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Email: info@ccblaurentide.ca

Services: Assistance in the integration and development of the Muslim community, in particular in the regions. * Cultural, social, sporting and charity activities. * Humanitarian actions, moral support and academic support. * Promotion of women's involvement. * Support for youth: dropout and crime prevention. * Accompaniment and integration of newcomers. * Involvement in municipal activities.

Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: \$25, some activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7

450 473-0606

Email: jatout2@outlook.com

Services: * Academic motivation and intervention. * Internships in the workplace. * In school workshops.

Eligibility: students at risk of dropping out referred by school principals

Coverage area: secondary schools of Saint-Eustache, Deux-Montagnes, Oka and Sainte-Marthe-sur-le-Lac

Hours: Monday to Thursday 14h00 to 17h00, by appointment

Financing: fundraising campaigns

Legal status: non-profit organization

PERSÉVÉRONS ENSEMBLE

465 Bibeau Street, Suite 600, Saint-Eustache, Laurentides, QC, J7R 0C8

450 419-4905

Website: www.perseveronsensemble.com

Email: info@perseveronsensemble.com

Services: Group of partners mobilizing to support concerted action and development of initiatives encouraging personal and academic perseverance and success. * Support, enhancement and financing for the development of rallying projects.

Eligibility: organizations supporting academic perseverance, organizations working with youth, youth

Coverage area: Seigneurie-des-Mille-Îles School Board

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

Financing: donations, provincial, municipal

Legal status: non-profit organization

School service centers**COMMISSION SCOLAIRE DE LA SEIGNEURIE-DES-MILLE-ÎLES**

430 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 6V6

450 974-7000 Fax: 450 974-6977

Website: www.cssmi.qc.ca

Email: info@cssmi.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and orientation. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Services to companies. * School transportation coordination.

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Deux-Montagnes, Lorraine, Mirabel (Saint-Augustin, Saint-Benoît, Sainte-Scholastique and Parc du Domaine Vert), Oka, Pointe-Calumet, Rosemère, Sainte-Anne-des-Plaines, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide and a part of Terrebonne (quartier 2, Germain-Raby and quartier 3, Louis-Gilles-Ouimet)

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

Financing: self-financing

Legal status: parapublic organization

Employment and Income Support

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR SENIORS

EMPLOYMENT SUPPORT FOR YOUTH

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

LEGAL AID OFFICE - SAINT-EUSTACHE

11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

450 472-0134 Fax: 450 472-0409

Website: ccjll.qc.ca

Email: bajoust@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Reception and processing 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: Saint-Eustache

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

CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES

2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6

450 974-1635 Fax: 450 974-1077

Website: cjedm.qc.ca

Email: info@cjedm.qc.ca

Services: Assistance with job and returning to school procedures. * Psychosocial accompaniment. * Career counselling. * School and professional information. * Job search assistance: resume, cover letter, interview preparation and simulation, etc. * Info-centre: computers, printer, telephone, etc. * Financial education. * School perseverance. * Development of autonomy. * Internships. * Job postings and pairing with businesses. * Entrepreneurship and volunteering projects.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE DE DÉPANNAGE LE VISAGE

374 Pie-XII Street, Saint-Eustache, Laurentides, QC, J7P 4S7

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food aid. * Financial assistance. * School supplies.

Eligibility: families, people in need

Coverage area: Saint-Eustache

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

Financing: self-financing

Legal status: non-profit organization

Business development

MRC DEUX-MONTAGNES - DÉVELOPPEMENT ÉCONOMIQUE

1 Place de la Gare, Suite 301, Saint-Eustache, Laurentides, QC, J7R 0B4

450 491-1818 Fax: 450 491-3040

Website: www.mrc2m.qc.ca

Email: info@mrc2m.qc.ca

Services: * Business start-up and development assistance. * Project funding. * Business mentoring.

Eligibility: young entrepreneurs, businesses

Coverage area: MRC Deux-Montagnes

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

Financing: provincial, municipal

Legal status: municipal agency

SERVICES QUÉBEC - SAINT-EUSTACHE

367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1

450 472-2311 Fax: 450 974-3315

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

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

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

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, registre foncier: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: provincial government agency

Employment support and training

CIBLE-EMPLOI - SAINT-EUSTACHE

477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1

450 473-1842 Fax: 450 491-2586

Website: www.cible-emploi.qc.ca

Email: st-eustache@cible-emploi.qc.ca

Services: * Individual guidance and group trainings in job searching. * CV and cover letters writing. * Career guidance. * Programs for people aged 45 to 64 years old. * Preparation for Secondary School Equivalency Tests (TENS). * Initiation computer workshops for job searching. * Reclassification assistance committee.

Coverage area: MRC Thérèse-De Blainville, MRC Deux-Montagnes and MRC Mirabel

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

450 623-5891 Fax: 450 623-3797

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Sale of second-hand clothing, household items, books, sports equipment, toys, diches, electronics and furniture at low prices. * Delivery. * Employment integration: handling, maintenance, sale, production and customer service.

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, MRC Mirabel

Hours: Monday, Tuesday, Wednesday 9h30 to 17h00, Thursday and Friday 9h30 to 18h00, Saturday 9h00 to 17h00

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

PORTE DE L'EMPLOI (LA) - SAINT-EUSTACHE

460 du Parc Street, Suite 302, Saint-Eustache, Laurentides, QC, J7R 0C9

450 435-4565

Website: www.laportedeemploi.com

Email: info@laportedeemploi.com

Services: Accompaniment for a return to the job market or to school. * Information sessions on the job market and employment assistance services available in the region. * Labor market preparation activities. * Vocational guidance services and professional reorientation assistance. * Individual and group support in job search or return to school. * Psychosocial intervention.

Eligibility: people searching for a job, including people out of the job market

Coverage area: MRC Deux-Montagnes, Mirabel

Hours: Monday to Thursday 8h15 to 16h15

Fees: free

Financing: provincial

Legal status: non-profit organization

SERVICES QUÉBEC - SAINT-EUSTACHE

367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1

450 472-2311 Fax: 450 974-3315

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

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

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

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, registre foncier: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: provincial government agency

Employment support for immigrants

SERVICE CANADA CENTRE - SAINT-EUSTACHE

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Employment support for seniors

CIBLE-EMPLOI - SAINT-EUSTACHE

477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1

450 473-1842 Fax: 450 491-2586

Website: www.cible-emploi.qc.ca

Email: st-eustache@cible-emploi.qc.ca

Services: * Individual guidance and group trainings in job searching. * CV and cover letters writing. * Career guidance. * Programs for people aged 45 to 64 years old. * Preparation for Secondary School Equivalency Tests (TENS). * Initiation computer workshops for job searching. * Reclassification assistance committee.

Coverage area: MRC Thérèse-De Blainville, MRC Deux-Montagnes and MRC Mirabel

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES

2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6

450 974-1635 Fax: 450 974-1077

Website: cjedm.qc.ca

Email: info@cjedm.qc.ca

Services: Assistance with job and returning to school procedures. * Psychosocial accompaniment. * Career counselling. * School and professional information. * Job search assistance: resume, cover letter, interview preparation and simulation, etc. * Info-centre: computers, printer, telephone, etc. * Financial education. * School perseverance. * Development of autonomy. * Internships. * Job postings and pairing with businesses. * Entrepreneurship and volunteering projects.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: free

Financing: provincial

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7

450 473-0606

Email: jatout2@outlook.com

Services: * Academic motivation and intervention. * Internships in the workplace. * In school workshops.

Eligibility: students at risk of dropping out referred by school principals

Coverage area: secondary schools of Saint-Eustache, Deux-Montagnes, Oka and Sainte-Marthe-sur-le-Lac

Hours: Monday to Thursday 14h00 to 17h00, by appointment

Financing: fundraising campaigns

Legal status: non-profit organization

MRC DEUX-MONTAGNES - DÉVELOPPEMENT ÉCONOMIQUE

1 Place de la Gare, Suite 301, Saint-Eustache, Laurentides, QC, J7R 0B4

450 491-1818 Fax: 450 491-3040

Website: www.mrc2m.qc.ca

Email: info@mrc2m.qc.ca

Services: * Business start-up and development assistance. * Project funding. * Business mentoring.

Eligibility: young entrepreneurs, businesses

Coverage area: MRC Deux-Montagnes

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

Financing: provincial, municipal

Legal status: municipal agency

Vocational rehabilitation and disability-related employment

COMITÉ D'AIDE ALIMENTAIRE DES PATRIOTES

1906 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1N4

450 472-9469

Website: www.aidealimentaire.com

Email: caa-patriotes@videotron.ca

Services: * Distributor for the county's food banks. * Food assistance: food pick-up, processing and distribution to organizations. * Social reintegration through employment.

Eligibility: social reintegration through employment: people living with intellectual or physical disabilities, pervasive development disorders or with a desire to reinsert the job market, food assistance: food banks

Capacity: unlimited

Coverage area: MRC Deux-Montagnes, Mirabel-South

Hours: Monday to Thursday 8h00 to 17h00

Fees: free

Financing: Centraide, provincial, federal, donations, foundations

Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

450 623-5891 Fax: 450 623-3797

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Sale of second-hand clothing, household items, books, sports equipment, toys, diches, electronics and furniture at low prices. * Delivery. * Employment integration: handling, maintenance, sale, production and customer service.

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, MRC Mirabel

Hours: Monday, Tuesday, Wednesday 9h30 to 17h00, Thursday and Friday 9h30 to 18h00, Saturday 9h00 to 17h00

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7

450 473-0606

Email: jatout2@outlook.com

Services: * Academic motivation and intervention. * Internships in the workplace. * In school workshops.

Eligibility: students at risk of dropping out referred by school principals

Coverage area: secondary schools of Saint-Eustache, Deux-Montagnes, Oka and Sainte-Marthe-sur-le-Lac

Hours: Monday to Thursday 14h00 to 17h00, by appointment

Financing: fundraising campaigns

Legal status: non-profit organization

L'ATELIER ENSEMBLE ON SE TIENT

185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5

450 623-1561 Fax: 450 623-2692

Email: atelierensemble@videotron.ca

Services: Day centre. * Social reintegration and rehabilitation. * Socialization and learning activities. * Pre-employability group. * Closed support and growth groups facilitated by a counsellor, on a weekly basis with a dozen of meetings. * Rehabilitation follow-up program for people who are homeless or at risk of homelessness.

Eligibility: adults with severe and persistent mental health or emotional distress disorders, rehabilitation follow-up: homeless people or people at risk of homelessness

Capacity: support group: 12 people maximum per group

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: Monday to Friday 9h30 to 16h00, support group on day and evening

Fees: free

Financing: provincial

Legal status: non-profit organization

PORTE DE L'EMPLOI (LA) - SAINT-EUSTACHE

460 du Parc Street, Suite 302, Saint-Eustache, Laurentides, QC, J7R 0C9

450 435-4565

Website: www.laportedeemploi.com

Email: info@laportedeemploi.com

Services: Accompaniment for a return to the job market or to school. * Information sessions on the job market and employment assistance services available in the region. * Labor market preparation activities. * Vocational guidance services and professional reorientation assistance. * Individual and group support in job search or return to school. * Psychosocial intervention.

Eligibility: people searching for a job, including people out of the job market

Coverage area: MRC Deux-Montagnes, Mirabel

Hours: Monday to Thursday 8h15 to 16h15

Fees: free

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINT-EUSTACHE

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICES QUÉBEC - SAINT-EUSTACHE

367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1

450 472-2311 Fax: 450 974-3315

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

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

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

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, registre foncier: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: provincial government agency

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

FOOD ASSISTANCE COORDINATION

FOOD ASSISTANCE IN SCHOOLS

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

COMITÉ D'ACTION SOCIALE ST-JOSEPH-DU-LAC

1028A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 473-2440

Email: comiteaction@outlook.com

Services: * Food baskets. * Christmas baskets and gifts distribution. * Soup kitchen. * Le Chiffonnier: recovery and sale of second-hand items and clothing.

