



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LAURENTIDES / MRC LA RIVIÈRE-DU-NORD / ALL CITIES



2-1-1



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Child, Youth and Family**CHILD WELFARE****DAYCARE AND RESPITE****FAMILY SUPPORT****JUVENILE DELINQUENCY****MATERNITY SUPPORT AND ADOPTION****PARENTING EDUCATION****YOUTH CENTRES AND SUPPORT****YOUTH EMPLOYMENT****YOUTH SHELTERS AND SUPPORT**

Child welfare

CENTRE D'ÉVALUATION ET DE TRAITEMENT DES AGRESSIONS SEXUELLES

8 de La Salette Boulevard, Suite 101C, Saint-Jérôme, Laurentides, QC, J7Y 5C8

450 431-6400 Fax: 450 431-2475

Website: www.info-cetas.com

Email: cetas@info-cetas.com

Services: Treatment relative to sexual abuse. * Group and individual treatment for victims. * Group and individual treatment for sexual offenders. * Psychosexual assessment for sexual offenders.

Eligibility: victims of sexual abuse during childhood or adolescence, their parents, adults or teenagers who committed sexual abuse, their spouse

Coverage area: Laurentians

Hours: administration: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, treatment: availabilities in the evening

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE - SAINT-JÉRÔME (RUE LAVIOLETTE)

358 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T1

450 432-9300

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

Services: * Youth centre. * Intervention with young offenders. * Recruitment of foster families and follow-up. * Adoption and international adoption services. * Supervised access.

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - SAINT-JÉRÔME - HEAD OFFICE AND DIRECTION OF YOUTH PROTECTION

500 des Laurentides Boulevard, Suite 241, Saint-Jérôme, Laurentides, QC, J7Z 4M2

450 436-7607

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

Services: Administration of Youth Centres. * Direction of youth protection: reception and evaluation of reports of neglect, violence, abuse of a young person or behavioural problems, under the Act on the Protection of youth. * Services for young offenders under the Youth Criminal Justice Act. * Housing: foster families, group homes, rehabilitation centres and intermediate resources. * Adoption, biological background research, reunion. * Psychosocial services, rehabilitation, social integration, guidance, support and social emergency. * Supervised access.

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - SAINT-JÉRÔME (RUE DANIS)

66 Danis Street, Saint-Jérôme, Laurentides, QC, J7Y 2R3

450 565-1773

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

Services: Readaptation services for teenagers with social and emotional problems.

Eligibility: youth 12 to 18 years old

Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

Daycare and respite

MAISON D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE

582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7

450 565-0958 Fax: 450 565-1648

Website: mhjlaparenthese.org

Email: info@mhjlaparenthese.org

Services: * Temporary housing from 1 to 3 months, with the possibility of a 3 day trial period. * Emergency shelter from 1 to 2 days. * Respite service. * Telephone listening: support, advice and referrals. * Help relationship, accompaniment and post-housing follow-up. * Family mediation.

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

Family Support

GRANDS FRÈRES GRANDES SOURS DE LA PORTE DU NORD

770 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M3

450 565-4562 Fax: 450 432-9005

Website: portedunord.grandsfreresgrandesoeurs.ca

Email: info.portedunord@grandsfreresgrandesoeurs.ca

Services: Pairing with an adult mentor for children who need a meaningful presence. * Group or individual school mentoring. * Mentoring for 16 to 21 year olds receiving services under the Youth Protection Act (YPA) or the Youth Criminal Justice Act (YCJA).

Eligibility: youth from 6 to 18 years old, youth from 16 to 21 referred by the DPJ

Coverage area: MRC Rivière-du-Nord, MRC Mirabel, MRC des Pays-d'en-Haut, MRC Thérèse-De Blainville, MRC de Deux-Montagnes, Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: municipal, provincial, foundations, donations, fundraising campaigns

Legal status: non-profit organization

INSTITUT DE FORMATION D'AIDE COMMUNAUTAIRE À L'ENFANT ET À LA FAMILLE - SAINT-JÉRÔME

177 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

450 438-7708

Website: www.ifacef.com

Email: ifacef@ifacef.com

Services: * Individual, marital and family therapy. * Psychodrama. * Parenting consultation. * Schools: student intervention, teacher and non-teacher development programs, supervision, evaluation. * Services for youth centers. * Training and workshops for community organizations. * Training in psychotherapy. * Clinical supervision for practitioners. * Conferences, training.

Eligibility: children, families, schools, youth centers, community organizations, counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: \$140 per hour

Financing: self-financing

Legal status: non-profit organization

MAISON D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE

582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7

450 565-0958 Fax: 450 565-1648

Website: mhjlaparenthese.org

Email: info@mhjlaparenthese.org

Services: * Temporary housing from 1 to 3 months, with the possibility of a 3 day trial period. * Emergency shelter from 1 to 2 days. * Respite service. * Telephone listening: support, advice and referrals. * Help relationship, accompaniment and post-housing follow-up. * Family mediation.

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

Juvenile Delinquency

ANTRE-JEUNES (L')

655 9th Street, Saint-Jérôme, Laurentides, QC, J7Z 2Z3

450 436-1547

Website: www.antre-jeunes.org

Email: info@antre-jeunes.org

Services: Community organization for youth that want to change certain of their behaviours. * Varied group activities: manual, sports, expression, self-knowledge, cooking, etc. * Individual encounters for listening and support.

Eligibility: people 10 to 17 years old living through certain difficulties who are willing to change and ready to engage in the process

Capacity: 48

Coverage area: MRC La Rivière-du-Nord, North of Mirabel

Hours: September to June, Monday to Thursday

Fees: none

Financing: provincial

Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompaniment in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompaniment, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Maternity support and adoption

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE - SAINT-JÉRÔME (RUE LAVIOLETTE)

358 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T1

450 432-9300

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

Services: * Youth centre. * Intervention with young offenders. * Recruitment of foster families and follow-up. * Adoption and international adoption services. * Supervised access.

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - SAINT-JÉRÔME - HEAD OFFICE AND DIRECTION OF YOUTH PROTECTION

500 des Laurentides Boulevard, Suite 241, Saint-Jérôme, Laurentides, QC, J7Z 4M2

450 436-7607

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

Services: Administration of Youth Centres. * Direction of youth protection: reception and evaluation of reports of neglect, violence, abuse of a young person or behavioural problems, under the Act on the Protection of youth. * Services for young offenders under the Youth Criminal Justice Act. * Housing: foster families, group homes, rehabilitation centres and intermediate resources. * Adoption, biological background research, reunion. * Psychosocial services, rehabilitation, social integration, guidance, support and social emergency. * Supervised access.

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE MARIE EVE - SAINT-JÉRÔME

433 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1Y2

450 491-1494 ext. 7

Website: www.centremarieeve.ca

Email: info@centremarieeve.ca

Services: * Reception and psychosocial support. * At-home visits. * Phone support. * Various workshops. * Material donations.

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

Coverage area: MRC La Rivière-du-Nord

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, by appointment

Fees: none

Financing: grants, donations

Legal status: non-profit organization

COURT OF QUÉBEC - YOUTH DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court of Justice of the Judiciary of Quebec. * Hearing of all cases involving minors. * Hearing of adoption cases. * Out-of-court settlement conference in youth protection matters. * Relevant documents for all regions: [click here](#) * Online schedule of hearings: [click here](#)

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

NOURRI-SOURCE - LAURENTIDES

485 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L8

450 990-1031

Website: nourrisourcelaurentides.ca

Email: nourrisourcelaurentides@gmail.com

Services: * Breastfeeding godmothers: phone pairing. * Mentoring: pairing between fathers. * Prenatal breastfeeding workshop. * Breastfeeding drop-in, conferences. * Positioning and nursing clinics. * Breastfeeding seminar. * Annual activity program.

Eligibility: families wishing to learn about or practice breastfeeding

Coverage area: Laurentides

Hours: Monday to Friday 9h00 to 15h00

Fees: variable for conferences and workshops

Financing: self-financing, donations, provincial

Legal status: non-profit organization

Parenting Education

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

Youth Centres and Support

ANTRE-JEUNES (L')

655 9th Street, Saint-Jérôme, Laurentides, QC, J7Z 2Z3

450 436-1547

Website: www.antre-jeunes.org

Email: info@antre-jeunes.org

Services: Community organization for youth that want to change certain of their behaviours. * Varied group activities: manual, sports, expression, self-knowledge, cooking, etc. * Individual encounters for listening and support.

Eligibility: people 10 to 17 years old living through certain difficulties who are willing to change and ready to engage in the process

Capacity: 48

Coverage area: MRC La Rivière-du-Nord, North of Mirabel

Hours: September to June, Monday to Thursday

Fees: none

Financing: provincial

Legal status: non-profit organization

Youth Employment

CENTRE D'INTÉGRATION EN EMPLOI LAURENTIDES

340, Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3

1 800 363-2499 Fax: 450 432-8647

Website: www.cielaurentides.com

Email: info@cielaurentides.com

Services: Job search assistance. * Specialized service to facilitate the transition and integration into employment of newcomers. * Specialized service for young parents and people 45 years and under. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Youth Shelters and Support

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.cissslau@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

ANTRE-JEUNES (L')

655 9th Street, Saint-Jérôme, Laurentides, QC, J7Z 2Z3

450 436-1547

Website: www.antre-jeunes.org

Email: info@antre-jeunes.org

Services: Community organization for youth that want to change certain of their behaviours. * Varied group activities: manual, sports, expression, self-knowledge, cooking, etc. * Individual encounters for listening and support.

Eligibility: people 10 to 17 years old living through certain difficulties who are willing to change and ready to engage in the process

Capacity: 48

Coverage area: MRC La Rivière-du-Nord, North of Mirabel

Hours: September to June, Monday to Thursday

Fees: none

Financing: provincial

Legal status: non-profit organization

INSTITUT DE FORMATION D'AIDE COMMUNAUTAIRE À L'ENFANT ET À LA FAMILLE - SAINT-JÉRÔME

177 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

450 438-7708

Website: www.ifacef.com

Email: ifacef@ifacef.com

Services: * Individual, marital and family therapy. * Psychodrama. * Parenting consultation. * Schools: student intervention, teacher and non-teacher development programs, supervision, evaluation. * Services for youth centers. * Training and workshops for community organizations. * Training in psychotherapy. * Clinical supervision for practitioners. * Conferences, training.

Eligibility: children, families, schools, youth centers, community organizations, counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: \$140 per hour

Financing: self-financing

Legal status: non-profit organization

MAISON D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE

582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7

450 565-0958 Fax: 450 565-1648

Website: mhjlaparenthese.org

Email: info@mhjlaparenthese.org

Services: * Temporary housing from 1 to 3 months, with the possibility of a 3 day trial period. * Emergency shelter from 1 to 2 days. * Respite service. * Telephone listening: support, advice and referrals. * Help relationship, accompaniment and post-housing follow-up. * Family mediation.

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

Community Action**ADVISORY AND CITIZEN ACTION ORGANIZATIONS****COMMUNITY DEVELOPMENT****INFORMATION AND REFERRAL****VOLUNTEERING AND VOLUNTEER CENTRES**

Advisory and citizen action organizations

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9

450 431-3388 ext. 0

Website: arlphl.org

Email: info@arlphl.org

Services: Promotion of the improvement of health, well-being and social participation of people living with a disability through the development of sport, recreation and physical activity. * Sports and recreational activities. * Information, referral, counselling, training. * Companion Leisure Card (CAL).

Eligibility: people of all ages living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

Financing: donations, provincial, municipal

Legal status: non-profit organization

BOOK HUMANITAIRE (LE)

215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 436-2665

Website: lebookhumanitaire.com

Email: rlapiere@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis

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

Fees: none

Financing: donations

Legal status: non-profit organization

RÉSEAU DES FEMMES DES LAURENTIDES

342 Parent Street, Saint-Jérôme, Laurentides, QC, J7Z 2A2

450 431-1896

Website: www.femmeslaurentides.org

Email: info@femmeslaurentides.org

Services: Regional autonomous community action grouping. * Representation. * Improvement of women's quality of life. * Citizen involvement projects. * Awareness-raising.

Eligibility: women's groups and committees, general public

Coverage area: Laurentians

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

Fees: none

Financing: grants

Legal status: non-profit organization

SOLIDARITÉ LAURENTIDES AMÉRIQUE CENTRALE

347 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1X9

450 569-6470

Website: slamlarentides.org

Email: info@slamlarentides.org

Services: International solidarity organization. * Conferences, promotion of global citizenship education, fair trade and programming of related activities. * International solidarity internships in Guatemala.

Eligibility: general public

Coverage area: Laurentians

Hours: variable

Fees: none

Financing: donations

Legal status: non-profit organization

Community development

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompaniment in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompaniment, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Information and referral

INFO-SOCIAL 8-1-1 - LAURENTIANS

Confidential Address

811 option 2

Website: www.quebec.ca/en/health/finding-a-resource/info-social-811

Services: Psychosocial consultation by phone. * Information and referral to assistance resources.

