



# DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

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



2-1-1



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

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**Summary**

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**Child, Youth and Family**

**CHILD WELFARE**

**DAYCARE AND RESPITE**

**FAMILY SUPPORT**

**JUVENILE DELINQUENCY**

**MATERNITY SUPPORT AND ADOPTION**

**PARENTING EDUCATION**

**RECREATIONAL ACTIVITIES**

**YOUTH CENTRES AND SUPPORT**

**YOUTH EMPLOYMENT**

**YOUTH SHELTERS AND SUPPORT**

## Child welfare

### CENTRE D'ENTRAIDE 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](http://www.info-cetas.com)

**Email:** [cetas@b2b2c.ca](mailto:cetas@b2b2c.ca)

**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 ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - SAINT-JÉRÔME (RUE CASTONGUAY)

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

**450 565-1773**

**Website:** [www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation](http://www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation)

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

**Eligibility:** boys and girls 12 to 18 years old

**Coverage area:** Laurentians

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - 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](http://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 difficulties, 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** Fax: 450 436-4811

**Website:** [www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation](http://www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation)

**Services:** Administration of Youth Centres. \* Direction of youth protection: reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, 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 difficulties, young offenders, parents, guardians, counsellors

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

### LEGAL AID OFFICE - SAINT-JÉRÔME

460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3

**450 436-5712 Fax:** 450 436-8004

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

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

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

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** parapublic organization

## Daycare and respite

### CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642 Fax:** 450 432-8673

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \*

Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

### GRANDS-PARENTS TENDRESSE

374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

**450 436-6664**

**Website:** [grandsparentstendresse.org](http://grandsparentstendresse.org)

**Email:** [administration@grandsparentstendresse.org](mailto:administration@grandsparentstendresse.org)

**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. \*

Supervision of seniors who wish to volunteer. \* Pairing with parents of a newborn to provide them respite care. \* Intergénération: bi-annual intergenerational meetings in schools. \* Social activities: talks, conferences, physical exercises, knitting group, outings. \* Classes on different subjects. \* Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. \* Library for members.

**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old

**Coverage area:** Saint-Jérôme, pairing: MRC La Rivière-du-Nord

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

**Fees:** membership card: \$20 per year

**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 referral. \* Help relationship, accompaniment, post-housing follow-up and referrals. \* Family mediation.

**Eligibility:** young people in difficulty aged 12 to 17 years, their parents, families

**Capacity:** 9 places

**Coverage area:** Laurentians

**Hours:** 24 hours / 7 days

**Fees:** variable according to income, from \$3.50 to \$12 per day

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

## **Family Support**

### **CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME**

200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8

**450 431-1239 Fax:** 450 431-5543

**Website:** www.centredelafamille.blogspot.com

**Email:** direction@centredelafamille.ca

**Services:** Day and self-help centre for underprivileged people. \* Workshops and educational activities: reading club, self-esteem workshops. \* Directory of community resources. \* Information, job and housing bulletin boards. \* Bazaars. \* Community library. \* Do-it-yourself, jewellery, bingo and knitting. \* Community dinner. \* Lunch and Learn. \* Listening, helping relationship. \* Christmas party. \* Board games. \* Place of exchange. \* Outdoor outings.

**Eligibility:** persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation

**Coverage area:** Grand Saint-Jérôme

**Hours:** office: Monday to Friday 8h30 to 16h30, activities: Monday to Friday 9h00 to 15h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

### **CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SAINT-JÉRÔME (URFI D'YOUVILLE)**

531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8

**450 432-2777**

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

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

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their relatives

**Coverage area:** Saint-Jérôme

**Financing:** provincial

**Legal status:** parapublic organization



**GRANDS FRÈRES GRANDES SOURS DE LA PORTE DU NORD**

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

**450 565-4562 Fax:** 450 436-9735

**Website:** portedunord.grandsfreresgrandesoeurs.ca

**Email:** info.portedunord@grandsfreresgrandesoeurs.ca

**Services:** Pairing with an adult mentor for children who need a meaningful presence. \* In-school mentoring; group or individual. \* Mentoring for girls aged 6 to 18. \* Mentoring for boys aged 6 to 18.

**Eligibility:** youth aged from 6 to 18 years old

**Coverage area:** MRC Rivière-du-Nord, MRC Mirabel, MRC des Pays-d'en-Haut

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

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

**Legal status:** non-profit organization

**MAISON DES PARENTS DU QUÉBEC - SAINT-JÉRÔME**

179 St-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

**450 438-7708**

**Website:** www.maisondesparents.com

**Email:** info@maisondesparents.com

**Services:** Accompaniment and preparation of the parents. \* Individual support. \* Group meetings. \* Conferences. \* Special projects aimed at developing the social skills of youth. \* Social and community pediatrics clinic: medical, psychosocial, legal and educational services.

**Eligibility:** families, social pediatrics clinic: families with children from 0 to 14 years old in a vulnerable situation

**Coverage area:** Saint-Jérôme and surrounding area

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

**MAISON OXYGÈNE LAURENTIDES**

424 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1Y1

**438 825-1651**

**Website:** maisonsoxygene.ca/points-de-service

**Email:** maison.oxygene.laurentides@gmail.com

**Services:** Housing for fathers and their children going through difficulties. \* Temporary housing. \* Supervised apartments. \* Reception, information and accompaniment. \* Fathers-children activities. \* Outpatient psychosocial follow-up.

**Eligibility:** fathers and their children

**Coverage area:** Laurentians

**Financing:** grants, donations

**Legal status:** non-profit organization

**Juvenile Delinquency****ANTRE-JEUNES (L')**

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

**450 436-1547 Fax:** 450 436-1816

**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, computer, cooking, etc. \* Individual encounters for listening and support.

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

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

**Hours:** Monday to Thursday from September to June

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### MAISON DE JEUNES RIVIÈRE DU NORD

655 Fillion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 436-2573**

**Email:** info@mdjrdn.com

**Services:** \* Psychosocial support and accompaniment. \* Empowerment of youth through housekeeping, organization of activities, involvement in the organization, etc. \* Support for the youth in their daily lives. \* Organization and animation of sports, cultural, entertainment and prevention activities. \* Organization of self-financing activities with the youth to pay for their activities. \* Thematic supper on topics affecting youth (work, violence, sexuality, etc.). \* Information on the rights and responsibilities of adolescents. \* Democratic and learning place: participation in the board of directors. \* Homework assistance. \* Referrals to other resources. \* Food assistance. \* Help in creating a resume. \* Support and supervision of community work. \* Support for parents.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 16h00 to 21h00

**Fees:** variable

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

**Legal status:** non-profit organization

### MESURES ALTERNATIVES DES VALLÉES DU NORD

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

**450 436-6749 Fax:** 450 436-1863

**Website:** www.mavn.ca

**Email:** info@mavn.ca

**Services:** Organization of citizen mediation and alternative justice. Teenagers \* Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. \* Legal education workshops in primary and secondary schools. Citizen Mediation \* Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Work environment \* Accompaniment and mediation. \* Awareness and training. 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 aged 12 to 17, 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 LA FAMILLE DU GRAND SAINT-JÉRÔME

200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8

**450 431-1239** Fax: 450 431-5543

**Website:** [www.centredelafamille.blogspot.com](http://www.centredelafamille.blogspot.com)

**Email:** [direction@centredelafamille.ca](mailto:direction@centredelafamille.ca)

**Services:** Day and self-help centre for underprivileged people. \* Workshops and educational activities: reading club, self-esteem workshops. \* Directory of community resources. \* Information, job and housing bulletin boards. \* Bazaars. \* Community library. \* Do-it-yourself, jewellery, bingo and knitting. \* Community dinner. \* Lunch and Learn. \* Listening, helping relationship. \* Christmas party. \* Board games. \* Place of exchange. \* Outdoor outings.

**Eligibility:** persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation

**Coverage area:** Grand Saint-Jérôme

**Hours:** office: Monday to Friday 8h30 to 16h30, activities: Monday to Friday 9h00 to 15h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

### COURT OF QUÉBEC - YOUTH DIVISION - SAINT-JÉRÔME

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

**450 431-4419**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing of all cases involving a minor. \* Hearing of cases of adoption.

**Coverage area:** Laurentians: Terrebonne judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

### GRANDS-PARENTS TENDRESSE

374 Lavolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

**450 436-6664**

**Website:** [grandsparentstendresse.org](http://grandsparentstendresse.org)

**Email:** [administration@grandsparentstendresse.org](mailto:administration@grandsparentstendresse.org)

**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. \* Supervision of seniors who wish to volunteer. \* Pairing with parents of a newborn to provide them respite care. \* Intergénération: bi-annual intergenerational meetings in schools. \* Social activities: talks, conferences, physical exercises, knitting group, outings. \* Classes on different subjects. \* Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. \* Library for members.

**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old

**Coverage area:** Saint-Jérôme, pairing: MRC La Rivière-du-Nord

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

**Fees:** membership card: \$20 per year

**Financing:** self-financing

**Legal status:** non-profit organization

### LEGAL AID OFFICE - SAINT-JÉRÔME

460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3

**450 436-5712** Fax: 450 436-8004

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

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

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

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** parapublic organization

## MAISON DES PARENTS DU QUÉBEC - SAINT-JÉRÔME

179 St-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

**450 438-7708**

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

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

**Services:** Accompaniment and preparation of the parents. \* Individual support. \* Group meetings. \* Conferences. \* Special projects aimed at developing the social skills of youth. \* Social and community pediatrics clinic: medical, psychosocial, legal and educational services.

**Eligibility:** families, social pediatrics clinic: families with children from 0 to 14 years old in a vulnerable situation

**Coverage area:** Saint-Jérôme and surrounding area

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

## MONTAGNE D'ESPOIR (LA)

2523 1<sup>ère</sup> Rue, Sainte-Sophie, Laurentides, QC, J5J 2R7

**450 436-4747**

**Email:** [lamontagnedespoir@bellnet.ca](mailto:lamontagnedespoir@bellnet.ca)

**Services:** \* Food and clothing assistance. \* Baby and adult diapers donations. \* Christmas baskets.

**Eligibility:** people in need

**Coverage area:** Sainte-Sophie

**Hours:** Monday to Friday 8h00 to 14h00, food assistance: Thursday 9h00 to 12h00 on appointment

**Fees:** annual membership: \$5

**Financing:** donations

**Legal status:** non-profit organization

## NOURRI-SOURCE - LAURENTIDES

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

**450 990-1031**

**Website:** [nourrisourcelarentides.ca/?lang=en](http://nourrisourcelarentides.ca/?lang=en)

**Email:** [laurentides@nourri-source.org](mailto:laurentides@nourri-source.org)

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

**Eligibility:** families wishing to breastfeed

**Coverage area:** Laurentides

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

**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

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

**450 431-7428** Fax: 450 431-7916

**Website:** lamaisondesparents.org

**Email:** info@lmdp.org

**Services:** Respite house. \* Weekend respite. \* Support. \* Telephone listening. \* Summer day camps. \* Daily workshops for people 21 years old and over. \* Creative dancing classes. \* Animated monitoring service at des Érables High School in Deux-Montagnes. \* Events.

**Eligibility:** people with a disability or multiple disabilities (physical or intellectual) 5 to 35 years old and their parents

**Coverage area:** Laurentides

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

**Fees:** membership: \$25 per year

**Financing:** provincial, donations, fundraising campaigns

**Legal status:** non-profit organization

### MAISON DES PARENTS DU QUÉBEC - SAINT-JÉRÔME

179 St-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

**450 438-7708**

**Website:** www.maisondesparents.com

**Email:** info@maisondesparents.com

**Services:** Accompaniment and preparation of the parents. \* Individual support. \* Group meetings. \* Conferences. \* Special projects aimed at developing the social skills of youth. \* Social and community pediatrics clinic: medical, psychosocial, legal and educational services.

**Eligibility:** families, social pediatrics clinic: families with children from 0 to 14 years old in a vulnerable situation

**Coverage area:** Saint-Jérôme and surrounding area

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

### MAISON OXYGÈNE LAURENTIDES

424 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1Y1

**438 825-1651**

**Website:** maisonsoxygene.ca/points-de-service

**Email:** maison.oxygene.laurentides@gmail.com

**Services:** Housing for fathers and their children going through difficulties. \* Temporary housing. \* Supervised apartments. \* Reception, information and accompaniment. \* Fathers-children activities. \* Outpatient psychosocial follow-up.

**Eligibility:** fathers and their children

**Coverage area:** Laurentians

**Financing:** grants, donations

**Legal status:** non-profit organization

## Recreational Activities

### CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME

200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8

**450 431-1239** Fax: 450 431-5543

**Website:** [www.centredelafamille.blogspot.com](http://www.centredelafamille.blogspot.com)

**Email:** [direction@centredelafamille.ca](mailto:direction@centredelafamille.ca)

**Services:** Day and self-help centre for underprivileged people. \* Workshops and educational activities: reading club, self-esteem workshops. \* Directory of community resources. \* Information, job and housing bulletin boards. \* Bazaars. \* Community library. \* Do-it-yourself, jewellery, bingo and knitting. \* Community dinner. \* Lunch and Learn. \* Listening, helping relationship. \* Christmas party. \* Board games. \* Place of exchange. \* Outdoor outings.

**Eligibility:** persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation

**Coverage area:** Grand Saint-Jérôme

**Hours:** office: Monday to Friday 8h30 to 16h30, activities: Monday to Friday 9h00 to 15h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

### ENTRE-NOUS (L')

605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4

**450 504-1001**

**Website:** [www.lamieduquartier.com/l-entre-nous.html](http://www.lamieduquartier.com/l-entre-nous.html)

**Email:** [lamieduquartier@hotmail.com](mailto:lamieduquartier@hotmail.com)

**Services:** Community support in social housing and services to families and children. \* Community garden. \* Individualized follow-up with a counsellor, help relationship and neighborhood mediation. \* Activities for children from 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings. \* Homework assistance. \* Access to computers.

**Eligibility:** children 6 to 12 years old, families, residents of the Notre-Dame neighbourhood

**Coverage area:** Saint-Jérôme: Notre-Dame neighbourhood

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

### MAISON OXYGÈNE LAURENTIDES

424 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1Y1

**438 825-1651**

**Website:** [maisonsoxygene.ca/points-de-service](http://maisonsoxygene.ca/points-de-service)

**Email:** [maison.oxygene.laurentides@gmail.com](mailto:maison.oxygene.laurentides@gmail.com)

**Services:** Housing for fathers and their children going through difficulties. \* Temporary housing. \* Supervised apartments. \* Reception, information and accompaniment. \* Fathers-children activities. \* Outpatient psychosocial follow-up.

**Eligibility:** fathers and their children

**Coverage area:** Laurentians

**Financing:** grants, donations

**Legal status:** non-profit organization

## Youth Centres and Support

### AVENUE 12-17 (L')

450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1

**450 438-2691**

**Website:** [www.avenue1217.wixsite.com/avenue1217](http://www.avenue1217.wixsite.com/avenue1217)

**Email:** [avenue1217@hotmail.com](mailto:avenue1217@hotmail.com)

**Services:** Meeting place for young people. \* Sports, cultural and entertainment activities. \* Homework assistance, in partnership with the school. \* Music room. \* Internet access and Wi-Fi zone. \* Video games, table soccer, table tennis, etc. \* Art and cooking workshops. \* Themed dinners. \* Conferences and special projects. \* Outings and trips. \* Skate park and skating rink.

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

**Coverage area:** Saint-Jérôme

**Hours:** Thursday and Friday 18h00 to 21h30, Saturday and Sunday 13h00 to 20h00

**Fees:** variable

**Financing:** municipal, provincial, grants

**Legal status:** non-profit organization

### MAISON DE JEUNES RIVIÈRE DU NORD

655 Fillion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 436-2573**

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

**Services:** \* Psychosocial support and accompaniment. \* Empowerment of youth through housekeeping, organization of activities, involvement in the organization, etc. \* Support for the youth in their daily lives. \* Organization and animation of sports, cultural, entertainment and prevention activities. \* Organization of self-financing activities with the youth to pay for their activities. \* Thematic supper on topics affecting youth (work, violence, sexuality, etc.). \* Information on the rights and responsibilities of adolescents. \* Democratic and learning place: participation in the board of directors. \* Homework assistance. \* Referrals to other resources. \* Food assistance. \* Help in creating a resume. \* Support and supervision of community work. \* Support for parents.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 16h00 to 21h00

**Fees:** variable

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

**Legal status:** non-profit organization

## Youth Employment

### ATELIER ÉCLIPSE (L')

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

**450 436-7111**

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

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

**Services:** Insertion company specialized in textile manufacturing. \* Production of products made of recycled material. \* Subcontracting. \* Customized creations to order. \* 26-week training course in employability development as: cutting, garment making, quality control or maintenance agent.

**Eligibility:** adults who have difficulty finding or maintaining a job

**Coverage area:** Saint-Jérôme

**Hours:** Monday, Tuesday, Thursday and Friday 7h30 to 16h00, Wednesday 7h30 to 17h30

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**CARREFOUR JEUNESSE-EMPLOI DE LA RIVIÈRE-DU-NORD**

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

**450 431-5253 Fax:** 450 431-2821

**Website:** cjern.qc.ca

**Email:** info@cjern.qc.ca

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

**Eligibility:** youth 16 to 35 years old, employers

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

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**Youth Shelters and Support****ANTRE-JEUNES (L')**

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

**450 436-1547 Fax:** 450 436-1816

**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, computer, cooking, etc. \* Individual encounters for listening and support.

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

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

**Hours:** Monday to Thursday from September to June

**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 referral. \* Help relationship, accompaniment, post-housing follow-up and referrals. \* Family mediation.

**Eligibility:** young people in difficulty aged 12 to 17 years, their parents, families

**Capacity:** 9 places

**Coverage area:** Laurentians

**Hours:** 24 hours / 7 days

**Fees:** variable according to income, from \$3.50 to \$12 per day

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization



**MAISON DE JEUNES RIVIÈRE DU NORD**

655 Fillion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 436-2573**

**Email:** info@mdjrdn.com

**Services:** \* Psychosocial support and accompaniment. \* Empowerment of youth through housekeeping, organization of activities, involvement in the organization, etc. \* Support for the youth in their daily lives. \* Organization and animation of sports, cultural, entertainment and prevention activities. \* Organization of self-financing activities with the youth to pay for their activities. \* Thematic supper on topics affecting youth (work, violence, sexuality, etc.). \* Information on the rights and responsibilities of adolescents. \* Democratic and learning place: participation in the board of directors. \* Homework assistance. \* Referrals to other resources. \* Food assistance. \* Help in creating a resume. \* Support and supervision of community work. \* Support for parents.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 16h00 to 21h00

**Fees:** variable

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

**Legal status:** non-profit organization

## **Community Action**

**ADVISORY AND CITIZEN ACTION ORGANIZATIONS**

**CHARITY ORGANIZATIONS**

**COMMUNITY CENTRES**

**COMMUNITY DEVELOPMENT**

**INFORMATION AND REFERRAL**

**SKILLS EXCHANGES**

**VOLUNTEERING AND VOLUNTEER CENTRES**

## Advisory and citizen action organizations

### APPUI LAURENTIDES (L')

500, des Laurentides Boulevard, Suite 235, Saint-Jérôme, Laurentides, QC, J7Z 4M2

**1 855 852-7784** Fax: 450 592-3706

**Website:** www.lappui.org/laurentides

**Email:** info@lappui-laurentides.org

**Services:** \* Helpline Service Info-aidant: listening, information and referral. \* Consultation and mobilization of stakeholders.

**Eligibility:** seniors caregivers, relevant stakeholders

**Coverage area:** Laurentians

**Hours:** 8h00 to 16h00

**Financing:** provincial, foundations

**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**

**Website:** www.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 with all sorts of disabilities

**Coverage area:** Laurentians

**Hours:** activities: weekend, adapted day centre: week

**Fees:** between \$150 and \$200

**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:** rlapierre@lebookhumanitaire.com

**Services:** Volunteer mutual aid network answering certain types of emergencies. \* Food, clothing and material assistance. \* Support for school or medical fees. \* Partnership allowing to offer free glasses to kids. \*

International humanitarian trips. \* School supplies donations.

**Eligibility:** people in a difficult situation, volunteers

**Coverage area:** Laurentians, Laval, South Shore, Terrebonne, Verdun

**Hours:** Monday to Friday 9h00 to 17h00, weekend on-calls

**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. \* Civil involvement projects. \* Awareness.

**Eligibility:** women's groups and committees, general public

**Coverage area:** Laurentians

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

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

## Charity Organizations

### FONDATION DE L'HÔPITAL RÉGIONAL DE SAINT-JÉRÔME INC.

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

**450 431-8484** Fax: 450 431-8336

**Website:** fondationhopitalsaint-jerome.org

**Email:** chantale.fortin.cissslau@ssss.gouv.qc.ca

**Services:** Support to the development of programs or the purchase of medical equipment for the benefit of service centers attached to the regional hospital and located in the greater Saint-Jérôme area (CHSLD, CLSC, etc.). \* Fundraising.

**Eligibility:** hospital users, CHSLD residents, children, teenagers

**Coverage area:** Saint-Jérôme

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

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### FONDATION RICHELIEU ST-JÉRÔME

Confidential Address

**450 436-8244**

**Email:** f.chausse@pfdavocats.com

**Services:** Foundation for youth development. \* Financial assistance.

**Eligibility:** youth experiencing financial difficulties, non-profit organizations whose main objective is the development of youth

**Coverage area:** Saint-Jérôme

**Financing:** donations

**Legal status:** non-profit organization

## Community centres

### AMIE DU QUARTIER

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

**Website:** www.lamieduquartier.com

**Email:** lamieduquartier@hotmail.com

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

## Community development

### FONDATION RICHELIEU ST-JÉRÔME

Confidential Address

**450 436-8244**

**Email:** f.chausse@pfdavocats.com

**Services:** Foundation for youth development. \* Financial assistance.

**Eligibility:** youth experiencing financial difficulties, non-profit organizations whose main objective is the development of youth

**Coverage area:** Saint-Jérôme

**Financing:** donations

**Legal status:** non-profit organization

### MESURES ALTERNATIVES DES VALLÉES DU NORD

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

**450 436-6749 Fax:** 450 436-1863

**Website:** www.mavn.ca

**Email:** info@mavn.ca

**Services:** Organization of citizen mediation and alternative justice. Teenagers \* Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. \* Legal education workshops in primary and secondary schools. Citizen Mediation \* Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Work environment \* Accompaniment and mediation. \* Awareness and training. 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 aged 12 to 17, 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

### APPUI LAURENTIDES (L')

500, des Laurentides Boulevard, Suite 235, Saint-Jérôme, Laurentides, QC, J7Z 4M2

**1 855 852-7784 Fax:** 450 592-3706

**Website:** www.lappui.org/laurentides

**Email:** info@lappuilaurentides.org

**Services:** \* Helpline Service Info-aidant: listening, information and referral. \* Consultation and mobilization of stakeholders.

**Eligibility:** seniors caregivers, relevant stakeholders

**Coverage area:** Laurentians

**Hours:** 8h00 to 16h00

**Financing:** provincial, foundations  
**Legal status:** non-profit organization

### **CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME**

200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8

**450 431-1239 Fax:** 450 431-5543

**Website:** [www.centredelafamille.blogspot.com](http://www.centredelafamille.blogspot.com)

**Email:** [direction@centredelafamille.ca](mailto:direction@centredelafamille.ca)

**Services:** Day and self-help centre for underprivileged people. \* Workshops and educational activities: reading club, self-esteem workshops. \* Directory of community resources. \* Information, job and housing bulletin boards. \* Bazaars. \* Community library. \* Do-it-yourself, jewellery, bingo and knitting. \* Community dinner. \* Lunch and Learn. \* Listening, helping relationship. \* Christmas party. \* Board games. \* Place of exchange. \* Outdoor outings.

**Eligibility:** persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation

**Coverage area:** Grand Saint-Jérôme

**Hours:** office: Monday to Friday 8h30 to 16h30, activities: Monday to Friday 9h00 to 15h00

**Financing:** self-financing, donations

**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](http://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:** free

**Financing:** provincial

**Legal status:** non-profit organization

## **Skills Exchanges**

### **BOOK HUMANITAIRE (LE)**

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

**450 436-2665**

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

**Email:** [rlapierre@lebookhumanitaire.com](mailto:rlapierre@lebookhumanitaire.com)

**Services:** Volunteer mutual aid network answering certain types of emergencies. \* Food, clothing and material assistance. \* Support for school or medical fees. \* Partnership allowing to offer free glasses to kids. \* International humanitarian trips. \* School supplies donations.

**Eligibility:** people in a difficult situation, volunteers

**Coverage area:** Laurentians, Laval, South Shore, Terrebonne, Verdun

**Hours:** Monday to Friday 9h00 to 17h00, weekend on-calls

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Volunteering and volunteer centres

### AMIE DU QUARTIER

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

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

**Email:** [lamieduquartier@hotmail.com](mailto:lamieduquartier@hotmail.com)

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

### BOOK HUMANITAIRE (LE)

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

**450 436-2665**

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

**Email:** [rlapierre@lebookhumanitaire.com](mailto:rlapierre@lebookhumanitaire.com)

**Services:** Volunteer mutual aid network answering certain types of emergencies. \* Food, clothing and material assistance. \* Support for school or medical fees. \* Partnership allowing to offer free glasses to kids. \* International humanitarian trips. \* School supplies donations.

**Eligibility:** people in a difficult situation, volunteers

**Coverage area:** Laurentians, Laval, South Shore, Terrebonne, Verdun

**Hours:** Monday to Friday 9h00 to 17h00, weekend on-calls

**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](http://www.cbsj.qc.ca)

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

**Services:** \* Community lunches. \* Meals on wheels. \* Friendly visits and calls. \* PAIR 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). \* Assistance with moves. \* Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. \* Lire et faire lire: intergenerational reading program in school by volunteer seniors. \* Volunteer support: welcoming, guidance and training. \* Tax clinic.