Eligibility: underprivileged people

Coverage area: Saint-Joseph-du-Lac

Hours: baskets distribution: Tuesday 10h00 to 12h00, soup kitchen: Friday 11h00 to 13h00, sale of second-hand items: Friday 9h00 to 15h00

Fees: baskets: \$2 suggested voluntary contribution

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

DÉPANNAGE ST-AGAPIT

202 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-7450

Website: www.depannage-st-agapit.org

Email: info@depannage-st-agapit.org

Services: * Food assistance. * Christmas baskets. * Referral.

Eligibility: families and people in need

Coverage area: Deux-Montagnes

Hours: food assistance: Monday, Wednesday, Friday 9h00 to 11h30

Fees: free

Financing: fundraising campaigns, municipal

Legal status: non-profit organization

Collective kitchens and cooking workshops

CENTRE D'ENTRAIDE RACINE-LAVOIE

154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution. * Collective kitchen. * Lunch box: preparation of lunches by parents for their children's school. * Bonhomme à lunettes service point. * Referral and listening. * Tax clinic.

Eligibility: people and families on a low income

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 10h15 to 11h15, kitchen: twice a month, lunchbox: each week

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE DEUX-MONTAGNES

1002 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L7

450 473-9877 ext. 230

Email: sophie.lescarbeau@maparaisse.info

Services: * Food assistance. * Clothing depot. * Collective kitchen.

Eligibility: people on a low income

Coverage area: Deux-Montagnes

Hours: food assistance: Tuesday 11h00 to 13h00, clothing depot: Wednesday and Friday 9h30 to 16h30, emergency food aid: upon request

Fees: \$2 per month

Financing: donations

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social monitoring. * Promotion and advocacy of rights. * Mutual aid. * Monthly dances. * Collective kitchens. * Adapted karate. * Workshops.

Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 974-7556 Fax: 450 974-1960

Email: petitemaision-pointe-calumet@hotmail.com

Services: * Family activities. * Child-mother mornings. * Collective kitchens. * Conferences. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Knitting club.

Eligibility: individuals and families

Coverage area: Pointe-Calumet and surroundings

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 12h00

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

Food Assistance

CENTRE D'ENTRAIDE RACINE-LAVOIE

154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution. * Collective kitchen. * Lunch box: preparation of lunches by parents for their children's school. * Bonhomme à lunettes service point. * Referral and listening. * Tax clinic.

Eligibility: people and families on a low income

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 10h15 to 11h15, kitchen: twice a month, lunchbox: each week

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE DE DÉPANNAGE LE VISAGE

374 Pie-XII Street, Saint-Eustache, Laurentides, QC, J7P 4S7

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food aid. * Financial assistance. * School supplies.

Eligibility: families, people in need

Coverage area: Saint-Eustache

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

Financing: self-financing

Legal status: non-profit organization

COMITÉ D'ACTION SOCIALE DE POINTE-CALUMET

810 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 472-0259

Services: * Food assistance. * Clothing bank.

Eligibility: families and individuals on a low income, newcomers

Capacity: 68 to 74 families

Coverage area: Pointe-Calumet

Financing: self-financing

Legal status: non-profit organization

COMITÉ D'ACTION SOCIALE ST-JOSEPH-DU-LAC

1028A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 473-2440

Email: comiteaction@outlook.com

Services: * Food baskets. * Christmas baskets and gifts distribution. * Soup kitchen. * Le Chiffonnier: recovery and sale of second-hand items and clothing.

Eligibility: underprivileged people

Coverage area: Saint-Joseph-du-Lac

Hours: baskets distribution: Tuesday 10h00 to 12h00, soup kitchen: Friday 11h00 to 13h00, sale of second-hand items: Friday 9h00 to 15h00

Fees: baskets: \$2 suggested voluntary contribution

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE DEUX-MONTAGNES

1002 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L7

450 473-9877 ext. 230

Email: sophie.lescarbeau@maparoisse.info

Services: * Food assistance. * Clothing depot. * Collective kitchen.

Eligibility: people on a low income

Coverage area: Deux-Montagnes

Hours: food assistance: Tuesday 11h00 to 13h00, clothing depot: Wednesday and Friday 9h30 to 16h30, emergency food aid: upon request

Fees: \$2 per month

Financing: donations

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE SAINTE-MARTHE

3101 de l'Église Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 473-9877 ext. 230

Services: * Food assistance. * Thrift store.

Eligibility: people on a low income

Coverage area: Sainte-Marthe-Sur-Le-Lac

Hours: food aid: Tuesday 11h00 to 12h30, clothing depot: Thursday 9h00 to 16h00

Fees: \$2 per month

Financing: donations

Legal status: non-profit organization

DÉPANNAGE ST-AGAPIT

202 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-7450

Website: www.depannage-st-agapit.org

Email: info@depannage-st-agapit.org

Services: * Food assistance. * Christmas baskets. * Referral.

Eligibility: families and people in need

Coverage area: Deux-Montagnes

Hours: food assistance: Monday, Wednesday, Friday 9h00 to 11h30

Fees: free

Financing: fundraising campaigns, municipal

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINT-EUSTACHE (LA) - AIDE AUX PERSONNES EN DIFFICULTÉ

374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food assistance. * Community lunches. * Financial aid. * Clothing bank. * Ouvroir: recovery and sale of used clothing, articles and furniture.

Eligibility: families, individuals in need

Coverage area: Saint-Eustache

Hours: food assistance: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, community lunches: Wednesday 11h00 to 13h00, Ouvroir: Monday to Friday 13h00 to 16h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

L'ENTRE-AMIS

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food aid. * Community lunches. * Clothing bank and other used items.

Eligibility: families, people in need

Coverage area: Saint-Eustache

Hours: community meals: Wednesday 11h00 to 13h00

Fees: lunch: free

Financing: self-financing

Legal status: non-profit organization

Food aid for pregnant women and children

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Food assistance coordination

COMITÉ D'AIDE ALIMENTAIRE DES PATRIOTES

1906 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1N4

450 472-9469

Website: www.aidealimentaire.com

Email: caa-patriotes@videotron.ca

Services: * Distributor for the county's food banks. * Food assistance: food pick-up, processing and distribution to organizations. * Social reintegration through employment.

Eligibility: social reintegration through employment: people living with intellectual or physical disabilities, pervasive development disorders or with a desire to reinsert the job market, food assistance: food banks

Capacity: unlimited

Coverage area: MRC Deux-Montagnes, Mirabel-South

Hours: Monday to Thursday 8h00 to 17h00

Fees: free

Financing: Centraide, provincial, federal, donations, foundations

Legal status: non-profit organization

Food assistance in schools

CENTRE D'ENTRAIDE RACINE-LAVOIE

154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution. * Collective kitchen. * Lunch box: preparation of lunches by parents for their children's school. * Bonhomme à lunettes service point. * Referral and listening. * Tax clinic.

Eligibility: people and families on a low income

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 10h15 to 11h15, kitchen: twice a month, lunchbox: each week

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

Low cost or free meals

CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counseling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: social activities.

Eligibility: adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: free for most services, variable for the others

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

COMITÉ D'ACTION SOCIALE ST-JOSEPH-DU-LAC

1028A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 473-2440

Email: comiteaction@outlook.com

Services: * Food baskets. * Christmas baskets and gifts distribution. * Soup kitchen. * Le Chiffonnier: recovery and sale of second-hand items and clothing.

Eligibility: underprivileged people

Coverage area: Saint-Joseph-du-Lac

Hours: baskets distribution: Tuesday 10h00 to 12h00, soup kitchen: Friday 11h00 to 13h00, sale of second-hand items: Friday 9h00 to 15h00

Fees: baskets: \$2 suggested voluntary contribution

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINT-EUSTACHE (LA) - AIDE AUX PERSONNES EN DIFFICULTÉ

374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food assistance. * Community lunches. * Financial aid. * Clothing bank. * Ouvroir: recovery and sale of used clothing, articles and furniture.

Eligibility: families, individuals in need

Coverage area: Saint-Eustache

Hours: food assistance: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, community lunches: Wednesday 11h00 to 13h00, Ouvroir: Monday to Friday 13h00 to 16h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

L'ENTRE-AMIS

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food aid. * Community lunches. * Clothing bank and other used items.

Eligibility: families, people in need

Coverage area: Saint-Eustache

Hours: community meals: Wednesday 11h00 to 13h00

Fees: lunch: free

Financing: self-financing

Legal status: non-profit organization

Prepared meals and Meals-on-wheels**CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE**

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counseling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: social activities.

Eligibility: adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: free for most services, variable for the others

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Government services

FEDERAL SERVICES

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES

Federal services

SERVICE CANADA CENTRE - SAINT-EUSTACHE

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Municipal services

DEUX-MONTAGNES - CITY

803 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L8

450 473-2796 Fax: 450 473-2417

Website: www.ville.deux-montagnes.qc.ca

Email: info@ville.deux-montagnes.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Garbage collection. * Pet licenses. * Construction permits. * Emergency notification system. * Hall rental.

Coverage area: Deux-Montagnes

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

DEUX-MONTAGNES - LEISURE AND COMMUNITY SERVICES

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-4700 Fax: 450 473-4225

Website: www.ville.deux-montagnes.qc.ca

Email: loisirs@ville.deux-montagnes.qc.ca

Services: * Community, cultural and sporting activities. * Community centre, swimming pool, ice rink, parks, sports fields and playgrounds. * Coordination with community organizations. * Summer day camp.

Coverage area: Deux-Montagnes

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

POINTE-CALUMET - LOISIRS

190 41th Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 473-5930 ext. 229

Website: www.pointe-calumet.ca

Email: l.germain@pointe-calumet.ca

Services: * Sports and recreational activities. * Sports and cultural centre, swimming pool, parks, ice rinks, sports fields. * Summer day camp. * Events.

Coverage area: Pointe-Calumet

Fees: variable

Financing: municipal

Legal status: municipal agency

POINTE-CALUMET - MUNICIPALITÉ

300 Basile-Routhier Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 473-5930 Fax: 450 473-6571

Website: pointe-calumet.ca

Email: info@pointe-calumet.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance.

Coverage area: Pointe-Calumet

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

Financing: municipal

Legal status: municipal agency

RÉGIE DE POLICE DU LAC DES DEUX-MONTAGNES

615 20th Avenue, Deux-Montagnes, Laurentides, QC, J7R 6B2

450 473-4686 Fax: 450 473-3189

Website: rpldm.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offenses. * Criminal record check-up. * Awareness-raising.

Coverage area: Deux-Montagnes, Sainte-Marthe-sur-le-Lac, Saint-Joseph-du-Lac, Pointe-Calumet

Hours: Monday to Friday 8h00 to 16h30

Financing: municipal

Legal status: municipal agency

SAINT-EUSTACHE - CITY

145 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9

450 974-5000

Website: ville.saint-eustache.qc.ca

Email: sem@ville.saint-eustache.qc.ca

Services: Municipal service management. * Municipal tax payment. * Police department. * Fire department. * Emergency notification system. * Garbage collection. * Construction permits.

Coverage area: Saint-Eustache

Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h30, Friday 8h00 to 16h30, phone service: Monday, Tuesday, Thursday and Friday 7h30 to 16h30, Wednesday 7h30 to 20h30

Financing: municipal

Legal status: municipal agency

SAINT-EUSTACHE - LOISIRS

Aquatic Centre, 230 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

450 974-5111 Fax: 450 974-5135

Website: www.saint-eustache.ca

Services: * Community, sociocultural and sporting activities. * Aquatic centre, multisport centre, arts centre, arenas, swimming pools, ice rinks, parks and playgrounds. * Coordination with community organizations. * Shows, activities and events. * Summer day camp. * Hall rental.