Coverage area: Laurentides

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

Volunteering and volunteer centres

BOOK HUMANITAIRE (LE)

215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 436-2665

Website: lebookhumanitaire.com

Email: rlapierre@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis

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

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SécuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

DEAF AND HEARING IMPAIRED

LANGUAGE DISORDERS

MOBILITY AIDS

RECREATION AND CAMPS

RESPIRE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

THE BLIND

THERAPY AND REHABILITATION CENTRES

Adapted work and employability support

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - HEAD OFFICE

338 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3

1 877 772-2738 Fax: 450 569-8299

Website: capemploi.ca

Email: info@capemploi.ca

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

Eligibility: people 18 to 65 years old

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES

55 Castonguay Street, Suite 102 and 103, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024 Fax: 450 436-6607

Website: i-tl.org

Email: info@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of an action plan, preparatory measures for employment, referrals. * Job seeking methods: guidance and support, information on labour market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies, contact with employers. * Job integration: employers awareness-raising, grants negotiations, employment follow-up, help with job retention.

Eligibility: people living with a physical or intellectual disability, with mental health problems, a significant barrier to employment, people with a criminal record, people with addiction problems who are in remission, employers

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - MIRABEL

55 Castonguay Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024

Website: i-tl.org

Email: info@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of an action plan, preparatory measures for employment, referrals. * Job seeking methods: guidance and support, information on labour market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies, contact with employers. * Job integration: employers awareness-raising, grants negotiations, employment follow-up, help with job retention.

Eligibility: people living with a physical or intellectual disability, with mental health problems, people with a criminal record, people with addiction problems who are in remission, employers

Coverage area: MRC Mirabel

Hours: variable, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Advocacy for people with a physical disability

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9

450 431-3388 ext. 0

Website: arlphl.org

Email: info@arlphl.org

Services: Promotion of the improvement of health, well-being and social participation of people living with a disability through the development of sport, recreation and physical activity. * Sports and recreational activities.

* Information, referral, counselling, training. * Companion Leisure Card (CAL).

Eligibility: people of all ages living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

Financing: donations, provincial, municipal

Legal status: non-profit organization

CENTRE D'AIDE PERSONNES TRAUMATISÉES CRÂNIENNES ET HANDICAPÉES PHYSIQUES LAURENTIDES

643 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 5T7

1 888 431-3437 Fax: 450 431-7955

Website: www.captchpl.org

Email: captchpl@videotron.ca

Services: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivière-du-Nord, MRC Antoine-Labelle, MRC Les Pays-d'en-Haut, MRC Argenteuil, MRC Mirabel

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

Financing: donations, provincial, grants

Legal status: non-profit organization

Deaf and hearing impaired

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9

450 431-3388 ext. 0

Website: arlphl.org

Email: info@arlphl.org

Services: Promotion of the improvement of health, well-being and social participation of people living with a disability through the development of sport, recreation and physical activity. * Sports and recreational activities.

* Information, referral, counselling, training. * Companion Leisure Card (CAL).

Eligibility: people of all ages living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

Financing: donations, provincial, municipal

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME

51 Boyer Street, Saint-Jérôme, Laurentides, QC, J7Z 2K5

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-JÉRÔME

51 Boyer Street, Saint-Jérôme, Laurentides, QC, J7Z 2K5

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-JÉRÔME

51 Boyer Street, Saint-Jérôme, Laurentides, QC, J7Z 2K5

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

MOUVEMENT DES PERSONNES HANDICAPÉES ST-COLOMBAN ET ST-CANUT

323 Montée de l'Église, Saint-Colomban, Laurentides, QC, J5K 2H8

450 432-1993

Services: * Loan of mobility aid equipment: crutches, wheelchairs, walkers, etc.

Eligibility: people living with a physical disability

Coverage area: Mirabel Saint-Canut area, Saint-Colomban

Fees: voluntary contributions

Financing: municipal

Legal status: non-profit organization

Recreation and camps

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES

701 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5C7

1 877 705-7766 Fax: 450 569-7769

Website: www.fibromyalgie-des-laurentides.ca

Email: afl@videotron.ca

Services: Advocacy and promotion of the interests of people living with fibromyalgia. * Information on the available resources and support. * Awareness activities. * Adapted sports and recreational activities. * Helpline. * Mutual aid and support groups. * Social meetings. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

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

Fees: annual membership: \$20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9

450 431-3388 ext. 0

Website: arlphl.org

Email: info@arlphl.org

Services: Promotion of the improvement of health, well-being and social participation of people living with a disability through the development of sport, recreation and physical activity. * Sports and recreational activities. * Information, referral, counselling, training. * Companion Leisure Card (CAL).

Eligibility: people of all ages living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

Financing: donations, provincial, municipal

Legal status: non-profit organization

CENTRE D'AIDE PERSONNES TRAUMATISÉES CRÂNIENNES ET HANDICAPÉES PHYSIQUES LAURENTIDES

643 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 5T7

1 888 431-3437 Fax: 450 431-7955

Website: www.captchpl.org

Email: captchpl@videotron.ca

Services: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivière-du-Nord, MRC Antoine-Labelle, MRC Les Pays-d'en-Haut, MRC Argenteuil, MRC Mirabel

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

Financing: donations, provincial, grants

Legal status: non-profit organization

GYMNO LAURENTIDES

1155 du Parc Avenue, Saint-Jérôme, Laurentides, QC, J7Z 6X6

450 848-3211

Website: www.gymno.org

Email: laurentides@gymno.org

Services: Recreational activities for children and teenagers with learning disorders. * Summer day camp: for children 5 to 17 years old. * Les Explorateurs: weekly sessions of gymnastics and swimming pool games aimed at developing motor skills for children 5 to 10 years old. * Les Survolteurs: weekly sessions of recreational and sports activities and outings for teenagers 10 to 15 years old. * Les Survolt'art: weekly arts and crafts sessions and outings for teenagers 15 to 17 years old.

Eligibility: children and teenagers 5 to 17 years old with learning disorders

Capacity: day camp: 25 places per day, Explorateurs: 24 places, Survolteurs: 15 places, Survolt'art: 20 places

Coverage area: Laurentians

Hours: variable depending on the activity

Fees: variable according to the program

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2

1 866 590-4469 Fax: 450 436-3273

Website: mscanada.ca/ms-canada-laurentides

Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: SPécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, MRC La Rivière-du-Nord, MRC Argenteuil, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle

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

Financing: fundraising campaigns

Legal status: non-profit organization

Respite services and housing

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

VIGIL'ANGE

347 Saint-Georges Street, Suite 104, Saint-Jérôme, Laurentides, QC, J7Z 5A8

450 275-5131

Website: vigilange.org

Email: info@vigilange.org

Services: Support for seniors and family caregivers in vulnerable situations.* Referrals to support resources.

Eligibility: seniors and caregivers

Coverage area: Mirabel, MRC La Rivière-du-Nord

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

Support Associations

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES

701 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5C7

1 877 705-7766 Fax: 450 569-7769

Website: www.fibromyalgie-des-laurentides.ca

Email: afl@videotron.ca

Services: Advocacy and promotion of the interests of people living with fibromyalgia. * Information on the available resources and support. * Awareness activities. * Adapted sports and recreational activities. * Helpline. * Mutual aid and support groups. * Social meetings. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

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

Fees: annual membership: \$20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

CENTRE D'AIDE PERSONNES TRAUMATISÉES CRÂNIENNES ET HANDICAPÉES PHYSIQUES LAURENTIDES

643 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 5T7

1 888 431-3437 Fax: 450 431-7955

Website: www.captchpl.org

Email: captchpl@videotron.ca

Services: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivière-du-Nord, MRC Antoine-Labelle, MRC Les Pays-d'en-Haut, MRC Argenteuil, MRC Mirabel

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

Financing: donations, provincial, grants

Legal status: non-profit organization

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

Eligibility: people living with HIV/AIDS, hepatitis C or an STD, their relatives, people at risk, people who use substances, people from the LGBTQ2S+ community

Coverage area: Laurentians

Hours: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2

1 866 590-4469 Fax: 450 436-3273

Website: mscanada.ca/ms-canada-laurentides

Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: SPécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, MRC La Rivière-du-Nord, MRC Argenteuil, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle

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

Financing: fundraising campaigns

Legal status: non-profit organization

NOURRI-SOURCE - LAURENTIDES

485 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L8

450 990-1031

Website: nourrisourcelalaurentides.ca

Email: nourrisourcelalaurentides@gmail.com

Services: * Breastfeeding godmothers: phone pairing. * Mentoring: pairing between fathers. * Prenatal breastfeeding workshop. * Breastfeeding drop-in, conferences. * Positioning and nursing clinics. * Breastfeeding seminar. * Annual activity program.

Eligibility: families wishing to learn about or practice breastfeeding

Coverage area: Laurentides

Hours: Monday to Friday 9h00 to 15h00

Fees: variable for conferences and workshops

Financing: self-financing, donations, provincial

Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-3331 Fax: 450 431-5929

Website: pallia-vie.ca

Email: admin@pallia-vie.ca

Services: * Support for people with cancer or a degenerative disease and for caregivers. * Support for bereaved people, including youth.

Eligibility: people with cancer or a degenerative disease, caregivers, bereaved people (including youth)

Coverage area: MRC Les Pays-d'en-Haut, MRC La Rivière-du-Nord, MRC Thérèse-De Blainville, MRC Argenteuil, MRC Mirabel

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

Fees: membership: one-time fee of \$10

Financing: donations, grant

Legal status: None or unknown

The Blind

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9

450 431-3388 ext. 0

Website: arlphl.org

Email: info@arlphl.org

Services: Promotion of the improvement of health, well-being and social participation of people living with a disability through the development of sport, recreation and physical activity. * Sports and recreational activities.

* Information, referral, counselling, training. * Companion Leisure Card (CAL).

Eligibility: people of all ages living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

Financing: donations, provincial, municipal

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME

51 Boyer Street, Saint-Jérôme, Laurentides, QC, J7Z 2K5

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

MOUVEMENT DES PERSONNES HANDICAPÉES ST-COLOMBAN ET ST-CANUT

323 Montée de l'Église, Saint-Colomban, Laurentides, QC, J5K 2H8

450 432-1993

Services: * Loan of mobility aid equipment: crutches, wheelchairs, walkers, etc.

Eligibility: people living with a physical disability

Coverage area: Mirabel Saint-Canut area, Saint-Colomban

Fees: voluntary contributions

Financing: municipal

Legal status: non-profit organization

Therapy and rehabilitation centres

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES

701 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5C7

1 877 705-7766 Fax: 450 569-7769

Website: www.fibromyalgie-des-laurentides.ca

Email: afl@videotron.ca

Services: Advocacy and promotion of the interests of people living with fibromyalgia. * Information on the available resources and support. * Awareness activities. * Adapted sports and recreational activities. * Helpline. * Mutual aid and support groups. * Social meetings. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

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

Fees: annual membership: \$20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME

51 Boyer Street, Saint-Jérôme, Laurentides, QC, J7Z 2K5

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****DIFFICULTIES AND LEARNING DISABILITIES****HOMEWORK ASSISTANCE AND TUTORING****LANGUAGE COURSES****PUBLIC EDUCATION****SCHOOL PERSEVERANCE****SCHOOL SERVICE CENTERS**

Academic and vocational guidance

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.ciessler@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

Difficulties and learning disabilities

GYMNO LAURENTIDES

1155 du Parc Avenue, Saint-Jérôme, Laurentides, QC, J7Z 6X6

450 848-3211

Website: www.gymno.org

Email: laurentides@gymno.org

Services: Recreational activities for children and teenagers with learning disorders. * Summer day camp: for children 5 to 17 years old. * Les Explorateurs: weekly sessions of gymnastics and swimming pool games aimed at developing motor skills for children 5 to 10 years old. * Les Survolteurs: weekly sessions of recreational and sports activities and outings for teenagers 10 to 15 years old. * Les Survolt'art: weekly arts and crafts sessions and outings for teenagers 15 to 17 years old.

Eligibility: children and teenagers 5 to 17 years old with learning disorders

Capacity: day camp: 25 places per day, Explorateurs: 24 places, Survolteurs: 15 places, Survolt'art: 20 places

Coverage area: Laurentians

Hours: variable depending on the activity

Fees: variable according to the program

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

Homework assistance and tutoring

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Language courses

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Public education

BEACON OF THE FREED

Confidential Address

450 990-9595 ext. 1

Website: en.afranchies.ca

Email: intervention@afranchies.ca

Services: Organization working against human trafficking. * Education and public awareness. * Contribution to the improvement of existing services and the creation of new services and programs. * Assistance relationship for people living with the consequences of a situation of exploitation or exchange of sexual services. * Training and awareness-raising for a variety of clientele. * Program for tourist accommodation and transportation companies.