**Eligibility:** seniors, people wanting to volunteer, community and volunteer organizations

**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), PAIR program: MRC La Rivière-du-Nord, MRC Mirabel

**Hours:** Monday to Friday 8h00 to 16h00, meals on wheels: Tuesday and Thursday

**Fees:** membership card: \$5, meals on wheels: \$8, community meals: \$8

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

**Legal status:** non-profit organization

### **CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)**

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642 Fax:** 450 432-8673

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

### **CENTRE DE ZOTHÉRAPIE COMMUNAUTAIRE**

905 Grignon Boulevard, Suite 329, Saint-Jérôme, Laurentides, QC, J7Y 2Y9

**450 327-0244**

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

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

**Services:** \* Adapted zootherapy programs. \* Training. \* Animal boarding.

**Eligibility:** children, teenagers, seniors, people with disabilities

**Coverage area:** Laurentians

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** \$60 per hour

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

**Legal status:** non-profit organization

### **GRANDS-PARENTS TENDRESSE**

374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

**450 436-6664**

**Website:** [grandparentstendresse.org](http://grandparentstendresse.org)

**Email:** [administration@grandparentstendresse.org](mailto:administration@grandparentstendresse.org)

**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. \* Supervision of seniors who wish to volunteer. \* Pairing with parents of a newborn to provide them respite care. \* Intergénération: bi-annual intergenerational meetings in schools. \* Social activities: talks, conferences, physical exercises, knitting group, outings. \* Classes on different subjects. \* Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. \* Library for members.

**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old

**Coverage area:** Saint-Jérôme, pairing: MRC La Rivière-du-Nord

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

**Fees:** membership card: \$20 per year

**Financing:** self-financing

**Legal status:** non-profit organization



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

## Adapted work and employability support

### CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SIÈGE SOCIAL

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

**450 565-4707** 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:** adults

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SAINT-JÉRÔME (URFI D'YOUVILLE)

531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8

**450 432-2777**

**Website:** [www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation](http://www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation)

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

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their relatives

**Coverage area:** Saint-Jérôme

**Financing:** provincial

**Legal status:** parapublic 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**

**Website:** [www.arlphl.org](http://www.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 with all sorts of disabilities

**Coverage area:** Laurentians

**Hours:** activities: weekend, adapted day centre: week

**Fees:** between \$150 and \$200

**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:** Promotion of the interests and advocacy assistance. \* Reception and referrals. \* Individual and group intervention. \* Psychosocial intervention, if required. \* Therapeutic relationship and active listening. \* Support and socialization groups. \* Prevention and awareness. \* Social integration activities. \* Documentation centre.

**Eligibility:** adults with brain injuries and physical disabilities, 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

**Legal status:** non-profit organization

## **MOUVEMENT PERSONNE D'ABORD DE ST-JÉRÔME ET SES ENVIRONS**

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

**450 438-6256**

**Email:** mpdastjerome@hotmail.ca

**Services:** Advocacy of the collective rights of people living or having been labeled with an intellectual disability. \* Awareness, mobilization and representation actions. \* Weekly and annual activities.

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

**Coverage area:** Saint-Jérôme

**Fees:** membership: 5\$

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

## **REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD**

300 Longpré Street, Suite 310, Saint-Jérôme, Laurentides, QC, J7Y 3B9

**450 592-1383**

**Email:** rutac-mrc-rdn@hotmail.com

**Services:** \* Representation and advocacy for individual and collective rights and interests. \* Development and improvement of the conditions of the collective and adapted transportation service.

**Eligibility:** people with reduced mobility who use the adapted transportation service

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Friday 9h30 to 17h00

**Fees:** free

**Financing:** grants

**Legal status:** non-profit organization

## **Advocacy for people with an intellectual disability**

### **MOUVEMENT PERSONNE D'ABORD DE ST-JÉRÔME ET SES ENVIRONS**

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

**450 438-6256**

**Email:** mpdastjerome@hotmail.ca

**Services:** Advocacy of the collective rights of people living or having been labeled with an intellectual disability. \* Awareness, mobilization and representation actions. \* Weekly and annual activities.

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

**Coverage area:** Saint-Jérôme

**Fees:** membership: 5\$

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

## Autism, PDD, ADHD

### CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SAINT-JÉRÔME (URFI D'YOUVILLE)

531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8

**450 432-2777**

**Website:** [www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation](http://www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation)

**Services:** Adaptation and rehabilitation for people with an intellectual disability or an autism spectrum disorder.

\* Early stimulation. \* Support for community, employment and housing integration. \* Support for relatives.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their relatives

**Coverage area:** Saint-Jérôme

**Financing:** provincial

**Legal status:** parapublic 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**

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

**Email:** [info@arlphl.org](mailto: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 with all sorts of disabilities

**Coverage area:** Laurentians

**Hours:** activities: weekend, adapted day centre: week

**Fees:** between \$150 and \$200

**Financing:** donations, provincial, municipal

**Legal status:** non-profit organization

### CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME

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

**811**

**Website:** [www.santelaurentides.gouv.qc.ca](http://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

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

811

**Website:** [www.santelaurentides.gouv.qc.ca](http://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

### PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME

651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8

1 866 974-1888

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

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

**Services:** \* Adapted physical exercise. \* Art and painting workshops. \* Coffee-meetings, language and play stimulation.

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** non-profit organization

## Mobility aids

### CANADIAN CANCER SOCIETY - LAURENTIDES REGIONAL OFFICE

418 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B1

450 436-2691 ext. 25504 Fax: 450 436-3801

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

**Email:** [scclaurentides@quebec.cancer.ca](mailto:scclaurentides@quebec.cancer.ca)

**Services:** \* Donation of temporary breast prostheses. \* Loan of wigs, turbans and scarves. \* Awareness and documentation. \* Financial and material assistance. \* Phone pairing with a person who experienced the same situation or with a health professional. \* Online community: [www.cancerconnection.ca](http://www.cancerconnection.ca)

**Eligibility:** people affected by cancer, general public

**Coverage area:** Laurentides, Rawdon, Saint-Esprit and Saint-Lin-Laurentides

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

**Fees:** prosthesis: \$20

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME

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

811

**Website:** [www.santelaurentides.gouv.qc.ca](http://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

**450 432-6998**

**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

**Hours:** Centre récréatif et communautaire de Saint-Colomban: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 7h30 to 12h00

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

## Paratransit

### TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD

1272 de la Traverse Prévost Street, Prévost, Laurentides, QC, J0R 1T0

**450 224-8800**

**Website:** [www.mrcrdn.qc.ca/tac-rdn](http://www.mrcrdn.qc.ca/tac-rdn)

**Email:** [tacmrcrdn@hotmail.com](mailto:tacmrcrdn@hotmail.com)

**Services:** \* Collective and adapted transportation in minibus and taxibus.

**Eligibility:** collective transportation: residents, adapted transportation: people living with a disability that limits their mobility

**Coverage area:** Prévost, Saint-Colomban, Saint-Hippolyte, Sainte-Sophie

**Hours:** offices: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, transportation: 7 days, 6h30 to 19h30

**Fees:** collective transportation: \$5 per trip, mensual card: \$150 per month

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

**Legal status:** non-profit organization

## Recreation and camps

### ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

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

**450 431-3388**

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

**Email:** [info@arlphl.org](mailto: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 with all sorts of disabilities

**Coverage area:** Laurentians

**Hours:** activities: weekend, adapted day centre: week

**Fees:** between \$150 and \$200

**Financing:** donations, provincial, municipal

**Legal status:** non-profit organization

### **GYMNO LAURENTIDES**

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

**450 848-3211**

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

**Email:** [laurentides@gymno.org](mailto:laurentides@gymno.org)

**Services:** Recreational activities for children and teenagers with learning disorders. \* Summer day camp: for children 5 to 15 years old. \* Les Explorateurs: weekly sessions of gymnastic 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.

**Eligibility:** children and teenagers 5 to 15 years old with learning disorders

**Capacity:** day camp: 25 places per day, Explorateurs: 24 places, Survolteurs: 15 places

**Coverage area:** Laurentians

**Fees:** variable according to the program

**Financing:** donations, grants, fundraising campaigns

**Legal status:** non-profit organization

### **MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES**

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

**450 431-7428 Fax:** 450 431-7916

**Website:** [lamaisondesparents.org](http://lamaisondesparents.org)

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

**Services:** Respite house. \* Weekend respite. \* Support. \* Telephone listening. \* Summer day camps. \* Daily workshops for people 21 years old and over. \* Creative dancing classes. \* Animated monitoring service at des Érables High School in Deux-Montagnes. \* Events.

**Eligibility:** people with a disability or multiple disabilities (physical or intellectual) 5 to 35 years old and their parents

**Coverage area:** Laurentides

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

**Fees:** membership: \$25 per year

**Financing:** provincial, donations, fundraising campaigns

**Legal status:** non-profit organization

### **MOUVEMENT PERSONNE D'ABORD DE ST-JÉRÔME ET SES ENVIRONS**

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

**450 438-6256**

**Email:** [mpdastjerome@hotmail.ca](mailto:mpdastjerome@hotmail.ca)

**Services:** Advocacy of the collective rights of people living or having been labeled with an intellectual disability. \* Awareness, mobilization and representation actions. \* Weekly and annual activities.

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

**Coverage area:** Saint-Jérôme

**Fees:** membership: 5\$

**Financing:** self-financing, membership fees

**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:** [scleroseenplaques.ca/section/laurentides](http://scleroseenplaques.ca/section/laurentides)

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

**Services:** \* Hope and cope: information program for people who have received a diagnosis of multiple sclerosis. \* Telephone support and advice. \* Activities to break isolation: coffee meetings, physical education classes, outings and events. \* Advocacy. \* Adapted services. \* Support for caregivers. \* Lectures, seminars, 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

## **PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME**

651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8

**1 866 974-1888**

**Website:** www.grpa.ca

**Email:** info@grpa.ca

**Services:** \* Adapted physical exercise. \* Art and painting workshops. \* Coffee-meetings, language and play stimulation.

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** non-profit organization

## **Respite services and housing**

### **ASSOCIATION DES PERSONNES HANDICAPÉES DE LA MRC RIVIÈRE DU NORD**

300 Longpré Street, Suite 140, Saint-Jérôme, Laurentides, QC, J7Y 3B9

**450 438-4462**

**Services:** Day centre. \* Activities.

**Eligibility:** autonomous people 18 years and over with a physical or intellectual disability

**Coverage area:** MRC Rivière-du-Nord

**Legal status:** non-profit organization

### **MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES**

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

**450 431-7428 Fax: 450 431-7916**

**Website:** lamaisondesparents.org

**Email:** info@lmdp.org

**Services:** Respite house. \* Weekend respite. \* Support. \* Telephone listening. \* Summer day camps. \* Daily workshops for people 21 years old and over. \* Creative dancing classes. \* Animated monitoring service at des Érables High School in Deux-Montagnes. \* Events.

**Eligibility:** people with a disability or multiple disabilities (physical or intellectual) 5 to 35 years old and their parents

**Coverage area:** Laurentides

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

**Fees:** membership: \$25 per year

**Financing:** provincial, donations, fundraising campaigns

**Legal status:** non-profit organization



**VIGIL'ANGE**

872-R Sainte-Thérèse Road, Suite 200, Saint-Jérôme, Laurentides, QC, J5L 2L1

**450 275-5131**

**Website:** vigilange.org

**Email:** info@vigilange.org

**Services:** Organization offering information and guidance to seniors and caregivers to promote homecare services. \* Proximity network between volunteers, community workers and support resources and seniors and caregivers in need.

**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

**Respite, child care and housing****ASSOCIATION DES PERSONNES HANDICAPÉES DE LA MRC RIVIÈRE DU NORD**

300 Longpré Street, Suite 140, Saint-Jérôme, Laurentides, QC, J7Y 3B9

**450 438-4462**

**Services:** Day centre. \* Activities.

**Eligibility:** autonomous people 18 years and over with a physical or intellectual disability

**Coverage area:** MRC Rivière-du-Nord

**Legal status:** non-profit organization

**CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)**

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642** Fax: 450 432-8673

**Website:** centredefemmeslesunesetlesautres.org

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

**CITÉ LES TROIS R**

850 du Bourg Avenue, Saint-Jérôme, Laurentides, QC, J7Z 0H5

**450 504-4533**

**Website:** www.citelestroisr.ca

**Email:** info@citelestroisr.ca

**Services:** Affordable housing. \* Horticulture greenhouses. \* Intergenerational activities. \* Three sections.

**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  
**Financing:** self-financing  
**Legal status:** non-profit organization

### GRANDS-PARENTS TENDRESSE

374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

**450 436-6664**

**Website:** grandparentstendresse.org

**Email:** administration@grandparentstendresse.org

**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. \* Supervision of seniors who wish to volunteer. \* Pairing with parents of a newborn to provide them respite care. \* Intergénération: bi-annual intergenerational meetings in schools. \* Social activities: talks, conferences, physical exercises, knitting group, outings. \* Classes on different subjects. \* Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. \* Library for members.

**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old

**Coverage area:** Saint-Jérôme, pairing: MRC La Rivière-du-Nord

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

**Fees:** membership card: \$20 per year

**Financing:** self-financing

**Legal status:** non-profit organization

### MAISON ALOÏS ALZHEIMER

651 5th Street, Saint-Jérôme, Laurentides, QC, J7Z 2W8

**450 660-6225**

**Website:** maisonalois.org

**Email:** info@maisonalois.org

**Services:** \* Information and referrals. \* Group respite for the day with stimulation activities aiming at maintaining residual abilities. \* At-home respite. \* Psychosocial support.

**Eligibility:** individuals with Alzheimer's and other neurocognitive disorders, their caregivers

**Coverage area:** Laurentians

**Hours:** Monday to Friday 8h00 to 17h30

**Fees:** \$25 per day or according to the fee table

**Financing:** donations, grants

**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 referral. \* Help relationship, accompaniment, post-housing follow-up and referrals. \* Family mediation.

**Eligibility:** young people in difficulty aged 12 to 17 years, their parents, families

**Capacity:** 9 places

**Coverage area:** Laurentians

**Hours:** 24 hours / 7 days

**Fees:** variable according to income, from \$3.50 to \$12 per day

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

**MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES**

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

**450 431-7428 Fax:** 450 431-7916

**Website:** lamaisondesparents.org

**Email:** info@lmdp.org

**Services:** Respite house. \* Weekend respite. \* Support. \* Telephone listening. \* Summer day camps. \* Daily workshops for people 21 years old and over. \* Creative dancing classes. \* Animated monitoring service at des Érables High School in Deux-Montagnes. \* Events.

**Eligibility:** people with a disability or multiple disabilities (physical or intellectual) 5 to 35 years old and their parents

**Coverage area:** Laurentides

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

**Fees:** membership: \$25 per year

**Financing:** provincial, donations, fundraising campaigns

**Legal status:** non-profit organization

**SERVICE TRAVAIL-MAISON**

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

**450 436-6425**

**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.

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

**Fees:** possibility of financial aid

**Financing:** self-financing

**Legal status:** non-profit organization

**VIGIL'ANGE**

872-R Sainte-Thérèse Road, Suite 200, Saint-Jérôme, Laurentides, QC, J5L 2L1

**450 275-5131**

**Website:** vigilange.org

**Email:** info@vigilange.org

**Services:** Organization offering information and guidance to seniors and caregivers to promote homecare services. \* Proximity network between volunteers, community workers and support resources and seniors and caregivers in need.

**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.

**Eligibility:** people living with fibromyalgia, their close ones  
**Coverage area:** Laurentians  
**Hours:** office: Monday to Thursday 9h00 to 11h30 and 13h30 to 17h00  
**Fees:** annual membership: \$20  
**Financing:** provincial, membership fees, donations  
**Legal status:** non-profit organization

### **CANADIAN CANCER SOCIETY - LAURENTIDES REGIONAL OFFICE**

418 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B1  
**450 436-2691 ext. 25504 Fax:** 450 436-3801  
**Website:** [www.cancer.ca](http://www.cancer.ca)  
**Email:** [scclaurentides@quebec.cancer.ca](mailto:scclaurentides@quebec.cancer.ca)

**Services:** \* Donation of temporary breast prostheses. \* Loan of wigs, turbans and scarves. \* Awareness and documentation. \* Financial and material assistance. \* Phone pairing with a person who experienced the same situation or with a health professional. \* Online community: [www.cancerconnection.ca](http://www.cancerconnection.ca)

**Eligibility:** people affected by cancer, general public  
**Coverage area:** Laurentides, Rawdon, Saint-Esprit and Saint-Lin-Laurentides  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h30  
**Fees:** prosthesis: \$20  
**Financing:** fundraising campaigns, 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](http://www.captchpl.org)  
**Email:** [captchpl@videotron.ca](mailto:captchpl@videotron.ca)

**Services:** Promotion of the interests and advocacy assistance. \* Reception and referrals. \* Individual and group intervention. \* Psychosocial intervention, if required. \* Therapeutic relationship and active listening. \* Support and socialization groups. \* Prevention and awareness. \* Social integration activities. \* Documentation centre.

**Eligibility:** adults with brain injuries and physical disabilities, 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  
**Legal status:** non-profit organization

### **CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SAINT-JÉRÔME (URFI D'YOUVILLE)**

531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8  
**450 432-2777**  
**Website:** [www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation](http://www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation)

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

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their relatives  
**Coverage area:** Saint-Jérôme  
**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.ca

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**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: 450 431-6536

**Website:** www.dispensaire.org

**Email:** info@csalaurentides.com

**Services:** \* Screening for STIs, HIV, hepatitis, treatment and medical follow-up. \* Vaccination for hepatitis A and B, HPV. \* Psychosocial support. \* Training and mentoring in community medicine. \* Prevention and harm reduction. \* Distribution of sterile equipment, preventive medication, condoms and naloxone kits. \* Distribution of fentanyl test strips and multi-substances test strips. \* Substance analysis. \* Support and accompaniment for members of the LGBTQ2S+ community. \* Social group for people living with HIV.

**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:** centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

**Fees:** free

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

**GRANDS-PARENTS TENDRESSE**

374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

**450 436-6664**

**Website:** grandparentstendresse.org

**Email:** administration@grandparentstendresse.org

**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. \* Supervision of seniors who wish to volunteer. \* Pairing with parents of a newborn to provide them respite care. \* Intergénération: bi-annual intergenerational meetings in schools. \* Social activities: talks, conferences, physical exercises, knitting group, outings. \* Classes on different subjects. \* Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. \* Library for members.

**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old

**Coverage area:** Saint-Jérôme, pairing: MRC La Rivière-du-Nord

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

**Fees:** membership card: \$20 per year

**Financing:** self-financing

**Legal status:** non-profit organization

**MAISON DES PARENTS DU QUÉBEC - SAINT-JÉRÔME**

179 St-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

**450 438-7708**

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

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

**Services:** Accompaniment and preparation of the parents. \* Individual support. \* Group meetings. \* Conferences. \* Special projects aimed at developing the social skills of youth. \* Social and community pediatrics clinic: medical, psychosocial, legal and educational services.

**Eligibility:** families, social pediatrics clinic: families with children from 0 to 14 years old in a vulnerable situation

**Coverage area:** Saint-Jérôme and surrounding area

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial

**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:** [scleroseenplaques.ca/section/laurentides](http://scleroseenplaques.ca/section/laurentides)

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

**Services:** \* Hope and cope: information program for people who have received a diagnosis of multiple sclerosis. \* Telephone support and advice. \* Activities to break isolation: coffee meetings, physical education classes, outings and events. \* Advocacy. \* Adapted services. \* Support for caregivers. \* Lectures, seminars, 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:** [nourrisourcelarentides.ca/?lang=en](http://nourrisourcelarentides.ca/?lang=en)

**Email:** [laurentides@nourri-source.org](mailto:laurentides@nourri-source.org)

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

**Eligibility:** families wishing to breastfeed

**Coverage area:** Laurentides

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

**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](http://pallia-vie.ca)

**Email:** [admin@pallia-vie.ca](mailto:admin@pallia-vie.ca)

**Services:** \* Support for people with cancer or a generative disease and their relatives. \* Support for bereaved people, including youth.

**Coverage area:** MRC Les Pays-d'en-Haut, MRC La Rivière-du-Nord, MRC Thérèse-De Blainville, MRC Argenteuil and MRC Mirabel  
**Hours:** Monday to Friday 8h00 to 16h30  
**Fees:** membership: one-time fee of \$10  
**Financing:** donations  
**Legal status:** non-profit organization

### **PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME**

651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8  
**1 866 974-1888**  
**Website:** www.grpa.ca  
**Email:** info@grpa.ca

**Services:** \* Adapted physical exercise. \* Art and painting workshops. \* Coffee-meetings, language and play stimulation.

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** non-profit organization

## **Support and integration organizations**

### **CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SAINT-JÉRÔME (URFI D'YOUVILLE)**

531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8  
**450 432-2777**

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

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

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their relatives

**Coverage area:** Saint-Jérôme

**Financing:** provincial

**Legal status:** parapublic organization

## **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**

**Website:** www.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 with all sorts of disabilities

**Coverage area:** Laurentians

**Hours:** activities: weekend, adapted day centre: week

**Fees:** between \$150 and \$200

**Financing:** donations, provincial, municipal

**Legal status:** non-profit organization

### **CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME**

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

811

**Website:** [www.santelaurentides.gouv.qc.ca](http://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

450 432-6998

**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

**Hours:** Centre récréatif et communautaire de Saint-Colomban: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 7h30 to 12h00

**Fees:** free

**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](http://www.fibromyalgie-des-laurentides.ca)

**Email:** [afl@videotron.ca](mailto: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.

**Eligibility:** people living with fibromyalgia, their close ones

**Coverage area:** Laurentians

**Hours:** office: Monday to Thursday 9h00 to 11h30 and 13h30 to 17h00

**Fees:** annual membership: \$20

**Financing:** provincial, membership fees, donations

**Legal status:** non-profit organization

### **CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SAINT-JÉRÔME (URFI D'YOUVILLE)**

531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8

450 432-2777

**Website:** [www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation](http://www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation)

**Services:** Adaptation and rehabilitation for people with an intellectual disability or an autism spectrum disorder.

\* Early stimulation. \* Support for community, employment and housing integration. \* Support for relatives.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their relatives



**Coverage area:** Saint-Jérôme  
**Financing:** provincial  
**Legal status:** parapublic organization

### **CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME**

250 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1X7  
 811

**Website:** [www.santelaurentides.gouv.qc.ca](http://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

### **COOPÉRATIVE DE SOLIDARITÉ SANTÉ BELLEFEUILLE**

1000 Nadon Street, Saint-Jérôme, Laurentides, QC, J5L 2B1

**450 504-6001 Fax:** 450 504-6003

**Website:** [coopsantebellefeuille.org](http://coopsantebellefeuille.org)

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

**Services:** Health services. \* Physicians. \* Blood tests. \* Osteopathy. \* Massage therapy. \* Shiatsu. \* Physiotherapy. \* Psychology.

**Coverage area:** Saint-Jérôme and surroundings

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

**Fees:** annual subscription: \$95

**Financing:** self-financing, contributions

**Legal status:** cooperative

### **PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME**

651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8

**1 866 974-1888**

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

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

**Services:** \* Adapted physical exercise. \* Art and painting workshops. \* Coffee-meetings, language and play stimulation.

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** non-profit organization

**Education and Literacy****ACADEMIC AND VOCATIONAL GUIDANCE****DIFFICULTIES AND LEARNING DISABILITIES****HOMEWORK ASSISTANCE AND TUTORING****LANGUAGE COURSES****PUBLIC EDUCATION****SCHOOL PERSEVERANCE****SCHOOL SERVICE CENTERS****VOCATIONAL TRAINING, CÉGEPs AND UNIVERSITIES**

## Academic and vocational guidance

### CARREFOUR JEUNESSE-EMPLOI DE LA RIVIÈRE-DU-NORD

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

**450 431-5253** Fax: 450 431-2821

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

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

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

**Eligibility:** youth 16 to 35 years old, employers

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

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642** Fax: 450 432-8673

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

## Difficulties and learning disabilities

### GYMNO LAURENTIDES

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

**450 848-3211**

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

**Email:** [laurentides@gymno.org](mailto:laurentides@gymno.org)

**Services:** Recreational activities for children and teenagers with learning disorders. \* Summer day camp: for children 5 to 15 years old. \* Les Explorateurs: weekly sessions of gymnastic 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.

**Eligibility:** children and teenagers 5 to 15 years old with learning disorders

**Capacity:** day camp: 25 places per day, Explorateurs: 24 places, Survolteurs: 15 places

**Coverage area:** Laurentians

**Fees:** variable according to the program

**Financing:** donations, grants, fundraising campaigns

**Legal status:** non-profit organization

## Homework assistance and tutoring

### AVENUE 12-17 (L')

450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1

**450 438-2691**

**Website:** [www.avenue1217.wixsite.com/avenue1217](http://www.avenue1217.wixsite.com/avenue1217)

**Email:** [avenue1217@hotmail.com](mailto:avenue1217@hotmail.com)

**Services:** Meeting place for young people. \* Sports, cultural and entertainment activities. \* Homework assistance, in partnership with the school. \* Music room. \* Internet access and Wi-Fi zone. \* Video games, table soccer, table tennis, etc. \* Art and cooking workshops. \* Themed dinners. \* Conferences and special projects. \* Outings and trips. \* Skate park and skating rink.

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

**Coverage area:** Saint-Jérôme

**Hours:** Thursday and Friday 18h00 to 21h30, Saturday and Sunday 13h00 to 20h00

**Fees:** variable

**Financing:** municipal, 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.ca](http://www.lecoffret.ca)

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** municipal, provincial, federal, Centraide Laurentides

**Legal status:** non-profit organization

### ENTRE-NOUS (L')

605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4

**450 504-1001**

**Website:** [www.lamieduquartier.com/l-entre-nous.html](http://www.lamieduquartier.com/l-entre-nous.html)

**Email:** [lamieduquartier@hotmail.com](mailto:lamieduquartier@hotmail.com)

**Services:** Community support in social housing and services to families and children. \* Community garden. \* Individualized follow-up with a counsellor, help relationship and neighborhood mediation. \* Activities for children from 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings. \* Homework assistance. \* Access to computers.