Coverage area: Saint-Eustache

Hours: aquatic centre: Monday to Friday 8h30 to 21h00, Saturday and Sunday 8h00 to 17h00, culture and community: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - ÉCOCENTRE

4085 d'Oka Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 623-1072 Fax: 450 623-2889

Website: www.sjdl.qc.ca/services-municipaux/environnement/ecocentre

Services: Deposit, sorting and recovery site for residual materials. * Household hazardous waste: paint, oil, batteries, propane, etc. * Computer appliances. * Small appliances. * Building materials: aggregates, wood, dry materials. * Rimless tires. * Mattresses.

Eligibility: citizens

Coverage area: Saint-Joseph-du-Lac

Hours: January to March: every second Saturday 9h00 to 14h00, April to October: Saturday 9h00 to 16h00, Wednesday 15h00 to 19h00, November and December: Saturday 9h00 to 16h00

Fees: free

Financing: municipal

Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - LOISIRS, CULTURE ET TOURISME

1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 623-1072 ext. 229 Fax: 450 623-2889

Website: www.sjdl.qc.ca

Email: vlalonde@sjdl.qc.ca

Services: * Sporting and recreational activities. * Parks, ice rinks, sports fields. * Summer and spring break day camps. * Hall rental. * Parties and events.

Coverage area: Saint-Joseph-du-Lac

Fees: variable

Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - MUNICIPALITÉ

1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 623-1072 Fax: 450 623-2889

Website: www.sjdl.qc.ca

Email: info@sjdl.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Dog licences. * Emergency notification system.

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

Legal status: municipal agency

SAINTE-MARTHE-SUR-LE-LAC - CITY

3000 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 472-7310

Website: www.ville.sainte-marthe-sur-le-lac.qc.ca

Email: info@ville.sainte-marthe-sur-le-lac.qc.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits. * Emergency notification system.

Coverage area: Sainte-Marthe-Sur-Le-Lac

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

Financing: municipal

Legal status: municipal agency

SAINTE-MARTHE-SUR-LE-LAC - LOISIRS ET VIE COMMUNAUTAIRE

Community centre, 99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 472-7310 ext. 145

Website: www.ville.sainte-marthe-sur-le-lac.qc.ca/loisirs-et-culture/loisirs-et-vie-communautaire

Email: viocommunautaire@ville.sainte-marthe-sur-le-lac.qc.ca

Services: * Community, sociocultural and sporting activities. * Community centre, aquatic complex, gyms, arena, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Shows and events. * Hall rental.

Coverage area: Sainte-Marthe-Sur-Le-Lac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE SAINT-EUSTACHE

144 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

450 974-5300 TTY: 1/1/09

Website: www.saint-eustache.ca/police

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: Saint-Eustache

Financing: municipal

Legal status: municipal agency

Municipalité régionale de comté (MRC)**MRC DEUX-MONTAGNES**

1 de la Gare Place, Suite 301, Saint-Eustache, Laurentides, QC, J7R 0B4

450 491-1818 Fax: 450 491-3040

Website: mrc2m.qc.ca

Email: info@mrc2m.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 Deux-Montagnes

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

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Official documents**SERVICE CANADA CENTRE - SAINT-EUSTACHE**

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Provincial services

LEGAL AID OFFICE - SAINT-EUSTACHE

11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

450 472-0134 Fax: 450 472-0409

Website: ccjll.qc.ca

Email: bajеust@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Reception and processing 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: Saint-Eustache

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

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

Financing: provincial

Legal status: parapublic organization

SERVICES QUÉBEC - SAINT-EUSTACHE

367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1

450 472-2311 Fax: 450 974-3315

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

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

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

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, registre foncier: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: provincial government agency

Health

EYE CARE

FAMILY PLANNING

HOME CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Eye care

CENTRE D'ENTRAIDE RACINE-LAVOIE

154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution. * Collective kitchen. * Lunch box: preparation of lunches by parents for their children's school. * Bonhomme à lunettes service point. * Referral and listening. * Tax clinic.

Eligibility: people and families on a low income

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 10h15 to 11h15, kitchen: twice a month, lunchbox: each week

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

Family planning

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Home care

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Hospitals, CLSC and community clinics

CENTRE DE SERVICES AMBULATOIRES DE SAINT-EUSTACHE - CENTRE DE PRÉLÈVEMENTS

239 Robinson Street, Saint-Eustache, Laurentides, QC, J7R 5V7

450 473-6811

Website: www.santelaurentides.gouv.qc.ca

Services: Blood tests and samples.

Coverage area: Laurentians

Hours: Monday to Friday 6h00 to 14h00, clinic without appointment: Monday to Friday 6h00 to 11h00

Financing: provincial

Legal status: parapublic organization

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

GROUPE DE MÉDECINE DE FAMILLE UNIVERSITAIRE DE SAINT-EUSTACHE

57 Industriel Boulevard, Suite 2200, Saint-Eustache, Laurentides, QC, J7R 5B9

450 491-6001 Fax: 450 974-8201

Website: www.santelaurentides.gouv.qc.ca

Email: umf.csss-lddm@ssss.gouv.qc.ca

Services: General family medicine.

Eligibility: people with or without a family doctor

Coverage area: Laurentians

Hours: Monday and Thursday 8h00 to 16h00, Tuesday, Wednesday and Friday 8h00 to 20h00

Financing: provincial

Legal status: non-profit organization

HÔPITAL DE SAINT-EUSTACHE

520 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 5B1

450 473-6811

Website: www.santelaurentides.gouv.qc.ca

Services: General and specialized medical care. * Emergency and acute care.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

Palliative care

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

LITTLE BROTHERS - BASSES-LAURENTIDES

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

450 598-1888

Website: www.petitsfreres.ca/basseslaurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: seniors 75 years and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

Patient support associations

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

FIBROMYALGIE SAINT-EUSTACHE ET BASSES-LAURENTIDES

Confidential Address

450 472-3374

Email: fibro.fsebl@videotron.ca

Services: * Information on fibromyalgia. * Support for people affected and their relatives. * Listening over the telephone or via Internet. * Breakfast get-togethers. * Workshops. * Outings.

Eligibility: people with fibromyalgia, their close ones

Coverage area: Basses-Laurentides

Hours: variable

Financing: donations, contributions

Legal status: non-profit organization

LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LEURS PROCHES

865 43rd Street, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 472-4532 Fax: 450 472-0977

Website: lalibellule.org

Email: la.libellule@videotron.ca

Services: * Day centre for adults. * Weekend respite for adults and young adults. * Family and caregiver support: information, referral, technical or psychosocial support. * Workshop centre for autonomous adults. * Information sessions, conferences.

Eligibility: people 21 years and over living with an intellectual disability or an autism spectrum disorder, their relatives

Capacity: day centre: 20, respite: 7

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: day centre: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day centre: \$15, workshop centre: \$10 per day, respite: \$150 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

Public Health

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Homelessness

DAY AND EVENING CENTRES

MOBILE UNITS AND STREET WORK

SHELTERS

TRANSITIONAL HOUSING

Day and evening centres

ACCUEIL COMMUNAUTAIRE JEUNESSE DES BASSES-LAURENTIDES - LE RÉPIT DE LA RUE

303 and 305 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

450 472-3135

Website: www.acjbl.org

Email: lerepit@acjbl.org

Services: Mixed night shelter. * 1 to 30 nights punctual stay. * Day centre: meals, showers, laundry and Internet access. * Reintegration support. * Individual follow-up and referral.

Eligibility: people 18 years and over, homeless or at risk of homelessness

Capacity: 6 places

Coverage area: Basses-Laurentides and surroundings

Hours: night shelter: 7 days 17h30 to 4h00, day centre: Monday to Friday 9h30 to 13h00, accompaniment: Monday to Thursday 13h00 to 15h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

COMITÉ D'ACTION SOCIALE ST-JOSEPH-DU-LAC

1028A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 473-2440

Email: comiteaction@outlook.com

Services: * Food baskets. * Christmas baskets and gifts distribution. * Soup kitchen. * Le Chiffonnier: recovery and sale of second-hand items and clothing.

Eligibility: underprivileged people

Coverage area: Saint-Joseph-du-Lac

Hours: baskets distribution: Tuesday 10h00 to 12h00, soup kitchen: Friday 11h00 to 13h00, sale of second-hand items: Friday 9h00 to 15h00

Fees: baskets: \$2 suggested voluntary contribution

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

L'ATELIER ENSEMBLE ON SE TIENT

185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5

450 623-1561 Fax: 450 623-2692

Email: atelierensemble@videotron.ca

Services: Day centre. * Social reintegration and rehabilitation. * Socialization and learning activities. * Pre-employability group. * Closed support and growth groups facilitated by a counsellor, on a weekly basis with a dozen of meetings. * Rehabilitation follow-up program for people who are homeless or at risk of homelessness.

Eligibility: adults with severe and persistent mental health or emotional distress disorders, rehabilitation follow-up: homeless people or people at risk of homelessness

Capacity: support group: 12 people maximum per group

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: Monday to Friday 9h30 to 16h00, support group on day and evening

Fees: free

Financing: provincial

Legal status: non-profit organization

L'ENTRE-AMIS

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food aid. * Community lunches. * Clothing bank and other used items.

Eligibility: families, people in need

Coverage area: Saint-Eustache

Hours: community meals: Wednesday 11h00 to 13h00

Fees: lunch: free

Financing: self-financing

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES ACJ+

311 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

450 974-1510

Website: www.acjbl.org

Email: info@acjbl.org

Services: Community housing for youth. * Coaching and support to families.

Eligibility: youth 12 to 25 years old living in a context of temporary instability, their family, homeless people 18 years and over

Capacity: 27 spots

Coverage area: Basses-Laurentides and surroundings

Hours: Monday to Thursday 8h00 to 17h00

Fees: \$1 to \$10 according to income

Financing: grants, donations

Legal status: non-profit organization

Mobile units and street work**CLSC JEAN-OLIVIER-CHÉNIER**

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Shelters

ACCUEIL COMMUNAUTAIRE JEUNESSE DES BASSES-LAURENTIDES - LE RÉPIT DE LA RUE

303 and 305 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

450 472-3135

Website: www.acjbl.org

Email: lerepit@acjbl.org

Services: Mixed night shelter. * 1 to 30 nights punctual stay. * Day centre: meals, showers, laundry and Internet access. * Reintegration support. * Individual follow-up and referral.

Eligibility: people 18 years and over, homeless or at risk of homelessness

Capacity: 6 places

Coverage area: Basses-Laurentides and surroundings

Hours: night shelter: 7 days 17h30 to 4h00, day centre: Monday to Friday 9h30 to 13h00, accompaniment: Monday to Thursday 13h00 to 15h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

Transitional housing

ACCUEIL COMMUNAUTAIRE JEUNESSE DES BASSES-LAURENTIDES - MAISON D'HÉBERGEMENT

306 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V2

450 473-1600

Website: www.acjbl.org

Email: info@acjbl.org

Services: Short and medium term mixed housing for youth in difficulty. * 3-month stay. * Accompaniment and support. * Individual, parental or family meetings. * Post-housing follow-up. * Telephone support.

Eligibility: young adults 16 to 25 years old in difficult situations, their families

Capacity: 9 spots

Coverage area: Basses-Laurentides and surroundings

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

Fees: 25% of income or \$2 per day in the absence of income

Financing: grants, donations

Legal status: non-profit organization

APPARTEMENTS SUPERVISÉS LE TRANSIT (LES)

309 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

450 473-1600

Website: www.acjbl.org

Email: info@acjbl.org

Services: Mixed supervised housing. * 1 to 2-year stay. * Accompaniment and support. * Autonomy process.