Eligibility: victims or close ones of victims of human trafficking of all forms, from sexual exploitation to labor exploitation, both locally and internationally, workers working on the issue or likely to be in contact with victims

Coverage area: Laurentides, with few exceptions

Hours: Monday to Friday 8h00 to 17h00

Fees: direct services: none, workshops and public awareness: variable

Financing: provincial, federal

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DE LA RIVIÈRE-DU-NORD

795 Melançon Street, Saint-Jérôme, Laurentides, QC, J7Z 4L1

450 438-3131

Website: cssrdn.gouv.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. * Complaints reception. * Parent resources: parents' committee and information articles. * School transportation coordination: transportation requests for medical reasons, accommodations, and shared-custody students.

Coverage area: MRC Argenteuil, MRC La Rivière-du-Nord, MRC Mirabel

Hours: Administrative Office 1: Monday to Friday 8h00 to 12h00 and 13h00 to 15h45, Administrative Office 2: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: self-financing

Legal status: parapublic organization

School perseverance

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.ciessler@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

School service centers

CENTRE DE SERVICES SCOLAIRE DE LA RIVIÈRE-DU-NORD

795 Melançon Street, Saint-Jérôme, Laurentides, QC, J7Z 4L1

450 438-3131

Website: cssrdn.gouv.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. * Complaints reception. * Parent resources: parents' committee and information articles. * School transportation coordination: transportation requests for medical reasons, accommodations, and shared-custody students.

Coverage area: MRC Argenteuil, MRC La Rivière-du-Nord, MRC Mirabel

Hours: Administrative Office 1: Monday to Friday 8h00 to 12h00 and 13h00 to 15h45, Administrative Office 2: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: variable

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****TAX CLINICS****VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

Advocacy for workers and unemployed

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

275 Latour Street, 3rd floor, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompaniment in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompaniment, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Budget management and consumption

BOOK HUMANITAIRE (LE)

215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 436-2665

Website: lebookhumanitaire.com

Email: rlapierre@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis

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

Fees: none

Financing: donations

Legal status: non-profit organization

Business development

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES

290 De Montigny Street, Saint-Jérôme, Laurentides, QC, J7Z 5T3

1 866 963-2777

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

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompaniment in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompaniment, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support and training

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.cissslau@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - HEAD OFFICE

338 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3

1 877 772-2738 Fax: 450 569-8299

Website: capemploi.ca

Email: info@capemploi.ca

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

Eligibility: people 18 to 65 years old

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'INTÉGRATION EN EMPLOI LAURENTIDES

340, Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3

1 800 363-2499 Fax: 450 432-8647

Website: www.cielarentides.com

Email: info@cielarentides.com

Services: Job search assistance. * Specialized service to facilitate the transition and integration into employment of newcomers. * Specialized service for young parents and people 45 years and under. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for immigrants

CENTRE D'INTÉGRATION EN EMPLOI LAURENTIDES

340, Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3

1 800 363-2499 Fax: 450 432-8647

Website: www.cielaurentides.com

Email: info@cielaurentides.com

Services: Job search assistance. * Specialized service to facilitate the transition and integration into employment of newcomers. * Specialized service for young parents and people 45 years and under. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Employment support for seniors

CENTRE D'INTÉGRATION EN EMPLOI LAURENTIDES

340, Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3

1 800 363-2499 Fax: 450 432-8647

Website: www.cielaurentides.com

Email: info@cielaurentides.com

Services: Job search assistance. * Specialized service to facilitate the transition and integration into employment of newcomers. * Specialized service for young parents and people 45 years and under. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for youth

CENTRE D'INTÉGRATION EN EMPLOI LAURENTIDES

340, Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3

1 800 363-2499 Fax: 450 432-8647

Website: www.cielaurentides.com

Email: info@cielaurentides.com

Services: Job search assistance. * Specialized service to facilitate the transition and integration into employment of newcomers. * Specialized service for young parents and people 45 years and under. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Tax clinics

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME - TAX CLINIC

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 ext. 226 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: * Year-round tax clinic on appointment.

Eligibility: single person with income under \$35,000, couple with income under \$45,000, family with income under \$45,000 (plus an additional \$2,500 for each dependent)

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Hermas, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: by appointment, intensive period: March and April, off-season: May to December, 1st Tuesday of the month, 9h00 to 12h00 and 13h00 to 15h30

Fees: none

Financing: donations

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - HEAD OFFICE

338 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3

1 877 772-2738 Fax: 450 569-8299

Website: capemploi.ca

Email: info@capemploi.ca

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

Eligibility: people 18 to 65 years old

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE RÉSIDENTIEL COMMUNAUTAIRE CURÉ LABELLE

612 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J5L 1Z6

450 431-9060 Fax: 450 431-9062

Website: www.crcclurelabelle.com

Email: crccl@crcclurelabelle.com

Services: Social reintegration program for men on an active correctional measure. * Housing. * Ongoing supervision. * Rehabilitation activities. * Individual clinical follow-up. * Various specialized programs. * Various points of service: Lachute, Mont-Tremblant, Sainte-Adèle, Sainte-Agathe, Saint-Eustache, Sainte-Thérèse, Terrebonne.

Eligibility: men on an active correctional measure

Capacity: 46 people

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: 25% of net salary, maximum \$60 per week

Financing: provincial, federal

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES

55 Castonguay Street, Suite 102 and 103, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024 Fax: 450 436-6607

Website: i-tl.org

Email: info@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of an action plan, preparatory measures for employment, referrals. * Job seeking methods: guidance and support, information on labour market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies, contact with employers. * Job integration: employers awareness-raising, grants negotiations, employment follow-up, help with job retention.

Eligibility: people living with a physical or intellectual disability, with mental health problems, a significant barrier to employment, people with a criminal record, people with addiction problems who are in remission, employers

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - MIRABEL

55 Castonguay Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024

Website: i-tl.org

Email: info@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of an action plan, preparatory measures for employment, referrals. * Job seeking methods: guidance and support, information on labour market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies, contact with employers. * Job integration: employers awareness-raising, grants negotiations, employment follow-up, help with job retention.

Eligibility: people living with a physical or intellectual disability, with mental health problems, people with a criminal record, people with addiction problems who are in remission, employers

Coverage area: MRC Mirabel

Hours: variable, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Food**CHRISTMAS BASKET****COLLECTIVE KITCHENS AND COOKING WORKSHOPS****FOOD ASSISTANCE****FOOD ASSISTANCE COORDINATION****LOW COST OR FREE MEALS****PREPARED MEALS AND MEALS-ON-WHEELS**

Christmas basket

BOOK HUMANITAIRE (LE)

215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 436-2665

Website: lebookhumanitaire.com

Email: rlapierre@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis

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

Fees: none

Financing: donations

Legal status: non-profit organization

MONTAGNE D'ESPOIR (LA)

2523 1st Street, Sainte-Sophie, Laurentides, QC, J5J 2V8

450 436-4747

Email: lamontagnedespoir@bellnet.ca

Services: * Food assistance. * Christmas baskets.

Eligibility: people in need

Coverage area: Sainte-Sophie

Hours: Monday to Friday 8h00 to 15h00, food assistance: Thursday 9h00 to 12h00 by appointment

Fees: annual membership: \$15, food basket: \$5

Financing: donations, grants

Legal status: non-profit organization

Collective kitchens and cooking workshops

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Food Assistance

BOOK HUMANITAIRE (LE)

215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 436-2665

Website: lebookhumanitaire.com

Email: rlapierre@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis

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

Fees: none

Financing: donations

Legal status: non-profit organization

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

MONTAGNE D'ESPOIR (LA)

2523 1st Street, Sainte-Sophie, Laurentides, QC, J5J 2V8

450 436-4747

Email: lamontagnedespoir@bellnet.ca

Services: * Food assistance. * Christmas baskets.

Eligibility: people in need

Coverage area: Sainte-Sophie

Hours: Monday to Friday 8h00 to 15h00, food assistance: Thursday 9h00 to 12h00 by appointment

Fees: annual membership: \$15, food basket: \$5

Financing: donations, grants

Legal status: non-profit organization

Food assistance coordination

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE À SAINT-JÉRÔME

Confidential Address

579 634-4664

Website: lahutte.org

Email: pascalhutte@hotmail.com

Services: Emergency and short-term accommodation for homeless adults. * Dormitory: overnight shelter. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords. * Support for relatives. * Housing for people aged 18 to 25.

Eligibility: homeless people 18 years old and over

Coverage area: Lanaudière, Laurentians

Hours: 24 hours / 7 days, dormitory registration: from 14h00, dormitory: 16h00 to 8h00, warming centre: 11h00 to 7h00

Fees: dormitory and other services: free of charge

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

Low cost or free meals

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompagnement/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE

1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7

450 431-5757 Fax: 450 431-4615

Website: www.mouvementdentraide.org

Email: mouventraide@videotron.ca

Services: * Healthy meals. * Community meals. * Games and recreational activities: rummy games, card games, pocket games, Wii Shuffleboard, bowling, knitting, Pergamano. * Physical exercises adapted for seniors. * Tax clinic.

Eligibility: general public, seniors

Capacity: 50 people

Coverage area: Mille-Isles, Mirabel, Prévost, Saint-Colomban, Saint-Hippolyte, Saint-Jérôme, Saint-Sauveur, Sainte-Adèle, Val-Morin

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

Fees: annual membership: \$10

Financing: provincial, municipal, donations, self-financing

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SecuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompagnement/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE

1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7

450 431-5757 Fax: 450 431-4615

Website: www.mouvementdentraide.org

Email: mouventraide@videotron.ca

Services: * Healthy meals. * Community meals. * Games and recreational activities: rummy games, card games, pocket games, Wii Shuffleboard, bowling, knitting, Pergamano. * Physical exercises adapted for seniors. * Tax clinic.

Eligibility: general public, seniors

Capacity: 50 people

Coverage area: Mille-Isles, Mirabel, Prévost, Saint-Colomban, Saint-Hippolyte, Saint-Jérôme, Saint-Sauveur, Sainte-Adèle, Val-Morin

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

Fees: annual membership: \$10

Financing: provincial, municipal, donations, self-financing

Legal status: non-profit organization

Government services**OFFICIAL DOCUMENTS****PROVINCIAL SERVICES**

Official documents

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE - SAINT-JÉRÔME (RUE LAVIOLETTE)

358 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T1

450 432-9300

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

Services: * Youth centre. * Intervention with young offenders. * Recruitment of foster families and follow-up. * Adoption and international adoption services. * Supervised access.

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - SAINT-JÉRÔME - HEAD OFFICE AND DIRECTION OF YOUTH PROTECTION

500 des Laurentides Boulevard, Suite 241, Saint-Jérôme, Laurentides, QC, J7Z 4M2

450 436-7607

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

Services: Administration of Youth Centres. * Direction of youth protection: reception and evaluation of reports of neglect, violence, abuse of a young person or behavioural problems, under the Act on the Protection of youth. * Services for young offenders under the Youth Criminal Justice Act. * Housing: foster families, group homes, rehabilitation centres and intermediate resources. * Adoption, biological background research, reunion. * Psychosocial services, rehabilitation, social integration, guidance, support and social emergency. * Supervised access.

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

SAINT-JÉRÔME COURTHOUSE

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Administration or court services of Saint-Jérôme. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony. * Online schedule of hearings: click here * Online information: marriage, civil unions, family mediation, negotiating an equitable agreement, child support, wills, etc.

Eligibility: general public

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

Provincial services

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

275 Latour Street, 3rd floor, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

CURATEUR PUBLIC - DIRECTION TERRITORIALE NORD ET BUREAU DE SAINT-JÉRÔME

222 Saint-Georges Street, Suite 315, Saint-Jérôme, Laurentides, QC, J7Z 5K8

1 877 221-7043

Website: www.quebec.ca/en/government/departments-and-agencies/curateur-public

Services: * Protection of rights and interests and administration of the estate of an incapacitated person for whom the court has appointed the Curateur Public to act as tutor or curator. * Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council.

Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters the mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

Coverage area: Laval, Lanaudière, Laurentians, Outaouais, Abitibi-Témiscamingue

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

Financing: provincial

Legal status: provincial government agency

Health**FAMILY PLANNING****FUNERAL COOPERATIVES****PALLIATIVE CARE****PATIENT SUPPORT ASSOCIATIONS****PUBLIC HEALTH**

Family planning

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

Eligibility: people living with HIV/AIDS, hepatitis C or an STD, their relatives, people at risk, people who use substances, people from the LGBTQ2S+ community

Coverage area: Laurentians

Hours: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

Funeral cooperatives

COOPÉRATIVE FUNÉRAIRE DES LAURENTIDES

328 De Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4C9

450 504-9771

Website: www.coopfunerairelaurentides.org

Email: info@coopfunerairelaurentides.org

Services: Funeral cooperative. * Funeral services and prearrangements.

Eligibility: general public

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00

Financing: self-financing

Legal status: cooperative

Palliative care

PALLIA-VIE - PALLIATIVE CARE HOME

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-0488 Fax: 450 431-5929

Website: pallia-vie.ca/maison-de-soins-palliatifs-de-riviere-nord-2

Email: admin@pallia-vie.ca

Services: Palliative care house.