**Eligibility:** children 6 to 12 years old, families, residents of the Notre-Dame neighbourhood

**Coverage area:** Saint-Jérôme: Notre-Dame neighbourhood

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

**MAISON DE JEUNES RIVIÈRE DU NORD**

655 Fillion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 436-2573**

**Email:** info@mdjrdn.com

**Services:** \* Psychosocial support and accompaniment. \* Empowerment of youth through housekeeping, organization of activities, involvement in the organization, etc. \* Support for the youth in their daily lives. \* Organization and animation of sports, cultural, entertainment and prevention activities. \* Organization of self-financing activities with the youth to pay for their activities. \* Thematic supper on topics affecting youth (work, violence, sexuality, etc.). \* Information on the rights and responsibilities of adolescents. \* Democratic and learning place: participation in the board of directors. \* Homework assistance. \* Referrals to other resources. \* Food assistance. \* Help in creating a resume. \* Support and supervision of community work. \* Support for parents.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 16h00 to 21h00

**Fees:** variable

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

**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.ca

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** municipal, provincial, federal, Centraide Laurentides

**Legal status:** non-profit organization

**Public education****BEACON OF THE FREED**

Confidential Address

**450 990-9595**

**Website:** www.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. \* Program for tourist accommodation establishments and transportation companies.

**Eligibility:** Victims of trafficking in persons in all forms, from sexual exploitation to labour exploitation, both locally and internationally, workers working on the issue or likely to come into 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

**Legal status:** non-profit organization

### **CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)**

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642 Fax:** 450 432-8673

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \*

Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

### **CENTRE DE SERVICES SCOLAIRE DE LA RIVIÈRE-DU-NORD**

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

**450 438-3131**

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

**Email:** [csrndn2@csrndn.qc.ca](mailto:csrndn2@csrndn.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. \* School transportation coordination.

**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

**Financing:** self-financing

**Legal status:** parapublic organization

### **MAISON DES PARENTS DU QUÉBEC - SAINT-JÉRÔME**

179 St-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

**450 438-7708**

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

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

**Services:** Accompaniment and preparation of the parents. \* Individual support. \* Group meetings. \* Conferences. \* Special projects aimed at developing the social skills of youth. \* Social and community pediatrics clinic: medical, psychosocial, legal and educational services.

**Eligibility:** families, social pediatrics clinic: families with children from 0 to 14 years old in a vulnerable situation

**Coverage area:** Saint-Jérôme and surrounding area

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

## School perseverance

### SABLIER

224 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A8

**450 602-0883**

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

**Services:** Addiction Prevention. \* Mon entreprise optimale (MEO): prevention in the work place. \* Méthode d'initiation et de sensibilisation aux expériences de plaisir (MISE): gambling and seniors. \* Prévention en milieu scolaire (PRISME): prevention in schools. \* Réseau d'entraide vocationnel et expérientiel (REVE): drop-out prevention. \*Telephone listening.

**Eligibility:** schools and work place

**Coverage area:** Laurentides

**Legal status:** non-profit organization

## School service centers

### CENTRE DE SERVICES SCOLAIRE DE LA RIVIÈRE-DU-NORD

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

**450 438-3131**

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

**Email:** [csrndn2@csrndn.qc.ca](mailto:csrndn2@csrndn.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. \* School transportation coordination.

**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

**Financing:** self-financing

**Legal status:** parapublic organization

## Vocational training, Cégeps and Universities

### UNIVERSITÉ DU TROISIÈME ÂGE - LAURENTIDES

Confidential Address

**450 224-4266**

**Website:** [www.usherbrooke.ca/uta/prog/laurentides/ltl](http://www.usherbrooke.ca/uta/prog/laurentides/ltl)

**Email:** [info.uta.laurentides@gmail.com](mailto:info.uta.laurentides@gmail.com)

**Services:** Educational programming distributed in 49 university branches for people aged 50 years and over. \* Non-credited educational activities without papers or exams. \* Different teaching methods: courses, seminars, lectures, workshops, physical activities. \* Student associations promoting integration in cultural and social life.

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

**Coverage area:** Laurentides

**Fees:** variable tuition according to the activity, compulsory student fee: \$6, optional donation

**Financing:** donations, grants

**Legal status:** non-profit organization

## **Employment and Income Support**

**ADVOCACY FOR WORKERS AND UNEMPLOYED**

**BUDGET MANAGEMENT AND CONSUMPTION**

**BUSINESS DEVELOPMENT**

**EMPLOYMENT SUPPORT AND TRAINING**

**EMPLOYMENT SUPPORT FOR IMMIGRANTS**

**EMPLOYMENT SUPPORT FOR YOUTH**

**VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**



## Advocacy for workers and unemployed

### CARREFOUR D'ACTIONS POPULAIRES DE SAINT-JÉRÔME

563 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L9

450 432-8696

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

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

**Services:** Place for information, meetings and discussion. \* Weekly information sessions and advocacy for tenants and welfare recipients. \* Craft workshops.

**Eligibility:** isolated people or on a low income, families in difficult situations, tenants, welfare beneficiaries

**Coverage area:** MRC La Rivière-du-Nord

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

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

**Legal status:** non-profit organization

### COMMISSION DE L'ÉQUITÉ SALARIALE - LAURENTIDES

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

1 844 838-0808 Fax: 514 864-6756

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

**Email:** [equite.salariale@ces.gouv.qc.ca](mailto:equite.salariale@ces.gouv.qc.ca)

**Services:** Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. \* Front-line telephone service to answer general questions on the application of the Pay Equity Act. \* Specialized assistance to understand more complex or technical aspects of the Act. \* Conciliation services to promote the settlement of disagreements. \* Investigations following complaints or different subjected by the parties or on its own initiative. \* Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. \* Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. \* Tool development and training accessible free of charge in all regions of Québec. \* Research activities.

**Eligibility:** employees, mostly women who occupy predominantly female job classes, accredited associations and employers

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

### COMMISSION DES NORMES DU TRAVAIL - LAURENTIDES

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

1 844 838-0808

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

**Services:** \* Information on labor standards and the obligations stipulated by the law and regulations. \* Registration of complaints. \* Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** public, employers, employees

**Coverage area:** Laurentians

**Hours:** office: by appointment for investigation and mediation

**Financing:** provincial

**Legal status:** provincial government agency

**LEGAL AID OFFICE - SAINT-JÉRÔME**

460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3

**450 436-5712 Fax:** 450 436-8004

**Website:** www.cjll.qc.ca

**Email:** bajstje@cjll.qc.ca

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

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** parapublic organization

**MESURES ALTERNATIVES DES VALLÉES DU NORD**

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

**450 436-6749 Fax:** 450 436-1863

**Website:** www.mavn.ca

**Email:** info@mavn.ca

**Services:** Organization of citizen mediation and alternative justice. Teenagers \* Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. \* Legal education workshops in primary and secondary schools. Citizen Mediation \* Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Work environment \* Accompaniment and mediation. \* Awareness and training. 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 aged 12 to 17, 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. \* Food, clothing and material assistance. \* Support for school or medical fees. \* Partnership allowing to offer free glasses to kids. \* International humanitarian trips. \* School supplies donations.

**Eligibility:** people in a difficult situation, volunteers

**Coverage area:** Laurentians, Laval, South Shore, Terrebonne, Verdun

**Hours:** Monday to Friday 9h00 to 17h00, weekend on-calls

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**CANADIAN CANCER SOCIETY - LAURENTIDES REGIONAL OFFICE**

418 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B1

**450 436-2691 ext. 25504 Fax:** 450 436-3801

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

**Email:** [scclaurentides@quebec.cancer.ca](mailto:scclaurentides@quebec.cancer.ca)

**Services:** \* Donation of temporary breast prostheses. \* Loan of wigs, turbans and scarves. \* Awareness and documentation. \* Financial and material assistance. \* Phone pairing with a person who experienced the same situation or with a health professional. \* Online community: [www.cancerconnection.ca](http://www.cancerconnection.ca)

**Eligibility:** people affected by cancer, general public

**Coverage area:** Laurentides, Rawdon, Saint-Esprit and Saint-Lin-Laurentides

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

**Fees:** prosthesis: \$20

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**FONDATION RICHELIEU ST-JÉRÔME**

Confidential Address

**450 436-8244**

**Email:** [f.chausse@pfdavocats.com](mailto:f.chausse@pfdavocats.com)

**Services:** Foundation for youth development. \* Financial assistance.

**Eligibility:** youth experiencing financial difficulties, non-profit organizations whose main objective is the development of youth

**Coverage area:** Saint-Jérôme

**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](http://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

**450 436-6749 Fax:** 450 436-1863

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

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

**Services:** Organization of citizen mediation and alternative justice. Teenagers \* Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. \* Legal education workshops in primary and secondary schools. Citizen Mediation \* Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Work environment \* Accompaniment and mediation. \* Awareness and training. 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 aged 12 to 17, 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

### MRC LA RIVIÈRE-DU-NORD

349 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L2

**450 436-9321 Fax:** 450 436-1977

**Website:** mrcrdn.qc.ca

**Email:** info@mrcrdn.qc.ca

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

**Coverage area:** MRC La Rivière-du-Nord

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

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

**Legal status:** municipal agency

### SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURENTIDES

275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7

**450 569-7575 Fax:** 450 436-4934

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

**Services:** \* Local employment centres locator: [www.localisateur.servicesquebec.gouv.qc.ca/en](http://www.localisateur.servicesquebec.gouv.qc.ca/en) \* Info-emploi counter: job bank that can be consulted on site. \* Job search assistance: redaction of resume and preparation to interview. \* Multiservices room: access to phone, fax, computers and printing machines. \* Workplace learning program. \* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. \* Business assistance: advices and financial support in human resources management. \* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. \* Last-resort financial and social assistance for asylum seekers and refugees. \* Last-resort financial and social assistance. \* Administration of oath. \* Information on government programs and services and accompaniment in administrative procedures. \* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

**Coverage area:** Laurantians

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

**Financing:** provincial

**Legal status:** provincial government agency

**SERVICES QUÉBEC - SAINT-JÉRÔME**

275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7

**450 569-3075** Fax: 450 569-7458

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

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Acts of civil status (certificates and copies). \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Building: payment to maintain a licence and examinations. \* Self-service computer stations. \* Québec land register. \* Information about government programs and services.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 (12h00 to 13h00 with appointment)

**Legal status:** provincial government agency

**Employment support and training****ATELIER ÉCLIPSE (L')**

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

**450 436-7111**

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

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

**Services:** Insertion company specialized in textile manufacturing. \* Production of products made of recycled material. \* Subcontracting. \* Customized creations to order. \* 26-week training course in employability development as: cutting, garment making, quality control or maintenance agent.

**Eligibility:** adults who have difficulty finding or maintaining a job

**Coverage area:** Saint-Jérôme

**Hours:** Monday, Tuesday, Thursday and Friday 7h30 to 16h00, Wednesday 7h30 to 17h30

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SIÈGE SOCIAL**

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

**450 565-4707** Fax: 450 569-8299

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

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

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

**Eligibility:** adults

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**MAISON DE JEUNES RIVIÈRE DU NORD**

655 Fillion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 436-2573**

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

**Services:** \* Psychosocial support and accompaniment. \* Empowerment of youth through housekeeping, organization of activities, involvement in the organization, etc. \* Support for the youth in their daily lives. \* Organization and animation of sports, cultural, entertainment and prevention activities. \* Organization of self-financing activities with the youth to pay for their activities. \* Thematic supper on topics affecting youth (work, violence, sexuality, etc.). \* Information on the rights and responsibilities of adolescents. \* Democratic and learning place: participation in the board of directors. \* Homework assistance. \* Referrals to other resources. \* Food assistance. \* Help in creating a resume. \* Support and supervision of community work. \* Support for parents.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 16h00 to 21h00

**Fees:** variable

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

**Legal status:** non-profit organization

## SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURENTIDES

275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7

**450 569-7575 Fax:** 450 436-4934

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

**Services:** \* Local employment centres locator: [www.localisateur.servicesquebec.gouv.qc.ca/en](http://www.localisateur.servicesquebec.gouv.qc.ca/en) \* Info-emploi counter: job bank that can be consulted on site. \* Job search assistance: redaction of resume and preparation to interview. \* Multiservices room: access to phone, fax, computers and printing machines. \* Workplace learning program. \* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. \* Business assistance: advices and financial support in human resources management. \* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. \* Last-resort financial and social assistance for asylum seekers and refugees. \* Last-resort financial and social assistance. \* Administration of oath. \* Information on government programs and services and accompaniment in administrative procedures. \* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

**Coverage area:** Laurantians

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

**Financing:** provincial

**Legal status:** provincial government agency

## SERVICES QUÉBEC - SAINT-JÉRÔME

275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7

**450 569-3075 Fax:** 450 569-7458

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

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Acts of civil status (certificates and copies). \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Building: payment to maintain a licence and examinations. \* Self-service computer stations. \* Québec land register. \* Information about government programs and services.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 (12h00 to 13h00 with appointment)

**Legal status:** provincial government agency

## 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.cielarentides.com](http://www.cielarentides.com)

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

**Services:** \* Specialised service to help new comers with their insertion in the job market.

**Eligibility:** immigrants

**Coverage area:** Laurentians

**Hours:** Monday to Friday 8h00 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.ca](http://www.lecoffret.ca)

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** municipal, provincial, federal, Centraide Laurentides

**Legal status:** non-profit organization

## Employment support for youth

### ATELIER ÉCLIPSE (L')

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

**450 436-7111**

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

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

**Services:** Insertion company specialized in textile manufacturing. \* Production of products made of recycled material. \* Subcontracting. \* Customized creations to order. \* 26-week training course in employability development as: cutting, garment making, quality control or maintenance agent.

**Eligibility:** adults who have difficulty finding or maintaining a job

**Coverage area:** Saint-Jérôme

**Hours:** Monday, Tuesday, Thursday and Friday 7h30 to 16h00, Wednesday 7h30 to 17h30

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**CARREFOUR JEUNESSE-EMPLOI DE LA RIVIÈRE-DU-NORD**

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

**450 431-5253 Fax:** 450 431-2821

**Website:** cjern.qc.ca

**Email:** info@cjern.qc.ca

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

**Eligibility:** youth 16 to 35 years old, employers

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

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**Vocational rehabilitation and disability-related employment****ATELIER ÉCLIPSE (L')**

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

**450 436-7111**

**Website:** ateliereclipse.com

**Email:** info@ateliereclipse.com

**Services:** Insertion company specialized in textile manufacturing. \* Production of products made of recycled material. \* Subcontracting. \* Customized creations to order. \* 26-week training course in employability development as: cutting, garment making, quality control or maintenance agent.

**Eligibility:** adults who have difficulty finding or maintaining a job

**Coverage area:** Saint-Jérôme

**Hours:** Monday, Tuesday, Thursday and Friday 7h30 to 16h00, Wednesday 7h30 to 17h30

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SIÈGE SOCIAL**

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

**450 565-4707 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:** adults

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization



## **CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SAINT-JÉRÔME (URFI D'YOUVILLE)**

531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8

**450 432-2777**

**Website:** [www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation](http://www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation)

**Services:** Adaptation and rehabilitation for people with an intellectual disability or an autism spectrum disorder.

\* Early stimulation. \* Support for community, employment and housing integration. \* Support for relatives.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their relatives

**Coverage area:** Saint-Jérôme

**Financing:** provincial

**Legal status:** parapublic organization

## **CENTRE RÉSIDENTIEL COMMUNAUTAIRE CURÉ LABELLE**

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

**1 888 623-4049**

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

**Email:** [crcl@crcclurelabelle.com](mailto:crcl@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, Rivière-Rouge, Sainte-Adèle, Sainte-Agathe, Saint-Eustache, Sainte-Thérèse, Terrebonne.

**Eligibility:** men on an active correctional measure

**Capacity:** 46

**Coverage area:** Laurentians

**Hours:** 24 hours, 7 days

**Fees:** 25% of net salary - max. \$60 per week

**Financing:** provincial, federal

**Legal status:** non-profit organization

## **SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURENTIDES**

275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7

**450 569-7575 Fax: 450 436-4934**

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

**Services:** \* Local employment centres locator: [www.localisateur.servicesquebec.gouv.qc.ca/en](http://www.localisateur.servicesquebec.gouv.qc.ca/en) \* Info-emploi counter: job bank that can be consulted on site. \* Job search assistance: redaction of resume and preparation to interview. \* Multiservices room: access to phone, fax, computers and printing machines. \* Workplace learning program. \* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. \* Business assistance: advices and financial support in human resources management. \* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. \* Last-resort financial and social assistance for asylum seekers and refugees. \* Last-resort financial and social assistance. \* Administration of oath. \* Information on government programs and services and accompaniment in administrative procedures. \* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

**Coverage area:** Laurentians

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

**Financing:** provincial

**Legal status:** provincial government agency

**SERVICES QUÉBEC - SAINT-JÉRÔME**

275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7

**450 569-3075** Fax: 450 569-7458

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

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations.  
\* Acts of civil status (certificates and copies). \* Employment assistance. \* Business support. \* Social assistance.  
\* Administration of oath. \* Building: payment to maintain a licence and examinations. \* Self-service computer stations. \* Québec land register. \* Information about government programs and services.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 (12h00 to 13h00 with appointment)

**Legal status:** provincial government agency

**Food**

**CHRISTMAS BASKET**

**COLLECTIVE KITCHENS AND COOKING WORKSHOPS**

**COMMUNITY GARDENS AND MARKETS**

**FOOD ASSISTANCE**

**FOOD AID FOR PREGNANT WOMEN AND CHILDREN**

**LOW COST OR FREE MEALS**

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

## Christmas basket

### ACTION SOURCE DE VIE

445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8

**450 504-8775**

**Website:** www.actionsourcedevie.com

**Email:** info@actionsourcedevie.com

**Services:** \* Food aid of last resort. \* Mutual aid store: used clothing, furniture and household items. \* At-home collection of used furniture and appliances. \* Moving service for families on a low income on July 1st. \* Christmas baskets. \* Distribution of school supplies.

**Eligibility:** food aid, moving service and Christmas baskets: families on a low income, other services: general public

**Coverage area:** Saint-Jérôme

**Hours:** Tuesday to Friday 10h00 to 16h00, Saturday 10h00 to 14h00 (except for the summer), moving service: July 1st only

**Fees:** moving service: free

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### AMIE DU QUARTIER

655 Fillion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

**Website:** www.lamieduquartier.com

**Email:** lamieduquartier@hotmail.com

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**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. \* Food, clothing and material assistance. \* Support for school or medical fees. \* Partnership allowing to offer free glasses to kids. \* International humanitarian trips. \* School supplies donations.

**Eligibility:** people in a difficult situation, volunteers

**Coverage area:** Laurentians, Laval, South Shore, Terrebonne, Verdun

**Hours:** Monday to Friday 9h00 to 17h00, weekend on-calls

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**CAFÉ 20 COEURS (LE)**

705 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M6

**450 858-2096**

**Email:** lecafe20coeurs@gmail.com

**Services:** Food aid organization. \* Food bank. \* Soup kitchen. \* Emergency food assistance. \* Christmas baskets.

**Eligibility:** families and individuals on a low income

**Coverage area:** Saint-Jérôme: Saint-Antoine neighbourhood

**Hours:** Monday 8h00 to 10h00, closed on public holidays

**Fees:** food assistance: \$3 per person

**Financing:** donations

**Legal status:** non-profit organization

**CENTRE DE JOUR DE SAINT-JÉRÔME**

495 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B5

**450 675-2412**

**Email:** centredejourstj@gmail.com

**Services:** \* Food assistance. \* Soup kitchen. \* Accompaniment. \* Café Chez Toit: street café at 920 Labelle Street. \* Christmas baskets.

**Eligibility:** isolated, marginalized, vulnerable or homeless people, food assistance delivery: people with reduced mobility and people aged 70 and over

**Coverage area:** Laurentides

**Hours:** food assistance: Monday to Thursday 8h00 to 14h00, Chez Toit café: 7 days, 8h00 to 16h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**HAVRE D'ESPOIR**

705 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M6

**450 432-4728**

**Email:** paroissestantoine@videotron.ca

**Services:** \* Clothing counter. \* Christmas baskets.

**Coverage area:** Saint-Antoine sector of Saint-Jérôme

**Hours:** closed on Tuesdays during the summer period

**Legal status:** non-profit organization

**MAISON D'ENTRAIDE DE PRÉVOST**

788 Shaw Street, Prévost, Laurentides, QC, J0R 1T0

**450 224-2507**

**Website:** maisonentraideprevost.org

**Email:** maisonentraideprevost@videotron.ca

**Services:** Promotion of mutual aid and solidarity, and reinforcement of the social fabric of the Prévost community. \* Listening and reference. \* Family counter: clothing for men, women and children, toys, household items, etc. \* Thrift store: quality clothing and accessories for women. \* Food bank and food assistance. \* Collective kitchens. \* Christmas baskets.

**Eligibility:** people on a low income, general population

**Coverage area:** Prévost

**Hours:** Monday to Friday 9h00 to 11h45 and 13h00 to 15h45, food distribution: Thursday 10h00 to 11h30, family counter, donations storage and thrift store: Monday 13h00 to 15h45, Tuesday and Friday 9h00 to 11h45 and 13h00 to 15h45, donations of furniture and other items: Monday to Friday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

**MAISON DES PARENTS DU QUÉBEC - SAINT-JÉRÔME**

179 St-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

**450 438-7708**

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

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

**Services:** Accompaniment and preparation of the parents. \* Individual support. \* Group meetings. \* Conferences. \* Special projects aimed at developing the social skills of youth. \* Social and community pediatrics clinic: medical, psychosocial, legal and educational services.

**Eligibility:** families, social pediatrics clinic: families with children from 0 to 14 years old in a vulnerable situation

**Coverage area:** Saint-Jérôme and surrounding area

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

**MONTAGNE D'ESPOIR (LA)**

2523 1ère Rue, Sainte-Sophie, Laurentides, QC, J5J 2R7

**450 436-4747**

**Email:** [lamontagnedespoir@bellnet.ca](mailto:lamontagnedespoir@bellnet.ca)

**Services:** \* Food and clothing assistance. \* Baby and adult diapers donations. \* Christmas baskets.

**Eligibility:** people in need

**Coverage area:** Sainte-Sophie

**Hours:** Monday to Friday 8h00 to 14h00, food assistance: Thursday 9h00 to 12h00 on appointment

**Fees:** annual membership: \$5

**Financing:** donations

**Legal status:** non-profit organization

**PAROISSE SAINT-PIERRE (LA) - ACCUEIL GABRIEL RAMIER**

520 Bourassa Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1X9

**450 438-7249**

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

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

**Capacity:** about 60

**Coverage area:** Saint-Jérôme, mainly the Saint-Pierre Parish area

**Hours:** Monday 10h00 to 13h00, on appointment

**Fees:** none, occasional delivery in case of illness: \$3

**Financing:** donations, grants, fundraising campaigns

**Legal status:** non-profit organization

**SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - SAINT-JÉRÔME**

241 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3B1

**450 432-9191**

**Website:** [salvationarmy.ca/quebec/home/locations/saint-gerome](http://salvationarmy.ca/quebec/home/locations/saint-gerome)

**Email:** [claudedagenais@armedusalut.ca](mailto:claudedagenais@armedusalut.ca)

**Services:** \* Emergency food assistance. \* Emergency material assistance: clothing, miscellaneous items. \* Community meals. \* Thrift store: used clothing and miscellaneous household items. \* Used clothing collection boxes on site and at 7 Morand Road, Saint-Jérôme (church parking lot). \* School supplies.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Saturday 9h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**SERRES DE CLARA (LES)**

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

**450 565-2998 ext. 121**

**Website:** www.serresdeclara.org

**Email:** serresdeclara@yahoo.ca

**Services:** Horticulture centre for food security. \* Collective garden and vegetable garden. \* Community gardens. \* Redistribution of crops to participants and participating organizations. \* Workshops and training on horticulture, nutrition and cooking. \* Emergency food assistance. \* Accompaniment for the creation of community kitchens. \* Compensatory work program in the community. \* Christmas baskets.

**Eligibility:** families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders

**Coverage area:** Saint-Jérôme

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

**Fees:** collective garden: free, community gardens: \$20 or \$30 per year depending on the size of the plot

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

**Collective kitchens and cooking workshops****AMIE DU QUARTIER**

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

**Website:** www.lamieduquartier.com

**Email:** lamieduquartier@hotmail.com

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**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.ca

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** municipal, provincial, federal, Centraide Laurentides

**Legal status:** non-profit organization

### MAISON D'ENTRAIDE DE PRÉVOST

788 Shaw Street, Prévost, Laurentides, QC, J0R 1T0

**450 224-2507**

**Website:** maisonentraideprevost.org

**Email:** maisonentraideprevost@videotron.ca

**Services:** Promotion of mutual aid and solidarity, and reinforcement of the social fabric of the Prévost community. \* Listening and reference. \* Family counter: clothing for men, women and children, toys, household items, etc. \* Thrift store: quality clothing and accessories for women. \* Food bank and food assistance. \* Collective kitchens. \* Christmas baskets.

**Eligibility:** people on a low income, general population

**Coverage area:** Prévost

**Hours:** Monday to Friday 9h00 to 11h45 and 13h00 to 15h45, food distribution: Thursday 10h00 to 11h30, family counter, donations storage and thrift store: Monday 13h00 to 15h45, Tuesday and Friday 9h00 to 11h45 and 13h00 to 15h45, donations of furniture and other items: Monday to Friday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

### SERRES DE CLARA (LES)

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

**450 565-2998 ext. 121**

**Website:** www.serresdeclara.org

**Email:** serresdeclara@yahoo.ca

**Services:** Horticulture centre for food security. \* Collective garden and vegetable garden. \* Community gardens. \* Redistribution of crops to participants and participating organizations. \* Workshops and training on horticulture, nutrition and cooking. \* Emergency food assistance. \* Accompaniment for the creation of community kitchens. \* Compensatory work program in the community. \* Christmas baskets.