Eligibility: youth 17 to 25 years old facing a difficult situation

Capacity: 3 places

Coverage area: Basses-Laurentides and surroundings

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

Financing: grants, donations

Legal status: non-profit organization

MAISON D'HÉBERGEMENT LE PRÉFIXE DES BASSES-LAURENTIDES

196 Rochon Street, Saint-Eustache, Laurentides, QC, J7R 2P8

450 974-2887

Website: www.acjbl.org

Email: info@acjbl.org

Services: Mixed housing. * 3-month stay. * Accompaniment, individual, parental or family meetings. * Conflict resolution assistance. * Reintegration. * Post-shelter follow-up. * Phone support.

Eligibility: youth 12 to 17 years old, their families

Capacity: 6 places

Coverage area: Basses-Laurentides and surroundings

Hours: 7 days, 8h00 to 23h00

Financing: grants, donations

Legal status: non-profit organization

Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

ASSOCIATION DE PROMOTION ET D'ÉDUCATION EN LOGEMENT

112 Saint-Laurent Street, 2nd floor, Saint-Eustache, Laurentides, QC, J7P 5G1

450 413-2949 Fax: 450 974-1381

Website: www.apel-logement.org

Email: coordonnateur@apel-logement.org

Services: Individual and collective advocacy for tenants. * Housing education for tenants and landlords. * Promotion and development of community housing in order to fight poverty. * Study and analysis of housing-related issues.

Eligibility: landlords and tenants

Coverage area: Lower Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: contribution: \$20

Financing: provincial, grants

Legal status: non-profit organization

Emergency

DEUX-MONTAGNES - CITY

803 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L8

450 473-2796 Fax: 450 473-2417

Website: www.ville.deux-montagnes.qc.ca

Email: info@ville.deux-montagnes.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Garbage collection. * Pet licenses. * Construction permits. * Emergency notification system. * Hall rental.

Coverage area: Deux-Montagnes

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-EUSTACHE - CITY

145 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9

450 974-5000

Website: ville.saint-eustache.qc.ca

Email: sem@ville.saint-eustache.qc.ca

Services: Municipal service management. * Municipal tax payment. * Police department. * Fire department. * Emergency notification system. * Garbage collection. * Construction permits.

Coverage area: Saint-Eustache

Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h30, Friday 8h00 to 16h30, phone service: Monday, Tuesday, Thursday and Friday 7h30 to 16h30, Wednesday 7h30 to 20h30

Financing: municipal

Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - MUNICIPALITÉ

1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 623-1072 Fax: 450 623-2889

Website: www.sjdl.qc.ca

Email: info@sjdl.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Dog licences. * Emergency notification system.

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

Legal status: municipal agency

SAINTE-MARTHE-SUR-LE-LAC - CITY

3000 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 472-7310

Website: www.ville.sainte-marthe-sur-le-lac.qc.ca

Email: info@ville.sainte-marthe-sur-le-lac.qc.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits. * Emergency notification system.

Coverage area: Sainte-Marthe-Sur-Le-Lac

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

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations

ASSOCIATION DE PROMOTION ET D'ÉDUCATION EN LOGEMENT

112 Saint-Laurent Street, 2nd floor, Saint-Eustache, Laurentides, QC, J7P 5G1

450 413-2949 Fax: 450 974-1381

Website: www.apel-logement.org

Email: coordonnateur@apel-logement.org

Services: Individual and collective advocacy for tenants. * Housing education for tenants and landlords. * Promotion and development of community housing in order to fight poverty. * Study and analysis of housing-related issues.

Eligibility: landlords and tenants

Coverage area: Lower Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: contribution: \$20

Financing: provincial, grants

Legal status: non-profit organization

OFFICE RÉGIONAL D'HABITATION DU LAC DES DEUX-MONTAGNES

46 Chenier Street, Saint-Eustache, Laurentides, QC, J7R 5W6

450 473-1280 Fax: 450 473-3829

Website: www.orhlacdm.com

Email: monique.ross@orhlacdm.com

Services: Housing and housing programs management and administration. * Low-renting housing (HLM). * Rent supplement program (PSL). * Affordable housing Québec (LAQ). * Referral service. * Accès Logis Québec program.

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

Capacity: 520 apartments

Coverage area: MRC de Deux-Montagnes

Hours: Monday to Thursday 10h00 to 12h00 and 13h30 to 15h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

Social housing and housing cooperatives

OFFICE RÉGIONAL D'HABITATION DU LAC DES DEUX-MONTAGNES

46 Chenier Street, Saint-Eustache, Laurentides, QC, J7R 5W6

450 473-1280 Fax: 450 473-3829

Website: www.orhlacdm.com

Email: monique.ross@orhlacdm.com

Services: Housing and housing programs management and administration. * Low-renting housing (HLM). * Rent supplement program (PSL). * Affordable housing Québec (LAQ). * Referral service. * Accès Logis Québec program.

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

Capacity: 520 apartments

Coverage area: MRC de Deux-Montagnes

Hours: Monday to Thursday 10h00 to 12h00 and 13h30 to 15h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

Immigration and cultural communities

FRENCH COURSES

IMMIGRATION AND SPONSORSHIP

INTERPRETATION AND TRANSLATION

MULTICULTURAL ORGANIZATIONS

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

SETTLEMENT SERVICES FOR NEWCOMERS

French courses

CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES

52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7

450 473-2277 Fax: 450 473-2277

Website: alphabetisationdespatriotes.com

Email: alpha.patriote@videotron.ca

Services: * Literacy, mathematics and French-learning activities. * Alpha-créativité workshops: another way to learn how to read and write through art. * Permanent library. * Help with forms.

Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability

Capacity: 8 students per group

Coverage area: Kanésatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

Immigration and sponsorship

ABL-IMMIGRATION

1 Place de la Gare, Suite 103, Saint-Eustache, Laurentides, QC, J7R 0B4

514 570-3313

Website: www.abl-immigration.org

Email: ablimmigration@gmail.com

Services: Integration support for newcomers. * Welcoming and integration support: referral and frontline services. * Regional promotion: job opportunities, sociocultural services, transport, housing, etc. * Transcultural openness promotion.

Eligibility: newcomers, immigrants

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: grants

Legal status: non-profit organization

Interpretation and translation

ABL-IMMIGRATION

1 Place de la Gare, Suite 103, Saint-Eustache, Laurentides, QC, J7R 0B4

514 570-3313

Website: www.abl-immigration.org

Email: ablimmigration@gmail.com

Services: Integration support for newcomers. * Welcoming and integration support: referral and frontline services. * Regional promotion: job opportunities, sociocultural services, transport, housing, etc. * Transcultural openness promotion.

Eligibility: newcomers, immigrants

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: grants

Legal status: non-profit organization

Multicultural organizations

ABL-IMMIGRATION

1 Place de la Gare, Suite 103, Saint-Eustache, Laurentides, QC, J7R 0B4

514 570-3313

Website: www.abl-immigration.org

Email: ablimmigration@gmail.com

Services: Integration support for newcomers. * Welcoming and integration support: referral and frontline services. * Regional promotion: job opportunities, sociocultural services, transport, housing, etc. * Transcultural openness promotion.

Eligibility: newcomers, immigrants

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Email: info@ccblaurentide.ca

Services: Assistance in the integration and development of the Muslim community, in particular in the regions. * Cultural, social, sporting and charity activities. * Humanitarian actions, moral support and academic support. * Promotion of women's involvement. * Support for youth: dropout and crime prevention. * Accompaniment and integration of newcomers. * Involvement in municipal activities.

Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: \$25, some activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

Recognition of prior learning and diplomas

SERVICE CANADA CENTRE - SAINT-EUSTACHE

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Settlement services for newcomers

ABL-IMMIGRATION

1 Place de la Gare, Suite 103, Saint-Eustache, Laurentides, QC, J7R 0B4

514 570-3313

Website: www.abl-immigration.org

Email: ablimmigration@gmail.com

Services: Integration support for newcomers. * Welcoming and integration support: referral and frontline services. * Regional promotion: job opportunities, sociocultural services, transport, housing, etc. * Transcultural openness promotion.

Eligibility: newcomers, immigrants

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Email: info@ccblaurentide.ca

Services: Assistance in the integration and development of the Muslim community, in particular in the regions. * Cultural, social, sporting and charity activities. * Humanitarian actions, moral support and academic support. * Promotion of women's involvement. * Support for youth: dropout and crime prevention. * Accompaniment and integration of newcomers. * Involvement in municipal activities.

Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: \$25, some activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES

52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7

450 473-2277 Fax: 450 473-2277

Website: alphabetisationdespatriotes.com

Email: alpha.patriote@videotron.ca

Services: * Literacy, mathematics and French-learning activities. * Alpha-créativité workshops: another way to learn how to read and write through art. * Permanent library. * Help with forms.

Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability

Capacity: 8 students per group

Coverage area: Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

Indigenous Peoples

GOVERNMENT SERVICES

Government services

SERVICE CANADA CENTRE - SAINT-EUSTACHE

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICES QUÉBEC - SAINT-EUSTACHE

367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1

450 472-2311 Fax: 450 974-3315

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

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

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

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, registre foncier: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: provincial government agency

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

SUPPORT FOR OFFENDERS

Advocacy groups

ASSOCIATION DE PROMOTION ET D'ÉDUCATION EN LOGEMENT

112 Saint-Laurent Street, 2nd floor, Saint-Eustache, Laurentides, QC, J7P 5G1

450 413-2949 Fax: 450 974-1381

Website: www.apel-logement.org

Email: coordonnateur@apel-logement.org

Services: Individual and collective advocacy for tenants. * Housing education for tenants and landlords. * Promotion and development of community housing in order to fight poverty. * Study and analysis of housing-related issues.

Eligibility: landlords and tenants

Coverage area: Lower Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: contribution: \$20

Financing: provincial, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Email: info@ccblaurentide.ca

Services: Assistance in the integration and development of the Muslim community, in particular in the regions. * Cultural, social, sporting and charity activities. * Humanitarian actions, moral support and academic support. * Promotion of women's involvement. * Support for youth: dropout and crime prevention. * Accompaniment and integration of newcomers. * Involvement in municipal activities.

Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: \$25, some activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

COMITÉ DES USAGERS DU LAC-DES-DEUX-MONTAGNES

55 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 4Y8

450 472-0013 ext. 46351

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/lac-des-deux-montagnes

Email: comite.usagers.lddm@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of Saint-Benoît and Saint-Eustache CHSLDs, Jean-Olivier-Chénier and Mirabel CLSCs, Deux-Montagnes Ambulatory Services Center, Deux-Montagnes Mental Health Ambulatory Services Center and Saint-Eustache Hospital

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social monitoring. * Promotion and advocacy of rights. * Mutual aid. * Monthly dances. * Collective kitchens. * Adapted karate. * Workshops.

Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 8h30 to 16h00
Fees: membership: \$10 per year
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DES PATRIOTES

477 25th Avenue, Suite 240, Saint-Eustache, Laurentides, QC, J7P 5G1
438 938-7882
Email: rutadp@live.ca

Services: Advocacy and promotion of paratransit users' rights. * Information. * Grouping, representation and consultation.