Eligibility: people with a life prognosis of under 3 months

Capacity: 12 rooms

Coverage area: Laurentides

Hours: Monday to Friday 8h00 à 16h30

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-3331 Fax: 450 431-5929

Website: pallia-vie.ca

Email: admin@pallia-vie.ca

Services: * Support for people with cancer or a degenerative disease and for caregivers. * Support for bereaved people, including youth.

Eligibility: people with cancer or a degenerative disease, caregivers, bereaved people (including youth)

Coverage area: MRC Les Pays-d'en-Haut, MRC La Rivière-du-Nord, MRC Thérèse-De Blainville, MRC Argenteuil, MRC Mirabel

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

Fees: membership: one-time fee of \$10

Financing: donations, grant

Legal status: None or unknown

Patient support associations

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES

701 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5C7

1 877 705-7766 Fax: 450 569-7769

Website: www.fibromyalgie-des-laurentides.ca

Email: afl@videotron.ca

Services: Advocacy and promotion of the interests of people living with fibromyalgia. * Information on the available resources and support. * Awareness activities. * Adapted sports and recreational activities. * Helpline. * Mutual aid and support groups. * Social meetings. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

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

Fees: annual membership: \$20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

BOOK HUMANITAIRE (LE)

215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 436-2665

Website: lebookhumanitaire.com

Email: rlapierre@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis

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

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE D'AIDE PERSONNES TRAUMATISÉES CRÂNIENNES ET HANDICAPÉES PHYSIQUES LAURENTIDES

643 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 5T7

1 888 431-3437 Fax: 450 431-7955

Website: www.captchpl.org

Email: captchpl@videotron.ca

Services: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivière-du-Nord, MRC Antoine-Labelle, MRC Les Pays-d'en-Haut, MRC Argenteuil, MRC Mirabel

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

Financing: donations, provincial, grants

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME

51 Boyer Street, Saint-Jérôme, Laurentides, QC, J7Z 2K5

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

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

Eligibility: people living with HIV/AIDS, hepatitis C or an STD, their relatives, people at risk, people who use substances, people from the LGBTQ2S+ community

Coverage area: Laurentians

Hours: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

MOUVEMENT DES PERSONNES HANDICAPÉES ST-COLOMBAN ET ST-CANUT

323 Montée de l'Église, Saint-Colomban, Laurentides, QC, J5K 2H8
450 432-1993

Services: * Loan of mobility aid equipment: crutches, wheelchairs, walkers, etc.

Eligibility: people living with a physical disability

Coverage area: Mirabel Saint-Canut area, Saint-Colomban

Fees: voluntary contributions

Financing: municipal

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2

1 866 590-4469 Fax: 450 436-3273

Website: mscanada.ca/ms-canada-laurentides

Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: Spécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, MRC La Rivière-du-Nord, MRC Argenteuil, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle

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

Financing: fundraising campaigns

Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-3331 Fax: 450 431-5929

Website: pallia-vie.ca

Email: admin@pallia-vie.ca

Services: * Support for people with cancer or a degenerative disease and for caregivers. * Support for bereaved people, including youth.

Eligibility: people with cancer or a degenerative disease, caregivers, bereaved people (including youth)

Coverage area: MRC Les Pays-d'en-Haut, MRC La Rivière-du-Nord, MRC Thérèse-De Blainville, MRC Argenteuil, MRC Mirabel

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

Fees: membership: one-time fee of \$10

Financing: donations, grant

Legal status: None or unknown

Public Health**ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES**

300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9

450 431-3388 ext. 0

Website: arlphl.org

Email: info@arlphl.org

Services: Promotion of the improvement of health, well-being and social participation of people living with a disability through the development of sport, recreation and physical activity. * Sports and recreational activities. * Information, referral, counselling, training. * Companion Leisure Card (CAL).
Eligibility: people of all ages living with all sorts of disabilities
Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme
Hours: activities: weekend, adapted day centre: day of the week
Fees: between \$150 and 220
Financing: donations, provincial, municipal
Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES

290 De Montigny Street, Saint-Jérôme, Laurentides, QC, J7Z 5T3

1 866 963-2777

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

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - VACCINATION CONTRE LA GRIPPE

Confidential Address

811

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/vaccination/vaccination-contre-la-grippe-influenza

Services: Vaccination campaign against seasonal influenza. * Online appointment system: portal3.clicsante.ca

Coverage area: Laurentians

Hours: from October, schedule available on the website

Fees: free for people 6 months and over

Financing: provincial

Legal status: provincial government agency

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

Eligibility: people living with HIV/AIDS, hepatitis C or an STD, their relatives, people at risk, people who use substances, people from the LGBTQ2S+ community

Coverage area: Laurentians

Hours: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

Homelessness

DAY AND EVENING CENTRES

SHELTERS

YOUTH SHELTERS

Day and evening centres

CENTRE LE PHÉNIX

531 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L8

450 848-4816 Fax: 450 530-6868

Website: www.centrelephenix.org

Email: info@centrelephenix.org

Services: Temporary housing for women experiencing or at risk of homelessness. * Stay up to 3 months. * Support, assistance and referral to specialized resources. * Assistance with social reintegration: identity papers, income, etc. * Help in finding rooms or housing. Outpatient Residential Stability Service (SRA) for men and women who have experienced homelessness in the past. * Follow-up meetings. * Accompaniment and follow-up - Rent Supplement Program * Referral and support in managing hygiene, food and emergency food supplies. * Support in setting up a personal budget. * Assistance and support in managing funds. * Facilitate access to funds from the last-resort assistance program for people experiencing homelessness who have identity document issues. * Third-party administration of last-resort financial assistance.

Eligibility: housing: women aged 18 and over who are homeless or at risk of homelessness, with or without children, other services: men and women who have experienced homelessness

Capacity: 21 beds

Coverage area: Laurentians

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

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Shelters

CENTRE LE PHÉNIX

531 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L8

450 848-4816 Fax: 450 530-6868

Website: www.centrelephenix.org

Email: info@centrelephenix.org

Services: Temporary housing for women experiencing or at risk of homelessness. * Stay up to 3 months. * Support, assistance and referral to specialized resources. * Assistance with social reintegration: identity papers, income, etc. * Help in finding rooms or housing. Outpatient Residential Stability Service (SRA) for men and women who have experienced homelessness in the past. * Follow-up meetings. * Accompaniment and follow-up - Rent Supplement Program * Referral and support in managing hygiene, food and emergency food supplies. * Support in setting up a personal budget. * Assistance and support in managing funds. * Facilitate access to funds from the last-resort assistance program for people experiencing homelessness who have identity document issues. * Third-party administration of last-resort financial assistance.

Eligibility: housing: women aged 18 and over who are homeless or at risk of homelessness, with or without children, other services: men and women who have experienced homelessness

Capacity: 21 beds

Coverage area: Laurentians

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

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE À SAINT-JÉRÔME

Confidential Address

579 634-4664

Website: lahutte.org

Email: pascalhutte@hotmail.com

Homelessness

Services: Emergency and short-term accommodation for homeless adults. * Dormitory: overnight shelter. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords. * Support for relatives. * Housing for people aged 18 to 25.

Eligibility: homeless people 18 years old and over

Coverage area: Lanaudière, Laurentians

Hours: 24 hours / 7 days, dormitory registration: from 14h00, dormitory: 16h00 to 8h00, warming centre: 11h00 to 7h00

Fees: dormitory and other services: free of charge

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE À SAINT-JÉRÔME - HÉBERGEMENT D'URGENCE SOCIALE

Confidential Address

579 634-4664

Website: lahutte.org

Email: pascalhutte@hotmail.com

Services: Emergency and short-term housing for homeless adults. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords.

Eligibility: homeless people 18 years old and over

Hours: 24 hours / 7 days

Fees: emergency housing: \$7 per person per day, other services free

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

Youth shelters

MAISON D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE

582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7

450 565-0958 Fax: 450 565-1648

Website: mhjlaparenthese.org

Email: info@mhjlaparenthese.org

Services: * Temporary housing from 1 to 3 months, with the possibility of a 3 day trial period. * Emergency shelter from 1 to 2 days. * Respite service. * Telephone listening: support, advice and referrals. * Help relationship, accompaniment and post-housing follow-up. * Family mediation.

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

Housing

ADVOCACY FOR HOUSING

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.cissslau@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompaniment in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompaniment, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Housing cooperatives and corporations

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.cissslau@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompaniment in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompaniment, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Housing search assistance

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SécuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE LE PHÉNIX

531 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L8

450 848-4816 Fax: 450 530-6868

Website: www.centrelephenix.org

Email: info@centrelephenix.org

Services: Temporary housing for women experiencing or at risk of homelessness. * Stay up to 3 months. * Support, assistance and referral to specialized resources. * Assistance with social reintegration: identity papers, income, etc. * Help in finding rooms or housing. Outpatient Residential Stability Service (SRA) for men and women who have experienced homelessness in the past. * Follow-up meetings. * Accompaniment and follow-up - Rent Supplement Program * Referral and support in managing hygiene, food and emergency food supplies. * Support in setting up a personal budget. * Assistance and support in managing funds. * Facilitate access to funds from the last-resort assistance program for people experiencing homelessness who have identity document issues. * Third-party administration of last-resort financial assistance.

Eligibility: housing: women aged 18 and over who are homeless or at risk of homelessness, with or without children, other services: men and women who have experienced homelessness

Capacity: 21 beds

Coverage area: Laurentians

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

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Social housing and housing cooperatives

CITÉ LES TROIS R

850 du Bourg Avenue, Saint-Jérôme, Laurentides, QC, J7Z 3E9

450 504-4533

Website: www.citelestroisr.ca

Email: info@citelestroisr.ca

Services: Affordable housing for families, seniors and people with specific housing needs. * Horticulture greenhouses. * Intergenerational activities.

Eligibility: section I: couples with children, single-parent families, intergenerational families, section II: autonomous seniors 75 years old and above, people with a slight loss of autonomy, people with physical limitations, section III: people with specific housing needs, people who need interpersonal solidarity

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Immigration and cultural communities

FRENCH COURSES

INTERPRETATION AND TRANSLATION

MULTICULTURAL ORGANIZATIONS

SETTLEMENT SERVICES FOR NEWCOMERS

French courses

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Interpretation and translation

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Multicultural organizations

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Settlement services for newcomers

CENTRE D'INTÉGRATION EN EMPLOI LAURENTIDES

340, Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3

1 800 363-2499 Fax: 450 432-8647

Website: www.cielaurentides.com

Email: info@cielaurentides.com

Services: Job search assistance. * Specialized service to facilitate the transition and integration into employment of newcomers. * Specialized service for young parents and people 45 years and under. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Indigenous Peoples

EMPLOYMENT

GOVERNMENT SERVICES

Employment

CENTRE RÉSIDENTIEL COMMUNAUTAIRE CURÉ LABELLE

612 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J5L 1Z6

450 431-9060 Fax: 450 431-9062

Website: www.crccurelabelle.com

Email: crcccl@crccurelabelle.com

Services: Social reintegration program for men on an active correctional measure. * Housing. * Ongoing supervision. * Rehabilitation activities. * Individual clinical follow-up. * Various specialized programs. * Various points of service: Lachute, Mont-Tremblant, Sainte-Adèle, Sainte-Agathe, Saint-Eustache, Sainte-Thérèse, Terrebonne.

Eligibility: men on an active correctional measure

Capacity: 46 people

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: 25% of net salary, maximum \$60 per week

Financing: provincial, federal

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES

55 Castonguay Street, Suite 102 and 103, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024 Fax: 450 436-6607

Website: i-tl.org

Email: info@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of an action plan, preparatory measures for employment, referrals. * Job seeking methods: guidance and support, information on labour market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies, contact with employers. * Job integration: employers awareness-raising, grants negotiations, employment follow-up, help with job retention.

Eligibility: people living with a physical or intellectual disability, with mental health problems, a significant barrier to employment, people with a criminal record, people with addiction problems who are in remission, employers

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - MIRABEL

55 Castonguay Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024

Website: i-tl.org

Email: info@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of an action plan, preparatory measures for employment, referrals. * Job seeking methods: guidance and support, information on labour market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies, contact with employers. * Job integration: employers awareness-raising, grants negotiations, employment follow-up, help with job retention.

Eligibility: people living with a physical or intellectual disability, with mental health problems, people with a criminal record, people with addiction problems who are in remission, employers

Coverage area: MRC Mirabel

Hours: variable, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Government services

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

275 Latour Street, 3rd floor, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

CORRECTIONAL SERVICES

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS

Advocacy groups

CENTRE D'AIDE PERSONNES TRAUMATISÉES CRÂNIENNES ET HANDICAPÉES PHYSIQUES LAURENTIDES

643 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 5T7

1 888 431-3437 Fax: 450 431-7955

Website: www.captchpl.org

Email: captchpl@videotron.ca

Services: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivière-du-Nord, MRC Antoine-Labelle, MRC Les Pays-d'en-Haut, MRC Argenteuil, MRC Mirabel

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

Financing: donations, provincial, grants

Legal status: non-profit organization

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - LAURENTIDES

255 de Martigny Street West, Unit 3-2, Saint-Jérôme, Laurentides, QC, J7Y 2G4

1 800 563-6261 Fax: 450 565-1114

Website: caaplaurentides.org/en

Email: info@caaplaurentides.org

Services: Centre assisting health and social services users in their complaint process. * Information and referral about users' rights. * Support and counselling services. * Assistance in reporting harms. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process.