**Eligibility:** families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders

**Coverage area:** Saint-Jérôme

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

**Fees:** collective garden: free, community gardens: \$20 or \$30 per year depending on the size of the plot

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

## Community gardens and markets

### ENTRE-NOUS (L')

605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4

**450 504-1001**

**Website:** www.lamieduquartier.com/l-entre-nous.html

**Email:** lamieduquartier@hotmail.com

**Services:** Community support in social housing and services to families and children. \* Community garden. \* Individualized follow-up with a counsellor, help relationship and neighborhood mediation. \* Activities for children from 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings. \* Homework assistance. \* Access to computers.

**Eligibility:** children 6 to 12 years old, families, residents of the Notre-Dame neighbourhood

**Coverage area:** Saint-Jérôme: Notre-Dame neighbourhood

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization



**SERRES DE CLARA (LES)**

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

**450 565-2998 ext. 121**

**Website:** www.serresdeclara.org

**Email:** serresdeclara@yahoo.ca

**Services:** Horticulture centre for food security. \* Collective garden and vegetable garden. \* Community gardens. \* Redistribution of crops to participants and participating organizations. \* Workshops and training on horticulture, nutrition and cooking. \* Emergency food assistance. \* Accompaniment for the creation of community kitchens. \* Compensatory work program in the community. \* Christmas baskets.

**Eligibility:** families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders

**Coverage area:** Saint-Jérôme

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

**Fees:** collective garden: free, community gardens: \$20 or \$30 per year depending on the size of the plot

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

**Food Assistance****ACTION SOURCE DE VIE**

445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8

**450 504-8775**

**Website:** www.actionsourcedevie.com

**Email:** info@actionsourcedevie.com

**Services:** \* Food aid of last resort. \* Mutual aid store: used clothing, furniture and household items. \* At-home collection of used furniture and appliances. \* Moving service for families on a low income on July 1st. \* Christmas baskets. \* Distribution of school supplies.

**Eligibility:** food aid, moving service and Christmas baskets: families on a low income, other services: general public

**Coverage area:** Saint-Jérôme

**Hours:** Tuesday to Friday 10h00 to 16h00, Saturday 10h00 to 14h00 (except for the summer), moving service: July 1st only

**Fees:** moving service: free

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**AMIE DU QUARTIER**

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

**Website:** www.lamieduquartier.com

**Email:** lamieduquartier@hotmail.com

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**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. \* Food, clothing and material assistance. \* Support for school or medical fees. \* Partnership allowing to offer free glasses to kids. \* International humanitarian trips. \* School supplies donations.

**Eligibility:** people in a difficult situation, volunteers

**Coverage area:** Laurentians, Laval, South Shore, Terrebonne, Verdun

**Hours:** Monday to Friday 9h00 to 17h00, weekend on-calls

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **CAFÉ 20 COEURS (LE)**

705 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M6

**450 858-2096**

**Email:** lecafe20coeurs@gmail.com

**Services:** Food aid organization. \* Food bank. \* Soup kitchen. \* Emergency food assistance. \* Christmas baskets.

**Eligibility:** families and individuals on a low income

**Coverage area:** Saint-Jérôme: Saint-Antoine neighbourhood

**Hours:** Monday 8h00 to 10h00, closed on public holidays

**Fees:** food assistance: \$3 per person

**Financing:** donations

**Legal status:** non-profit organization

### **CENTRE D'ENTRAIDE DE SAINT-COLOMBAN**

326 de l'Église Montée, Saint-Colomban, Laurentides, QC, J5K 0M4

**450 504-4605**

**Email:** entraidesaintcolomban@yahoo.ca

**Services:** \* Food assistance. \* Thrift store. \* On-site recovery of clothing, furniture, electronics and toys.

**Eligibility:** people on a low income

**Coverage area:** Saint-Colomban

**Hours:** Monday to Friday 13h00 to 16h00, Saturday 9h00 to 12h00, food assistance: Thursday 13h00 to 15h30

**Fees:** food assistance: \$5

**Financing:** donations

**Legal status:** non-profit organization

### **CENTRE DE JOUR DE SAINT-JÉRÔME**

495 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B5

**450 675-2412**

**Email:** centredejourstj@gmail.com

**Services:** \* Food assistance. \* Soup kitchen. \* Accompaniment. \* Café Chez Toît: street café at 920 Labelle Street. \* Christmas baskets.

**Eligibility:** isolated, marginalized, vulnerable or homeless people, food assistance delivery: people with reduced mobility and people aged 70 and over

**Coverage area:** Laurentides

**Hours:** food assistance: Monday to Thursday 8h00 to 14h00, Chez Toît café: 7 days, 8h00 to 16h00

**Fees:** none

**Financing:** donations, 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.ca

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** municipal, provincial, federal, Centraide Laurentides

**Legal status:** non-profit organization

### COMPTOIR ALIMENTAIRE SAINT-HIPPOLYTE

15 67th Avenue, Saint-Hippolyte, Laurentides, QC, J8A 1P7

**450 563-2505 ext. 2231**

**Email:** municipalite@saint-hippolyte.ca

**Services:** \* Food assistance. \* Delivery for people 70 years old and over.

**Eligibility:** Saint-Hippolyte residents

**Coverage area:** Saint-Hippolyte

**Hours:** distribution: Thursday 13h00 to 15h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### COUP DE POUCE

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

**450 565-2998 Fax:** 450-565-3577

**Website:** www.lecoffret.ca/alimentation

**Email:** message@lecoffret.ca

**Services:** \* Food distribution.

**Eligibility:** residents of the Sainte-Marcelle district

**Coverage area:** Saint-Jérôme, Sainte-Marcelle district

**Hours:** Wednesday morning

**Fees:** \$1

**Financing:** donations

**Legal status:** non-profit organization

### DÉPANNAGE ALIMENTAIRE NOTRE-DAME-DE-LA-SALETTE - SECTEUR BELLEFEUILLE

999 de l'Église Street, Saint-Jérôme, Laurentides, QC, J5L 1L8

**450 438-9588**

**Services:** \* Food bank. \* Christmas baskets.

**Eligibility:** people on a low income

**Coverage area:** Saint-Jérôme, Bellefeuille area

**Hours:** distribution on Monday twice a month

**Fees:** \$4 for the year

**Financing:** donations, grants

**Legal status:** non-profit organization

### FABRIQUE DE LA PAROISSE DE SAINT-JÉRÔME

355 du Curé-Labelle Place, Saint-Jérôme, Laurentides, QC, J7Z 5A9

**450 432-9742**

**Email:** info@paroissestj.ca

**Services:** \* Soup kitchen. \* Food assistance. \* Clothing counter. \* Support and referrals for people who are homeless or at risk of homelessness. \* Distribution of new injection equipment to people who use drugs. \* Recovery of used needles and syringes.

**Eligibility:** people on a low income, people experiencing homelessness

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 15h00

**Financing:** donations

**Legal status:** non-profit organization

### MAISON D'ENTRAIDE DE PRÉVOST

788 Shaw Street, Prévost, Laurentides, QC, J0R 1T0

**450 224-2507**

**Website:** maisonentraideprevost.org

**Email:** maisonentraideprevost@videotron.ca

**Services:** Promotion of mutual aid and solidarity, and reinforcement of the social fabric of the Prévost community. \* Listening and reference. \* Family counter: clothing for men, women and children, toys, household items, etc. \* Thrift store: quality clothing and accessories for women. \* Food bank and food assistance. \* Collective kitchens. \* Christmas baskets.

**Eligibility:** people on a low income, general population

**Coverage area:** Prévost

**Hours:** Monday to Friday 9h00 to 11h45 and 13h00 to 15h45, food distribution: Thursday 10h00 to 11h30, family counter, donations storage and thrift store: Monday 13h00 to 15h45, Tuesday and Friday 9h00 to 11h45 and 13h00 to 15h45, donations of furniture and other items: Monday to Friday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

### MAISON DE JEUNES RIVIÈRE DU NORD

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 436-2573**

**Email:** info@mdjrdn.com

**Services:** \* Psychosocial support and accompaniment. \* Empowerment of youth through housekeeping, organization of activities, involvement in the organization, etc. \* Support for the youth in their daily lives. \* Organization and animation of sports, cultural, entertainment and prevention activities. \* Organization of self-financing activities with the youth to pay for their activities. \* Thematic supper on topics affecting youth (work, violence, sexuality, etc.). \* Information on the rights and responsibilities of adolescents. \* Democratic and learning place: participation in the board of directors. \* Homework assistance. \* Referrals to other resources. \* Food assistance. \* Help in creating a resume. \* Support and supervision of community work. \* Support for parents.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 16h00 to 21h00

**Fees:** variable

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

**Legal status:** non-profit organization

**MONTAGNE D'ESPOIR (LA)**

2523 1ère Rue, Sainte-Sophie, Laurentides, QC, J5J 2R7

**450 436-4747**

**Email:** lamontagnedespoir@bellnet.ca

**Services:** \* Food and clothing assistance. \* Baby and adult diapers donations. \* Christmas baskets.

**Eligibility:** people in need

**Coverage area:** Sainte-Sophie

**Hours:** Monday to Friday 8h00 to 14h00, food assistance: Thursday 9h00 to 12h00 on appointment

**Fees:** annual membership: \$5

**Financing:** donations

**Legal status:** non-profit organization

**PAROISSE SAINT-PIERRE (LA) - ACCUEIL GABRIEL RAMIER**

520 Bourassa Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1X9

**450 438-7249**

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

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

**Capacity:** about 60

**Coverage area:** Saint-Jérôme, mainly the Saint-Pierre Parish area

**Hours:** Monday 10h00 to 13h00, on appointment

**Fees:** none, occasional delivery in case of illness: \$3

**Financing:** donations, grants, fundraising campaigns

**Legal status:** non-profit organization

**SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - SAINT-JÉRÔME**

241 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3B1

**450 432-9191**

**Website:** [salvationarmy.ca/quebec/home/locations/saint-gerome](http://salvationarmy.ca/quebec/home/locations/saint-gerome)

**Email:** [claudedagenais@armedusalut.ca](mailto:claudedagenais@armedusalut.ca)

**Services:** \* Emergency food assistance. \* Emergency material assistance: clothing, miscellaneous items. \* Community meals. \* Thrift store: used clothing and miscellaneous household items. \* Used clothing collection boxes on site and at 7 Morand Road, Saint-Jérôme (church parking lot). \* School supplies.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Saturday 9h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**SERRES DE CLARA (LES)**

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

**450 565-2998 ext. 121**

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

**Email:** [serresdeclara@yahoo.ca](mailto:serresdeclara@yahoo.ca)

**Services:** Horticulture centre for food security. \* Collective garden and vegetable garden. \* Community gardens. \* Redistribution of crops to participants and participating organizations. \* Workshops and training on horticulture, nutrition and cooking. \* Emergency food assistance. \* Accompaniment for the creation of community kitchens. \* Compensatory work program in the community. \* Christmas baskets.

**Eligibility:** families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders

**Coverage area:** Saint-Jérôme

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

**Fees:** collective garden: free, community gardens: \$20 or \$30 per year depending on the size of the plot

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

## Food aid for pregnant women and children

### SERRES DE CLARA (LES)

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

**450 565-2998 ext. 121**

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

**Email:** [serresdeclara@yahoo.ca](mailto:serresdeclara@yahoo.ca)

**Services:** Horticulture centre for food security. \* Collective garden and vegetable garden. \* Community gardens. \* Redistribution of crops to participants and participating organizations. \* Workshops and training on horticulture, nutrition and cooking. \* Emergency food assistance. \* Accompaniment for the creation of community kitchens. \* Compensatory work program in the community. \* Christmas baskets.

**Eligibility:** families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders

**Coverage area:** Saint-Jérôme

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

**Fees:** collective garden: free, community gardens: \$20 or \$30 per year depending on the size of the plot

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

## Low cost or free meals

### AMIE DU QUARTIER

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

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

**Email:** [lamieduquartier@hotmail.com](mailto:lamieduquartier@hotmail.com)

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

### AVENUE 12-17 (L')

450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1

**450 438-2691**

**Website:** [www.avenue1217.wixsite.com/avenue1217](http://www.avenue1217.wixsite.com/avenue1217)

**Email:** [avenue1217@hotmail.com](mailto:avenue1217@hotmail.com)

**Services:** Meeting place for young people. \* Sports, cultural and entertainment activities. \* Homework assistance, in partnership with the school. \* Music room. \* Internet access and Wi-Fi zone. \* Video games, table soccer, table tennis, etc. \* Art and cooking workshops. \* Themed dinners. \* Conferences and special projects. \* Outings and trips. \* Skate park and skating rink.

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

**Coverage area:** Saint-Jérôme

**Hours:** Thursday and Friday 18h00 to 21h30, Saturday and Sunday 13h00 to 20h00

**Fees:** variable

**Financing:** municipal, provincial, grants

**Legal status:** non-profit organization

### CAFÉ 20 COEURS (LE)

705 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M6

**450 858-2096**

**Email:** lecafe20coeurs@gmail.com

**Services:** Food aid organization. \* Food bank. \* Soup kitchen. \* Emergency food assistance. \* Christmas baskets.

**Eligibility:** families and individuals on a low income

**Coverage area:** Saint-Jérôme: Saint-Antoine neighbourhood

**Hours:** Monday 8h00 to 10h00, closed on public holidays

**Fees:** food assistance: \$3 per person

**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:** \* Community lunches. \* Meals on wheels. \* Friendly visits and calls. \* PAIR 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). \* Assistance with moves. \* Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. \* Lire et faire lire: intergenerational reading program in school by volunteer seniors. \* Volunteer support: welcoming, guidance and training. \* Tax clinic.

**Eligibility:** seniors, people wanting to volunteer, community and volunteer organizations

**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), PAIR program: MRC La Rivière-du-Nord, MRC Mirabel

**Hours:** Monday to Friday 8h00 to 16h00, meals on wheels: Tuesday and Thursday

**Fees:** membership card: \$5, meals on wheels: \$8, community meals: \$8

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

**Legal status:** non-profit organization

### CENTRE DE JOUR DE SAINT-JÉRÔME

495 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B5

**450 675-2412**

**Email:** centredejourstj@gmail.com

**Services:** \* Food assistance. \* Soup kitchen. \* Accompaniment. \* Café Chez Toît: street café at 920 Labelle Street. \* Christmas baskets.

**Eligibility:** isolated, marginalized, vulnerable or homeless people, food assistance delivery: people with reduced mobility and people aged 70 and over

**Coverage area:** Laurentides

**Hours:** food assistance: Monday to Thursday 8h00 to 14h00, Chez Toît café: 7 days, 8h00 to 16h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME**

200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8

**450 431-1239 Fax:** 450 431-5543

**Website:** [www.centredelafamille.blogspot.com](http://www.centredelafamille.blogspot.com)

**Email:** [direction@centredelafamille.ca](mailto:direction@centredelafamille.ca)

**Services:** Day and self-help centre for underprivileged people. \* Workshops and educational activities: reading club, self-esteem workshops. \* Directory of community resources. \* Information, job and housing bulletin boards. \* Bazaars. \* Community library. \* Do-it-yourself, jewellery, bingo and knitting. \* Community dinner. \* Lunch and Learn. \* Listening, helping relationship. \* Christmas party. \* Board games. \* Place of exchange. \* Outdoor outings.

**Eligibility:** persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation

**Coverage area:** Grand Saint-Jérôme

**Hours:** office: Monday to Friday 8h30 to 16h30, activities: Monday to Friday 9h00 to 15h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

### **FABRIQUE DE LA PAROISSE DE SAINT-JÉRÔME**

355 du Curé-Labelle Place, Saint-Jérôme, Laurentides, QC, J7Z 5A9

**450 432-9742**

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

**Services:** \* Soup kitchen. \* Food assistance. \* Clothing counter. \* Support and referrals for people who are homeless or at risk of homelessness. \* Distribution of new injection equipment to people who use drugs. \* Recovery of used needles and syringes.

**Eligibility:** people on a low income, people experiencing homelessness

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 15h00

**Financing:** donations

**Legal status:** non-profit organization

### **GRANDS-PARENTS TENDRESSE**

374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

**450 436-6664**

**Website:** [grandparentstendresse.org](http://grandparentstendresse.org)

**Email:** [administration@grandparentstendresse.org](mailto:administration@grandparentstendresse.org)

**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. \* Supervision of seniors who wish to volunteer. \* Pairing with parents of a newborn to provide them respite care. \* Intergénération: bi-annual intergenerational meetings in schools. \* Social activities: talks, conferences, physical exercises, knitting group, outings. \* Classes on different subjects. \* Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. \* Library for members.

**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old

**Coverage area:** Saint-Jérôme, pairing: MRC La Rivière-du-Nord

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

**Fees:** membership card: \$20 per year

**Financing:** 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.

**Eligibility:** general population, 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 13h30

**Fees:** annual membership card: \$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:** \* Community lunches. \* Meals on wheels. \* Friendly visits and calls. \* PAIR 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). \* Assistance with moves. \* Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. \* Lire et faire lire: intergenerational reading program in school by volunteer seniors. \* Volunteer support: welcoming, guidance and training. \* Tax clinic.

**Eligibility:** seniors, people wanting to volunteer, community and volunteer organizations

**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), PAIR program: MRC La Rivière-du-Nord, MRC Mirabel

**Hours:** Monday to Friday 8h00 to 16h00, meals on wheels: Tuesday and Thursday

**Fees:** membership card: \$5, meals on wheels: \$8, community meals: \$8

**Financing:** 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.

**Eligibility:** general population, 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 13h30

**Fees:** annual membership card: \$10

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

**Legal status:** non-profit organization

**Government services**

**MUNICIPAL SERVICES**

**MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)**

**PROVINCIAL SERVICES**

## Municipal services

### PRÉVOST - CITY

2870 Curé-Labelle Boulevard, Prévost, Laurentides, QC, J0R 1T0

**450 224-8888 ext. 0**

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

**Email:** [servicecitoyen@ville.prevost.qc.ca](mailto:servicecitoyen@ville.prevost.qc.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: <http://www.ville.prevost.qc.ca/guichet-citoyen/services/collectes-et-dechets#collecte-des-ordures>

\* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Prévost

**Hours:** Monday to Thursday 8h15 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-COLOMBAN - CITY

330 Montée de l'Église, Saint-Colomban, Laurentides, QC, J5K 1A1

**450 436-1453 Fax:** 450 436-5955

**Website:** [st-colomban.qc.ca](http://st-colomban.qc.ca)

**Email:** [info@st-colomban.qc.ca](mailto:info@st-colomban.qc.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [st-colomban.qc.ca/services-aux-citoyens/matieres-residuelles/ordures](http://st-colomban.qc.ca/services-aux-citoyens/matieres-residuelles/ordures) \* Fire safety service.

**Coverage area:** Saint-Colomban

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 7h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-HIPPOLYTE- MUNICIPALITY

2253 des Hauteurs Road, Saint-Hippolyte, Laurentides, QC, J8A 1A1

**450 563-2505**

**Website:** [saint-hippolyte.ca](http://saint-hippolyte.ca)

**Email:** [municipalite@saint-hippolyte.ca](mailto:municipalite@saint-hippolyte.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [saint-hippolyte.ca/services-aux-citoyens/collecte-a-trois-voies](http://saint-hippolyte.ca/services-aux-citoyens/collecte-a-trois-voies) \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Saint-Hippolyte

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

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-JÉRÔME - CITY

10 Saint-Joseph Street, Suite 103, Saint-Jérôme, Laurentides, QC, J7Z 7G7

**450 569-5000**

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

**Services:** Municipal service management. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes, regulations, etc. \* Calendar of recyclable and garbage collections and information on waste management: [www.vsj.ca/collectes](http://www.vsj.ca/collectes) \* Public safety: fire safety service, police service.

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h00 to 17h00

**Financing:** municipal

**Legal status:** municipal agency

### **SAINTE-SOPHIE - MUNICIPALITY**

2199 Sainte-Sophie Boulevard, Sainte-Sophie, Laurentides, QC, J5J 1A1

**450 438-7784 Fax:** 450 438-1080

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

**Email:** [courrier@stesophie.ca](mailto:courrier@stesophie.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [www.stesophie.ca/Collecte-des-ordures-menageres-2028](http://www.stesophie.ca/Collecte-des-ordures-menageres-2028) \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Sainte-Sophie

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

**Financing:** municipal

**Legal status:** municipal agency

### **SÛRETÉ DU QUÉBEC - POSTE MRC DE LA RIVIÈRE-DU-NORD**

3044 Labelle Boulevard, Prévost, Laurentides, QC, J0R 1T0

**450 224-8922 Fax:** 450 224-2300

**Website:** [www.sq.gouv.qc.ca/en/the-surete-du-quebec/](http://www.sq.gouv.qc.ca/en/the-surete-du-quebec/)

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

**Coverage area:** MRC La Rivière-du-Nord

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

**Financing:** provincial

**Legal status:** provincial government agency

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

### **MRC LA RIVIÈRE-DU-NORD**

349 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L2

**450 436-9321 Fax:** 450 436-1977

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

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

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

**Coverage area:** MRC La Rivière-du-Nord

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

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

**Legal status:** municipal agency

## **Provincial services**

### **COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LAURENTIDES**

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](http://www.cnesst.gouv.qc.ca)

**Services:** \* 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.

**Eligibility:** employers and workers

**Coverage area:** Laurentians

**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except holidays

**Financing:** membership fees, self-financing

**Legal status:** provincial government agency

## COMMISSION DES NORMES DU TRAVAIL - LAURENTIDES

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

**1 844 838-0808**

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

**Services:** \* Information on labor standards and the obligations stipulated by the law and regulations. \* Registration of complaints. \* Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** public, employers, employees

**Coverage area:** Laurentians

**Hours:** office: by appointment for investigation and mediation

**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

**450 569-3240**

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

**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:** Lanaudière and Laurentians

**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

## LEGAL AID OFFICE - SAINT-JÉRÔME

460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3

**450 436-5712 Fax: 450 436-8004**

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

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

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

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** parapublic organization

## SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURENTIDES

275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7

**450 569-7575 Fax:** 450 436-4934

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

**Services:** \* Local employment centres locator: [www.localisateur.servicesquebec.gouv.qc.ca/en](http://www.localisateur.servicesquebec.gouv.qc.ca/en) \* Info-emploi counter: job bank that can be consulted on site. \* Job search assistance: redaction of resume and preparation to interview. \* Multiservices room: access to phone, fax, computers and printing machines. \* Workplace learning program. \* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. \* Business assistance: advices and financial support in human resources management. \* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. \* Last-resort financial and social assistance for asylum seekers and refugees. \* Last-resort financial and social assistance. \* Administration of oath. \* Information on government programs and services and accompaniment in administrative procedures. \* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

**Coverage area:** Laurantians

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

**Financing:** provincial

**Legal status:** provincial government agency

## SERVICES QUÉBEC - SAINT-JÉRÔME

275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7

**450 569-3075 Fax:** 450 569-7458

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

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Acts of civil status (certificates and copies). \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Building: payment to maintain a licence and examinations. \* Self-service computer stations. \* Québec land register. \* Information about government programs and services.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 (12h00 to 13h00 with appointment)

**Legal status:** provincial government agency

## SÛRETÉ DU QUÉBEC - POSTE MRC DE LA RIVIÈRE-DU-NORD

3044 Labelle Boulevard, Prévost, Laurentides, QC, J0R 1T0

**450 224-8922 Fax:** 450 224-2300

**Website:** [www.sq.gouv.qc.ca/en/the-surete-du-quebec/](http://www.sq.gouv.qc.ca/en/the-surete-du-quebec/)

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

**Coverage area:** MRC La Rivière-du-Nord

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

**Financing:** provincial

**Legal status:** provincial government agency

**TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JÉRÔME**

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

**1 800 683-2245 Fax:** 1 877 907-8077

**Website:** [www.tal.gouv.qc.ca/en](http://www.tal.gouv.qc.ca/en)

**Services:** Specialized tribunal that the authority regarding residential lease matters. \* Information to citizens about their rights and obligations relating to their lease. \* Reaching agreements between landlords and tenants.

\* Protection of the rights of tenants. \* Assistance with filling court application forms. \* Online calculation tool for rent fixation: [www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul](http://www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul)

**Eligibility:** tenants, landlords

**Coverage area:** Saint-Jérôme

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

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency



**Health**

**EMERGENCY**

**EYE CARE**

**FAMILY PLANNING**

**FUNERAL COOPERATIVES**

**HOSPITALS, CLSC AND COMMUNITY CLINICS**

**PALLIATIVE CARE**

**PATIENT SUPPORT ASSOCIATIONS**

**PUBLIC HEALTH**

## Emergency

### SAUVETAGE A.G.

107 Albert-Raymond Street, Saint-Colomban, Laurentides, QC, J5K 1V8

**514 238-0686**

**Website:** www.sauvetageag.com

**Email:** sauvetageag@hotmail.com

**Services:** Emergency service in remote location. \* Search and rescue. \* First responders.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** self-financing

**Legal status:** non-profit organization

## Eye care

### AMIE DU QUARTIER

655 Fillion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

**Website:** www.lamieduquartier.com

**Email:** lamieduquartier@hotmail.com

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**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. \* Food, clothing and material assistance. \* Support for school or medical fees. \* Partnership allowing to offer free glasses to kids. \* International humanitarian trips. \* School supplies donations.

**Eligibility:** people in a difficult situation, volunteers

**Coverage area:** Laurentians, Laval, South Shore, Terrebonne, Verdun

**Hours:** Monday to Friday 9h00 to 17h00, weekend on-calls

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Family planning

### CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642** Fax: 450 432-8673

**Website:** [centredefemmeslesunesetlesautres.org](http://centredefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**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: 450 431-6536

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

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

**Services:** \* Screening for STIs, HIV, hepatitis, treatment and medical follow-up. \* Vaccination for hepatitis A and B, HPV. \* Psychosocial support. \* Training and mentoring in community medicine. \* Prevention and harm reduction. \* Distribution of sterile equipment, preventive medication, condoms and naloxone kits. \* Distribution of fentanyl test strips and multi-substances test strips. \* Substance analysis. \* Support and accompaniment for members of the LGBTQ2S+ community. \* Social group for people living with HIV.