Eligibility: people with disabilities, paratransit users

Coverage area: MRC Deux-Montagnes and Mirabel-Sud: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Financing: donations

Legal status: non-profit organization

Consumer protection and complaints

COMITÉ DES USAGERS DU LAC-DES-DEUX-MONTAGNES

55 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 4Y8
450 472-0013 ext. 46351

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/lac-des-deux-montagnes

Email: comite.usagers.lddm@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of Saint-Benoît and Saint-Eustache CHSLDs, Jean-Olivier-Chénier and Mirabel CLSCs, Deux-Montagnes Ambulatory Services Center, Deux-Montagnes Mental Health Ambulatory Services Center and Saint-Eustache Hospital

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

SERVICE CANADA CENTRE - SAINT-EUSTACHE

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Courthouses and tribunals

DEUX-MONTAGNES - MUNICIPAL COURT

1502 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M8

450 473-8688 Fax: 450 473-0094

Website: www.ville.deux-montagnes.qc.ca/services-municipaux/cour-municipale

Services: First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: MRC de Deux-Montagnes

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

Legal assistance and information

DEUX-MONTAGNES - MUNICIPAL COURT

1502 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M8

450 473-8688 Fax: 450 473-0094

Website: www.ville.deux-montagnes.qc.ca/services-municipaux/cour-municipale

Services: First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: MRC de Deux-Montagnes

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

LEGAL AID OFFICE - SAINT-EUSTACHE

11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

450 472-0134 Fax: 450 472-0409

Website: ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Reception and processing 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: Saint-Eustache

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

MOUVANCE CENTRE DE FEMMES (LA)

83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9

450 472-7245

Website: www.lamouvance.ca

Email: info@lamouvance.ca

Services: Welcoming and support to women victims of violence. * Listening and referrals. * Personal development workshops. * Support group. * Conferences. * Educational workshops. * Legal and notary clinic.

Eligibility: women

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

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

Fees: variable for the workshops

Financing: provincial

Legal status: non-profit organization

Support for offenders

DEUX-MONTAGNES - MUNICIPAL COURT

1502 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M8

450 473-8688 Fax: 450 473-0094

Website: www.ville.deux-montagnes.qc.ca/services-municipaux/cour-municipale

Services: First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: MRC de Deux-Montagnes

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction prevention

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

REGROUPEMENT EN TOXICOMANIE PRISME

147 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 5H6

450 491-3670

Email: organisme.prisme@hotmail.com

Services: Health promotion and prevention of drug abuse among youth. * Prevention programs. * Health promotion in primary school. * Summer day camp. * Training for adults and parents. * Workshops for volunteers. * Information and referral.

Eligibility: youth 5 to 17 years old, counsellors, parents

Capacity: variable

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-De Blainville

Hours: Monday to Friday 8h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

Addiction treatment

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - DEUX-MONTAGNES

333 Antonin-Campeau Street, Suite 103, Deux-Montagnes, Laurentides, QC, J7R 0A2

811 option 2

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

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

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

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Community support in mental health**L'ATELIER ENSEMBLE ON SE TIENT**

185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5

450 623-1561 Fax: 450 623-2692

Email: atelierensemble@videotron.ca

Services: Day centre. * Social reintegration and rehabilitation. * Socialization and learning activities. * Pre-employability group. * Closed support and growth groups facilitated by a counsellor, on a weekly basis with a dozen of meetings. * Rehabilitation follow-up program for people who are homeless or at risk of homelessness.

Eligibility: adults with severe and persistent mental health or emotional distress disorders, rehabilitation follow-up: homeless people or people at risk of homelessness

Capacity: support group: 12 people maximum per group

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: Monday to Friday 9h30 to 16h00, support group on day and evening

Fees: free

Financing: provincial

Legal status: non-profit organization

Helplines**LITTLE BROTHERS - BASSES-LAURENTIDES**

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

450 598-1888

Website: www.petitsfreres.ca/basseslaurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: seniors 75 years and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

Mental health advocacy groups

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Mental health housing

ACCUEIL ET PARTAGE POUR HANDICAPÉS DE STE-MARTHE-SUR-LE-LAC

117 25th Avenue, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 473-7538

Email: lyndachevalier@live.ca

Services: Home environment for people living with an intellectual disability or a mental health issue. * Accommodation. * Cares.

Eligibility: people living with an intellectual disability or a mental health issue

Coverage area: North Shore

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Self-help groups for mental health issues

L'ATELIER ENSEMBLE ON SE TIENT

185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5

450 623-1561 Fax: 450 623-2692

Email: atelierensemble@videotron.ca

Services: Day centre. * Social reintegration and rehabilitation. * Socialization and learning activities. * Pre-employability group. * Closed support and growth groups facilitated by a counsellor, on a weekly basis with a dozen of meetings. * Rehabilitation follow-up program for people who are homeless or at risk of homelessness.

Eligibility: adults with severe and persistent mental health or emotional distress disorders, rehabilitation follow-up: homeless people or people at risk of homelessness

Capacity: support group: 12 people maximum per group

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: Monday to Friday 9h30 to 16h00, support group on day and evening

Fees: free

Financing: provincial

Legal status: non-profit organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Caregivers

CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counseling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: social activities.

Eligibility: adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: free for most services, variable for the others

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LEURS PROCHES

865 43rd Street, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 472-4532 Fax: 450 472-0977

Website: lalibellule.org

Email: la.libellule@videotron.ca

Services: * Day centre for adults. * Weekend respite for adults and young adults. * Family and caregiver support: information, referral, technical or psychosocial support. * Workshop centre for autonomous adults. * Information sessions, conferences.

Eligibility: people 21 years and over living with an intellectual disability or an autism spectrum disorder, their relatives

Capacity: day centre: 20, respite: 7

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoit, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: day centre: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day centre: \$15, workshop centre: \$10 per day, respite: \$150 per weekend

Financing: self-financing, grants
Legal status: non-profit organization

Community and Recreation Centres

4KORNERS

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

1 888 974-3940

Website: 4korners.org

Email: info@4korners.org

Services: Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d'Oka Road, Deux-Montagnes; 121 Saint-Vincent Street, Suite 202, Sainte-Agathe-des-Monts; 200 Principale Street, Suite 4, Saint-Sauveur; and 508 Principale Street, Lachute.

Eligibility: English-speaking community members

Coverage area: Laurentians

Hours: Deux-Montagnes: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, Lachute: Tuesday 9h00 to 15h00, Sainte-Agathe-des-Monts: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10, most programs and services are free for members

Financing: provincial, federal, fundraising campaigns, grants, donations, foundations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counseling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: social activities.

Eligibility: adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: free for most services, variable for the others

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE DEUX-MONTAGNES

141 Grand-Moulin Street, Deux-Montagnes, Laurentides, QC, J7R 3C8

450 974-9263

Email: jacquelineamjohnson@gmail.com

Services: Social and recreational activities for seniors. * Weekly activities: card games, cribble and indoor pétanque. * Occasional Military Whist. * Thematic dinners four times a year.

Eligibility: seniors

Coverage area: Deux-Montagnes

Hours: Monday 13h00 to 16h00

Fees: membership card: \$10 per year

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINTE-MARTHE-SUR-LE-LAC

99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 886-5108

Services: * Social and recreational activities: card games, petanque. * Christmas and end of season dinners.

Eligibility: people 45 years and over

Coverage area: Sainte-Marthe-sur-le-Lac and surroundings

Hours: September to May: Tuesday 19h00 to 22h00

Fees: membership: \$5 or \$25 for people living outside of Sainte-Marthe-sur-le-Lac

Financing: membership fees, municipal

Legal status: non-profit organization

CLUB DES LOISIRS ENTRE-GENS SAINT-EUSTACHE

109 Saint-Nicolas Street, Saint-Eustache, Laurentides, QC, J7R 2N9

514 709-3486

Website: club-des-loisirs-entre-gens-saint-eustache-43.websself.net

Email: misimard@videotron.ca

Services: * Social and recreational activities: dances, dinners, card games, etc. * Outings and trips.

Eligibility: people 40 years old and over

Coverage area: Saint-Eustache

Hours: Tuesday and Thursday 10h00 to 15h00, by phone: Monday to Thursday 10h00 to 15h00, closed June to August

Fees: membership: \$8

Financing: municipal, self-financing, membership fees

Legal status: non-profit organization

FADOQ - CLUB COURS JOYEUX ST-EUSTACHE

184 Saint-Eustache Street, Suite 216, Saint-Eustache, Laurentides, QC, J7R 2L7

450 491-6860

Email: coeursjoyeux1@hotmail.com

Services: Community centre for people aged 50 and older. * Courses and sporting activities to bring seniors out of their isolation.

Eligibility: seniors aged 50 years old and over

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h30

Fees: annual subscription

Financing: contributions, self-financing

Legal status: non-profit organization

FORAINS ABYSSAUX (LES)

51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6

514 892-3271

Website: ecoledcirquelesforains.com

Email: ecoleforains@videotron.ca

Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: 7 days

Fees: variable, financial assistance program available

Financing: self-financing

Legal status: non-profit organization

LITTLE BROTHERS - BASSES-LAURENTIDES

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

450 598-1888

Website: www.petitsfreres.ca/basseslaurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: seniors 75 years and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

Day centres and respite

4KORNERS

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

1 888 974-3940

Website: 4korners.org

Email: info@4korners.org

Services: Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d'Oka Road, Deux-Montagnes; 121 Saint-Vincent Street, Suite 202, Sainte-Agathe-des-Monts; 200 Principale Street, Suite 4, Saint-Sauveur; and 508 Principale Street, Lachute.

Eligibility: English-speaking community members

Coverage area: Laurentians

Hours: Deux-Montagnes: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, Lachute: Tuesday 9h00 to 15h00, Sainte-Agathe-des-Monts: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10, most programs and services are free for members

Financing: provincial, federal, fundraising campaigns, grants, donations, foundations

Legal status: non-profit organization

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

LITTLE BROTHERS - BASSES-LAURENTIDES

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

450 598-1888

Website: www.petitsfreres.ca/basseslaurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: seniors 75 years and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

Friendly visits and safety calls

CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counseling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: social activities.

Eligibility: adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: free for most services, variable for the others

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CENTRE MARIE-EVE - SAINT-JÉRÔME

433, Du Palais Street, Saint-Eustache, Laurentides, QC, J7R 5M3

450 438-1484

Website: www.centremarieeve.ca

Email: stjerome@centremarieeve.ca

Services: * Reception and support. * At-home visits. * Phone support. * Various workshops. * Emergency material assistance.

Eligibility: pregnant women, new mothers of children 0 to 2 years old

Coverage area: MRC La Rivière-du-Nord

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

Fees: free

Financing: grants, donations

Legal status: non-profit organization

CENTRE POUR L'ENFANCE EN SANTÉ MENTALE DEUX-MONTAGNES

328 de la Grande Côte Road, Saint-Eustache, Laurentides, QC, J7P 1E7

450 623-5677 Fax: 450 623-6488

Website: www.cesamedeuxmontagnes.com

Email: infos@cesamedeuxmontagnes.com

Services: * Early stimulation workshops for children 3 to 5 years old. * Vive la discipline workshop for parents, with daycare. * Conferences. * Community activities. * Home visits.

Eligibility: children aged 0 to 5 years old with behaviour, communication or socialization issues, their parents

Coverage area: MRC Deux-Montagnes

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

Fees: annual membership: \$10

Financing: federal, provincial, municipal, donations, grants

Legal status: non-profit organization

LITTLE BROTHERS - BASSES-LAURENTIDES

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

450 598-1888

Website: www.petitsfreres.ca/basseslaurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and twinning with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: seniors 75 years and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

Home support

CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counseling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: social activities.

Eligibility: adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: free for most services, variable for the others

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CIBLE-EMPLOI - SAINT-EUSTACHE

477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1

450 473-1842 Fax: 450 491-2586

Website: www.cible-emploi.qc.ca

Email: st-eustache@cible-emploi.qc.ca

Services: * Individual guidance and group trainings in job searching. * CV and cover letters writing. * Career guidance. * Programs for people aged 45 to 64 years old. * Preparation for Secondary School Equivalency Tests (TENS). * Initiation computer workshops for job searching. * Reclassification assistance committee.