Eligibility: users of public health and social services, residents of private seniors' residence (RPA), all those vulnerable to abuse

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

225 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1X7

450 432-8708 Fax: 450 431-8446

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/commissariat-aux-plaintes-et-a-la-qualite-des-services

Email: info-plaintes@ssss.gouv.qc.ca

Services: Responsible of enforcing the users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DE SAINT-JÉRÔME

200 Rolland Street, Saint-Jérôme, Laurentides, QC, J7Z 5S2

450 432-2777 ext. 25105

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/saint-jerome

Email: comite.des.usagers.cissslau@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-Jérôme hospital, of Saint-Jérôme regional hospital, Lafontaine and Centre-ville-de-Saint-Jérôme CLSCs, centre d'hébergement Lucien-G. Rolland and Saint-Jérôme CHSLD

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DES PROGRAMMES EN DÉFICIENCE INTELLECTUELLE ET TROUBLES DU SPECTRE DE L'AUTISME DES LAURENTIDES ET DES PROGRAMMES EN DÉFICIENCE PHYSIQUE

500 des Laurentides Boulevard, Suite 252, Saint-Jérôme, Laurentides, QC, J7Z 4M2

450 569-2974 ext. 74028

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/di-tsa-dp

Email: cu.ditsadp.cissslau@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 physical rehabilitation centres or intellectual disabilities and autism spectrum disorder rehabilitation centres in the Laurentians

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES

148 Castonguay Street, Saint-Jérôme, Laurentides, QC, J7Y 2J2

450 432-1118 ext. 76644

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/dependance

Email: comite.usagers.crd.cissslau@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 addiction rehabilitation centres in the Laurentians

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

275 Latour Street, 3rd floor, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

DROITS ET RECOURS LAURENTIDES

227 Saint-Georges Street, Suite 104, Saint-Jérôme, Laurentides, QC, J7Z 5A1

450 436-4633 Fax: 450 436-5099

Website: droitsetrecourslaurentides.org

Email: info@droitsetrecourslaurentides.org

Services: Individual and collective mental health advocacy. * Support and accompaniment with procedures. * Awareness-raising. * Information and training.

Eligibility: people or groups of people living or having lived with mental health problems

Coverage area: Laurentians

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

Fees: none

Financing: grants

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2

1 866 590-4469 Fax: 450 436-3273

Website: mscanada.ca/ms-canada-laurentides

Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: SPécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, MRC La Rivière-du-Nord, MRC Argenteuil, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle

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

Financing: fundraising campaigns

Legal status: non-profit organization

RÉSEAU DES FEMMES DES LAURENTIDES

342 Parent Street, Saint-Jérôme, Laurentides, QC, J7Z 2A2

450 431-1896

Website: www.femmeslaurentides.org

Email: info@femmeslaurentides.org

Services: Regional autonomous community action grouping. * Representation. * Improvement of women's quality of life. * Citizen involvement projects. * Awareness-raising.

Eligibility: women's groups and committees, general public

Coverage area: Laurentians

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

Fees: none

Financing: grants

Legal status: non-profit organization

Consumer protection and complaints

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - LAURENTIDES

255 de Martigny Street West, Unit 3-2, Saint-Jérôme, Laurentides, QC, J7Y 2G4

1 800 563-6261 Fax: 450 565-1114

Website: caaplaurentides.org/en

Email: info@caaplaurentides.org

Services: Centre assisting health and social services users in their complaint process. * Information and referral about users' rights. * Support and counselling services. * Assistance in reporting harms. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process.

Eligibility: users of public health and social services, residents of private seniors' residence (RPA), all those vulnerable to abuse

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

225 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1X7

450 432-8708 Fax: 450 431-8446

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/commissariat-aux-plaintes-et-a-la-qualite-des-services

Email: info-plaintes@ssss.gouv.qc.ca

Services: Responsible of enforcing the users' rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DE SAINT-JÉRÔME

200 Rolland Street, Saint-Jérôme, Laurentides, QC, J7Z 5S2

450 432-2777 ext. 25105

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/saint-jerome

Email: comite.des.usagers.cissslau@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-Jérôme hospital, of Saint-Jérôme regional hospital, Lafontaine and Centre-ville-de-Saint-Jérôme CLSCs, centre d'hébergement Lucien-G. Rolland and Saint-Jérôme CHSLD

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DES PROGRAMMES EN DÉFICIENCE INTELLECTUELLE ET TROUBLES DU SPECTRE DE L'AUTISME DES LAURENTIDES ET DES PROGRAMMES EN DÉFICIENCE PHYSIQUE

500 des Laurentides Boulevard, Suite 252, Saint-Jérôme, Laurentides, QC, J7Z 4M2

450 569-2974 ext. 74028

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/di-tsa-dp

Email: cu.ditsadp.cissslau@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 physical rehabilitation centres or intellectual disabilities and autism spectrum disorder rehabilitation centres in the Laurentians

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES

148 Castonguay Street, Saint-Jérôme, Laurentides, QC, J7Y 2J2

450 432-1118 ext. 76644

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/dependance

Email: comite.usagers.crd.cissslau@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 addiction rehabilitation centres in the Laurentians

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

Correctional services

DIRECTION DES SERVICES CORRECTIONNELS - LAURENTIDES

275 Latour Street, Suite 2.5, Saint-Jérôme, Laurentides, QC, J7Z 5H6

1 866 722-7351 Fax: 450 569-3138

Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Services: Body responsible of the activities related to offenders assessment and follow-up. * Assessment of offenders. * Development of correctional intervention plans. * Administration of sentences in the community.

Eligibility: offenders sentenced to less than 2 years, alleged offenders

Coverage area: Laurentians

Financing: provincial

Legal status: provincial government agency

SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION DE SAINT-JÉRÔME

2 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 5G5

450 436-8144 Fax: 450 436-8444

Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Services: Body responsible of activities related to the detention of offenders. * Offenders assessment and follow-up. * Management of custody, accommodation, supervision and guidance programs. * Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

Eligibility: men offenders sentenced to less than 2 years, alleged offenders

Coverage area: Province of Québec

Financing: provincial

Legal status: provincial government agency

Courthouses and tribunals

BUREAU DES INFRACTIONS ET AMENDES - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 1 Fax: 450 569-7683

Website: www.amendes.qc.ca

Email: amendes@justice.gouv.qc.ca

Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. * Recovery of fines and unpaid legal fees. * Online payment services for court records and statements of offense: [click here](#) * Information on other options for the payment services: [click here](#)

Eligibility: general public

Coverage area: judicial districts of Laval and Saint-Jérôme

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

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than \$100 000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit. * Settlement conference chaired by a judge. * Mediation service. * Documents relevant to all regions: [click here](#) * Online schedule of hearings: [click here](#) * Other point of service for voluntary deposits and for receiving claims, by appointment: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.

Eligibility: general public

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3 Fax: 450 569-3051

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court of Justice of the Judiciary of Quebec. * Hearing of prosecutions under the Criminal Code, the Code of Penal Procedure or any other penal statute. * Facilitation conference in criminal and penal matters. * Relevant documents for all regions: [click here](#) * Online schedule of hearings: [click here](#)

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - SMALL CLAIMS DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: pcstjerome@justice.gouv.qc.ca

Services: Subdivision of the Civil Division of the Court of Justice. * Hearings of cases where the amount in dispute is less than \$15,000 and where people represent themselves without a lawyer. * Fair and impartial assistance from judges. * Mediation service. * Tools, checklists and guide: [click here](#) * Online schedule of hearings: [click here](#)

Eligibility: any person or legal person if it employed at most 10 people during the 12 months prior to the claim

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court of Justice of the Judiciary of Quebec. * Hearing of all cases involving minors. * Hearing of adoption cases. * Out-of-court settlement conference in youth protection matters. * Relevant documents for all regions: [click here](#) * Online schedule of hearings: [click here](#)

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

SAINT-JÉRÔME COURTHOUSE

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Administration or court services of Saint-Jérôme. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony. * Online schedule of hearings: [click here](#) * Online information: marriage, civil unions, family mediation, negotiating an equitable agreement, child support, wills, etc.

Eligibility: general public

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

SUPERIOR COURT - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court of Justice of the Judiciary of Quebec. * Hearings of cases involving \$85,000 or more and administrative, family and bankruptcy disputes. * Hearings in criminal jury trials and summary conviction appeals. * Hearings of all cases not assigned by law to another court. * Online hearing schedule: [click here](#) * Registry of class actions: [click here](#)

Eligibility: general public

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

Legal assistance and information

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.cissslau@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

BARREAU LAURENTIDES-LANAUDIÈRE

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

Website: barreaudelaurentideslanaudiere.qc.ca

Email: batonnier@barreaudelaurentideslanaudiere.qc.ca

Services: Professional association. * Information and awareness of rights. * Referral service for the population.

Eligibility: lawyers who are members of the district, general public

Coverage area: Lanaudière, Laurentides

Financing: self-financing

Legal status: non-profit organization

BUREAU DES INFRACTIONS ET AMENDES - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 1 Fax: 450 569-7683

Website: www.amendes.qc.ca

Email: amendes@justice.gouv.qc.ca

Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. * Recovery of fines and unpaid legal fees. * Online payment services for court records and statements of offense: [click here](#) * Information on other options for the payment services: [click here](#)

Eligibility: general public

Coverage area: judicial districts of Laval and Saint-Jérôme

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

Financing: provincial

Legal status: provincial government agency

CENTRE DE JUSTICE DE PROXIMITÉ DE LAVAL-LAURENTIDES-LANAUDIÈRE

293 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5A2

450 990-8071

Website: www.justicedeproximite.qc.ca/centres/laval-laurentides-lanaudiere

Services: * Legal information clinic: explanation of the law, information on types of recourse, alternative dispute resolution methods, procedural documents and proceedings, orientation in the justice system. * Legal information tools, information sessions on legal matters. * Support and referral to appropriate resources. * Does not represent citizens in court.

Eligibility: citizens searching for legal information

Coverage area: Laval, Laurentides, Lanaudière

Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h00 to 16h00 (by appointment only), Tuesday 9h30 to 12h00 and 13h00 to 15h30 (walk-in service), Friday 9h30 to 12h00 and 13h00 to 16h00 (by phone or virtual appointment only)

Fees: none

Financing: provincial

Legal status: non-profit organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

275 Latour Street, 3rd floor, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court of Justice of the Judiciary of Quebec. * Hearing of all cases involving minors. * Hearing of adoption cases. * Out-of-court settlement conference in youth protection matters. * Relevant documents for all regions: [click here](#) * Online schedule of hearings: [click here](#)

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

CURATEUR PUBLIC - DIRECTION TERRITORIALE NORD ET BUREAU DE SAINT-JÉRÔME

222 Saint-Georges Street, Suite 315, Saint-Jérôme, Laurentides, QC, J7Z 5K8

1 877 221-7043

Website: www.quebec.ca/en/government/departments-and-agencies/curateur-public

Services: * Protection of rights and interests and administration of the estate of an incapacitated person for whom the court has appointed the Curateur Public to act as tutor or curator. * Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council.

Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters the mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

Coverage area: Laval, Lanaudière, Laurentians, Outaouais, Abitibi-Témiscamingue

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

Financing: provincial

Legal status: provincial government agency

MAISON D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE

582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7

450 565-0958 Fax: 450 565-1648

Website: mhjlaparenthese.org

Email: info@mhjlaparenthese.org

Services: * Temporary housing from 1 to 3 months, with the possibility of a 3 day trial period. * Emergency shelter from 1 to 2 days. * Respite service. * Telephone listening: support, advice and referrals. * Help relationship, accompaniment and post-housing follow-up. * Family mediation.

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompaniment in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompaniment, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Professional orders and associations

BARREAU LAURENTIDES-LANAUDIÈRE

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

Website: barreaudelaurentideslanaudiere.qc.ca

Email: batonnier@barreaudelaurentideslanaudiere.qc.ca

Services: Professional association. * Information and awareness of rights. * Referral service for the population.

Eligibility: lawyers who are members of the district, general public

Coverage area: Lanaudière, Laurentides

Financing: self-financing

Legal status: non-profit organization

Support for offenders

CENTRE RÉSIDENTIEL COMMUNAUTAIRE CURÉ LABELLE

612 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J5L 1Z6

450 431-9060 Fax: 450 431-9062

Website: www.crccurelabelle.com

Email: crcccl@crccurelabelle.com

Services: Social reintegration program for men on an active correctional measure. * Housing. * Ongoing supervision. * Rehabilitation activities. * Individual clinical follow-up. * Various specialized programs. * Various points of service: Lachute, Mont-Tremblant, Sainte-Adèle, Sainte-Agathe, Saint-Eustache, Sainte-Thérèse, Terrebonne.