**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:** centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

**Fees:** free

**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](http://www.coopfunerairelaurentides.org)

**Email:** [abouchard@coopfunerairelaurentides.org](mailto:abouchard@coopfunerairelaurentides.org)

**Services:** Funeral cooperative.

**Coverage area:** Laurentians

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

**Financing:** self-financing

**Legal status:** non-profit organization

## Hospitals, CLSC and community clinics

### CLSC DU CENTRE-VILLE-DE-SAINT-JÉRÔME

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

**450 431-7808**

**Website:** [www.santelaurentides.gouv.qc.ca/english](http://www.santelaurentides.gouv.qc.ca/english)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care. \* Tests centre.

**Coverage area:** Laurentides

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

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC LAFONTAINE

1000, rue Labelle, Saint-Jérôme, Laurentides, QC, J7Z 5N6

**450 431-8001**

**Website:** [www.santelaurentides.gouv.qc.ca/english](http://www.santelaurentides.gouv.qc.ca/english)

**Services:** Frontline services for routine health and social services. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.

**Coverage area:** Laurentides

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

**Financing:** provincial

**Legal status:** parapublic organization

### COOPÉRATIVE DE SOLIDARITÉ SANTÉ BELLEFEUILLE

1000 Nadon Street, Saint-Jérôme, Laurentides, QC, J5L 2B1

**450 504-6001 Fax: 450 504-6003**

**Website:** [coopsantebellefeuille.org](http://coopsantebellefeuille.org)

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

**Services:** Health services. \* Physicians. \* Blood tests. \* Osteopathy. \* Massage therapy. \* Shiatsu. \* Physiotherapy. \* Psychology.

**Coverage area:** Saint-Jérôme and surroundings

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

**Fees:** annual subscription: \$95

**Financing:** self-financing, contributions

**Legal status:** cooperative

### DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

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

**450 431-7432 Fax: 450 431-6536**

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

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

**Services:** \* Screening for STIs, HIV, hepatitis, treatment and medical follow-up. \* Vaccination for hepatitis A and B, HPV. \* Psychosocial support. \* Training and mentoring in community medicine. \* Prevention and harm reduction. \* Distribution of sterile equipment, preventive medication, condoms and naloxone kits. \* Distribution of fentanyl test strips and multi-substances test strips. \* Substance analysis. \* Support and accompaniment for members of the LGBTQ2S+ community. \* Social group for people living with HIV.

**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:** centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

**Fees:** free

**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](http://www.santelaurentides.gouv.qc.ca)

**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. \* Sleep laboratory.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## Palliative care

### MAISON DE SOINS PALLIATIFS DE LA RIVIÈRE-DU-NORD

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

450 431-0488 Fax: 450 431-5929

**Website:** [www.pallia-vie.ca/maison-de-soins-palliatifs-de-riviere-nord](http://www.pallia-vie.ca/maison-de-soins-palliatifs-de-riviere-nord)

**Email:** [admin@pallia-vie.ca](mailto:admin@pallia-vie.ca)

**Services:** Palliative care house.

**Eligibility:** people with a life prognosis of under 3 months

**Capacity:** 12 rooms

**Coverage area:** Laurentides

**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](http://pallia-vie.ca)

**Email:** [admin@pallia-vie.ca](mailto:admin@pallia-vie.ca)

**Services:** \* Support for people with cancer or a generative disease and their relatives. \* Support for bereaved people, including youth.

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

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

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

**Financing:** donations

**Legal status:** non-profit organization

## 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](http://www.fibromyalgie-des-laurentides.ca)

**Email:** [afl@videotron.ca](mailto: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.

**Eligibility:** people living with fibromyalgia, their close ones

**Coverage area:** Laurentians

**Hours:** office: Monday to Thursday 9h00 to 11h30 and 13h30 to 17h00

**Fees:** annual membership: \$20

**Financing:** provincial, membership fees, donations

**Legal status:** non-profit organization

### CANADIAN CANCER SOCIETY - LAURENTIDES REGIONAL OFFICE

418 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B1

**450 436-2691 ext. 25504 Fax:** 450 436-3801

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

**Email:** [scclaurentides@quebec.cancer.ca](mailto:scclaurentides@quebec.cancer.ca)

**Services:** \* Donation of temporary breast prostheses. \* Loan of wigs, turbans and scarves. \* Awareness and documentation. \* Financial and material assistance. \* Phone pairing with a person who experienced the same situation or with a health professional. \* Online community: [www.cancerconnection.ca](http://www.cancerconnection.ca)

**Eligibility:** people affected by cancer, general public

**Coverage area:** Laurentides, Rawdon, Saint-Esprit and Saint-Lin-Laurentides

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

**Fees:** prosthesis: \$20

**Financing:** fundraising campaigns, 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](http://www.captchpl.org)

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

**Services:** Promotion of the interests and advocacy assistance. \* Reception and referrals. \* Individual and group intervention. \* Psychosocial intervention, if required. \* Therapeutic relationship and active listening. \* Support and socialization groups. \* Prevention and awareness. \* Social integration activities. \* Documentation centre.

**Eligibility:** adults with brain injuries and physical disabilities, 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

**Legal status:** non-profit organization

## **CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SAINT-JÉRÔME (URFI D'YOUVILLE)**

531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8

**450 432-2777**

**Website:** [www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation](http://www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation)

**Services:** Adaptation and rehabilitation for people with an intellectual disability or an autism spectrum disorder.

\* Early stimulation. \* Support for community, employment and housing integration. \* Support for relatives.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their relatives

**Coverage area:** Saint-Jérôme

**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:** 450 431-6536

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

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

**Services:** \* Screening for STIs, HIV, hepatitis, treatment and medical follow-up. \* Vaccination for hepatitis A and B, HPV. \* Psychosocial support. \* Training and mentoring in community medicine. \* Prevention and harm reduction. \* Distribution of sterile equipment, preventive medication, condoms and naloxone kits. \* Distribution of fentanyl test strips and multi-substances test strips. \* Substance analysis. \* Support and accompaniment for members of the LGBTQ2S+ community. \* Social group for people living with HIV.

**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:** centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

**Fees:** free

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## **MAISON ALOÏS ALZHEIMER**

651 5th Street, Saint-Jérôme, Laurentides, QC, J7Z 2W8

**450 660-6225**

**Website:** [maisonalois.org](http://maisonalois.org)

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

**Services:** \* Information and referrals. \* Group respite for the day with stimulation activities aiming at maintaining residual abilities. \* At-home respite. \* Psychosocial support.

**Eligibility:** individuals with Alzheimer's and other neurocognitive disorders, their caregivers

**Coverage area:** Laurentians

**Hours:** Monday to Friday 8h00 to 17h30

**Fees:** \$25 per day or according to the fee table

**Financing:** donations, 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:** [scleroseenplaques.ca/section/laurentides](http://scleroseenplaques.ca/section/laurentides)

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

**Services:** \* Hope and cope: information program for people who have received a diagnosis of multiple sclerosis. \* Telephone support and advice. \* Activities to break isolation: coffee meetings, physical education classes, outings and events. \* Advocacy. \* Adapted services. \* Support for caregivers. \* Lectures, seminars, 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 generative disease and their relatives. \* Support for bereaved people, including youth.

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

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

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

**Financing:** donations

**Legal status:** non-profit organization

### **PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME**

651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8

**1 866 974-1888**

**Website:** www.grpa.ca

**Email:** info@grpa.ca

**Services:** \* Adapted physical exercise. \* Art and painting workshops. \* Coffee-meetings, language and play stimulation.

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** non-profit organization

## **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**

**Website:** www.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 with all sorts of disabilities



**Coverage area:** Laurentians  
**Hours:** activities: weekend, adapted day centre: week  
**Fees:** between \$150 and \$200  
**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](http://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/#c6479](http://www.santelaurentides.gouv.qc.ca/soins-et-services/vaccination/#c6479)

**Services:** Vaccination campaign against seasonal influenza. \* Online appointment system: [monvaccin.ca](http://monvaccin.ca).

**Coverage area:** Laurentides  
**Hours:** starting November 1st 2019, schedules for each zone on the website  
**Fees:** free for people who are at risk of complications due to their age or health status: children 6 to 23 months old, pregnant women in the 2nd and 3rd trimesters of pregnancy, people 2 to 60 years old with chronic illnesses, seniors 60 years and over, relatives of these people or of children under 6 months old, health workers  
**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: 450 431-6536**

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

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

**Services:** \* Screening for STIs, HIV, hepatitis, treatment and medical follow-up. \* Vaccination for hepatitis A and B, HPV. \* Psychosocial support. \* Training and mentoring in community medicine. \* Prevention and harm reduction. \* Distribution of sterile equipment, preventive medication, condoms and naloxone kits. \* Distribution of fentanyl test strips and multi-substances test strips. \* Substance analysis. \* Support and accompaniment for members of the LGBTQ2S+ community. \* Social group for people living with HIV.

**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:** centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00  
**Fees:** free  
**Financing:** donations, provincial, federal  
**Legal status:** non-profit organization

**SERRES DE CLARA (LES)**

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

**450 565-2998 ext. 121**

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

**Email:** [serresdeclara@yahoo.ca](mailto:serresdeclara@yahoo.ca)

**Services:** Horticulture centre for food security. \* Collective garden and vegetable garden. \* Community gardens. \* Redistribution of crops to participants and participating organizations. \* Workshops and training on horticulture, nutrition and cooking. \* Emergency food assistance. \* Accompaniment for the creation of community kitchens. \* Compensatory work program in the community. \* Christmas baskets.

**Eligibility:** families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders

**Coverage area:** Saint-Jérôme

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

**Fees:** collective garden: free, community gardens: \$20 or \$30 per year depending on the size of the plot

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

## **Homelessness**

**DAY AND EVENING CENTRES**

**MOBILE UNITS AND STREET WORK**

**SHELTERS**

**TRANSITIONAL HOUSING**

## Day and evening centres

### CAFÉ 20 COEURS (LE)

705 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M6

**450 858-2096**

**Email:** lecafe20coeurs@gmail.com

**Services:** Food aid organization. \* Food bank. \* Soup kitchen. \* Emergency food assistance. \* Christmas baskets.

**Eligibility:** families and individuals on a low income

**Coverage area:** Saint-Jérôme: Saint-Antoine neighbourhood

**Hours:** Monday 8h00 to 10h00, closed on public holidays

**Fees:** food assistance: \$3 per person

**Financing:** donations

**Legal status:** non-profit organization

### CENTRE DE JOUR DE SAINT-JÉRÔME

495 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B5

**450 675-2412**

**Email:** centredejourstj@gmail.com

**Services:** \* Food assistance. \* Soup kitchen. \* Accompaniment. \* Café Chez Toît: street café at 920 Labelle Street. \* Christmas baskets.

**Eligibility:** isolated, marginalized, vulnerable or homeless people, food assistance delivery: people with reduced mobility and people aged 70 and over

**Coverage area:** Laurentides

**Hours:** food assistance: Monday to Thursday 8h00 to 14h00, Chez Toît café: 7 days, 8h00 to 16h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### FABRIQUE DE LA PAROISSE DE SAINT-JÉRÔME

355 du Curé-Labelle Place, Saint-Jérôme, Laurentides, QC, J7Z 5A9

**450 432-9742**

**Email:** info@paroissestj.ca

**Services:** \* Soup kitchen. \* Food assistance. \* Clothing counter. \* Support and referrals for people who are homeless or at risk of homelessness. \* Distribution of new injection equipment to people who use drugs. \* Recovery of used needles and syringes.

**Eligibility:** people on a low income, people experiencing homelessness

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 15h00

**Financing:** donations

**Legal status:** non-profit organization

## Mobile units and street work

### DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

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

**450 431-7432** Fax: 450 431-6536

**Website:** www.dispensaire.org

**Email:** info@csalaurentides.com

**Services:** \* Screening for STIs, HIV, hepatitis, treatment and medical follow-up. \* Vaccination for hepatitis A and B, HPV. \* Psychosocial support. \* Training and mentoring in community medicine. \* Prevention and harm reduction. \* Distribution of sterile equipment, preventive medication, condoms and naloxone kits. \* Distribution of fentanyl test strips and multi-substances test strips. \* Substance analysis. \* Support and accompaniment for members of the LGBTQ2S+ community. \* Social group for people living with HIV.

**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:** centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

**Fees:** free

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## FABRIQUE DE LA PAROISSE DE SAINT-JÉRÔME

355 du Curé-Labelle Place, Saint-Jérôme, Laurentides, QC, J7Z 5A9

**450 432-9742**

**Email:** info@paroissestj.ca

**Services:** \* Soup kitchen. \* Food assistance. \* Clothing counter. \* Support and referrals for people who are homeless or at risk of homelessness. \* Distribution of new injection equipment to people who use drugs. \* Recovery of used needles and syringes.

**Eligibility:** people on a low income, people experiencing homelessness

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 15h00

**Financing:** donations

**Legal status:** non-profit organization

## Shelters

### HÉBERGEMENT FLEUR DE MACADAM

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

**450 848-4816** Fax: 450 504-0702

**Email:** hebergementfleurdemacadam@videotron.ca

**Services:** Emergency and temporary shelter for adults who are homeless or at risk of homelessness. \* Up to 30 days stay. \* Support, assistance and referral to specialized resources. \* Accompaniment in steps towards social reintegration: identity documents, income, etc. \* Assistance with finding rooms or housing.

**Eligibility:** adults who are homeless or at risk of homelessness

**Capacity:** 18 people

**Coverage area:** Laurentians

**Hours:** housing: 17h00 to 8h00, 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### MAISON OXYGÈNE LAURENTIDES

424 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1Y1

**438 825-1651**

**Website:** maisonsoxygene.ca/points-de-service

**Email:** maison.oxygene.laurentides@gmail.com

**Services:** Housing for fathers and their children going through difficulties. \* Temporary housing. \* Supervised apartments. \* Reception, information and accompaniment. \* Fathers-children activities. \* Outpatient psychosocial follow-up.

**Eligibility:** fathers and their children

**Coverage area:** Laurentians  
**Financing:** grants, donations  
**Legal status:** non-profit organization

## Transitional housing

### MAISON OXYGÈNE LAURENTIDES

424 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1Y1

**438 825-1651**

**Website:** [maisonsoxygene.ca/points-de-service](http://maisonsoxygene.ca/points-de-service)

**Email:** [maison.oxygene.laurentides@gmail.com](mailto:maison.oxygene.laurentides@gmail.com)

**Services:** Housing for fathers and their children going through difficulties. \* Temporary housing. \* Supervised apartments. \* Reception, information and accompaniment. \* Fathers-children activities. \* Outpatient psychosocial follow-up.

**Eligibility:** fathers and their children

**Coverage area:** Laurentians

**Financing:** grants, donations

**Legal status:** non-profit organization

**Housing**

**ADVOCACY FOR HOUSING**

**EMERGENCY**

**HOUSING COOPERATIVES AND CORPORATIONS**

**HOUSING SEARCH ASSISTANCE**

**SOCIAL HOUSING AND HOUSING COOPERATIVES**

## Advocacy for housing

### CARREFOUR D'ACTIONS POPULAIRES DE SAINT-JÉRÔME

563 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L9

**450 432-8696**

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

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

**Services:** Place for information, meetings and discussion. \* Weekly information sessions and advocacy for tenants and welfare recipients. \* Craft workshops.

**Eligibility:** isolated people or on a low income, families in difficult situations, tenants, welfare beneficiaries

**Coverage area:** MRC La Rivière-du-Nord

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

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

**Legal status:** non-profit organization

### CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642** Fax: 450 432-8673

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

### OFFICE MUNICIPAL D'HABITATION DE PRÉVOST

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095** Fax: 450 436-8195

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

**Email:** [omh@omhstjerome.qc.ca](mailto:omh@omhstjerome.qc.ca)

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

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

**Coverage area:** Prévost

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### OFFICE MUNICIPAL D'HABITATION DE SAINT-COLOMBAN

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095** Fax: 450 436-8195

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

**Email:** [omh@omhstjerome.qc.ca](mailto:omh@omhstjerome.qc.ca)



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

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

**Coverage area:** Saint-Colomban

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### OFFICE MUNICIPAL D'HABITATION DE SAINT-HIPPOLYTE

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095 Fax:** 450 436-8195

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

**Email:** [omh@omhstjerome.qc.ca](mailto:omh@omhstjerome.qc.ca)

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

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

**Coverage area:** Saint-Hippolyte

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### OFFICE MUNICIPAL D'HABITATION DE SAINT-JÉRÔME

484, Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095 Fax:** 450 436-8195

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

**Email:** [omh@omhstjerome.qc.ca](mailto:omh@omhstjerome.qc.ca)

**Services:** Management and administration of housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Québec affordable housing program. \* Accès-Logis program. \* Referral.

**Eligibility:** people on a low or modest income

**Coverage area:** Saint-Jérôme

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** non-profit organization

### OFFICE MUNICIPAL D'HABITATION DE SAINTE-SOPHIE

2200 de Jouvence Terrace, Sainte-Sophie, Laurentides, QC, J5J 2V8

**514 826-9190**

**Email:** [omh.ste.sophie@videotron.ca](mailto:omh.ste.sophie@videotron.ca)

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

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

**Capacity:** 15 units

**Coverage area:** Sainte-Sophie

**Financing:** provincial, municipal

**Legal status:** municipal agency

### TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JÉRÔME

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

**1 800 683-2245 Fax:** 1 877 907-8077

**Website:** [www.tal.gouv.qc.ca/en](http://www.tal.gouv.qc.ca/en)

**Services:** Specialized tribunal that the authority regarding residential lease matters. \* Information to citizens about their rights and obligations relating to their lease. \* Reaching agreements between landlords and tenants. \* Protection of the rights of tenants. \* Assistance with filling court application forms. \* Online calculation tool for rent fixation: [www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul](http://www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul)

**Eligibility:** tenants, landlords

**Coverage area:** Saint-Jérôme

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

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency

## Emergency

### SAUVETAGE A.G.

107 Albert-Raymond Street, Saint-Colomban, Laurentides, QC, J5K 1V8

**514 238-0686**

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

**Email:** [sauvetageag@hotmail.com](mailto:sauvetageag@hotmail.com)

**Services:** Emergency service in remote location. \* Search and rescue. \* First responders.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** self-financing

**Legal status:** non-profit organization

## Housing cooperatives and corporations

### CARREFOUR D' ACTIONS POPULAIRES DE SAINT-JÉRÔME

563 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L9

**450 432-8696**

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

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

**Services:** Place for information, meetings and discussion. \* Weekly information sessions and advocacy for tenants and welfare recipients. \* Craft workshops.

**Eligibility:** isolated people or on a low income, families in difficult situations, tenants, welfare beneficiaries

**Coverage area:** MRC La Rivière-du-Nord

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

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

**Legal status:** non-profit organization

### CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642 Fax: 450 432-8673**

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

### **OFFICE MUNICIPAL D'HABITATION DE PRÉVOST**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095 Fax:** 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

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

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

**Coverage area:** Prévost

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### **OFFICE MUNICIPAL D'HABITATION DE SAINT-COLOMBAN**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095 Fax:** 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

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

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

**Coverage area:** Saint-Colomban

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### **OFFICE MUNICIPAL D'HABITATION DE SAINT-HIPPOLYTE**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095 Fax:** 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

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

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

**Coverage area:** Saint-Hippolyte

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### **OFFICE MUNICIPAL D'HABITATION DE SAINT-JÉRÔME**

484, Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095 Fax:** 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

**Services:** Management and administration of housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Québec affordable housing program. \* Accès-Logis program. \* Referral.  
**Eligibility:** people on a low or modest income  
**Coverage area:** Saint-Jérôme  
**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00  
**Financing:** municipal  
**Legal status:** non-profit organization

### OFFICE MUNICIPAL D'HABITATION DE SAINTE-SOPHIE

2200 de Jouvence Terrace, Sainte-Sophie, Laurentides, QC, J5J 2V8  
**514 826-9190**  
**Email:** omh.ste.sophie@videotron.ca

**Services:** Management and administration of housing and housing programs. \* Low income housing (HLM). \* Rent supplement program (PSL). \* Québec affordable housing program (LAQ). \* Referral service. \* Accès Logis program.  
**Eligibility:** individuals, seniors and families on a low and moderate income  
**Capacity:** 15 units  
**Coverage area:** Sainte-Sophie  
**Financing:** provincial, municipal  
**Legal status:** municipal agency

### PROGRAMME ÉCONOLOGIS

888 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5E5  
**1 866 266-0008**  
**Website:** www.econologis.ca

**Services:** Energy efficiency program for low-income households. \* Advice on temperature and humidity management. \* Caulking of doors and windows. \* Installation of low-flow shower heads and LED bulbs.  
**Eligibility:** tenants or owners on a low income  
**Coverage area:** Expertbâtiment: Abitibi-Témiscamingue, Bas-Saint-Laurent, Capitale-Nationale, Centre-du-Québec, Chaudière-Appalaches, Côte-Nord, Gaspésie, Îles de la Madeleine, Laurentides, Lanaudière, Laval, Mauricie, Montérégie, île de Montréal, Nord-Du-Québec, Outaouais, Saguenay Lac St-Jean, ACEF Estrie: Estrie  
**Hours:** up until march 31 2021  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

### TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JÉRÔME

500 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M2  
**1 800 683-2245 Fax:** 1 877 907-8077  
**Website:** www.tal.gouv.qc.ca/en

**Services:** Specialized tribunal that the authority regarding residential lease matters. \* Information to citizens about their rights and obligations relating to their lease. \* Reaching agreements between landlords and tenants. \* Protection of the rights of tenants. \* Assistance with filling court application forms. \* Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul  
**Eligibility:** tenants, landlords  
**Coverage area:** Saint-Jérôme  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** variable  
**Financing:** provincial  
**Legal status:** provincial government agency

## Housing search assistance

### COFFRET (LE)

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

**450 565-2998** Fax: 450 565-3577

**Website:** www.lecoffret.ca

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**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 0H5

**450 504-4533**

**Website:** www.citelestroisr.ca

**Email:** info@citelestroisr.ca

**Services:** Affordable housing. \* Horticulture greenhouses. \* Intergenerational activities. \* Three sections.

**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

**Financing:** self-financing

**Legal status:** non-profit organization

### HABITATION DU VIEUX-SHAWBRIDGE

747 de la Station Street, Prévost, Laurentides, QC, J0R 1T0

**450 224-7608**

**Website:** www.rfab.ca/hvs/hvs.xhtml

**Email:** habitationvieuxshawbridge@hotmail.com

**Services:** Housing for people on a low or modest income.

**Eligibility:** families, couples, single parents with young children and single people on a low and modest income

**Capacity:** 11 units

**Coverage area:** Prévost

**Fees:** subsidized housing: 25% of the income according the provincial notice of assessment

**Financing:** provincial, grants

**Legal status:** non-profit organization

**OFFICE MUNICIPAL D'HABITATION DE PRÉVOST**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095** Fax: 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

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

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

**Coverage area:** Prévost

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

**OFFICE MUNICIPAL D'HABITATION DE SAINT-COLOMBAN**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095** Fax: 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

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

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

**Coverage area:** Saint-Colomban

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

**OFFICE MUNICIPAL D'HABITATION DE SAINT-HIPPOLYTE**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095** Fax: 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

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

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

**Coverage area:** Saint-Hippolyte

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

**OFFICE MUNICIPAL D'HABITATION DE SAINT-JÉRÔME**

484, Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095** Fax: 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

**Services:** Management and administration of housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Québec affordable housing program. \* Accès-Logis program. \* Referral.

**Eligibility:** people on a low or modest income

**Coverage area:** Saint-Jérôme

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** non-profit organization

**OFFICE MUNICIPAL D'HABITATION DE SAINTE-SOPHIE**

2200 de Jouvence Terrace, Sainte-Sophie, Laurentides, QC, J5J 2V8

**514 826-9190**

**Email:** omh.ste.sophie@videotron.ca

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

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

**Capacity:** 15 units

**Coverage area:** Sainte-Sophie

**Financing:** provincial, municipal

**Legal status:** municipal agency

## **Immigration and cultural communities**

**FRENCH COURSES**

**INTERPRETATION AND TRANSLATION**

**MULTICULTURAL ORGANIZATIONS**

**REFUGEE SUPPORT**

**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.ca

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**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.ca

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**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.ca

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** municipal, provincial, federal, Centraide Laurentides

**Legal status:** non-profit organization

## Refugee support

### COFFRET (LE)

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

**450 565-2998 Fax:** 450 565-3577

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

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** municipal, provincial, federal, Centraide Laurentides

**Legal status:** non-profit organization

### SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURENTIDES

275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7

**450 569-7575 Fax:** 450 436-4934

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

**Services:** \* Local employment centres locator: [www.localisateur.servicesquebec.gouv.qc.ca/en](http://www.localisateur.servicesquebec.gouv.qc.ca/en) \* Info-emploi counter: job bank that can be consulted on site. \* Job search assistance: redaction of resume and preparation to interview. \* Multiservices room: access to phone, fax, computers and printing machines. \* Workplace learning program. \* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. \* Business assistance: advices and financial support in human resources management. \* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. \* Last-resort financial and social assistance for asylum seekers and refugees. \* Last-resort financial and social assistance. \* Administration of oath. \* Information on government programs and services and accompaniment in administrative procedures. \* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

**Coverage area:** Laurantians

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

**Financing:** provincial

**Legal status:** provincial government agency

## 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.cielarentides.com](http://www.cielarentides.com)

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

**Services:** \* Specialised service to help new comers with their insertion in the job market.

**Eligibility:** immigrants

**Coverage area:** Laurentians

**Hours:** Monday to Friday 8h00 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.ca](http://www.lecoffret.ca)

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**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 West Street, Saint-Jérôme, Laurentides, QC, J5L 1Z6

**1 888 623-4049**

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

**Email:** [crcl@crccurelabelle.com](mailto:crcl@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, Rivière-Rouge, Sainte-Adèle, Sainte-Agathe, Saint-Eustache, Sainte-Thérèse, Terrebonne.