Coverage area: MRC Thérèse-De Blainville, MRC Deux-Montagnes and MRC Mirabel

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Housing for seniors

CENTRE D'HÉBERGEMENT DE SAINT-EUSTACHE

55 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 4Y8

450 472-0013

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

DOMAINE CHÉNIER

401 de l'Accueil Street, Saint-Eustache, Laurentides, QC, J7R 5X7

450 472-0926 Fax: 450 472-5480

Email: domainechenier@videotron.ca

Services: Affordable housing for seniors. * 3½ and 4½ apartments. * Leisure activities. * Community room. * Hairdressing for residents.

Eligibility: people aged 55 years and over autonomous, on a low or modest income and who have been residents of Saint-Eustache for at least 5 years

Capacity: 129 apartments
Coverage area: Saint-Eustache
Financing: self-financing, provincial
Legal status: non-profit organization

DOMAINE CHÉNIER PHASE IV

401 de l'Accueil Street, Saint-Eustache, Laurentides, QC, J7R 5X7

450 472-0926 Fax: 450 472-5480

Email: domainechenier@videotron.ca

Services: Subsidized housing for seniors. * 3½ and 4½ apartments. * Adapted housing for disabled people. * Leisure activities. * Community room. * Hairdressing for residents.

Eligibility: people aged 65 years and over, autonomous or with a slight loss of autonomy, on a low income

Capacity: 24 apartments

Coverage area: MRC Deux-Montagnes

Fees: 25% of income

Financing: provincial

Legal status: non-profit organization

OFFICE RÉGIONAL D'HABITATION DU LAC DES DEUX-MONTAGNES

46 Chenier Street, Saint-Eustache, Laurentides, QC, J7R 5W6

450 473-1280 Fax: 450 473-3829

Website: www.orhlacdm.com

Email: monique.ross@orhlacdm.com

Services: Housing and housing programs management and administration. * Low-renting housing (HLM). * Rent supplement program (PSL). * Affordable housing Québec (LAQ). * Referral service. * Accès Logis Québec program.

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

Capacity: 520 apartments

Coverage area: MRC de Deux-Montagnes

Hours: Monday to Thursday 10h00 to 12h00 and 13h30 to 15h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

PLACIDIENNE (LA)

11 René-Levesque Boulevard, Saint-Placide, Laurentides, QC, J0V 2B0

450 258-1990

Services: Housing for people 55 years old and over who are on a low or modest income.

Eligibility: people 55 years old and over on a low or modest income

Coverage area: Saint-Placide

Financing: municipal, self-financing

Legal status: non-profit organization

Intergenerational activities

DEUX-MONTAGNES PUBLIC LIBRARY

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-2702 ext. 228 Fax: 450 473-2816

Website: www.bibliotheque.ville.deux-montagnes.qc.ca

Email: biblio@ville.deux-montagnes.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Story time. * Reading workshops for toddlers. * Book club for children. * Coffee-reading. * Knitting club. * Conferences, shows, exhibitions. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Eligibility: children, youth and adults

Coverage area: Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00 and Saturday 10h00 to 13h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

SAINT-EUSTACHE PUBLIC LIBRARY

12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2

450 974-5035

Website: www.saint-eustache.ca/citoyens/bibliotheque

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Workshops, conferences, exhibitions.

Coverage area: Saint-Eustache

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

Meals on Wheels

CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counseling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: social activities.

Eligibility: adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: free for most services, variable for the others

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

LEGAL AID OFFICE - SAINT-EUSTACHE

11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

450 472-0134 Fax: 450 472-0409

Website: ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Reception and processing 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: Saint-Eustache

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 LES ARTISANS DE L'AIDE - ACCOMPANIMENT-TRANSPORTATION

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.

Eligibility: seniors 65 years and over or with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: fixed rates according to the destination

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

SERVICES POUR PERSONNES ATTEINTES DE CANCER - TRANSPORTATION

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1

450 491-1912 Fax: 450 491-5770

Website: www.maisonsercan.ca

Email: reception@maisonsercan.ca

Services: * Medical transportation and accompaniment by volunteers.

Eligibility: people with cancer

Coverage area: MRC Deux-Montagnes

Hours: Monday to Friday

Fees: contribution: \$10 per year, transport: fixed rated based on the destination, additional fees for accompaniment

Financing: grants, fundraising campaigns, donations

Legal status: non-profit organization

Sex and gender

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

Women's centres

MATINÉES MÈRE-ENFANT DEUX MONTAGNES

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

Email: matineesme@gmail.com

Services: Social activities for mothers with their children. * Coffee-chat, conferences, outdoor activities, games, etc. * Entertainment for children from 9 months to 5 years.

Eligibility: mothers

Coverage area: Deux-Montagnes

Financing: grants, contributions

Legal status: non-profit organization

MOUVANCE CENTRE DE FEMMES (LA)

83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9

450 472-7245

Website: www.lamouvance.ca

Email: info@lamouvance.ca

Services: Welcoming and support to women victims of violence. * Listening and referrals. * Personal development workshops. * Support group. * Conferences. * Educational workshops. * Legal and notary clinic.

Eligibility: women

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

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

Fees: variable for the workshops

Financing: provincial

Legal status: non-profit organization

Women's associations

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Email: info@ccblaurentide.ca

Services: Assistance in the integration and development of the Muslim community, in particular in the regions. * Cultural, social, sporting and charity activities. * Humanitarian actions, moral support and academic support. * Promotion of women's involvement. * Support for youth: dropout and crime prevention. * Accompaniment and integration of newcomers. * Involvement in municipal activities.

Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: \$25, some activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

MATINÉES MÈRE-ENFANT DEUX MONTAGNES

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

Email: matineesme@gmail.com

Services: Social activities for mothers with their children. * Coffee-chat, conferences, outdoor activities, games, etc. * Entertainment for children from 9 months to 5 years.

Eligibility: mothers

Coverage area: Deux-Montagnes

Financing: grants, contributions

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

HOBBIES

LIBRARIES

MUNICIPAL SPORTS AND RECREATION SERVICES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

DEUX-MONTAGNES PUBLIC LIBRARY

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-2702 ext. 228 Fax: 450 473-2816

Website: www.bibliotheque.ville.deux-montagnes.qc.ca

Email: biblio@ville.deux-montagnes.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Story time. * Reading workshops for toddlers. * Book club for children. * Coffee-reading. * Knitting club. * Conferences, shows, exhibitions. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Eligibility: children, youth and adults

Coverage area: Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00 and Saturday 10h00 to 13h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

FORAINS ABYSSAUX (LES)

51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6

514 892-3271

Website: ecoledecirquelesforains.com

Email: ecoleforains@videotron.ca

Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: 7 days

Fees: variable, financial assistance program available

Financing: self-financing

Legal status: non-profit organization

SAINT-EUSTACHE PUBLIC LIBRARY

12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2

450 974-5035

Website: www.saint-eustache.ca/citoyens/bibliotheque

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Workshops, conferences, exhibitions.

Coverage area: Saint-Eustache

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

Clubs and social events

4KORNERS

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

1 888 974-3940

Website: 4korners.org

Email: info@4korners.org

Services: Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d'Oka Road, Deux-Montagnes; 121 Saint-Vincent Street, Suite 202, Sainte-Agathe-des-Monts; 200 Principale Street, Suite 4, Saint-Sauveur; and 508 Principale Street, Lachute.

Eligibility: English-speaking community members

Coverage area: Laurentians

Hours: Deux-Montagnes: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, Lachute: Tuesday 9h00 to 15h00, Sainte-Agathe-des-Monts: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10, most programs and services are free for members

Financing: provincial, federal, fundraising campaigns, grants, donations, foundations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Email: info@ccblaurentide.ca

Services: Assistance in the integration and development of the Muslim community, in particular in the regions. * Cultural, social, sporting and charity activities. * Humanitarian actions, moral support and academic support. * Promotion of women's involvement. * Support for youth: dropout and crime prevention. * Accompaniment and integration of newcomers. * Involvement in municipal activities.

Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: \$25, some activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counseling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: social activities.

Eligibility: adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: free for most services, variable for the others

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE DEUX-MONTAGNES

141 Grand-Moulin Street, Deux-Montagnes, Laurentides, QC, J7R 3C8

450 974-9263

Email: jacquelineamjohnson@gmail.com

Services: Social and recreational activities for seniors. * Weekly activities: card games, cribble and indoor pétanque. * Occasional Military Whist. * Thematic dinners four times a year.

Eligibility: seniors

Coverage area: Deux-Montagnes

Hours: Monday 13h00 to 16h00

Fees: membership card: \$10 per year

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINTE-MARTHE-SUR-LE-LAC

99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 886-5108

Services: * Social and recreational activities: card games, pétanque. * Christmas and end of season dinners.

Eligibility: people 45 years and over

Coverage area: Sainte-Marthe-sur-le-Lac and surroundings

Hours: September to May: Tuesday 19h00 to 22h00

Fees: membership: \$5 or \$25 for people living outside of Sainte-Marthe-sur-le-Lac

Financing: membership fees, municipal

Legal status: non-profit organization

CLUB DES LOISIRS ENTRE-GENS SAINT-EUSTACHE

109 Saint-Nicolas Street, Saint-Eustache, Laurentides, QC, J7R 2N9

514 709-3486

Website: club-des-loisirs-entre-gens-saint-eustache-43.webself.net

Email: misimard@videotron.ca

Services: * Social and recreational activities: dances, dinners, card games, etc. * Outings and trips.

Eligibility: people 40 years old and over

Coverage area: Saint-Eustache

Hours: Tuesday and Thursday 10h00 to 15h00, by phone: Monday to Thursday 10h00 to 15h00, closed June to August

Fees: membership: \$8

Financing: municipal, self-financing, membership fees

Legal status: non-profit organization

FADOQ - CLUB COURS JOYEUX ST-EUSTACHE

184 Saint-Eustache Street, Suite 216, Saint-Eustache, Laurentides, QC, J7R 2L7

450 491-6860

Email: coeursjoyeux1@hotmail.com

Services: Community centre for people aged 50 and older. * Courses and sporting activities to bring seniors out of their isolation.

Eligibility: seniors aged 50 years old and over

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h30

Fees: annual subscription

Financing: contributions, self-financing

Legal status: non-profit organization

MATINÉES MÈRE-ENFANT DEUX MONTAGNES

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

Email: matineesme@gmail.com

Services: Social activities for mothers with their children. * Coffee-chat, conferences, outdoor activities, games, etc. * Entertainment for children from 9 months to 5 years.

Eligibility: mothers

Coverage area: Deux-Montagnes

Financing: grants, contributions

Legal status: non-profit organization

Community recreation centres**4KORNERS**

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

1 888 974-3940

Website: 4korners.org

Email: info@4korners.org

Services: Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d'Oka Road, Deux-Montagnes; 121 Saint-Vincent Street, Suite 202, Sainte-Agathe-des-Monts; 200 Principale Street, Suite 4, Saint-Sauveur; and 508 Principale Street, Lachute.

Eligibility: English-speaking community members

Coverage area: Laurentians

Hours: Deux-Montagnes: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, Lachute: Tuesday 9h00 to 15h00, Sainte-Agathe-des-Monts: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10, most programs and services are free for members

Financing: provincial, federal, fundraising campaigns, grants, donations, foundations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Email: info@ccblaurentide.ca

Services: Assistance in the integration and development of the Muslim community, in particular in the regions. * Cultural, social, sporting and charity activities. * Humanitarian actions, moral support and academic support. * Promotion of women's involvement. * Support for youth: dropout and crime prevention. * Accompaniment and integration of newcomers. * Involvement in municipal activities.

Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: \$25, some activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

FADOQ - CLUB COURS JOYEUX ST-EUSTACHE

184 Saint-Eustache Street, Suite 216, Saint-Eustache, Laurentides, QC, J7R 2L7

450 491-6860

Email: coeursjoyeux1@hotmail.com

Services: Community centre for people aged 50 and older. * Courses and sporting activities to bring seniors out of their isolation.