Eligibility: men on an active correctional measure

Capacity: 46 people

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: 25% of net salary, maximum \$60 per week

Financing: provincial, federal

Legal status: non-profit organization

DIRECTION DES SERVICES CORRECTIONNELS - LAURENTIDES

275 Latour Street, Suite 2.5, Saint-Jérôme, Laurentides, QC, J7Z 5H6

1 866 722-7351 Fax: 450 569-3138

Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Services: Body responsible of the activities related to offenders assessment and follow-up. * Assessment of offenders. * Development of correctional intervention plans. * Administration of sentences in the community.

Eligibility: offenders sentenced to less than 2 years, alleged offenders

Coverage area: Laurentians

Financing: provincial

Legal status: provincial government agency

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompaniment in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompaniment, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction prevention

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.ciessler@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

Addiction treatment

ALCOHOLICS ANONYMOUS - AREA 90

Confidential Address

Website: aaregion90.org

Email: region@aa90.org

Services: * Phone support. * Weekly support groups, self animated or by a member. * Online meetings list: meetings.aa90.org * Meetings possible for people living with a hearing impairment.

Eligibility: people of all ages living with an alcohol addiction problem

Capacity: 10 persons or more per meeting

Coverage area: Montréal-Nord, Laval, Joliette, Laurentides, Hull, Ottawa, Aylmer, Abitibi-Témiscamingue Ouest, Repentigny, Saint-Jérôme, Terrebonne, Charlemagne, Sainte-Julienne, Lanaudière Nord, Nunavik, Nunavut

Fees: voluntary contribution

Financing: contributions

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINT-JÉRÔME

148 Castonguay Street, Saint-Jérôme, Laurentides, QC, J7Y 2J2

450 432-1395

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

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults of 21 days. * Inpatient rehabilitation for young people in collaboration with Le Grand Chemin, Portage or Pavillon du Nouveau de Vue. * Outpatient rehabilitation. * Detoxification with medical assistance (3.2 and 3.7). * 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 and problematic Internet use (UPI), 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

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

Eligibility: people living with HIV/AIDS, hepatitis C or an STD, their relatives, people at risk, people who use substances, people from the LGBTQ2S+ community

Coverage area: Laurentians

Hours: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

HÔPITAL RÉGIONAL DE SAINT-JÉRÔME

290 De Montigny Street, Saint-Jérôme, Laurentides, QC, J7Z 5T3

1 888 963-2777

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

Services: General and specialized medical care. * Emergency and acute care. * Intensive and cardiac care unit. * Inpatient medicine ambulatory centre. * External clinics: neurology, multiple sclerosis, asthma, COPD, respiratory rehabilitation, cardiac failure, etc. * End-of-life care. * Family planning, abortion. * Detoxification. * Distribution of new injection equipment to drug users.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

PORTAGE - ADOLESCENT PROGRAM - WESTERN QUÉBEC

1790 du Lac Écho Road, Prévost, Laurentides, QC, J0R 1T0

450 224-2944

Website: portage.ca/en

Email: info_adomtl@portage.ca

Services: Inpatient rehabilitation addiction centre lasting 3 to 6 months. * Group therapy. * Social reintegration: after-treatment of 18 months. * Mandatory on-site School Program. * Orientation and vocational planning. * Cultural and recreational programs: sports, art, music, outdoor activities, etc.

Eligibility: people 14 to 21 years old with substance abuse problem

Capacity: 23

Coverage area: Province of Québec

Hours: administration: Monday to Friday 9h00 to 17h00, residential service: 24 hours

Fees: none

Financing: provincial, foundations

Legal status: non-profit organization

PORTAGE - CENTRE DE THÉRAPIE POUR ADULTES - PAVILLON POUR FEMMES

1762 du Lac Écho Road, Prévost, Laurentides, QC, J0R 1T0

514 939-7700

Website: portage.ca/fr/quebec/programme-adultes

Email: info@portage.ca

Services: Inpatient Rehabilitation Centre of 6 months (first month outpatient rehab). * Programme for substance abuse. * Group therapy. * Social reintegration. * Orientation and vocational planning. * Cultural and recreational programmes. * Post treatment follow-up. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

Eligibility: men with a substance abuse problem

Capacity: 50

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

PORTAGE - CENTRE DE THÉRAPIE POUR ADULTES - PAVILLON POUR HOMMES

1790 du Lac Écho Road, Prévost, Laurentides, QC, J0R 1T0

514 939-7700

Website: portage.ca/fr/quebec/programme-adultes

Email: info@portage.ca

Services: Inpatient Rehabilitation Centre up to 6 months (first month outpatient rehab). * Programme for substance abuse. * Group therapy. * Social reintegration. * Orientation and vocational planning. * Cultural and recreational programmes. * Post treatment follow-up. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

Eligibility: men with a substance abuse problem

Capacity: 50

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

Community support in mental health**CENTRE D'AIDE AUX VICTIMES D'ACTES CRIMINELS DES LAURENTIDES**

510 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B3

450 569-0332 Fax: 450 569-0966

Website: cavac.qc.ca/en

Email: info.cavac.lau@videotron.ca

Services: * Crisis intervention phoneline. * Psychological and post-trauma support. * Information on rights and recourses. * Assistance with compensation procedures. * Guidance with specialized resources.

Eligibility: people victims of criminal act, their relatives, witnesses of a crime

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than \$100 000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit. * Settlement conference chaired by a judge. * Mediation service. * Documents relevant to all regions: [click here](#) * Online schedule of hearings: [click here](#) * Other point of service for voluntary deposits and for receiving claims, by appointment: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.

Eligibility: general public

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

GROUPE HARFANG DES NEIGES DES LAURENTIDES (LE)

290 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L1

450 565-1161

Website: www.groupeharfangdesneiges.org

Email: info@groupeharfangdesneiges.org

Services: Self-help groups. * Mental health workshops. * Physical activity workshops. * Art workshops. * Group social activities and outings.

Eligibility: people living with mental health problems

Coverage area: Laurentides

Hours: support group: Monday to Friday 9h00 to 16h00, individual follow-up: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

HALTE DES PROCHES (LA)

223 Saint-Georges Street, Suite 300, Saint-Jérôme, Laurentides, QC, J7Z 5A1

1 800 663-0659

Website: lahalte.ca/en/home-3

Email: info@lahalte.ca

Services: Support for close ones of people living with mental health problem and public education. * Psychosocial counseling. * Individual, couple and family consultations. * Support in the process of requesting a psychiatric evaluation. * Support groups. * Adapted and specialized youth services (from age 5). * Psycho-educational programs and thematic workshops. * Respite activities. * Art therapy. * Conferences and testimonials. * Peer support services. * Education and awareness-raising on mental health issues.

Eligibility: close ones aged 3 years old and over of a person living with a mental health problem

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC MRC Thérèse-De Blainville, MRC Laurentides, MRC Rivière-du-Nord, MRC Pays-d'en-Haut, MRC Argenteuil

Hours: Monday to Friday 8h30 to 17h00

Fees: yearly membership: \$30, services: variable

Financing: provincial, foundations, donations, contributions

Legal status: non-profit organization

INFO-SOCIAL 8-1-1 - LAURENTIANS

Confidential Address

811 option 2**Website:** www.quebec.ca/en/health/finding-a-resource/info-social-811**Services:** Psychosocial consultation by phone. * Information and referral to assistance resources.**Coverage area:** Laurentides**Hours:** 24 hours / 7 days**Fees:** none**Financing:** provincial**Legal status:** non-profit organization**Crisis centres and suicide prevention****CENTRE PRÉVENTION SUICIDE FAUBOURG**

Confidential Address

1 866 277-3553**Website:** cps-le-faubourg.org/home_eng-faubourg-suicide-prevention-centre/**Email:** administration@cpsfaubourg.org**Services:** * Suicide prevention crisis hotline. * Grief support following a suicide. * Postvention and early intervention following a suicide in a workplace. * Training, awareness and conferences. * Implementation of programs within the workplace. * Support for relatives of a person in crisis.**Eligibility:** people who are suicidal, their close ones, people bereaved by suicide, counsellors**Coverage area:** Laurentians**Hours:** crisis hotline: 24 hours / 7 days, administration: Monday to Friday 8h30 to 16h30**Fees:** crisis line and grief counselling: free, training, awareness and conferences: variable**Financing:** provincial, self-financing**Legal status:** non-profit organization**Helplines****CENTRE PRÉVENTION SUICIDE FAUBOURG**

Confidential Address

1 866 277-3553**Website:** cps-le-faubourg.org/home_eng-faubourg-suicide-prevention-centre/**Email:** administration@cpsfaubourg.org**Services:** * Suicide prevention crisis hotline. * Grief support following a suicide. * Postvention and early intervention following a suicide in a workplace. * Training, awareness and conferences. * Implementation of programs within the workplace. * Support for relatives of a person in crisis.**Eligibility:** people who are suicidal, their close ones, people bereaved by suicide, counsellors**Coverage area:** Laurentians**Hours:** crisis hotline: 24 hours / 7 days, administration: Monday to Friday 8h30 to 16h30**Fees:** crisis line and grief counselling: free, training, awareness and conferences: variable**Financing:** provincial, self-financing**Legal status:** non-profit organization**INFO-SOCIAL 8-1-1 - LAURENTIANS**

Confidential Address

811 option 2**Website:** www.quebec.ca/en/health/finding-a-resource/info-social-811**Services:** Psychosocial consultation by phone. * Information and referral to assistance resources.**Coverage area:** Laurentides

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE

582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7

450 565-0958 Fax: 450 565-1648

Website: mhjlaparenthese.org

Email: info@mhjlaparenthese.org

Services: * Temporary housing from 1 to 3 months, with the possibility of a 3 day trial period. * Emergency shelter from 1 to 2 days. * Respite service. * Telephone listening: support, advice and referrals. * Help relationship, accompaniment and post-housing follow-up. * Family mediation.

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

Mental health advocacy groups

DROITS ET RECOURS LAURENTIDES

227 Saint-Georges Street, Suite 104, Saint-Jérôme, Laurentides, QC, J7Z 5A1

450 436-4633 Fax: 450 436-5099

Website: droitsetrecourslaurentides.org

Email: info@droitsetrecourslaurentides.org

Services: Individual and collective mental health advocacy. * Support and accompaniment with procedures. * Awareness-raising. * Information and training.

Eligibility: people or groups of people living or having lived with mental health problems

Coverage area: Laurentians

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

Fees: none

Financing: grants

Legal status: non-profit organization

HALTE DES PROCHES (LA)

223 Saint-Georges Street, Suite 300, Saint-Jérôme, Laurentides, QC, J7Z 5A1

1 800 663-0659

Website: lahalte.ca/en/home-3

Email: info@lahalte.ca

Services: Support for close ones of people living with mental health problem and public education. * Psychosocial counseling. * Individual, couple and family consultations. * Support in the process of requesting a psychiatric evaluation. * Support groups. * Adapted and specialized youth services (from age 5). * Psycho-educational programs and thematic workshops. * Respite activities. * Art therapy. * Conferences and testimonials. * Peer support services. * Education and awareness-raising on mental health issues.

Eligibility: close ones aged 3 years old and over of a person living with a mental health problem

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC MRC Thérèse-De Blainville, MRC Laurentides, MRC Rivière-du-Nord, MRC Pays-d'en-Haut, MRC Argenteuil

Hours: Monday to Friday 8h30 to 17h00

Fees: yearly membership: \$30, services: variable

Financing: provincial, foundations, donations, contributions

Legal status: non-profit organization

Self-help groups for addiction issues**ALCOHOLICS ANONYMOUS - AREA 90**

Confidential Address

Website: aaregion90.org

Email: region@aa90.org

Services: * Phone support. * Weekly support groups, self animated or by a member. * Online meetings list: meetings.aa90.org * Meetings possible for people living with a hearing impairment.

Eligibility: people of all ages living with an alcohol addiction problem

Capacity: 10 persons or more per meeting

Coverage area: Montréal-Nord, Laval, Joliette, Laurentides, Hull, Ottawa, Aylmer, Abitibi-Témiscamingue Ouest, Repentigny, Saint-Jérôme, Terrebonne, Charlemagne, Sainte-Julienne, Lanaudière Nord, Nunavik, Nunavut

Fees: voluntary contribution

Financing: contributions

Legal status: non-profit organization

Self-help groups for mental health issues**CENTRE PRÉVENTION SUICIDE FAUBOURG**

Confidential Address

1 866 277-3553

Website: cps-le-faubourg.org/home_eng-faubourg-suicide-prevention-centre/

Email: administration@cpsfaubourg.org

Services: * Suicide prevention crisis hotline. * Grief support following a suicide. * Postvention and early intervention following a suicide in a workplace. * Training, awareness and conferences. * Implementation of programs within the workplace. * Support for relatives of a person in crisis.