**Eligibility:** men on an active correctional measure

**Capacity:** 46

**Coverage area:** Laurentians

**Hours:** 24 hours, 7 days

**Fees:** 25% of net salary - max. \$60 per week

**Financing:** provincial, federal

**Legal status:** non-profit organization

## Government services

### COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LAURENTIDES

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](http://www.cnesst.gouv.qc.ca)

**Services:** \* 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.

**Eligibility:** employers and workers

**Coverage area:** Laurentians

**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except holidays

**Financing:** membership fees, self-financing

**Legal status:** provincial government agency

### COMMISSION DES NORMES DU TRAVAIL - LAURENTIDES

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

**1 844 838-0808**

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

**Services:** \* Information on labor standards and the obligations stipulated by the law and regulations. \* Registration of complaints. \* Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** public, employers, employees

**Coverage area:** Laurentians

**Hours:** office: by appointment for investigation and mediation

**Financing:** provincial

**Legal status:** provincial government agency

### SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURENTIDES

275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7

**450 569-7575** Fax: 450 436-4934

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

**Services:** \* Local employment centres locator: [www.localisateur.servicesquebec.gouv.qc.ca/en](http://www.localisateur.servicesquebec.gouv.qc.ca/en) \* Info-emploi counter: job bank that can be consulted on site. \* Job search assistance: redaction of resume and preparation to interview. \* Multiservices room: access to phone, fax, computers and printing machines. \* Workplace learning program. \* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. \* Business assistance: advices and financial support in human resources management. \* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. \* Last-resort financial and social assistance for asylum seekers and refugees. \* Last-resort financial and social assistance. \* Administration of oath. \* Information on government programs and services and accompaniment in administrative procedures. \* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

**Coverage area:** Laurantians

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

**Financing:** provincial

**Legal status:** provincial government agency

## SERVICES QUÉBEC - SAINT-JÉRÔME

275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7

**450 569-3075** Fax: 450 569-7458

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

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Acts of civil status (certificates and copies). \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Building: payment to maintain a licence and examinations. \* Self-service computer stations. \* Québec land register. \* Information about government programs and services.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 (12h00 to 13h00 with appointment)

**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

### CARREFOUR D'ACTIONS POPULAIRES DE SAINT-JÉRÔME

563 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L9

**450 432-8696**

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

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

**Services:** Place for information, meetings and discussion. \* Weekly information sessions and advocacy for tenants and welfare recipients. \* Craft workshops.

**Eligibility:** isolated people or on a low income, families in difficult situations, tenants, welfare beneficiaries

**Coverage area:** MRC La Rivière-du-Nord

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

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

**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](http://www.captchpl.org)

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

**Services:** Promotion of the interests and advocacy assistance. \* Reception and referrals. \* Individual and group intervention. \* Psychosocial intervention, if required. \* Therapeutic relationship and active listening. \* Support and socialization groups. \* Prevention and awareness. \* Social integration activities. \* Documentation centre.

**Eligibility:** adults with brain injuries and physical disabilities, 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

**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:** [www.caaplaurentides.org](http://www.caaplaurentides.org)

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

**Services:** Centre assisting health and social services users in their complaint process. \* Information and referral about users' rights. \* Support and counseling services. \* Assistance in reporting harms.

**Eligibility:** public health and social services users

**Coverage area:** Laurentians

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642 Fax:** 450 432-8673

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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



**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

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

1000 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5N6

**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](http://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](mailto: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-gerome](http://www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/saint-gerome)

**Email:** [comite.des.usagers.cissslau@ssss.gouv.qc.ca](mailto: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](http://www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/di-tsa-dp)

**Email:** [cu.ditsadp.cissslau@ssss.gouv.qc.ca](mailto: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

910 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5

**450 432-3789**

**Website:** [www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/centre-de-readaptation-en-dependance-des-laurentides](http://www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/centre-de-readaptation-en-dependance-des-laurentides)

**Email:** [comiteusagercab@bellnet.ca](mailto:comiteusagercab@bellnet.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 DE L'ÉQUITÉ SALARIALE - LAURENTIDES

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

**1 844 838-0808** Fax: 514 864-6756

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

**Email:** [equite.salariale@ces.gouv.qc.ca](mailto:equite.salariale@ces.gouv.qc.ca)

**Services:** Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. \* Front-line telephone service to answer general questions on the application of the Pay Equity Act. \* Specialized assistance to understand more complex or technical aspects of the Act. \* Conciliation services to promote the settlement of disagreements. \* Investigations following complaints or different subjected by the parties or on its own initiative. \* Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. \* Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. \* Tool development and training accessible free of charge in all regions of Québec. \* Research activities.

**Eligibility:** employees, mostly women who occupy predominantly female job classes, accredited associations and employers

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

## COMMISSION DES NORMES DU TRAVAIL - LAURENTIDES

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

**1 844 838-0808**

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

**Services:** \* Information on labor standards and the obligations stipulated by the law and regulations. \* Registration of complaints. \* Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** public, employers, employees

**Coverage area:** Laurentians

**Hours:** office: by appointment for investigation and mediation

**Financing:** provincial

**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](http://droitsetrecourslaurentides.org)

**Email:** [info@droitsetrecourslaurentides.org](mailto: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

### **MOUVEMENT PERSONNE D'ABORD DE ST-JÉRÔME ET SES ENVIRONS**

768 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M3  
**450 438-6256**  
**Email:** mpdastjerome@hotmail.ca

**Services:** Advocacy of the collective rights of people living or having been labeled with an intellectual disability. \* Awareness, mobilization and representation actions. \* Weekly and annual activities.  
**Eligibility:** people living or having been labeled with an intellectual disability, their relatives  
**Coverage area:** Saint-Jérôme  
**Fees:** membership: 5\$  
**Financing:** self-financing, membership fees  
**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:** scleroseenplaques.ca/section/laurentides  
**Email:** info.laurentides@scleroseenplaques.ca

**Services:** \* Hope and cope: information program for people who have received a diagnosis of multiple sclerosis. \* Telephone support and advice. \* Activities to break isolation: coffee meetings, physical education classes, outings and events. \* Advocacy. \* Adapted services. \* Support for caregivers. \* Lectures, seminars, 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

### **REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD**

300 Longpré Street, Suite 310, Saint-Jérôme, Laurentides, QC, J7Y 3B9  
**450 592-1383**  
**Email:** rutac-mrc-rdn@hotmail.com

**Services:** \* Representation and advocacy for individual and collective rights and interests. \* Development and improvement of the conditions of the collective and adapted transportation service.  
**Eligibility:** people with reduced mobility who use the adapted transportation service  
**Coverage area:** MRC La Rivière-du-Nord  
**Hours:** Monday to Friday 9h30 to 17h00  
**Fees:** free  
**Financing:** grants  
**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](http://www.femmeslaurentides.org)

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

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

**Eligibility:** women's groups and committees, general public

**Coverage area:** Laurentians

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

**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:** [www.caaplaurentides.org](http://www.caaplaurentides.org)

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

**Services:** Centre assisting health and social services users in their complaint process. \* Information and referral about users' rights. \* Support and counseling services. \* Assistance in reporting harms.

**Eligibility:** public health and social services users

**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**

1000 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5N6

**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](http://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](mailto: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-gerome](http://www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/saint-gerome)

**Email:** [comite.des.usagers.cissslau@ssss.gouv.qc.ca](mailto: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](http://www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/di-tsa-dp)

**Email:** [cu.ditsadp.cissslau@ssss.gouv.qc.ca](mailto: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**

910 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5

**450 432-3789**

**Website:** [www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/centre-de-readaptation-en-dependance-des-laurentides](http://www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/centre-de-readaptation-en-dependance-des-laurentides)

**Email:** [comiteusagercab@bellnet.ca](mailto:comiteusagercab@bellnet.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

### **OFFICE MUNICIPAL D'HABITATION DE PRÉVOST**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095 Fax: 450 436-8195**

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

**Email:** [omh@omhstjerome.qc.ca](mailto:omh@omhstjerome.qc.ca)

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

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

**Coverage area:** Prévost

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

**OFFICE MUNICIPAL D'HABITATION DE SAINT-COLOMBAN**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095** Fax: 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

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

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

**Coverage area:** Saint-Colomban

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

**OFFICE MUNICIPAL D'HABITATION DE SAINT-HIPPOLYTE**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095** Fax: 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

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

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

**Coverage area:** Saint-Hippolyte

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

**OFFICE MUNICIPAL D'HABITATION DE SAINT-JÉRÔME**

484, Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095** Fax: 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

**Services:** Management and administration of housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Québec affordable housing program. \* Accès-Logis program. \* Referral.

**Eligibility:** people on a low or modest income

**Coverage area:** Saint-Jérôme

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** non-profit organization

**OFFICE MUNICIPAL D'HABITATION DE SAINTE-SOPHIE**

2200 de Jouvence Terrace, Sainte-Sophie, Laurentides, QC, J5J 2V8

**514 826-9190**

**Email:** omh.ste.sophie@videotron.ca

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

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

**Capacity:** 15 units

**Coverage area:** Sainte-Sophie

**Financing:** provincial, municipal

**Legal status:** municipal agency

## Correctional services

### CORRECTIONAL SERVICE CANADA - LAFERRIÈRE COMMUNITY CORRECTIONAL CENTRE

202 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z9

**450 432-2141** Fax: 450 432-8657

**Website:** [www.csc-scc.gc.ca](http://www.csc-scc.gc.ca)

**Services:** Community correctional centre for people on probation. \* Structured living environment. \* 24-hour supervision. \* Administration of reintegration programs.

**Eligibility:** people under federal jurisdiction who have been released to the community on unescorted temporary absences, day parole, full parole, work releases, statutory release or long-term supervision orders

**Coverage area:** Province of Québec

**Financing:** federal

**Legal status:** federal government agency

### DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - LAURENTIDES

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

**1 866 722-7351** Fax: 450 569-3138

**Website:** [www.securitepublique.gouv.qc.ca/en.html](http://www.securitepublique.gouv.qc.ca/en.html)

**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:** Laurentides

**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.securitepublique.gouv.qc.ca/en.html](http://www.securitepublique.gouv.qc.ca/en.html)

**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

**1 877 263-6337** Fax: 450 569-7683

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

**Email:** [amendes@justice.gouv.qc.ca](mailto: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.

**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

**450 431-4407**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing of cases where the amount in dispute is less than \$85,000. \* 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. \* Other point of service for voluntary deposits and for receiving claims, by appointment: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.

**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

**450 431-4418** Fax: 450 569-3051

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing of prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes.

**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

**450 431-4439**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse)

**Email:** [pcstjerome@justice.gouv.qc.ca](mailto:pcstjerome@justice.gouv.qc.ca)

**Services:** Court hearing cases in which the disputed amount of money is inferior to \$15,000 and where people represent themselves, without a lawyer. \* Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge. \* Other point of service for small claims: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.

**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

**450 431-4419**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing of all cases involving a minor. \* Hearing of cases of adoption.

**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

**450 431-4407**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse)

**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.

**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

**450 431-4407**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing of the cases where the amount in dispute is more than \$85,000 and administrative, familial and bankruptcy litigations. \* Hearing of jury trials in criminal cases and appeals in summary conviction.

**Coverage area:** Laurentians: Terrebonne judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

## Legal assistance and information

### BUREAU DES INFRACTIONS ET AMENDES - SAINT-JÉRÔME

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

**1 877 263-6337 Fax:** 450 569-7683

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

**Email:** [amendes@justice.gouv.qc.ca](mailto: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.

**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

### CARREFOUR D' ACTIONS POPULAIRES DE SAINT-JÉRÔME

563 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L9

**450 432-8696**

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

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

**Services:** Place for information, meetings and discussion. \* Weekly information sessions and advocacy for tenants and welfare recipients. \* Craft workshops.

**Eligibility:** isolated people or on a low income, families in difficult situations, tenants, welfare beneficiaries

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 9h30 to 16h00  
**Financing:** provincial, donations, self-financing  
**Legal status:** non-profit organization

### **CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)**

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642 Fax:** 450 432-8673

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

### **COMMISSION DE L'ÉQUITÉ SALARIALE - LAURENTIDES**

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

**1 844 838-0808 Fax:** 514 864-6756

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

**Email:** [equite.salariale@ces.gouv.qc.ca](mailto:equite.salariale@ces.gouv.qc.ca)

**Services:** Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. \* Front-line telephone service to answer general questions on the application of the Pay Equity Act. \* Specialized assistance to understand more complex or technical aspects of the Act. \* Conciliation services to promote the settlement of disagreements. \* Investigations following complaints or different subjected by the parties or on its own initiative. \* Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. \* Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. \* Tool development and training accessible free of charge in all regions of Québec. \* Research activities.

**Eligibility:** employees, mostly women who occupy predominantly female job classes, accredited associations and employers

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

### **COMMISSION DES NORMES DU TRAVAIL - LAURENTIDES**

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

**1 844 838-0808**

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

**Services:** \* Information on labor standards and the obligations stipulated by the law and regulations. \* Registration of complaints. \* Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** public, employers, employees

**Coverage area:** Laurentians

**Hours:** office: by appointment for investigation and mediation

**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

**450 431-4419**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing of all cases involving a minor. \* Hearing of cases of adoption.

**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

**450 569-3240**

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

**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:** Lanaudière and Laurentians

**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

### **LEGAL AID OFFICE - SAINT-JÉRÔME**

460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3

**450 436-5712 Fax: 450 436-8004**

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

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

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

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** parapublic organization

### **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](http://mhjlaparenthese.org)

**Email:** [info@mhjlaparenthese.org](mailto: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 referral. \* Help relationship, accompaniment, post-housing follow-up and referrals. \* Family mediation.

**Eligibility:** young people in difficulty aged 12 to 17 years, their parents, families

**Capacity:** 9 places

**Coverage area:** Laurentians

**Hours:** 24 hours / 7 days

**Fees:** variable according to income, from \$3.50 to \$12 per day

**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

**450 436-6749 Fax:** 450 436-1863

**Website:** www.mavn.ca

**Email:** info@mavn.ca

**Services:** Organization of citizen mediation and alternative justice. Teenagers \* Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. \* Legal education workshops in primary and secondary schools. Citizen Mediation \* Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Work environment \* Accompaniment and mediation. \* Awareness and training. 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 aged 12 to 17, 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

## PRÉVOST - CITY

2870 Curé-Labelle Boulevard, Prévost, Laurentides, QC, J0R 1T0

**450 224-8888 ext. 0**

**Website:** www.ville.prevast.qc.ca

**Email:** servicecitoyen@ville.prevast.qc.ca

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: <http://www.ville.prevast.qc.ca/guichet-citoyen/services/collectes-et-dechets#collecte-des-ordures>  
\* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Prévost

**Hours:** Monday to Thursday 8h15 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

## SAINT-HIPPOLYTE- MUNICIPALITY

2253 des Hauteurs Road, Saint-Hippolyte, Laurentides, QC, J8A 1A1

**450 563-2505**

**Website:** saint-hippolyte.ca

**Email:** municipalite@saint-hippolyte.ca

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [saint-hippolyte.ca/services-aux-citoyens/collecte-a-trois-voies](http://saint-hippolyte.ca/services-aux-citoyens/collecte-a-trois-voies) \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Saint-Hippolyte

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

**Financing:** municipal

**Legal status:** municipal agency

## SAINT-JÉRÔME - CITY

10 Saint-Joseph Street, Suite 103, Saint-Jérôme, Laurentides, QC, J7Z 7G7

**450 569-5000**

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

**Services:** Municipal service management. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes, regulations, etc. \* Calendar of recyclable and garbage collections and information on waste management: [www.vsj.ca/collectes](http://www.vsj.ca/collectes) \* Public safety: fire safety service, police service.

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h00 to 17h00

**Financing:** municipal

**Legal status:** municipal agency

## SAINTE-SOPHIE - MUNICIPALITY

2199 Sainte-Sophie Boulevard, Sainte-Sophie, Laurentides, QC, J5J 1A1

**450 438-7784** Fax: 450 438-1080

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

**Email:** [courrier@stesophie.ca](mailto:courrier@stesophie.ca)

**Services:** Management of municipal services. \* Municipal counter: information on permits, subsidies and taxes, payment of taxes. \* Calendar of recyclable and garbage collections and information on waste management: [www.stesophie.ca/Collecte-des-ordures-menageres-2028](http://www.stesophie.ca/Collecte-des-ordures-menageres-2028) \* Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Sainte-Sophie

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

**Financing:** municipal

**Legal status:** municipal agency

## Professional orders and associations

### ASSOCIATION CANADIENNE DE RÉFLEXOLOGIE - SECTION QUÉBEC

Confidential Address

**450 602-7904**

**Website:** [www.reflexologycanada.org/en/quebec](http://www.reflexologycanada.org/en/quebec)

**Email:** [qc.president@reflexologycanada.org](mailto:qc.president@reflexologycanada.org)

**Services:** Regroups teachers, professional practitioners and students in reflexology. \* Promotes reflexology, networking and knowledge sharing. \* Professional trainings and information sessions for public. \* Therapist repertory: [www.reflexologycanada.org/en/quebec/#Find-reflexology-therapist](http://www.reflexologycanada.org/en/quebec/#Find-reflexology-therapist)

**Coverage area:** Province of Québec

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

**Fees:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

## Support for offenders

### CENTRE RÉSIDENTIEL COMMUNAUTAIRE CURÉ LABELLE

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

**1 888 623-4049**

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

**Email:** [crccl@crcclurelabelle.com](mailto: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, Rivière-Rouge, Sainte-Adèle, Sainte-Agathe, Saint-Eustache, Sainte-Thérèse, Terrebonne.

**Eligibility:** men on an active correctional measure

**Capacity:** 46

**Coverage area:** Laurentians

**Hours:** 24 hours, 7 days

**Fees:** 25% of net salary - max. \$60 per week

**Financing:** provincial, federal

**Legal status:** non-profit organization

### DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - LAURENTIDES

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

**1 866 722-7351 Fax:** 450 569-3138

**Website:** [www.securitepublique.gouv.qc.ca/en.html](http://www.securitepublique.gouv.qc.ca/en.html)

**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:** Laurentides

**Financing:** provincial

**Legal status:** provincial government agency

### MESURES ALTERNATIVES DES VALLÉES DU NORD

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

**450 436-6749 Fax:** 450 436-1863

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

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

**Services:** Organization of citizen mediation and alternative justice. Teenagers \* Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. \* Legal education workshops in primary and secondary schools. Citizen Mediation \* Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Work environment \* Accompaniment and mediation. \* Awareness and training. 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 aged 12 to 17, 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 MENTAL HEALTH ISSUES**

## Addiction prevention

### DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

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

**450 431-7432** Fax: 450 431-6536

**Website:** www.dispensaire.org

**Email:** info@csalaurentides.com

**Services:** \* Screening for STIs, HIV, hepatitis, treatment and medical follow-up. \* Vaccination for hepatitis A and B, HPV. \* Psychosocial support. \* Training and mentoring in community medicine. \* Prevention and harm reduction. \* Distribution of sterile equipment, preventive medication, condoms and naloxone kits. \* Distribution of fentanyl test strips and multi-substances test strips. \* Substance analysis. \* Support and accompaniment for members of the LGBTQ2S+ community. \* Social group for people living with HIV.

**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:** centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

**Fees:** free

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

### FABRIQUE DE LA PAROISSE DE SAINT-JÉRÔME

355 du Curé-Labelle Place, Saint-Jérôme, Laurentides, QC, J7Z 5A9

**450 432-9742**

**Email:** info@paroissestj.ca

**Services:** \* Soup kitchen. \* Food assistance. \* Clothing counter. \* Support and referrals for people who are homeless or at risk of homelessness. \* Distribution of new injection equipment to people who use drugs. \* Recovery of used needles and syringes.

**Eligibility:** people on a low income, people experiencing homelessness

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 15h00

**Financing:** donations

**Legal status:** non-profit organization

### SABLIER

224 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A8

**450 602-0883**

**Email:** preventionsablier@videotron.ca

**Services:** Addiction Prevention. \* Mon entreprise optimale (MEO): prevention in the work place. \* Méthode d'initiation et de sensibilisation aux expériences de plaisir (MISE): gambling and seniors. \* Prévention en milieu scolaire (PRISME): prevention in schools. \* Réseau d'entraide vocationnel et expérientiel (REVE): drop-out prevention. \*Telephone listening.

**Eligibility:** schools and work place

**Coverage area:** Laurentides

**Legal status:** non-profit organization



## Addiction treatment

### CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINT-JÉRÔME - EXTERNAL SERVICES

906 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5

**811 option 2**

**Website:** [www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation](http://www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation)

**Services:** External follow-up for adults and youth. \* Detoxification. \* Rehabilitation. \* Social and professional reintegration. \* Substitution treatment. \* Support for relatives.

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

**Coverage area:** Laurentians

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

### PORTAGE - PROGRAMME POUR ADOLESCENTS - OUEST DU QUÉBEC

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

**450 224-2944**

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

**Email:** [info\\_adomtl@portage.ca](mailto:info_adomtl@portage.ca)

**Services:** Inpatient Rehabilitation Centre up to 6 months \* Programme for substance abuse. \* Group therapy. \* Social reintegration. \* Académie Portage: Mandatory School Programme. \* Orientation and vocational planning. \* Cultural and recreational programmes. \* Weekly after-treatment of 18 months in group (zoom or face-to-face). \* Individual after-care follow-up as needed (zoom, phone or face-to-face). \* Resourcing.

**Eligibility:** youth 14 to 18 with substance abuse problem

**Capacity:** 32

**Coverage area:** Province of Québec

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

**Fees:** free

**Financing:** provincial, foundations

**Legal status:** non-profit organization

### PORTAGE - PROGRAMME POUR ADULTES

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

**514 939-7700**

**Website:** <https://portage.ca/fr/quebec/programme-adultes/>

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

**Services:** Inpatient Rehabilitation Centre up to 6 months \* 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 The Court of Quebec Addiction Treatment Program (CQATP).

**Eligibility:** adults with a substance abuse problem

**Capacity:** 80

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

**Email:** [administration.cavac.lau@bellnet.ca](mailto:administration.cavac.lau@bellnet.ca)

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

**Eligibility:** victims, close ones and witnesses of a crime

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### GROUPE HARFANG DES NEIGES DES LAURENTIDES (LE)

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

**450 565-1161** Fax: 450 565-6317

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

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

**Services:** Mental health services. \* Support group. \* Individual follow-up. \* Mental health workshops. \* Physical activity workshops. \* Art workshops. \* Group social activities, outings.

**Eligibility:** people living with mental health problems

**Coverage area:** Laurentians

**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)

950A Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5

**1 800 663-0659**

**Website:** [lahalte.ca/en/home-3](http://lahalte.ca/en/home-3)

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

**Services:** \* Telephone intervention. \* Psychosocial follow-up. \* Counselling for individuals, couples and families. \* Support groups. \* Educational programs and thematic workshops. \* Respite activities. \* Conferences and testimonials. \* Accompaniment in order to make a request for psychiatric assessment.

**Eligibility:** close ones aged 3 years old and over of a person with a mental illness

**Coverage area:** MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-de-Blainville, MRC Laurentides, MRC Rivière-du-Nord, MRC Pays-d'en-Haut, MRC Argenteuil and MRC Antoine-Labelle

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** yearly membership: \$20

**Financing:** provincial, foundations, donations, contributions

**Legal status:** non-profit organization

## Crisis centres and suicide prevention

### CENTRE PRÉVENTION SUICIDE FAUBOURG

Confidential Address

**1 866 277-3553** Fax: 450 565-9726

**Website:** cpsfaubourg.org

**Email:** administration@cpsfaubourg.org

**Services:** \* Crisis hotline to prevent suicide. \* 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 relatives, or bereaved by suicide and 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** Fax: 450 565-9726

**Website:** cpsfaubourg.org

**Email:** administration@cpsfaubourg.org

**Services:** \* Crisis hotline to prevent suicide. \* 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 relatives, or bereaved by suicide and 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](http://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:** free

**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 referral. \* Help relationship, accompaniment, post-housing follow-up and referrals. \* Family mediation.

**Eligibility:** young people in difficulty aged 12 to 17 years, their parents, families

**Capacity:** 9 places

**Coverage area:** Laurentians

**Hours:** 24 hours / 7 days

**Fees:** variable according to income, from \$3.50 to \$12 per day

**Financing:** provincial, municipal, donations

**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)

950A Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5

**1 800 663-0659**

**Website:** lahalte.ca/en/home-3

**Email:** info@lahalte.ca

**Services:** \* Telephone intervention. \* Psychosocial follow-up. \* Counselling for individuals, couples and families. \* Support groups. \* Educational programs and thematic workshops. \* Respite activities. \* Conferences and testimonials. \* Accompaniment in order to make a request for psychiatric assessment.

**Eligibility:** close ones aged 3 years old and over of a person with a mental illness

**Coverage area:** MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-de-Blainville, MRC Laurentides, MRC Rivière-du-Nord, MRC Pays-d'en-Haut, MRC Argenteuil and MRC Antoine-Labelle

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** yearly membership: \$20

**Financing:** provincial, foundations, donations, contributions

**Legal status:** non-profit organization

## Self-help groups for mental health issues

### GROUPE HARFANG DES NEIGES DES LAURENTIDES (LE)

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

**450 565-1161** Fax: 450 565-6317

**Website:** www.groupeharfangdesneiges.org

**Email:** info@groupeharfangdesneiges.org

**Services:** Mental health services. \* Support group. \* Individual follow-up. \* Mental health workshops. \* Physical activity workshops. \* Art workshops. \* Group social activities, outings.

**Eligibility:** people living with mental health problems

**Coverage area:** Laurentians

**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)**

950A Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5

**1 800 663-0659**

**Website:** [lahalte.ca/en/home-3](http://lahalte.ca/en/home-3)

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

**Services:** \* Telephone intervention. \* Psychosocial follow-up. \* Counselling for individuals, couples and families. \* Support groups. \* Educational programs and thematic workshops. \* Respite activities. \* Conferences and testimonials. \* Accompaniment in order to make a request for psychiatric assessment.