Eligibility: seniors aged 50 years old and over

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h30

Fees: annual subscription

Financing: contributions, self-financing

Legal status: non-profit organization

FORAINS ABYSSAUX (LES)

51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6

514 892-3271

Website: ecoledecirquelesforains.com

Email: ecoleforains@videotron.ca

Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: 7 days

Fees: variable, financial assistance program available

Financing: self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE POINTE-CALUMET (LA)

871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 491-6509

Email: mdj.pointe-calumet@hotmail.com

Services: Lively meeting place. * Awareness, information, prevention. * Cultural, educational, sports and social activities. * Cooking and art workshops. * Lunch boxes. * Help with homework. * Improvisation league for youth 12 to 17 years old. * Green projects for the environment.

Eligibility: youth 11 to 17 years

Coverage area: Pointe-Calumet

Hours: Tuesday to Friday and every other Saturday 17h00 to 21h00

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

Hobbies

DEUX-MONTAGNES PUBLIC LIBRARY

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-2702 ext. 228 Fax: 450 473-2816

Website: www.bibliotheque.ville.deux-montagnes.qc.ca

Email: biblio@ville.deux-montagnes.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Story time. * Reading workshops for toddlers. * Book club for children. * Coffee-reading. * Knitting club. * Conferences, shows, exhibitions. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Eligibility: children, youth and adults

Coverage area: Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00 and Saturday 10h00 to 13h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

MAISON DES JEUNES DE POINTE-CALUMET (LA)

871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 491-6509

Email: mdj.pointe-calumet@hotmail.com

Services: Lively meeting place. * Awareness, information, prevention. * Cultural, educational, sports and social activities. * Cooking and art workshops. * Lunch boxes. * Help with homework. * Improvisation league for youth 12 to 17 years old. * Green projects for the environment.

Eligibility: youth 11 to 17 years

Coverage area: Pointe-Calumet

Hours: Tuesday to Friday and every other Saturday 17h00 to 21h00

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 974-7556 Fax: 450 974-1960

Email: petitemaison-pointe-calumet@hotmail.com

Services: * Family activities. * Child-mother mornings. * Collective kitchens. * Conferences. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Knitting club.

Eligibility: individuals and families

Coverage area: Pointe-Calumet and surroundings

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 12h00

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

SAINT-EUSTACHE PUBLIC LIBRARY

12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2

450 974-5035

Website: www.saint-eustache.ca/citoyens/bibliotheque

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Workshops, conferences, exhibitions.

Coverage area: Saint-Eustache

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

Libraries

DEUX-MONTAGNES PUBLIC LIBRARY

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-2702 ext. 228 Fax: 450 473-2816

Website: www.bibliotheque.ville.deux-montagnes.qc.ca

Email: biblio@ville.deux-montagnes.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Story time. * Reading workshops for toddlers. * Book club for children. * Coffee-reading. * Knitting club. * Conferences, shows, exhibitions. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Eligibility: children, youth and adults

Coverage area: Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00 and Saturday 10h00 to 13h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES - BIBLIOTHÈQUE DE SAINT-JOSEPH-DU-LAC

70 Montée du Village, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 623-1072 ext. 267 Fax: 450 623-2889

Website: www.sjdl.qc.ca/loisirs-et-culture/bibliotheque

Email: biblio@sjdl.qc.ca

Services: Loan and consultation of books. * Computers and Internet access. * Book club for children. * Book club for teenagers. * Activities and events.

Coverage area: Saint-Joseph-du-Lac

Hours: Tuesday and Thursday 9h00 to 20h00, Wednesday and Friday 9h00 to 16h00, Saturday 9h00 to 15h00, summer: Tuesday and Thursday 13h00 to 20h00, Wednesday and Friday 13h00 to 16h00, Saturday 9h00 to 15h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES - BIBLIOTHÈQUE LA SABLIERE

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 473-5918 ext. 224

Website: www.mabibliotheque.ca

Email: bibliotheque@pointe-calumet.ca

Services: Loan and consultation of books. * Book club for children. * Story time. * Conferences and events.

Coverage area: Pointe-Calumet, South of Laurentides

Hours: Tuesday 9h00 to 17h00, Thursday and Friday 13h00 to 20h00, Saturday 9h00 to 13h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-EUSTACHE PUBLIC LIBRARY

12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2

450 974-5035

Website: www.saint-eustache.ca/citoyens/bibliotheque

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Workshops, conferences, exhibitions.

Coverage area: Saint-Eustache

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

Municipal sports and recreation services

DEUX-MONTAGNES - LEISURE AND COMMUNITY SERVICES

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-4700 Fax: 450 473-4225

Website: www.ville.deux-montagnes.qc.ca

Email: loisirs@ville.deux-montagnes.qc.ca

Services: * Community, cultural and sporting activities. * Community centre, swimming pool, ice rink, parks, sports fields and playgrounds. * Coordination with community organizations. * Summer day camp.

Coverage area: Deux-Montagnes

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

POINTE-CALUMET - LOISIRS

190 41th Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 473-5930 ext. 229

Website: www.pointe-calumet.ca

Email: l.germain@pointe-calumet.ca

Services: * Sports and recreational activities. * Sports and cultural centre, swimming pool, parks, ice rinks, sports fields. * Summer day camp. * Events.

Coverage area: Pointe-Calumet

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-EUSTACHE - LOISIRS

Aquatic Centre, 230 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

450 974-5111 Fax: 450 974-5135

Website: www.saint-eustache.ca

Services: * Community, sociocultural and sporting activities. * Aquatic centre, multisport centre, arts centre, arenas, swimming pools, ice rinks, parks and playgrounds. * Coordination with community organizations. * Shows, activities and events. * Summer day camp. * Hall rental.

Coverage area: Saint-Eustache

Hours: aquatic centre: Monday to Friday 8h30 to 21h00, Saturday and Sunday 8h00 to 17h00, culture and community: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - LOISIRS, CULTURE ET TOURISME

1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 623-1072 ext. 229 Fax: 450 623-2889

Website: www.sjdl.qc.ca

Email: vlalonde@sjdl.qc.ca

Services: * Sporting and recreational activities. * Parks, ice rinks, sports fields. * Summer and spring break day camps. * Hall rental. * Parties and events.

Coverage area: Saint-Joseph-du-Lac

Fees: variable

Legal status: municipal agency

SAINTE-MARTHE-SUR-LE-LAC - LOISIRS ET VIE COMMUNAUTAIRE

Community centre, 99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 472-7310 ext. 145

Website: www.ville.sainte-marthe-sur-le-lac.qc.ca/loisirs-et-culture/loisirs-et-vie-communautaire

Email: viocommunautaire@ville.sainte-marthe-sur-le-lac.qc.ca

Services: * Community, sociocultural and sporting activities. * Community centre, aquatic complex, gyms, arena, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Shows and events. * Hall rental.

Coverage area: Sainte-Marthe-Sur-Le-Lac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

Sport**CARREFOUR PÉRI-NAISSANCE ET FAMILIAL**

509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5

450 472-2555 Fax: 450 472-2595

Website: www.carrefourperinaissance.org

Email: cpn.accueil@videotron.ca

Services: * Assistance and support individually or in group. * Information and referral. * Workshops: prenatal, family health, fitness, child development for children aged 2 to 12 years old, language development, sensory awareness for infants, cooking. * Online group prenatal classes. * Pre and post natal yoga. * Coffee meetings. * Daycare. * Familial thrift shop. * Home support. * Conferences. * Day camp.

Eligibility: future parents, parents, children 0 to 12 years old

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique

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

Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free

Financing: provincial, grants, self-financing

Legal status: non-profit organization

Sports and recreation for people with a disability**FORAINS ABYSSAUX (LES)**

51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6

514 892-3271

Website: ecoledecirquelesforains.com

Email: ecoleforains@videotron.ca

Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: 7 days

Fees: variable, financial assistance program available

Financing: self-financing

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social monitoring. * Promotion and advocacy of rights. * Mutual aid. * Monthly dances. * Collective kitchens. * Adapted karate. * Workshops.

Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

Clothing

CENTRE MARIE ÈVE - SAINT-EUSTACHE

232 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2T8

450 491-1494 Fax: 450 473-4271

Website: www.centremarieeve.ca

Email: steustache@centremarieeve.ca

Services: * Support to pregnant women in difficulty through and after the pregnancy. * Workshops, individual accompaniment and emergency material assistance. * Mobile family counter.

Eligibility: pregnant women in difficulty, mothers with children aged 0 to 2 years old

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

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

Fees: none

Financing: grants, donations

Legal status: non-profit organization

COMITÉ D'ACTION SOCIALE DE POINTE-CALUMET

810 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 472-0259

Services: * Food assistance. * Clothing bank.

Eligibility: families and individuals on a low income, newcomers

Capacity: 68 to 74 families

Coverage area: Pointe-Calumet

Financing: self-financing

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE DEUX-MONTAGNES

1002 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L7

450 473-9877 ext. 230

Email: sophie.lescarbeau@maparoisse.info

Services: * Food assistance. * Clothing depot. * Collective kitchen.

Eligibility: people on a low income

Coverage area: Deux-Montagnes

Hours: food assistance: Tuesday 11h00 to 13h00, clothing depot: Wednesday and Friday 9h30 to 16h30, emergency food aid: upon request

Fees: \$2 per month

Financing: donations

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE SAINTE-MARTHE

3101 de l'Église Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 473-9877 ext. 230

Services: * Food assistance. * Thrift store.

Eligibility: people on a low income

Coverage area: Sainte-Marthe-Sur-Le-Lac

Hours: food aid: Tuesday 11h00 to 12h30, clothing depot: Thursday 9h00 to 16h00

Fees: \$2 per month

Financing: donations

Legal status: non-profit organization

Donation pick-ups

CENTRE DE DÉPANNAGE LE VISAGE - USED ITEMS RECOVERY

374 Pie-XII Street, Saint-Eustache, Laurentides, QC, J7P 4S7

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: Used items recovery: food, clothes, furniture, appliances. * Home pick-up.

Coverage area: Saint-Eustache

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

Financing: self-financing

Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES - USED ITEMS RECOVERY

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

450 623-5891 Fax: 450 623-3797

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Recovery of donations: clothing, household items, books, sporting equipment, toys, dishes, electronics, furniture. * Home pick-up.

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville

Hours: Monday, Tuesday, Wednesday 9h30 to 17h00, Thursday and Friday 9h30 to 18h00, Saturday 9h00 to 17h00

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

School supplies

CENTRE DE DÉPANNAGE LE VISAGE

374 Pie-XII Street, Saint-Eustache, Laurentides, QC, J7P 4S7

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food aid. * Financial assistance. * School supplies.

Eligibility: families, people in need

Coverage area: Saint-Eustache

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

Financing: self-financing

Legal status: non-profit organization

Thrift Stores

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL

509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5

450 472-2555 Fax: 450 472-2595

Website: www.carrefourperinaissance.org

Email: cpn.accueil@videotron.ca

Thrift store and material aid

Services: * Assistance and support individually or in group. * Information and referral. * Workshops: prenatal, family health, fitness, child development for children aged 2 to 12 years old, language development, sensory awareness for infants, cooking. * Online group prenatal classes. * Pre and post natal yoga. * Coffee meetings. * Daycare. * Familial thrift shop. * Home support. * Conferences. * Day camp.

Eligibility: future parents, parents, children 0 to 12 years old

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique

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

Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free

Financing: provincial, grants, self-financing

Legal status: non-profit organization

CENTRE MARIE ÈVE - SAINT-EUSTACHE

232 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2T8

450 491-1494 Fax: 450 473-4271

Website: www.centremarieeve.ca

Email: steustache@centremarieeve.ca

Services: * Support to pregnant women in difficulty through and after the pregnancy. * Workshops, individual accompaniment and emergency material assistance. * Mobile family counter.