Eligibility: people who are suicidal, their close ones, people bereaved by suicide, counsellors

Coverage area: Laurentians

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

Fees: crisis line and grief counselling: free, training, awareness and conferences: variable

Financing: provincial, self-financing

Legal status: non-profit organization

Seniors**CAREGIVERS****COMMUNITY AND RECREATION CENTRES****FRIENDLY VISITS AND SAFETY CALLS****HOME SUPPORT****HOUSING FOR SENIORS****INTERGENERATIONAL ACTIVITIES****MEALS ON WHEELS****SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS****VOLUNTEER TRANSPORTATION**

Caregivers

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2

1 866 590-4469 Fax: 450 436-3273

Website: mscanada.ca/ms-canada-laurentides

Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: SPécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, MRC La Rivière-du-Nord, MRC Argenteuil, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle

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

Financing: fundraising campaigns

Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-3331 Fax: 450 431-5929

Website: pallia-vie.ca

Email: admin@pallia-vie.ca

Services: * Support for people with cancer or a degenerative disease and for caregivers. * Support for bereaved people, including youth.

Eligibility: people with cancer or a degenerative disease, caregivers, bereaved people (including youth)

Coverage area: MRC Les Pays-d'en-Haut, MRC La Rivière-du-Nord, MRC Thérèse-De Blainville, MRC Argenteuil, MRC Mirabel

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

Fees: membership: one-time fee of \$10

Financing: donations, grant

Legal status: None or unknown

SERVICE TRAVAIL-MAISON

981 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5N5

450 436-6425

Website: aidechezsoi.com/eesad/service-travail-maison

Email: info@st-m.org

Services: Home support services. * Regular and heavy housekeeping. * Preparation of meals without diet. * Supplies and other errands. * Respite and at-home supervision.

Eligibility: seniors, people with a loss of autonomy, people on a low income

Coverage area: MRC La Rivière-du-Nord, North of MRC Mirabel

Hours: variable

Fees: variable, possibility of financial aid

Financing: self-financing

Legal status: non-profit organization

Community and Recreation Centres**MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE**

1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7

450 431-5757 Fax: 450 431-4615

Website: www.mouvementdentraide.org

Email: mouventraide@videotron.ca

Services: * Healthy meals. * Community meals. * Games and recreational activities: rummy games, card games, pocket games, Wii Shuffleboard, bowling, knitting, Pergamano. * Physical exercises adapted for seniors. * Tax clinic.

Eligibility: general public, seniors

Capacity: 50 people

Coverage area: Mille-Isles, Mirabel, Prévost, Saint-Colomban, Saint-Hippolyte, Saint-Jérôme, Saint-Sauveur, Sainte-Adèle, Val-Morin

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

Fees: annual membership: \$10

Financing: provincial, municipal, donations, self-financing

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - LAURENTIDES

Confidential Address

1 800 267-8337 ext. 67630

Website: www.usherbrooke.ca/uta/prog/laurentides

Email: uta@usherbrooke.ca

Services: Educational programme divided into 30 university branches for seniors. * Open-auditor type educational activities with no assignments or exams and no credits. * Various teaching formulas: courses, seminars, open discussions, workshops, etc. * Student associations that promote integration into cultural and social life. * In-person activities in several towns in the region: Mont-Tremblant, Upper-Laurentians, Laurentians.

* Online activities: [click here](#)

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Laurentides

Hours: variable

Fees: compulsory student contribution: 5 to \$7, tuition fees: variable depending on the activity

Financing: donations, grants

Legal status: non-profit organization

Friendly visits and safety calls

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SécuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 ext. 224 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: * Community outreach work for vulnerable seniors. * Accompaniment and referrals.

Eligibility: people 50 years old and over

Coverage area: MRC La Rivière du Nord, secteur nord de Mirabel (Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine de Mirabel)

Hours: Monday to Friday 8h00 to 16h00

Financing: grants

Legal status: non-profit organization

CENTRE MARIE EVE - SAINT-JÉRÔME

433 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1Y2

450 491-1494 ext. 7

Website: www.centremarieeve.ca

Email: info@centremarieeve.ca

Services: * Reception and psychosocial support. * At-home visits. * Phone support. * Various workshops. * Material donations.

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

Coverage area: MRC La Rivière-du-Nord

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, by appointment

Fees: none

Financing: grants, donations

Legal status: non-profit organization

Home support

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support *

SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). *

Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

SERVICE TRAVAIL-MAISON

981 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5N5

450 436-6425

Website: aidechezsoi.com/eesad/service-travail-maison

Email: info@st-m.org

Services: Home support services. * Regular and heavy housekeeping. * Preparation of meals without diet. * Supplies and other errands. * Respite and at-home supervision.

Eligibility: seniors, people with a loss of autonomy, people on a low income

Coverage area: MRC La Rivière-du-Nord, North of MRC Mirabel

Hours: variable

Fees: variable, possibility of financial aid

Financing: self-financing

Legal status: non-profit organization

VIGIL'ANGE

347 Saint-Georges Street, Suite 104, Saint-Jérôme, Laurentides, QC, J7Z 5A8

450 275-5131

Website: vigilange.org

Email: info@vigilange.org

Services: Support for seniors and family caregivers in vulnerable situations.* Referrals to support resources.

Eligibility: seniors and caregivers

Coverage area: Mirabel, MRC La Rivière-du-Nord

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

Housing for seniors

BELLEFEUILLOISE (LA)

1020 Jean-Louis Street, Suite 107, Saint-Jérôme, Laurentides, QC, J5L 1R7

450 569-9028

Website: www.labellefeuilloise.com

Email: info@labellefeuilloise.com

Services: Living environments for seniors. * Low-cost housing and affordable housing. * Rent supplement program.

Eligibility: autonomous seniors or with a slight loss of autonomy

Capacity: 44 units

Coverage area: Laurentians

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

CENTRE D'HÉBERGEMENT LUCIEN-G.-ROLLAND

175 Durand Street, Saint-Jérôme, Laurentides, QC, J7Z 2V4

450 432-2777 ext. 23221

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, people with a loss of autonomy

Coverage area: Laurentians

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

Financing: provincial

Legal status: parapublic organization

CHSLD DE SAINT-JÉRÔME

200 Rolland Street, Saint-Jérôme, Laurentides, QC, J7Z 5S1

450 436-3061

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

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

Eligibility: seniors, people with a loss of autonomy

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CITÉ LES TROIS R

850 du Bourg Avenue, Saint-Jérôme, Laurentides, QC, J7Z 3E9

450 504-4533

Website: www.citelestroisr.ca

Email: info@citelestroisr.ca

Services: Affordable housing for families, seniors and people with specific housing needs. * Horticulture greenhouses. * Intergenerational activities.

Eligibility: section I: couples with children, single-parent families, intergenerational families, section II: autonomous seniors 75 years old and above, people with a slight loss of autonomy, people with physical limitations, section III: people with specific housing needs, people who need interpersonal solidarity

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

VIGIL'ANGE

347 Saint-Georges Street, Suite 104, Saint-Jérôme, Laurentides, QC, J7Z 5A8

450 275-5131

Website: vigilange.org

Email: info@vigilange.org

Services: Support for seniors and family caregivers in vulnerable situations.* Referrals to support resources.

Eligibility: seniors and caregivers

Coverage area: Mirabel, MRC La Rivière-du-Nord

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

Intergenerational activities

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support *

SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). *

Accompagnement-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action

* Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompagnement/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

Meals on Wheels

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - LAURENTIDES

255 de Martigny Street West, Unit 3-2, Saint-Jérôme, Laurentides, QC, J7Y 2G4

1 800 563-6261 Fax: 450 565-1114

Website: caaplaurentides.org/en

Email: info@caaplaurentides.org

Services: Centre assisting health and social services users in their complaint process. * Information and referral about users' rights. * Support and counselling services. * Assistance in reporting harms. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process.

Eligibility: users of public health and social services, residents of private seniors' residence (RPA), all those vulnerable to abuse

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Volunteer Transportation

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME - ACCOMPANIMENT-TRANSPORTATION

225 de la Gare Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 ext. 225

Website: www.cbsj.qc.ca

Email: medical225@cbsj.qc.ca

Services: * Accompaniment and transportation to medical appointments and errands, by volunteers.

Eligibility: people 60 years old and over, people with temporary or permanent loss of autonomy

Coverage area: MRC La Rivière du Nord, north of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

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

Seniors

Fees: accompaniment-transport: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: self-financing, donations, subsidies

Legal status: non-profit organization

Sex and gender**LGBTQ ASSOCIATIONS****WOMEN'S ASSOCIATIONS**

LGBTQ associations

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

Eligibility: people living with HIV/AIDS, hepatitis C or an STD, their relatives, people at risk, people who use substances, people from the LGBTQ2S+ community

Coverage area: Laurentians

Hours: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

Women's associations

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

275 Latour Street, 3rd floor, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

RÉSEAU DES FEMMES DES LAURENTIDES

342 Parent Street, Saint-Jérôme, Laurentides, QC, J7Z 2A2

450 431-1896

Website: www.femmeslaurentides.org

Email: info@femmeslaurentides.org

Services: Regional autonomous community action grouping. * Representation. * Improvement of women's quality of life. * Citizen involvement projects. * Awareness-raising.

Eligibility: women's groups and committees, general public

Coverage area: Laurentians

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

Fees: none

Financing: grants

Legal status: non-profit organization

Sports, Recreation and Culture

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

DAY CAMPS AND SPECIALIZED CAMPS

HOBBIES

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Clubs and social events

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES

701 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5C7

1 877 705-7766 Fax: 450 569-7769

Website: www.fibromyalgie-des-laurentides.ca

Email: afl@videotron.ca

Services: Advocacy and promotion of the interests of people living with fibromyalgia. * Information on the available resources and support. * Awareness activities. * Adapted sports and recreational activities. * Helpline. * Mutual aid and support groups. * Social meetings. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

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

Fees: annual membership: \$20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - LAURENTIDES

Confidential Address

1 800 267-8337 ext. 67630

Website: www.usherbrooke.ca/uta/prog/laurentides

Email: uta@usherbrooke.ca

Services: Educational programme divided into 30 university branches for seniors. * Open-auditor type educational activities with no assignments or exams and no credits. * Various teaching formulas: courses, seminars, open discussions, workshops, etc. * Student associations that promote integration into cultural and social life. * In-person activities in several towns in the region: Mont-Tremblant, Upper-Laurentians, Laurentians. * Online activities: [click here](#)

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Laurentides

Hours: variable

Fees: compulsory student contribution: 5 to \$7, tuition fees: variable depending on the activity

Financing: donations, grants

Legal status: non-profit organization

Community recreation centres

ANTRE-JEUNES (L')

655 9th Street, Saint-Jérôme, Laurentides, QC, J7Z 2Z3

450 436-1547

Website: www.antre-jeunes.org

Email: info@antre-jeunes.org

Services: Community organization for youth that want to change certain of their behaviours. * Varied group activities: manual, sports, expression, self-knowledge, cooking, etc. * Individual encounters for listening and support.

Eligibility: people 10 to 17 years old living through certain difficulties who are willing to change and ready to engage in the process

Capacity: 48

Coverage area: MRC La Rivière-du-Nord, North of Mirabel

Hours: September to June, Monday to Thursday

Fees: none

Financing: provincial

Legal status: non-profit organization

MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE

1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7

450 431-5757 Fax: 450 431-4615

Website: www.mouvementdentraide.org

Email: mouventraide@videotron.ca

Services: * Healthy meals. * Community meals. * Games and recreational activities: rummy games, card games, pocket games, Wii Shuffleboard, bowling, knitting, Pergamano. * Physical exercises adapted for seniors. * Tax clinic.

Eligibility: general public, seniors

Capacity: 50 people

Coverage area: Mille-Isles, Mirabel, Prévost, Saint-Colomban, Saint-Hippolyte, Saint-Jérôme, Saint-Sauveur, Sainte-Adèle, Val-Morin

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

Fees: annual membership: \$10

Financing: provincial, municipal, donations, self-financing

Legal status: non-profit organization

Day camps and specialized camps**COFFRET (LE)**

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Hobbies**MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE**

1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7

450 431-5757 Fax: 450 431-4615

Website: www.mouvementdentraide.org

Email: mouventraide@videotron.ca

Services: * Healthy meals. * Community meals. * Games and recreational activities: rummy games, card games, pocket games, Wii Shuffleboard, bowling, knitting, Pergamano. * Physical exercises adapted for seniors. * Tax clinic.

Eligibility: general public, seniors

Capacity: 50 people

Coverage area: Mille-Isles, Mirabel, Prévost, Saint-Colomban, Saint-Hippolyte, Saint-Jérôme, Saint-Sauveur, Sainte-Adèle, Val-Morin

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

Fees: annual membership: \$10

Financing: provincial, municipal, donations, self-financing

Legal status: non-profit organization

Sports and recreation for people with a disability

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES

701 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5C7

1 877 705-7766 Fax: 450 569-7769

Website: www.fibromyalgie-des-laurentides.ca

Email: afl@videotron.ca

Services: Advocacy and promotion of the interests of people living with fibromyalgia. * Information on the available resources and support. * Awareness activities. * Adapted sports and recreational activities. * Helpline. * Mutual aid and support groups. * Social meetings. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

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

Fees: annual membership: \$20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9

450 431-3388 ext. 0

Website: arphl.org

Email: info@arphl.org

Services: Promotion of the improvement of health, well-being and social participation of people living with a disability through the development of sport, recreation and physical activity. * Sports and recreational activities. * Information, referral, counselling, training. * Companion Leisure Card (CAL).