**Eligibility:** close ones aged 3 years old and over of a person with a mental illness

**Coverage area:** MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-de-Blainville, MRC Laurentides, MRC Rivière-du-Nord, MRC Pays-d'en-Haut, MRC Argenteuil and MRC Antoine-Labelle

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** yearly membership: \$20

**Financing:** provincial, foundations, donations, contributions

**Legal status:** non-profit organization

## **Seniors**

**CAREGIVERS**

**COMMUNITY AND RECREATION CENTRES**

**DAY CENTRES AND RESPITE**

**FRIENDLY VISITS AND SAFETY CALLS**

**HOME SUPPORT**

**HOUSING FOR SENIORS**

**INTERGENERATIONAL ACTIVITIES**

**MEALS ON WHEELS**

**SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS**

**VOLUNTEER TRANSPORTATION**

## Caregivers

### APPUI LAURENTIDES (L')

500, des Laurentides Boulevard, Suite 235, Saint-Jérôme, Laurentides, QC, J7Z 4M2

**1 855 852-7784 Fax:** 450 592-3706

**Website:** www.lappui.org/laurentides

**Email:** info@lappui-laurentides.org

**Services:** \* Helpline Service Info-aidant: listening, information and referral. \* Consultation and mobilization of stakeholders.

**Eligibility:** seniors caregivers, relevant stakeholders

**Coverage area:** Laurentians

**Hours:** 8h00 to 16h00

**Financing:** provincial, foundations

**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:** scleroseenplaques.ca/section/laurentides

**Email:** info.laurentides@scleroseenplaques.ca

**Services:** \* Hope and cope: information program for people who have received a diagnosis of multiple sclerosis. \* Telephone support and advice. \* Activities to break isolation: coffee meetings, physical education classes, outings and events. \* Advocacy. \* Adapted services. \* Support for caregivers. \* Lectures, seminars, 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 generative disease and their relatives. \* Support for bereaved people, including youth.

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

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

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

**Financing:** donations

**Legal status:** non-profit organization

### SERVICE TRAVAIL-MAISON

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

**450 436-6425**

**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.

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

**Fees:** possibility of financial aid  
**Financing:** self-financing  
**Legal status:** non-profit organization

## Community and Recreation Centres

### GRANDS-PARENTS TENDRESSE

374 Lavolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

**450 436-6664**

**Website:** grandparentstendresse.org

**Email:** administration@grandparentstendresse.org

**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. \* Supervision of seniors who wish to volunteer. \* Pairing with parents of a newborn to provide them respite care. \* Intergénération: bi-annual intergenerational meetings in schools. \* Social activities: talks, conferences, physical exercises, knitting group, outings. \* Classes on different subjects. \* Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. \* Library for members.

**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old

**Coverage area:** Saint-Jérôme, pairing: MRC La Rivière-du-Nord

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

**Fees:** membership card: \$20 per year

**Financing:** 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.

**Eligibility:** general population, 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 13h30

**Fees:** annual membership card: \$10

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

**Legal status:** non-profit organization

### UNIVERSITÉ DU TROISIÈME ÂGE - LAURENTIDES

Confidential Address

**450 224-4266**

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

**Email:** info.uta.laurentides@gmail.com

**Services:** Educational programming distributed in 49 university branches for people aged 50 years and over. \* Non-credited educational activities without papers or exams. \* Different teaching methods: courses, seminars, lectures, workshops, physical activities. \* Student associations promoting integration in cultural and social life.

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

**Coverage area:** Laurentides

**Fees:** variable tuition according to the activity, compulsory student fee: \$6, optional donation

**Financing:** donations, grants

**Legal status:** non-profit organization



## Day centres and respite

### MAISON ALOÏS ALZHEIMER

651 5th Street, Saint-Jérôme, Laurentides, QC, J7Z 2W8

**450 660-6225**

**Website:** maisonalois.org

**Email:** info@maisonalois.org

**Services:** \* Information and referrals. \* Group respite for the day with stimulation activities aiming at maintaining residual abilities. \* At-home respite. \* Psychosocial support.

**Eligibility:** individuals with Alzheimer's and other neurocognitive disorders, their caregivers

**Coverage area:** Laurentians

**Hours:** Monday to Friday 8h00 to 17h30

**Fees:** \$25 per day or according to the fee table

**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:** \* Community lunches. \* Meals on wheels. \* Friendly visits and calls. \* PAIR 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). \* Assistance with moves. \* Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. \* Lire et faire lire: intergenerational reading program in school by volunteer seniors. \* Volunteer support: welcoming, guidance and training. \* Tax clinic.

**Eligibility:** seniors, people wanting to volunteer, community and volunteer organizations

**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), PAIR program: MRC La Rivière-du-Nord, MRC Mirabel

**Hours:** Monday to Friday 8h00 to 16h00, meals on wheels: Tuesday and Thursday

**Fees:** membership card: \$5, meals on wheels: \$8, community meals: \$8

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

**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:** \* Community lunches. \* Meals on wheels. \* Friendly visits and calls. \* PAIR 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). \* Assistance with moves. \* Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. \* Lire et faire lire: intergenerational reading program in school by volunteer seniors. \* Volunteer support: welcoming, guidance and training. \* Tax clinic.

**Eligibility:** seniors, people wanting to volunteer, community and volunteer organizations

**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), PAIR program: MRC La Rivière-du-Nord, MRC Mirabel

**Hours:** Monday to Friday 8h00 to 16h00, meals on wheels: Tuesday and Thursday

**Fees:** membership card: \$5, meals on wheels: \$8, community meals: \$8

**Financing:** 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**

**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.

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

**Fees:** possibility of financial aid

**Financing:** self-financing

**Legal status:** non-profit organization

### VIGIL'ANGE

872-R Sainte-Thérèse Road, Suite 200, Saint-Jérôme, Laurentides, QC, J5L 2L1

**450 275-5131**

**Website:** vigilange.org

**Email:** info@vigilange.org

**Services:** Organization offering information and guidance to seniors and caregivers to promote homecare services. \* Proximity network between volunteers, community workers and support resources and seniors and caregivers in need.

**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:** labellefeuilloise@videotron.ca

**Services:** Living environments for seniors. \* Low-cost housing and affordable housing. \* Rent supplement program.

**Eligibility:** seniors who are autonomous or with a moderate loss of autonomy

**Capacity:** 44 units

**Coverage area:** Laurentides

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**CENTRE D'HÉBERGEMENT CHAMPLAIN-DE-LA-VILLA-SOLEIL**

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

**450 432-3100 Fax:** 450 432-3151

**Website:** [www.groupechamplain.qc.ca/centres/champlain-de-la-villa-soleil](http://www.groupechamplain.qc.ca/centres/champlain-de-la-villa-soleil)

**Services:** Private funded long term care and housing facility.

**Eligibility:** seniors or people with a loss of autonomy

**Coverage area:** Laurentians

**Financing:** provincial

**Legal status:** parapublic 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](http://www.santelaurentides.gouv.qc.ca)

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term cares.

**Eligibility:** seniors or people with a loss of autonomy

**Coverage area:** Laurentians

**Financing:** provincial

**Legal status:** parapublic organization

**CHSLD DE SAINT-JÉRÔME**

200 Rolland Street, Saint-Jérôme, Laurentides, QC, J7Z 5S1

**450 436-3061**

**Website:** [www.santelaurentides.gouv.qc.ca](http://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

**Financing:** provincial

**Legal status:** parapublic organization

**CITÉ LES TROIS R**

850 du Bourg Avenue, Saint-Jérôme, Laurentides, QC, J7Z 0H5

**450 504-4533**

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

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

**Services:** Affordable housing. \* Horticulture greenhouses. \* Intergenerational activities. \* Three sections.

**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

**Financing:** self-financing

**Legal status:** non-profit organization

**OFFICE MUNICIPAL D'HABITATION DE PRÉVOST**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095 Fax:** 450 436-8195

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

**Email:** [omh@omhstjerome.qc.ca](mailto:omh@omhstjerome.qc.ca)

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

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

**Coverage area:** Prévost

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### **OFFICE MUNICIPAL D'HABITATION DE SAINT-COLOMBAN**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095 Fax:** 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

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

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

**Coverage area:** Saint-Colomban

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### **OFFICE MUNICIPAL D'HABITATION DE SAINT-HIPPOLYTE**

484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095 Fax:** 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

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

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

**Coverage area:** Saint-Hippolyte

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### **OFFICE MUNICIPAL D'HABITATION DE SAINT-JÉRÔME**

484, Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7

**450 436-8095 Fax:** 450 436-8195

**Website:** www.omhstjerome.qc.ca

**Email:** omh@omhstjerome.qc.ca

**Services:** Management and administration of housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Québec affordable housing program. \* Accès-Logis program. \* Referral.

**Eligibility:** people on a low or modest income

**Coverage area:** Saint-Jérôme

**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

**Financing:** municipal

**Legal status:** non-profit organization

### **OFFICE MUNICIPAL D'HABITATION DE SAINTE-SOPHIE**

2200 de Jouvence Terrace, Sainte-Sophie, Laurentides, QC, J5J 2V8

**514 826-9190**

**Email:** omh.ste.sophie@videotron.ca

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

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

**Capacity:** 15 units

**Coverage area:** Sainte-Sophie

**Financing:** provincial, municipal

**Legal status:** municipal agency

## 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:** \* Community lunches. \* Meals on wheels. \* Friendly visits and calls. \* PAIR 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). \* Assistance with moves. \* Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. \* Lire et faire lire: intergenerational reading program in school by volunteer seniors. \* Volunteer support: welcoming, guidance and training. \* Tax clinic.

**Eligibility:** seniors, people wanting to volunteer, community and volunteer organizations

**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), PAIR program: MRC La Rivière-du-Nord, MRC Mirabel

**Hours:** Monday to Friday 8h00 to 16h00, meals on wheels: Tuesday and Thursday

**Fees:** membership card: \$5, meals on wheels: \$8, community meals: \$8

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

**Legal status:** non-profit organization

### GRANDS-PARENTS TENDRESSE

374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

**450 436-6664**

**Website:** grandparentstendresse.org

**Email:** administration@grandparentstendresse.org

**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. \* Supervision of seniors who wish to volunteer. \* Pairing with parents of a newborn to provide them respite care. \* Intergénération: bi-annual intergenerational meetings in schools. \* Social activities: talks, conferences, physical exercises, knitting group, outings. \* Classes on different subjects. \* Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. \* Library for members.

**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old

**Coverage area:** Saint-Jérôme, pairing: MRC La Rivière-du-Nord

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

**Fees:** membership card: \$20 per year

**Financing:** 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

## Seniors

**Services:** \* Community lunches. \* Meals on wheels. \* Friendly visits and calls. \* PAIR 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). \* Assistance with moves. \* Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. \* Lire et faire lire: intergenerational reading program in school by volunteer seniors. \* Volunteer support: welcoming, guidance and training. \* Tax clinic.

**Eligibility:** seniors, people wanting to volunteer, community and volunteer organizations

**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), PAIR program: MRC La Rivière-du-Nord, MRC Mirabel

**Hours:** Monday to Friday 8h00 to 16h00, meals on wheels: Tuesday and Thursday

**Fees:** membership card: \$5, meals on wheels: \$8, community meals: \$8

**Financing:** 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:** [www.caaplaurentides.org](http://www.caaplaurentides.org)

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

**Services:** Centre assisting health and social services users in their complaint process. \* Information and referral about users' rights. \* Support and counseling services. \* Assistance in reporting harms.

**Eligibility:** public health and social services users

**Coverage area:** Laurentians

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642 Fax:** 450 432-8673

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

**LEGAL AID OFFICE - SAINT-JÉRÔME**

460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3

**450 436-5712 Fax: 450 436-8004**

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

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

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

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** parapublic organization

**Volunteer Transportation****CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME - ACCOMPANIMENT-TRANSPORTATION**

225 de la Gare Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

**450 432-3200 ext. 223 and 225 Fax: 450 432-7354**

**Website:** www.cbsj.qc.ca

**Email:** info@cbsj.qc.ca

**Services:** \* Accompaniment and transportation to medical appointments and outings by volunteers.

**Eligibility:** people over 60 years old or people 60 years old and under with a temporary or permanent loss of autonomy, who are in convalescence or who have a chronic illness and need accompaniment to their medical appointments

**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)

**Financing:** foundations

**Legal status:** non-profit organization

**TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD**

1272 de la Traverse Pré?vost Street, Prévost, Laurentides, QC, J0R 1T0

**450 224-8800**

**Website:** www.mrcrdn.qc.ca/tac-rdn

**Email:** tacmrcrdn@hotmail.com

**Services:** \* Collective and adapted transportation in minibus and taxibus.

**Eligibility:** collective transportation: residents, adapted transportation: people living with a disability that limits their mobility

**Coverage area:** Prévost, Saint-Colomban, Saint-Hippolyte, Sainte-Sophie

**Hours:** offices: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, transportation: 7 days, 6h30 to 19h30

**Fees:** collective transportation: \$5 per trip, mensual card: \$150 per month

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

**Legal status:** non-profit organization

**Sex and gender**

**LGBTQ ASSOCIATIONS**

**WOMEN'S CENTRES**

**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: 450 431-6536

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

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

**Services:** \* Screening for STIs, HIV, hepatitis, treatment and medical follow-up. \* Vaccination for hepatitis A and B, HPV. \* Psychosocial support. \* Training and mentoring in community medicine. \* Prevention and harm reduction. \* Distribution of sterile equipment, preventive medication, condoms and naloxone kits. \* Distribution of fentanyl test strips and multi-substances test strips. \* Substance analysis. \* Support and accompaniment for members of the LGBTQ2S+ community. \* Social group for people living with HIV.

**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:** centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

**Fees:** free

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## Women's centres

### CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642** Fax: 450 432-8673

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

## Women's associations

### CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642** Fax: 450 432-8673

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

## COMMISSION DE L'ÉQUITÉ SALARIALE - LAURENTIDES

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

**1 844 838-0808 Fax:** 514 864-6756

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

**Email:** [equite.salariale@ces.gouv.qc.ca](mailto:equite.salariale@ces.gouv.qc.ca)

**Services:** Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. \* Front-line telephone service to answer general questions on the application of the Pay Equity Act. \* Specialized assistance to understand more complex or technical aspects of the Act. \* Conciliation services to promote the settlement of disagreements. \* Investigations following complaints or different subjected by the parties or on its own initiative. \* Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. \* Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. \* Tool development and training accessible free of charge in all regions of Québec. \* Research activities.

**Eligibility:** employees, mostly women who occupy predominantly female job classes, accredited associations and employers

**Coverage area:** Province of Québec

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

**Financing:** provincial

**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](http://www.femmeslaurentides.org)

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

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

**Eligibility:** women's groups and committees, general public

**Coverage area:** Laurentians

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

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

## **Sports, Recreation and Culture**

**ARTS AND CULTURE**

**CLUBS AND SOCIAL EVENTS**

**COMMUNITY RECREATION CENTRES**

**HOBBIES**

**LIBRARIES**

**SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY**

## Arts and culture

### AVENUE 12-17 (L')

450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1

450 438-2691

**Website:** [www.avenue1217.wixsite.com/avenue1217](http://www.avenue1217.wixsite.com/avenue1217)

**Email:** [avenue1217@hotmail.com](mailto:avenue1217@hotmail.com)

**Services:** Meeting place for young people. \* Sports, cultural and entertainment activities. \* Homework assistance, in partnership with the school. \* Music room. \* Internet access and Wi-Fi zone. \* Video games, table soccer, table tennis, etc. \* Art and cooking workshops. \* Themed dinners. \* Conferences and special projects. \* Outings and trips. \* Skate park and skating rink.

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

**Coverage area:** Saint-Jérôme

**Hours:** Thursday and Friday 18h00 to 21h30, Saturday and Sunday 13h00 to 20h00

**Fees:** variable

**Financing:** municipal, provincial, grants

**Legal status:** non-profit organization

## Clubs and social events

### CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

450 432-5642 Fax: 450 432-8673

**Website:** [centrefemmeslesunesetlesautres.org](http://centrefemmeslesunesetlesautres.org)

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

### GRANDS-PARENTS TENDRESSE

374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

450 436-6664

**Website:** [grandsparentstendresse.org](http://grandsparentstendresse.org)

**Email:** [administration@grandsparentstendresse.org](mailto:administration@grandsparentstendresse.org)

**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. \* Supervision of seniors who wish to volunteer. \* Pairing with parents of a newborn to provide them respite care. \* Intergénération: bi-annual intergenerational meetings in schools. \* Social activities: talks, conferences, physical exercises, knitting group, outings. \* Classes on different subjects. \* Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. \* Library for members.

**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old

**Coverage area:** Saint-Jérôme, pairing: MRC La Rivière-du-Nord

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

**Fees:** membership card: \$20 per year

**Financing:** self-financing

**Legal status:** non-profit organization

## Community recreation centres

### AVENUE 12-17 (L')

450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1

**450 438-2691**

**Website:** [www.avenue1217.wixsite.com/avenue1217](http://www.avenue1217.wixsite.com/avenue1217)

**Email:** [avenue1217@hotmail.com](mailto:avenue1217@hotmail.com)

**Services:** Meeting place for young people. \* Sports, cultural and entertainment activities. \* Homework assistance, in partnership with the school. \* Music room. \* Internet access and Wi-Fi zone. \* Video games, table soccer, table tennis, etc. \* Art and cooking workshops. \* Themed dinners. \* Conferences and special projects. \* Outings and trips. \* Skate park and skating rink.

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

**Coverage area:** Saint-Jérôme

**Hours:** Thursday and Friday 18h00 to 21h30, Saturday and Sunday 13h00 to 20h00

**Fees:** variable

**Financing:** municipal, provincial, grants

**Legal status:** non-profit organization

### ENTRE-NOUS (L')

605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4

**450 504-1001**

**Website:** [www.lamieduquartier.com/l-entre-nous.html](http://www.lamieduquartier.com/l-entre-nous.html)

**Email:** [lamieduquartier@hotmail.com](mailto:lamieduquartier@hotmail.com)

**Services:** Community support in social housing and services to families and children. \* Community garden. \* Individualized follow-up with a counsellor, help relationship and neighborhood mediation. \* Activities for children from 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings. \* Homework assistance. \* Access to computers.

**Eligibility:** children 6 to 12 years old, families, residents of the Notre-Dame neighbourhood

**Coverage area:** Saint-Jérôme: Notre-Dame neighbourhood

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

### MAISON DE JEUNES RIVIÈRE DU NORD

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 436-2573**

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

**Services:** \* Psychosocial support and accompaniment. \* Empowerment of youth through housekeeping, organization of activities, involvement in the organization, etc. \* Support for the youth in their daily lives. \* Organization and animation of sports, cultural, entertainment and prevention activities. \* Organization of self-financing activities with the youth to pay for their activities. \* Thematic supper on topics affecting youth (work, violence, sexuality, etc.). \* Information on the rights and responsibilities of adolescents. \* Democratic and learning place: participation in the board of directors. \* Homework assistance. \* Referrals to other resources. \* Food assistance. \* Help in creating a resume. \* Support and supervision of community work. \* Support for parents.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 16h00 to 21h00

**Fees:** variable

**Financing:** municipal, grants, 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](http://www.mouvementdentraide.org)

**Email:** [mouventraide@videotron.ca](mailto: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.

**Eligibility:** general population, 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 13h30

**Fees:** annual membership card: \$10

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

**Legal status:** non-profit organization

## Hobbies

### AMIE DU QUARTIER

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

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

**Email:** [lamieduquartier@hotmail.com](mailto:lamieduquartier@hotmail.com)

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

### AVENUE 12-17 (L')

450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1

**450 438-2691**

**Website:** [www.avenue1217.wixsite.com/avenue1217](http://www.avenue1217.wixsite.com/avenue1217)

**Email:** [avenue1217@hotmail.com](mailto:avenue1217@hotmail.com)

**Services:** Meeting place for young people. \* Sports, cultural and entertainment activities. \* Homework assistance, in partnership with the school. \* Music room. \* Internet access and Wi-Fi zone. \* Video games, table soccer, table tennis, etc. \* Art and cooking workshops. \* Themed dinners. \* Conferences and special projects. \* Outings and trips. \* Skate park and skating rink.

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

**Coverage area:** Saint-Jérôme

**Hours:** Thursday and Friday 18h00 to 21h30, Saturday and Sunday 13h00 to 20h00

**Fees:** variable

**Financing:** municipal, provincial, grants

**Legal status:** non-profit organization

### **CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME**

200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8

**450 431-1239 Fax:** 450 431-5543

**Website:** [www.centredelafamille.blogspot.com](http://www.centredelafamille.blogspot.com)

**Email:** [direction@centredelafamille.ca](mailto:direction@centredelafamille.ca)

**Services:** Day and self-help centre for underprivileged people. \* Workshops and educational activities: reading club, self-esteem workshops. \* Directory of community resources. \* Information, job and housing bulletin boards. \* Bazaars. \* Community library. \* Do-it-yourself, jewellery, bingo and knitting. \* Community dinner. \* Lunch and Learn. \* Listening, helping relationship. \* Christmas party. \* Board games. \* Place of exchange. \* Outdoor outings.

**Eligibility:** persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation

**Coverage area:** Grand Saint-Jérôme

**Hours:** office: Monday to Friday 8h30 to 16h30, activities: Monday to Friday 9h00 to 15h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

### **ENTRE-NOUS (L')**

605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4

**450 504-1001**

**Website:** [www.lamieduquartier.com/l-entre-nous.html](http://www.lamieduquartier.com/l-entre-nous.html)

**Email:** [lamieduquartier@hotmail.com](mailto:lamieduquartier@hotmail.com)

**Services:** Community support in social housing and services to families and children. \* Community garden. \* Individualized follow-up with a counsellor, help relationship and neighborhood mediation. \* Activities for children from 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings. \* Homework assistance. \* Access to computers.

**Eligibility:** children 6 to 12 years old, families, residents of the Notre-Dame neighbourhood

**Coverage area:** Saint-Jérôme: Notre-Dame neighbourhood

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

### **GRANDS-PARENTS TENDRESSE**

374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

**450 436-6664**

**Website:** [grandsparentstendresse.org](http://grandsparentstendresse.org)

**Email:** [administration@grandsparentstendresse.org](mailto:administration@grandsparentstendresse.org)

**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. \* Supervision of seniors who wish to volunteer. \* Pairing with parents of a newborn to provide them respite care. \* Intergénération: bi-annual intergenerational meetings in schools. \* Social activities: talks, conferences, physical exercises, knitting group, outings. \* Classes on different subjects. \* Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. \* Library for members.

**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old

**Coverage area:** Saint-Jérôme, pairing: MRC La Rivière-du-Nord

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

**Fees:** membership card: \$20 per year

**Financing:** 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.

**Eligibility:** general population, 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 13h30

**Fees:** annual membership card: \$10

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

**Legal status:** non-profit organization

**SERRES DE CLARA (LES)**

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

**450 565-2998 ext. 121**

**Website:** www.serresdeclara.org

**Email:** serresdeclara@yahoo.ca

**Services:** Horticulture centre for food security. \* Collective garden and vegetable garden. \* Community gardens. \* Redistribution of crops to participants and participating organizations. \* Workshops and training on horticulture, nutrition and cooking. \* Emergency food assistance. \* Accompaniment for the creation of community kitchens. \* Compensatory work program in the community. \* Christmas baskets.

**Eligibility:** families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders

**Coverage area:** Saint-Jérôme

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

**Fees:** collective garden: free, community gardens: \$20 or \$30 per year depending on the size of the plot

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

**Libraries****CENTRE DE LA FAMILLE DU GRAND SAINT-JÉROME**

200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8

**450 431-1239 Fax:** 450 431-5543

**Website:** www.centredelafamille.blogspot.com

**Email:** direction@centredelafamille.ca

**Services:** Day and self-help centre for underprivileged people. \* Workshops and educational activities: reading club, self-esteem workshops. \* Directory of community resources. \* Information, job and housing bulletin boards. \* Bazaars. \* Community library. \* Do-it-yourself, jewellery, bingo and knitting. \* Community dinner. \* Lunch and Learn. \* Listening, helping relationship. \* Christmas party. \* Board games. \* Place of exchange. \* Outdoor outings.

**Eligibility:** persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation

**Coverage area:** Grand Saint-Jérôme

**Hours:** office: Monday to Friday 8h30 to 16h30, activities: Monday to Friday 9h00 to 15h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization



**GRANDS-PARENTS TENDRESSE**

374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

**450 436-6664**

**Website:** grandparentstendresse.org

**Email:** administration@grandparentstendresse.org

**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. \* Supervision of seniors who wish to volunteer. \* Pairing with parents of a newborn to provide them respite care. \* Intergénération: bi-annual intergenerational meetings in schools. \* Social activities: talks, conferences, physical exercises, knitting group, outings. \* Classes on different subjects. \* Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. \* Library for members.

**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old

**Coverage area:** Saint-Jérôme, pairing: MRC La Rivière-du-Nord

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

**Fees:** membership card: \$20 per year

**Financing:** self-financing

**Legal status:** non-profit organization

**Sports and recreation for people with a disability****ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES**

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

**450 431-3388**

**Website:** www.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 with all sorts of disabilities

**Coverage area:** Laurentians

**Hours:** activities: weekend, adapted day centre: week

**Fees:** between \$150 and \$200

**Financing:** donations, provincial, municipal

**Legal status:** non-profit organization

**GROUPE HARFANG DES NEIGES DES LAURENTIDES (LE)**

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

**450 565-1161 Fax: 450 565-6317**

**Website:** www.groupeharfangdesneiges.org

**Email:** info@groupeharfangdesneiges.org

**Services:** Mental health services. \* Support group. \* Individual follow-up. \* Mental health workshops. \* Physical activity workshops. \* Art workshops. \* Group social activities, outings.

**Eligibility:** people living with mental health problems

**Coverage area:** Laurentians

**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**

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

**450 431-7428** Fax: 450 431-7916

**Website:** lamaisondesparents.org

**Email:** info@lmdp.org

**Services:** Respite house. \* Weekend respite. \* Support. \* Telephone listening. \* Summer day camps. \* Daily workshops for people 21 years old and over. \* Creative dancing classes. \* Animated monitoring service at des Érables High School in Deux-Montagnes. \* Events.