Eligibility: pregnant women in difficulty, mothers with children aged 0 to 2 years old

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

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

Fees: none

Financing: grants, donations

Legal status: non-profit organization

CENTRE MARIE-EVE - BOUTIK (LA)

1803 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1N3

450 413-1441

Website: www.centremarieeve.ca/la-boutik

Services: Thrift store. * On-site recovery and sale of clothing, toys, books, jewelry and household goods. * Mobile family counter.

Coverage area: Deux-Montagnes

Hours: Tuesday and Wednesday 9h00 to 15h00, Friday 9h00 to 18h00, Sunday 9h00 to 17h00

Fees: mobile family counter: \$5 per bag, variable cost for individual items

Financing: Centraide Laurentides, grants, autofinancing, donations

Legal status: non-profit organization

COMITÉ D'ACTION SOCIALE ST-JOSEPH-DU-LAC

1028A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 473-2440

Email: comiteaction@outlook.com

Services: * Food baskets. * Christmas baskets and gifts distribution. * Soup kitchen. * Le Chiffonnier: recovery and sale of second-hand items and clothing.

Eligibility: underprivileged people

Coverage area: Saint-Joseph-du-Lac

Hours: baskets distribution: Tuesday 10h00 to 12h00, soup kitchen: Friday 11h00 to 13h00, sale of second-hand items: Friday 9h00 to 15h00

Fees: baskets: \$2 suggested voluntary contribution

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE DEUX-MONTAGNES

1002 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L7

450 473-9877 ext. 230

Email: sophie.lescarbeau@maparoiisse.info

Services: * Food assistance. * Clothing depot. * Collective kitchen.

Eligibility: people on a low income

Coverage area: Deux-Montagnes

Hours: food assistance: Tuesday 11h00 to 13h00, clothing depot: Wednesday and Friday 9h30 to 16h30, emergency food aid: upon request

Fees: \$2 per month

Financing: donations

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE SAINTE-MARTHE

3101 de l'Église Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 473-9877 ext. 230

Services: * Food assistance. * Thrift store.

Eligibility: people on a low income

Coverage area: Sainte-Marthe-Sur-Le-Lac

Hours: food aid: Tuesday 11h00 to 12h30, clothing depot: Thursday 9h00 to 16h00

Fees: \$2 per month

Financing: donations

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINT-EUSTACHE (LA) - AIDE AUX PERSONNES EN DIFFICULTÉ

374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food assistance. * Community lunches. * Financial aid. * Clothing bank. * Ouvroir: recovery and sale of used clothing, articles and furniture.

Eligibility: families, individuals in need

Coverage area: Saint-Eustache

Hours: food assistance: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, community lunches: Wednesday 11h00 to 13h00, Ouvroir: Monday to Friday 13h00 to 16h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

450 623-5891 Fax: 450 623-3797

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Sale of second-hand clothing, household items, books, sports equipment, toys, diches, electronics and furniture at low prices. * Delivery. * Employment integration: handling, maintenance, sale, production and customer service.

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, MRC Mirabel

Hours: Monday, Tuesday, Wednesday 9h30 to 17h00, Thursday and Friday 9h30 to 18h00, Saturday 9h00 to 17h00

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

L'ENTRE-AMIS

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food aid. * Community lunches. * Clothing bank and other used items.

Eligibility: families, people in need

Coverage area: Saint-Eustache

Hours: community meals: Wednesday 11h00 to 13h00

Fees: lunch: free

Financing: self-financing

Legal status: non-profit organization

TROUVAILLES D'EUSTACHE (LES)

123 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9

450 473-6124 Fax: 450 472-5416

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: Recovery and sale of used clothing and housewares.

Coverage area: Saint-Eustache

Hours: Monday to Friday 13h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

Used item donation recovery programs

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL

509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5

450 472-2555 Fax: 450 472-2595

Website: www.carrefourperinaissance.org

Email: cpn.accueil@videotron.ca

Services: * Assistance and support individually or in group. * Information and referral. * Workshops: prenatal, family health, fitness, child development for children aged 2 to 12 years old, language development, sensory awareness for infants, cooking. * Online group prenatal classes. * Pre and post natal yoga. * Coffee meetings. * Daycare. * Familial thrift shop. * Home support. * Conferences. * Day camp.

Eligibility: future parents, parents, children 0 to 12 years old

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique

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

Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free

Financing: provincial, grants, self-financing

Legal status: non-profit organization

CENTRE DE DÉPANNAGE LE VISAGE - USED ITEMS RECOVERY

374 Pie-XII Street, Saint-Eustache, Laurentides, QC, J7P 4S7

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: Used items recovery: food, clothes, furniture, appliances. * Home pick-up.

Coverage area: Saint-Eustache

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

Financing: self-financing

Legal status: non-profit organization

CENTRE MARIE ÈVE - SAINT-EUSTACHE

232 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2T8

450 491-1494 Fax: 450 473-4271

Website: www.centremarieeve.ca

Email: steustache@centremarieeve.ca

Services: * Support to pregnant women in difficulty through and after the pregnancy. * Workshops, individual accompaniment and emergency material assistance. * Mobile family counter.

Eligibility: pregnant women in difficulty, mothers with children aged 0 to 2 years old

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

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

Fees: none

Financing: grants, donations

Legal status: non-profit organization

CENTRE MARIE-EVE - BOUTIK (LA)

1803 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1N3

450 413-1441

Website: www.centremarieeve.ca/la-boutik

Services: Thrift store. * On-site recovery and sale of clothing, toys, books, jewelry and household goods. * Mobile family counter.

Coverage area: Deux-Montagnes

Hours: Tuesday and Wednesday 9h00 to 15h00, Friday 9h00 to 18h00, Sunday 9h00 to 17h00

Fees: mobile family counter: \$5 per bag, variable cost for individual items

Financing: Centraide Laurentides, grants, autofinancing, donations

Legal status: non-profit organization

COMITÉ D'ACTION SOCIALE ST-JOSEPH-DU-LAC

1028A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 473-2440

Email: comiteaction@outlook.com

Services: * Food baskets. * Christmas baskets and gifts distribution. * Soup kitchen. * Le Chiffonnier: recovery and sale of second-hand items and clothing.

Eligibility: underprivileged people

Coverage area: Saint-Joseph-du-Lac

Hours: baskets distribution: Tuesday 10h00 to 12h00, soup kitchen: Friday 11h00 to 13h00, sale of second-hand items: Friday 9h00 to 15h00

Fees: baskets: \$2 suggested voluntary contribution

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE DEUX-MONTAGNES

1002 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L7

450 473-9877 ext. 230

Email: sophie.lescarbeau@maparaisse.info

Services: * Food assistance. * Clothing depot. * Collective kitchen.

Eligibility: people on a low income

Coverage area: Deux-Montagnes

Thrift store and material aid

Hours: food assistance: Tuesday 11h00 to 13h00, clothing depot: Wednesday and Friday 9h30 to 16h30, emergency food aid: upon request

Fees: \$2 per month

Financing: donations

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE SAINTE-MARTHE

3101 de l'Église Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 473-9877 ext. 230

Services: * Food assistance. * Thrift store.

Eligibility: people on a low income

Coverage area: Sainte-Marthe-Sur-Le-Lac

Hours: food aid: Tuesday 11h00 to 12h30, clothing depot: Thursday 9h00 to 16h00

Fees: \$2 per month

Financing: donations

Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES - USED ITEMS RECOVERY

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

450 623-5891 Fax: 450 623-3797

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Recovery of donations: clothing, household items, books, sporting equipment, toys, dishes, electronics, furniture. * Home pick-up.

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville

Hours: Monday, Tuesday, Wednesday 9h30 to 17h00, Thursday and Friday 9h30 to 18h00, Saturday 9h00 to 17h00

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

L'ENTRE-AMIS

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food aid. * Community lunches. * Clothing bank and other used items.

Eligibility: families, people in need

Coverage area: Saint-Eustache

Hours: community meals: Wednesday 11h00 to 13h00

Fees: lunch: free

Financing: self-financing

Legal status: non-profit organization

TROUVAILLES D'EUSTACHE (LES)

123 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9

450 473-6124 Fax: 450 472-5416

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: Recovery and sale of used clothing and housewares.

Coverage area: Saint-Eustache

Hours: Monday to Friday 13h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

Accompanied transport

CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE - ACCOMPANIMENT-TRANSPORTATION

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.

Eligibility: seniors 65 years and over or with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: fixed rates according to the destination

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Accompanied transport for medical reasons

CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE - ACCOMPANIMENT-TRANSPORTATION

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org

Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.

Eligibility: seniors 65 years and over or with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-Sur-Le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Fees: fixed rates according to the destination

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

SERVICES POUR PERSONNES ATTEINTES DE CANCER - TRANSPORTATION

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1

450 491-1912 Fax: 450 491-5770

Website: www.maisonsercan.ca

Email: reception@maisonsercan.ca

Services: * Medical transportation and accompaniment by volunteers.

Eligibility: people with cancer

Coverage area: MRC Deux-Montagnes

Hours: Monday to Friday

Fees: contribution: \$10 per year, transport: fixed rate based on the destination, additional fees for accompaniment

Financing: grants, fundraising campaigns, donations

Legal status: non-profit organization

Violence and abuse

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

PREVENTION OF VIOLENCE AND CRIME

SUPPORT FOR VICTIMS AND THEIR FAMILIES

THERAPY AND COUNSELLING

Domestic violence: shelters and support

LEGAL AID OFFICE - SAINT-EUSTACHE

11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

450 472-0134 Fax: 450 472-0409

Website: ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Reception and processing 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: Saint-Eustache

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

Prevention of violence and crime

SERVICE DE POLICE DE LA VILLE DE SAINT-EUSTACHE

144 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

450 974-5300 TTY: 1/1/09

Website: www.saint-eustache.ca/police

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: Saint-Eustache

Financing: municipal

Legal status: municipal agency

Support for victims and their families

SERVICE CANADA CENTRE - SAINT-EUSTACHE

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Therapy and counselling

CLSC JEAN-OLIVIER-CHÉNIER

29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * 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: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

ÉCOUTE AGRICOLE DES LAURENTIDES

231 Thérèse Crescent, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

514 929-2476

Website: www.ecouteagricole.com

Email: ecouteagricolelaurentides@gmail.com

Services: Support for agricultural producer and their relatives, and for those working in the agricultural sector. * Listening and referrals. * Support network aiming to break isolation. * Personalized accompaniment through conflict resolution process. * Awareness among the population to demystify the profession of farmer.

Eligibility: agricultural producers, their relatives and people from the agricultural sector

Coverage area: Laurentians

Fees: free services, individual member: \$20, corporate member: \$100

Financing: self-financing

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social monitoring. * Promotion and advocacy of rights. * Mutual aid. * Monthly dances. * Collective kitchens. * Adapted karate. * Workshops.

Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 974-7556 Fax: 450 974-1960

Email: petitemaison-pointe-calumet@hotmail.com

Services: * Family activities. * Child-mother mornings. * Collective kitchens. * Conferences. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Knitting club.

Eligibility: individuals and families

Coverage area: Pointe-Calumet and surroundings

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 12h00

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

PORTE DE L'EMPLOI (LA) - SAINT-EUSTACHE

460 du Parc Street, Suite 302, Saint-Eustache, Laurentides, QC, J7R 0C9

450 435-4565

Website: www.laportedeemploi.com

Email: info@laportedeemploi.com

Services: Accompaniment for a return to the job market or to school. * Information sessions on the job market and employment assistance services available in the region. * Labor market preparation activities. * Vocational guidance services and professional reorientation assistance. * Individual and group support in job search or return to school. * Psychosocial intervention.

Eligibility: people searching for a job, including people out of the job market

Coverage area: MRC Deux-Montagnes, Mirabel

Hours: Monday to Thursday 8h15 to 16h15

Fees: free

Financing: provincial

Legal status: non-profit organization

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