Eligibility: people of all ages living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

Financing: donations, provincial, municipal

Legal status: non-profit organization

CENTRE D'AIDE PERSONNES TRAUMATISÉES CRÂNIENNES ET HANDICAPÉES PHYSIQUES LAURENTIDES

643 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 5T7

1 888 431-3437 Fax: 450 431-7955

Website: www.captchpl.org

Email: captchpl@videotron.ca

Services: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivière-du-Nord, MRC Antoine-Labelle, MRC Les Pays-d'en-Haut, MRC Argenteuil, MRC Mirabel

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

Financing: donations, provincial, grants

Legal status: non-profit organization

GROUPE HARFANG DES NEIGES DES LAURENTIDES (LE)

290 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L1

450 565-1161

Website: www.groupeharfangdesneiges.org

Email: info@groupeharfangdesneiges.org

Services: Self-help groups. * Mental health workshops. * Physical activity workshops. * Art workshops. * Group social activities and outings.

Eligibility: people living with mental health problems

Coverage area: Laurentides

Hours: support group: Monday to Friday 9h00 to 16h00, individual follow-up: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2

1 866 590-4469 Fax: 450 436-3273

Website: mscanada.ca/ms-canada-laurentides

Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: SPécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, MRC La Rivière-du-Nord, MRC Argenteuil, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle

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

Financing: fundraising campaigns

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

THRIFT STORES

Clothing

CENTRE MARIE EVE - SAINT-JÉRÔME

433 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1Y2

450 491-1494 ext. 7

Website: www.centremarieeve.ca

Email: info@centremarieeve.ca

Services: * Reception and psychosocial support. * At-home visits. * Phone support. * Various workshops. * Material donations.

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

Coverage area: MRC La Rivière-du-Nord

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, by appointment

Fees: none

Financing: grants, donations

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE À SAINT-JÉRÔME

Confidential Address

579 634-4664

Website: lahutte.org

Email: pascalhutte@hotmail.com

Services: Emergency and short-term accommodation for homeless adults. * Dormitory: overnight shelter. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords. * Support for relatives. * Housing for people aged 18 to 25.

Eligibility: homeless people 18 years old and over

Coverage area: Lanaudière, Laurentians

Hours: 24 hours / 7 days, dormitory registration: from 14h00, dormitory: 16h00 to 8h00, warming centre: 11h00 to 7h00

Fees: dormitory and other services: free of charge

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

Thrift Stores

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

Accompanied transport

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME - ACCOMPANIMENT-TRANSPORTATION

225 de la Gare Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 ext. 225

Website: www.cbsj.qc.ca

Email: medical225@cbsj.qc.ca

Services: * Accompaniment and transportation to medical appointments and errands, by volunteers.

Eligibility: people 60 years old and over, people with temporary or permanent loss of autonomy

Coverage area: MRC La Rivière du Nord, north of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

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

Fees: accompaniment-transport: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: self-financing, donations, subsidies

Legal status: non-profit organization

Accompanied transport for medical reasons

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME - ACCOMPANIMENT-TRANSPORTATION

225 de la Gare Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 ext. 225

Website: www.cbsj.qc.ca

Email: medical225@cbsj.qc.ca

Services: * Accompaniment and transportation to medical appointments and errands, by volunteers.

Eligibility: people 60 years old and over, people with temporary or permanent loss of autonomy

Coverage area: MRC La Rivière du Nord, north of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

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

Fees: accompaniment-transport: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: self-financing, donations, subsidies

Legal status: non-profit organization

Violence and abuse

CHILD ABUSE

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

PREVENTION OF VIOLENCE AND CRIME

SEXUAL ASSAULT AND INCEST

SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES

SUPPORT FOR VICTIMS AND THEIR FAMILIES

THERAPY AND COUNSELLING

Child abuse

CENTRE D'ÉVALUATION ET DE TRAITEMENT DES AGRESSIONS SEXUELLES

8 de La Salette Boulevard, Suite 101C, Saint-Jérôme, Laurentides, QC, J7Y 5C8

450 431-6400 Fax: 450 431-2475

Website: www.info-cetas.com

Email: cetas@info-cetas.com

Services: Treatment relative to sexual abuse. * Group and individual treatment for victims. * Group and individual treatment for sexual offenders. * Psychosexual assessment for sexual offenders.

Eligibility: victims of sexual abuse during childhood or adolescence, their parents, adults or teenagers who committed sexual abuse, their spouse

Coverage area: Laurentians

Hours: administration: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, treatment: availabilities in the evening

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompaniment in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompaniment, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Domestic violence: shelters and support

ACCUEIL COLLECTIF DES CONJOINTS EN RELATION OPPRIMANTE ET COLÉRIQUE

60 des Hauteurs Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1R4

1 877 460-9966 Fax: 450 569-8208

Website: accroc.qc.ca/en

Email: info@accroc.qc.ca

Services: * Accountability groups for men with violent behaviours in a relationship or family setting and for men with relationship problems. * Accountability groups for teenagers with violent behaviours. * Accountability approach for men who engage in violent behaviours. * Training and awareness.

Eligibility: boys and girls 12 to 18 years old and adult men with violent behaviors

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC Mirabel, MRC Rivière-du-Nord, MRC Thérèse-De Blainville

Hours: 7 days, 8h00 to 0h00

Fees: none

Financing: grants

Legal status: non-profit organization

Prevention of violence and crime

ACCUEIL COLLECTIF DES CONJOINTS EN RELATION OPPRIMANTE ET COLÉRIQUE

60 des Hauteurs Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1R4

1 877 460-9966 Fax: 450 569-8208

Website: accroc.qc.ca/en

Email: info@accroc.qc.ca

Services: * Accountability groups for men with violent behaviours in a relationship or family setting and for men with relationship problems. * Accountability groups for teenagers with violent behaviours. * Accountability approach for men who engage in violent behaviours. * Training and awareness.

Eligibility: boys and girls 12 to 18 years old and adult men with violent behaviors

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC Mirabel, MRC Rivière-du-Nord, MRC Thérèse-De Blainville

Hours: 7 days, 8h00 to 0h00

Fees: none

Financing: grants

Legal status: non-profit organization

BEACON OF THE FREED

Confidential Address

450 990-9595 ext. 1

Website: en.affranchies.ca

Email: intervention@affranchies.ca

Services: Organization working against human trafficking. * Education and public awareness. * Contribution to the improvement of existing services and the creation of new services and programs. * Assistance relationship for people living with the consequences of a situation of exploitation or exchange of sexual services. * Training and awareness-raising for a variety of clientele. * Program for tourist accommodation and transportation companies.

Eligibility: victims or close ones of victims of human trafficking of all forms, from sexual exploitation to labor exploitation, both locally and internationally, workers working on the issue or likely to be in contact with victims

Coverage area: Laurentides, with few exceptions

Hours: Monday to Friday 8h00 to 17h00

Fees: direct services: none, workshops and public awareness: variable

Financing: provincial, federal

Legal status: non-profit organization

Sexual assault and incest

CENTRE D'ÉVALUATION ET DE TRAITEMENT DES AGRESSIONS SEXUELLES

8 de La Salette Boulevard, Suite 101C, Saint-Jérôme, Laurentides, QC, J7Y 5C8

450 431-6400 Fax: 450 431-2475

Website: www.info-cetas.com

Email: cetat@info-cetas.com

Services: Treatment relative to sexual abuse. * Group and individual treatment for victims. * Group and individual treatment for sexual offenders. * Psychosexual assessment for sexual offenders.

Eligibility: victims of sexual abuse during childhood or adolescence, their parents, adults or teenagers who committed sexual abuse, their spouse

Coverage area: Laurentians

Hours: administration: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, treatment: availabilities in the evening

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

Support for perpetrators of violence and their families

ACCUEIL COLLECTIF DES CONJOINTS EN RELATION OPPRIMANTE ET COLÉRIQUE

60 des Hauteurs Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1R4

1 877 460-9966 Fax: 450 569-8208

Website: accroc.qc.ca/en

Email: info@accroc.qc.ca

Services: * Accountability groups for men with violent behaviours in a relationship or family setting and for men with relationship problems. * Accountability groups for teenagers with violent behaviours. * Accountability approach for men who engage in violent behaviours. * Training and awareness.

Eligibility: boys and girls 12 to 18 years old and adult men with violent behaviors

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC Mirabel, MRC Rivière-du-Nord, MRC Thérèse-De Blainville

Hours: 7 days, 8h00 to 0h00

Fees: none

Financing: grants

Legal status: non-profit organization

CENTRE D'ÉVALUATION ET DE TRAITEMENT DES AGRESSIONS SEXUELLES

8 de La Salette Boulevard, Suite 101C, Saint-Jérôme, Laurentides, QC, J7Y 5C8

450 431-6400 Fax: 450 431-2475

Website: www.info-cetas.com

Email: cetas@info-cetas.com

Services: Treatment relative to sexual abuse. * Group and individual treatment for victims. * Group and individual treatment for sexual offenders. * Psychosexual assessment for sexual offenders.

Eligibility: victims of sexual abuse during childhood or adolescence, their parents, adults or teenagers who committed sexual abuse, their spouse

Coverage area: Laurentians

Hours: administration: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, treatment: availabilities in the evening

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

Support for victims and their families

CENTRE D'AIDE AUX VICTIMES D'ACTES CRIMINELS DES LAURENTIDES

510 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B3

450 569-0332 Fax: 450 569-0966

Website: cavac.qc.ca/en

Email: info.cavac.lau@videotron.ca

Services: * Crisis intervention phoneline. * Psychological and post-trauma support. * Information on rights and recourses. * Assistance with compensation procedures. * Guidance with specialized resources.

Eligibility: people victims of criminal act, their relatives, witnesses of a crime

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompaniment in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompaniment, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Therapy and counselling

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.ciessler@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

CENTRE PRÉVENTION SUICIDE FAUBOURG

Confidential Address

1 866 277-3553**Website:** cps-le-faubourg.org/home_eng-faubourg-suicide-prevention-centre/**Email:** administration@cpsfaubourg.org**Services:** * Suicide prevention crisis hotline. * Grief support following a suicide. * Postvention and early intervention following a suicide in a workplace. * Training, awareness and conferences. * Implementation of programs within the workplace. * Support for relatives of a person in crisis.**Eligibility:** people who are suicidal, their close ones, people bereaved by suicide, counsellors**Coverage area:** Laurentians**Hours:** crisis hotline: 24 hours / 7 days, administration: Monday to Friday 8h30 to 16h30**Fees:** crisis line and grief counselling: free, training, awareness and conferences: variable**Financing:** provincial, self-financing**Legal status:** non-profit organization**COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JÉRÔME**

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3**Website:** www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse**Email:** informations@justice.gouv.qc.ca**Services:** Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than \$100 000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit. * Settlement conference chaired by a judge. * Mediation service. * Documents relevant to all regions: [click here](#) * Online schedule of hearings: [click here](#) * Other point of service for voluntary deposits and for receiving claims, by appointment: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.**Eligibility:** general public**Coverage area:** Laurentians: Terrebonne judicial district**Hours:** Monday to Friday 8h30 to 16h30**Financing:** provincial**Legal status:** provincial government agency**INFO-SOCIAL 8-1-1 - LAURENTIANS**

Confidential Address

811 option 2**Website:** www.quebec.ca/en/health/finding-a-resource/info-social-811**Services:** Psychosocial consultation by phone. * Information and referral to assistance resources.**Coverage area:** Laurentides**Hours:** 24 hours / 7 days**Fees:** none**Financing:** provincial**Legal status:** non-profit organization**INSTITUT DE FORMATION D'AIDE COMMUNAUTAIRE À L'ENFANT ET À LA FAMILLE - SAINT-JÉRÔME**

177 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

450 438-7708**Website:** www.ifacef.com**Email:** ifacef@ifacef.com

Services: * Individual, marital and family therapy. * Psychodrama. * Parenting consultation. * Schools: student intervention, teacher and non-teacher development programs, supervision, evaluation. * Services for youth centers. * Training and workshops for community organizations. * Training in psychotherapy. * Clinical supervision for practitioners. * Conferences, training.

Eligibility: children, families, schools, youth centers, community organizations, counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: \$140 per hour

Financing: self-financing

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-3331 Fax: 450 431-5929

Website: pallia-vie.ca

Email: admin@pallia-vie.ca

Services: * Support for people with cancer or a degenerative disease and for caregivers. * Support for bereaved people, including youth.

Eligibility: people with cancer or a degenerative disease, caregivers, bereaved people (including youth)

Coverage area: MRC Les Pays-d'en-Haut, MRC La Rivière-du-Nord, MRC Thérèse-De Blainville, MRC Argenteuil, MRC Mirabel

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

Fees: membership: one-time fee of \$10

Financing: donations, grant

Legal status: None or unknown

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