**Eligibility:** people with a disability or multiple disabilities (physical or intellectual) 5 to 35 years old and their parents

**Coverage area:** Laurentides

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

**Fees:** membership: \$25 per year

**Financing:** provincial, donations, fundraising campaigns

**Legal status:** non-profit organization

**MOUVEMENT PERSONNE D'ABORD DE ST-JÉRÔME ET SES ENVIRONS**

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

**450 438-6256**

**Email:** mpdastjerome@hotmail.ca

**Services:** Advocacy of the collective rights of people living or having been labeled with an intellectual disability. \* Awareness, mobilization and representation actions. \* Weekly and annual activities.

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

**Coverage area:** Saint-Jérôme

**Fees:** membership: 5\$

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

**PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME**

651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8

**1 866 974-1888**

**Website:** www.grpa.ca

**Email:** info@grpa.ca

**Services:** \* Adapted physical exercise. \* Art and painting workshops. \* Coffee-meetings, language and play stimulation.

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** non-profit organization

## **Thrift store and material aid**

**CLOTHING**

**DONATION PICK-UPS**

**SCHOOL SUPPLIES**

**THRIFT STORES**

**USED ITEM DONATION RECOVERY PROGRAMS**

## Clothing

### BOOK HUMANITAIRE (LE)

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

450 436-2665

Website: [lebookhumanitaire.com](http://lebookhumanitaire.com)

Email: [rlapierre@lebookhumanitaire.com](mailto:rlapierre@lebookhumanitaire.com)

**Services:** Volunteer mutual aid network answering certain types of emergencies. \* Food, clothing and material assistance. \* Support for school or medical fees. \* Partnership allowing to offer free glasses to kids. \* International humanitarian trips. \* School supplies donations.

**Eligibility:** people in a difficult situation, volunteers

**Coverage area:** Laurentians, Laval, South Shore, Terrebonne, Verdun

**Hours:** Monday to Friday 9h00 to 17h00, weekend on-calls

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### MONTAGNE D'ESPOIR (LA)

2523 1ère Rue, Sainte-Sophie, Laurentides, QC, J5J 2R7

450 436-4747

Email: [lamontagnedespoir@bellnet.ca](mailto:lamontagnedespoir@bellnet.ca)

**Services:** \* Food and clothing assistance. \* Baby and adult diapers donations. \* Christmas baskets.

**Eligibility:** people in need

**Coverage area:** Sainte-Sophie

**Hours:** Monday to Friday 8h00 to 14h00, food assistance: Thursday 9h00 to 12h00 on appointment

**Fees:** annual membership: \$5

**Financing:** donations

**Legal status:** non-profit organization

### SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - SAINT-JÉRÔME

241 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3B1

450 432-9191

Website: [salvationarmy.ca/quebec/home/locations/saint-jerome](http://salvationarmy.ca/quebec/home/locations/saint-jerome)

Email: [claudedagenais@arneedusalut.ca](mailto:claudedagenais@arneedusalut.ca)

**Services:** \* Emergency food assistance. \* Emergency material assistance: clothing, miscellaneous items. \* Community meals. \* Thrift store: used clothing and miscellaneous household items. \* Used clothing collection boxes on site and at 7 Morand Road, Saint-Jérôme (church parking lot). \* School supplies.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Saturday 9h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Donation pick-ups

### ACTION SOURCE DE VIE - USED ITEMS RECOVERY

445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8

450 504-8775

Website: [www.actionsourcedevie.com](http://www.actionsourcedevie.com)

Email: [info@actionsourcedevie.com](mailto:info@actionsourcedevie.com)

## Thrift store and material aid

**Services:** \* On-site used items recovery: clothing, furniture and household items. \* At-home collection of used furniture and appliances.

**Coverage area:** Saint-Jérôme

**Hours:** Tuesday to Friday 10h00 to 16h00, Saturday 10h00 to 14h00 (except for the summer)

**Fees:** free

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**ENTRAIDE DIABÉTIQUE DU QUÉBEC**

84 Maisonneuve Boulevard, Saint-Jérôme, Laurentides, QC, J5L 0A1

**1 866 313-7800**

**Website:** [entraidediabetique.org/en](http://entraidediabetique.org/en)

**Email:** [administration@entraidediabetique.org](mailto:administration@entraidediabetique.org)

**Services:** Recovery of used clothing and items (no TV), IT equipment (no mobiles or flat screens) and books (no encyclopedias). \* Home pick-up. \* Donation bins: map available at [entraidediabetique.org/en/donation-box-2](http://entraidediabetique.org/en/donation-box-2)

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**School supplies****ACTION SOURCE DE VIE**

445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8

**450 504-8775**

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

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

**Services:** \* Food aid of last resort. \* Mutual aid store: used clothing, furniture and household items. \* At-home collection of used furniture and appliances. \* Moving service for families on a low income on July 1st. \* Christmas baskets. \* Distribution of school supplies.

**Eligibility:** food aid, moving service and Christmas baskets: families on a low income, other services: general public

**Coverage area:** Saint-Jérôme

**Hours:** Tuesday to Friday 10h00 to 16h00, Saturday 10h00 to 14h00 (except for the summer), moving service: July 1st only

**Fees:** moving service: free

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**AMIE DU QUARTIER**

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

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

**Email:** [lamieduquartier@hotmail.com](mailto:lamieduquartier@hotmail.com)

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**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. \* Food, clothing and material assistance. \* Support for school or medical fees. \* Partnership allowing to offer free glasses to kids. \* International humanitarian trips. \* School supplies donations.

**Eligibility:** people in a difficult situation, volunteers

**Coverage area:** Laurentians, Laval, South Shore, Terrebonne, Verdun

**Hours:** Monday to Friday 9h00 to 17h00, weekend on-calls

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - SAINT-JÉRÔME**

241 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3B1

**450 432-9191**

**Website:** salvationarmy.ca/quebec/home/locations/saint-jerome

**Email:** claudedagenais@armedusalut.ca

**Services:** \* Emergency food assistance. \* Emergency material assistance: clothing, miscellaneous items. \* Community meals. \* Thrift store: used clothing and miscellaneous household items. \* Used clothing collection boxes on site and at 7 Morand Road, Saint-Jérôme (church parking lot). \* School supplies.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Saturday 9h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## **Thrift Stores**

### **ACTION SOURCE DE VIE**

445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8

**450 504-8775**

**Website:** www.actionsourcedevie.com

**Email:** info@actionsourcedevie.com

**Services:** \* Food aid of last resort. \* Mutual aid store: used clothing, furniture and household items. \* At-home collection of used furniture and appliances. \* Moving service for families on a low income on July 1st. \* Christmas baskets. \* Distribution of school supplies.

**Eligibility:** food aid, moving service and Christmas baskets: families on a low income, other services: general public

**Coverage area:** Saint-Jérôme

**Hours:** Tuesday to Friday 10h00 to 16h00, Saturday 10h00 to 14h00 (except for the summer), moving service: July 1st only

**Fees:** moving service: free

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### AMIE DU QUARTIER

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

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

**Email:** [lamieduquartier@hotmail.com](mailto:lamieduquartier@hotmail.com)

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

### BOOK HUMANITAIRE (LE)

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

**450 436-2665**

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

**Email:** [rlapierre@lebookhumanitaire.com](mailto:rlapierre@lebookhumanitaire.com)

**Services:** Volunteer mutual aid network answering certain types of emergencies. \* Food, clothing and material assistance. \* Support for school or medical fees. \* Partnership allowing to offer free glasses to kids. \* International humanitarian trips. \* School supplies donations.

**Eligibility:** people in a difficult situation, volunteers

**Coverage area:** Laurentians, Laval, South Shore, Terrebonne, Verdun

**Hours:** Monday to Friday 9h00 to 17h00, weekend on-calls

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE DE SAINT-COLOMBAN

326 de l'Église Montée, Saint-Colomban, Laurentides, QC, J5K 0M4

**450 504-4605**

**Email:** [entraidesaintcolomban@yahoo.ca](mailto:entraidesaintcolomban@yahoo.ca)

**Services:** \* Food assistance. \* Thrift store. \* On-site recovery of clothing, furniture, electronics and toys.

**Eligibility:** people on a low income

**Coverage area:** Saint-Colomban

**Hours:** Monday to Friday 13h00 to 16h00, Saturday 9h00 to 12h00, food assistance: Thursday 13h00 to 15h30

**Fees:** food assistance: \$5

**Financing:** donations

**Legal status:** non-profit organization

**CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME**

200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8

**450 431-1239** Fax: 450 431-5543

**Website:** www.centredelafamille.blogspot.com

**Email:** direction@centredelafamille.ca

**Services:** Day and self-help centre for underprivileged people. \* Workshops and educational activities: reading club, self-esteem workshops. \* Directory of community resources. \* Information, job and housing bulletin boards. \* Bazaars. \* Community library. \* Do-it-yourself, jewellery, bingo and knitting. \* Community dinner. \* Lunch and Learn. \* Listening, helping relationship. \* Christmas party. \* Board games. \* Place of exchange. \* Outdoor outings.

**Eligibility:** persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation

**Coverage area:** Grand Saint-Jérôme

**Hours:** office: Monday to Friday 8h30 to 16h30, activities: Monday to Friday 9h00 to 15h00

**Financing:** self-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.ca

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** municipal, provincial, federal, Centraide Laurentides

**Legal status:** non-profit organization

**FABRIQUE DE LA PAROISSE DE SAINT-JÉRÔME**

355 du Curé-Labelle Place, Saint-Jérôme, Laurentides, QC, J7Z 5A9

**450 432-9742**

**Email:** info@paroissestj.ca

**Services:** \* Soup kitchen. \* Food assistance. \* Clothing counter. \* Support and referrals for people who are homeless or at risk of homelessness. \* Distribution of new injection equipment to people who use drugs. \* Recovery of used needles and syringes.

**Eligibility:** people on a low income, people experiencing homelessness

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 15h00

**Financing:** donations

**Legal status:** non-profit organization

**HAVRE D'ESPOIR**

705 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M6

**450 432-4728**

**Email:** paroissestantoine@videotron.ca

**Services:** \* Clothing counter. \* Christmas baskets.

**Coverage area:** Saint-Antoine sector of Saint-Jérôme

**Hours:** closed on Tuesdays during the summer period



**Legal status:** non-profit organization

### **MAISON D'ENTRAIDE DE PRÉVOST**

788 Shaw Street, Prévost, Laurentides, QC, J0R 1T0

**450 224-2507**

**Website:** maisonentraideprevost.org

**Email:** maisonentraideprevost@videotron.ca

**Services:** Promotion of mutual aid and solidarity, and reinforcement of the social fabric of the Prévost community. \* Listening and reference. \* Family counter: clothing for men, women and children, toys, household items, etc. \* Thrift store: quality clothing and accessories for women. \* Food bank and food assistance. \* Collective kitchens. \* Christmas baskets.

**Eligibility:** people on a low income, general population

**Coverage area:** Prévost

**Hours:** Monday to Friday 9h00 to 11h45 and 13h00 to 15h45, food distribution: Thursday 10h00 to 11h30, family counter, donations storage and thrift store: Monday 13h00 to 15h45, Tuesday and Friday 9h00 to 11h45 and 13h00 to 15h45, donations of furniture and other items: Monday to Friday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

### **SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - SAINT-JÉRÔME**

241 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3B1

**450 432-9191**

**Website:** salvationarmy.ca/quebec/home/locations/saint-jerome

**Email:** claudedagenais@armedusalut.ca

**Services:** \* Emergency food assistance. \* Emergency material assistance: clothing, miscellaneous items. \* Community meals. \* Thrift store: used clothing and miscellaneous household items. \* Used clothing collection boxes on site and at 7 Morand Road, Saint-Jérôme (church parking lot). \* School supplies.

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

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Saturday 9h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## **Used item donation recovery programs**

### **ACTION SOURCE DE VIE - USED ITEMS RECOVERY**

445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8

**450 504-8775**

**Website:** www.actionsourcedevie.com

**Email:** info@actionsourcedevie.com

**Services:** \* On-site used items recovery: clothing, furniture and household items. \* At-home collection of used furniture and appliances.

**Coverage area:** Saint-Jérôme

**Hours:** Tuesday to Friday 10h00 to 16h00, Saturday 10h00 to 14h00 (except for the summer)

**Fees:** free

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**AMIE DU QUARTIER**

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

**Website:** www.lamieduquartier.com

**Email:** lamieduquartier@hotmail.com

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**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. \* Food, clothing and material assistance. \* Support for school or medical fees. \* Partnership allowing to offer free glasses to kids. \* International humanitarian trips. \* School supplies donations.

**Eligibility:** people in a difficult situation, volunteers

**Coverage area:** Laurentians, Laval, South Shore, Terrebonne, Verdun

**Hours:** Monday to Friday 9h00 to 17h00, weekend on-calls

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**CENTRE D'ENTRAIDE DE SAINT-COLOMBAN**

326 de l'Église Montée, Saint-Colomban, Laurentides, QC, J5K 0M4

**450 504-4605**

**Email:** entraidesaintcolomban@yahoo.ca

**Services:** \* Food assistance. \* Thrift store. \* On-site recovery of clothing, furniture, electronics and toys.

**Eligibility:** people on a low income

**Coverage area:** Saint-Colomban

**Hours:** Monday to Friday 13h00 to 16h00, Saturday 9h00 to 12h00, food assistance: Thursday 13h00 to 15h30

**Fees:** food assistance: \$5

**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.ca

**Services:** Reception and settlement assistance for newcomers. \* Housing search assistance. \* Bank of interpreters, interpretation and administration of oath. \* Employability: internship. \* 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:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** municipal, provincial, federal, Centraide Laurentides

**Legal status:** non-profit organization

## ENTRAIDE DIABÉTIQUE DU QUÉBEC

84 Maisonneuve Boulevard, Saint-Jérôme, Laurentides, QC, J5L 0A1

**1 866 313-7800**

**Website:** [entraidediabetique.org/en](http://entraidediabetique.org/en)

**Email:** [administration@entraidediabetique.org](mailto:administration@entraidediabetique.org)

**Services:** Recovery of used clothing and items (no TV), IT equipment (no mobiles or flat screens) and books (no encyclopedias). \* Home pick-up. \* Donation bins: map available at [entraidediabetique.org/en/donation-box-2](http://entraidediabetique.org/en/donation-box-2)

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## MAISON D'ENTRAIDE DE PRÉVOST

788 Shaw Street, Prévost, Laurentides, QC, J0R 1T0

**450 224-2507**

**Website:** [maisonentraideprevost.org](http://maisonentraideprevost.org)

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

**Services:** Promotion of mutual aid and solidarity, and reinforcement of the social fabric of the Prévost community. \* Listening and reference. \* Family counter: clothing for men, women and children, toys, household items, etc. \* Thrift store: quality clothing and accessories for women. \* Food bank and food assistance. \* Collective kitchens. \* Christmas baskets.

**Eligibility:** people on a low income, general population

**Coverage area:** Prévost

**Hours:** Monday to Friday 9h00 to 11h45 and 13h00 to 15h45, food distribution: Thursday 10h00 to 11h30, family counter, donations storage and thrift store: Monday 13h00 to 15h45, Tuesday and Friday 9h00 to 11h45 and 13h00 to 15h45, donations of furniture and other items: Monday to Friday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

## SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - SAINT-JÉRÔME

241 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3B1

**450 432-9191**

**Website:** [salvationarmy.ca/quebec/home/locations/saint-gerome](http://salvationarmy.ca/quebec/home/locations/saint-gerome)

**Email:** [claudedagenais@armedusalut.ca](mailto:claudedagenais@armedusalut.ca)

**Services:** \* Emergency food assistance. \* Emergency material assistance: clothing, miscellaneous items. \* Community meals. \* Thrift store: used clothing and miscellaneous household items. \* Used clothing collection boxes on site and at 7 Morand Road, Saint-Jérôme (church parking lot). \* School supplies.

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

**Coverage area:** Saint-Jérôme

Thrift store and material aid

**Hours:** Monday to Saturday 9h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## **Transportation**

**ACCOMPANIED TRANSPORT**

**ACCOMPANIED TRANSPORT FOR MEDICAL REASONS**

**PARATRANSIT**

## 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. 223 and 225 Fax: 450 432-7354**

**Website:** www.cbsj.qc.ca

**Email:** info@cbsj.qc.ca

**Services:** \* Accompaniment and transportation to medical appointments and outings by volunteers.

**Eligibility:** people over 60 years old or people 60 years old and under with a temporary or permanent loss of autonomy, who are in convalescence or who have a chronic illness and need accompaniment to their medical appointments

**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)

**Financing:** foundations

**Legal status:** non-profit organization

### TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD

1272 de la Traverse Prévost Street, Prévost, Laurentides, QC, J0R 1T0

**450 224-8800**

**Website:** www.mrcrdn.qc.ca/tac-rdn

**Email:** tacmrcrdn@hotmail.com

**Services:** \* Collective and adapted transportation in minibus and taxibus.

**Eligibility:** collective transportation: residents, adapted transportation: people living with a disability that limits their mobility

**Coverage area:** Prévost, Saint-Colomban, Saint-Hippolyte, Sainte-Sophie

**Hours:** offices: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, transportation: 7 days, 6h30 to 19h30

**Fees:** collective transportation: \$5 per trip, mensual card: \$150 per month

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

**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. 223 and 225 Fax: 450 432-7354**

**Website:** www.cbsj.qc.ca

**Email:** info@cbsj.qc.ca

**Services:** \* Accompaniment and transportation to medical appointments and outings by volunteers.

**Eligibility:** people over 60 years old or people 60 years old and under with a temporary or permanent loss of autonomy, who are in convalescence or who have a chronic illness and need accompaniment to their medical appointments

**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)

**Financing:** foundations

**Legal status:** non-profit organization

## Paratransit

### TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD

1272 de la Traverse Prévost Street, Prévost, Laurentides, QC, J0R 1T0

**450 224-8800**

**Website:** [www.mrcrdn.qc.ca/tac-rdn](http://www.mrcrdn.qc.ca/tac-rdn)

**Email:** [tacmrcrdn@hotmail.com](mailto:tacmrcrdn@hotmail.com)

**Services:** \* Collective and adapted transportation in minibus and taxibus.

**Eligibility:** collective transportation: residents, adapted transportation: people living with a disability that limits their mobility

**Coverage area:** Prévost, Saint-Colomban, Saint-Hippolyte, Sainte-Sophie

**Hours:** offices: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, transportation: 7 days, 6h30 to 19h30

**Fees:** collective transportation: \$5 per trip, mensual card: \$150 per month

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

**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'ENTRAIDE 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](http://www.info-cetas.com)

**Email:** [cetas@b2b2c.ca](mailto:cetas@b2b2c.ca)

**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

## 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:** [www.accroc.qc.ca/wordpress](http://www.accroc.qc.ca/wordpress)

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

**Services:** \* Therapy groups for men with violent behaviors in a relationship or family setting and for men with relationship problems. \* Therapy groups for teenagers with violent behaviors. \* Therapy for men with violent behaviors. \* 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:** depending on income

**Financing:** grants

**Legal status:** non-profit organization

### LEGAL AID OFFICE - SAINT-JÉRÔME

460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3

**450 436-5712** Fax: 450 436-8004

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

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

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

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** parapublic organization

## Prevention of violence and crime

### 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:** [www.accroc.qc.ca/wordpress](http://www.accroc.qc.ca/wordpress)

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

**Services:** \* Therapy groups for men with violent behaviors in a relationship or family setting and for men with relationship problems. \* Therapy groups for teenagers with violent behaviors. \* Therapy for men with violent behaviors. \* 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:** depending on income

**Financing:** grants

**Legal status:** non-profit organization

### BEACON OF THE FREED

Confidential Address

**450 990-9595**

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

**Email:** [intervention@afranchies.ca](mailto: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. \* Program for tourist accommodation establishments and transportation companies.

**Eligibility:** Victims of trafficking in persons in all forms, from sexual exploitation to labour exploitation, both locally and internationally, workers working on the issue or likely to come into 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

**Legal status:** non-profit organization

## Sexual assault and incest

### CENTRE D'ENTRAIDE 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](http://www.info-cetas.com)

**Email:** [cetas@b2b2c.ca](mailto:cetas@b2b2c.ca)

**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:** [www.accroc.qc.ca/wordpress](http://www.accroc.qc.ca/wordpress)

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

**Services:** \* Therapy groups for men with violent behaviors in a relationship or family setting and for men with relationship problems. \* Therapy groups for teenagers with violent behaviors. \* Therapy for men with violent behaviors. \* 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:** depending on income

**Financing:** grants

**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE 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](http://www.info-cetas.com)

**Email:** [cetas@b2b2c.ca](mailto:cetas@b2b2c.ca)

**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

### BEACON OF THE FREED

Confidential Address

**450 990-9595**

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

**Email:** [intervention@afranchies.ca](mailto: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. \* Program for tourist accommodation establishments and transportation companies.

**Eligibility:** Victims of trafficking in persons in all forms, from sexual exploitation to labour exploitation, both locally and internationally, workers working on the issue or likely to come into 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

**Legal status:** non-profit organization

**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:** www.cavac.qc.ca

**Email:** administration.cavac.lau@bellnet.ca

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

**Eligibility:** victims, close ones and witnesses of a crime

**Coverage area:** Laurentians

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**Therapy and counselling****AMIE DU QUARTIER**

655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6

**450 431-1424**

**Website:** www.lamieduquartier.com

**Email:** lamieduquartier@hotmail.com

**Services:** Mutual aid and support for people and families on a low income. \* Food aid \* Community meal. \* Emergency food and personal hygiene products supply. \* Collective kitchens. \* Individualized follow-up with a counsellor: support with school, professional or medical procedures, budgeting and helping relation. \* À cour ouvert workshop: workshop on emotional independence. \* Bazaar: used clothes and household items sold at low-cost. \* Recreative and social activities: knitting club and bingo. \* Bonhomme à lunettes service point. \* Christmas baskets. \* Distribution of school supplies.

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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food aid: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: \$5

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

**CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)**

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2

**450 432-5642 Fax:** 450 432-8673

**Website:** centredefemmeslesunesetlesautres.org

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

**Services:** Place of meeting and of transition to break out of isolation, network of education and action. \* Helping relationship and punctual individual support. \* Referral, support and accompaniment: legal, school and abortion-related processes. \* Educational activities: information sessions on the rights of tenants, seniors and women conditions, workshops on personal growth, singing workshops and writing workshops. \* Daycare and respite care. \* Citizen actions and advocacy.

**Eligibility:** women, daycare and respite care: children 6 months to 5 years old

**Capacity:** daycare and respite care: limited places

**Coverage area:** MRC La Rivière-du-Nord

**Hours:** Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

**Fees:** none

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

**CENTRE DE ZOTHÉRAPIE COMMUNAUTAIRE**

905 Grignon Boulevard, Suite 329, Saint-Jérôme, Laurentides, QC, J7Y 2Y9

**450 327-0244**

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

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

**Services:** \* Adapted zootherapy programs. \* Training. \* Animal boarding.

**Eligibility:** children, teenagers, seniors, people with disabilities

**Coverage area:** Laurentians

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** \$60 per hour

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

**Legal status:** non-profit organization

**CENTRE PRÉVENTION SUICIDE FAUBOURG**

Confidential Address

**1 866 277-3553 Fax:** 450 565-9726

**Website:** [cpsfaubourg.org](http://cpsfaubourg.org)

**Email:** [administration@cpsfaubourg.org](mailto:administration@cpsfaubourg.org)

**Services:** \* Crisis hotline to prevent suicide. \* 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 relatives, or bereaved by suicide and 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

**COOPÉRATIVE DE SOLIDARITÉ SANTÉ BELLEFEUILLE**

1000 Nadon Street, Saint-Jérôme, Laurentides, QC, J5L 2B1

**450 504-6001 Fax:** 450 504-6003

**Website:** [coopsantebellefeuille.org](http://coopsantebellefeuille.org)

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

**Services:** Health services. \* Physicians. \* Blood tests. \* Osteopathy. \* Massage therapy. \* Shiatsu. \* Physiotherapy. \* Psychology.

**Coverage area:** Saint-Jérôme and surroundings

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

**Fees:** annual subscription: \$95

**Financing:** self-financing, contributions

**Legal status:** cooperative

**COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JÉRÔME**

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

**450 431-4407**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing of cases where the amount in dispute is less than \$85,000. \* 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. \* Other point of service for voluntary deposits and for receiving claims, by appointment: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.

**Coverage area:** Laurentians: Terrebonne judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

### ENTRE-NOUS (L')

605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4

**450 504-1001**

**Website:** [www.lamieduquartier.com/l-entre-nous.html](http://www.lamieduquartier.com/l-entre-nous.html)

**Email:** [lamieduquartier@hotmail.com](mailto:lamieduquartier@hotmail.com)

**Services:** Community support in social housing and services to families and children. \* Community garden. \* Individualized follow-up with a counsellor, help relationship and neighborhood mediation. \* Activities for children from 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings. \* Homework assistance. \* Access to computers.

**Eligibility:** children 6 to 12 years old, families, residents of the Notre-Dame neighbourhood

**Coverage area:** Saint-Jérôme: Notre-Dame neighbourhood

**Fees:** none

**Financing:** 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](http://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:** free

**Financing:** 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](http://pallia-vie.ca)

**Email:** [admin@pallia-vie.ca](mailto:admin@pallia-vie.ca)

**Services:** \* Support for people with cancer or a generative disease and their relatives. \* Support for bereaved people, including youth.

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

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

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

**Financing:** donations

**Legal status:** non-profit organization

### PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME

651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8

**1 866 974-1888**

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

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

**Services:** \* Adapted physical exercise. \* Art and painting workshops. \* Coffee-meetings, language and play stimulation.

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

**Coverage area:** Saint-Jérôme

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

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

**Financing:** provincial

**Legal status:** non-profit organization

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