

Summary
Summary

Child, Youth and Family	1
Child welfare	2
Daycare and respite	2
Family Support	3
Juvenile Delinquency	5
Maternity support and adoption	6
Parenting Education	7
Recreational Activities	8
Youth Centres and Support	9
Youth Employment	10
Youth Shelters and Support	11
Community Action	12
Advisory and citizen action organizations	13
Charity Organizations	13
Community development	14
Information and referral	14
Volunteering and volunteer centres	15
Disability	18
Adapted work and employability support	19
Advocacy for people with a physical disability	19
Advocacy for people with an intellectual disability	20
Paratransit	21
Recreation and camps	21
Respite services and housing	23
Respite, child care and housing	23
Support Associations	25
Support and integration organizations	29
Education and Literacy	30
Academic and vocational guidance	31
Computer workshops	31
Language courses	32
Literacy	32
Public education	32
School perseverance	33
School service centers	34
Employment and Income Support	35
Advocacy for workers and unemployed	36
Budget management and consumption	36
Business development	37
Employment support and training	38
Employment support for immigrants	40
Employment support for youth	40
Vocational rehabilitation and disability-related employment	41
Food	43
Christmas basket	44
Collective kitchens and cooking workshops	45
Community gardens and markets	46
Food Assistance	46
Food aid for pregnant women and children	49
Food assistance coordination	49
Low cost or free meals	50

Prepared meals and Meals-on-wheels	52
Government services	54
Federal services	55
Municipal services	55
Municipalité régionale de comté (MRC)	59
Official documents	59
Provincial services	60
Health	62
Eye care	63
Hospitals, CLSC and community clinics	63
Palliative care	64
Patient support associations	65
Public Health	67
Homelessness	68
Mobile units and street work	69
Transitional housing	69
Housing	70
Advocacy for housing	71
Housing cooperatives and corporations	71
Social housing and housing cooperatives	71
Immigration and cultural communities	73
Recognition of prior learning and diplomas	74
Indigenous Peoples	75
Community Support	76
Government services	76
Justice and Advocacy	78
Advocacy groups	79
Consumer protection and complaints	81
Legal assistance and information	82
Mental Health and addictions	85
Addiction prevention	86
Addiction treatment	87
Community support in mental health	88
Helplines	88
Mental health housing	89
Self-help groups for addiction issues	89
Seniors	90
Caregivers	91
Community and Recreation Centres	93
Day centres and respite	93
Friendly visits and safety calls	94
Home support	95
Housing for seniors	97
Intergenerational activities	100
Intervention with seniors subjected to abuse	100
Meals on Wheels	102
Seniors' Advocacy and Assistance Associations	103
Volunteer Transportation	104
Sex and gender	105
Women's centres	106
Women's associations	106
Sports, Recreation and Culture	107

Arts and culture	108
Clubs and social events	109
Community recreation centres	109
Hobbies	111
Libraries	113
Sport	113
Sports and recreation for people with a disability	114
Thrift store and material aid	116
School supplies	117
Thrift Stores	117
Used item donation recovery programs	118
Transportation	120
Accompanied transport	121
Accompanied transport for medical reasons	121
Paratransit	121
Public Transportation	122
Violence and abuse	123
Child abuse	124
Domestic violence: shelters and support	124
Elder abuse	125
Prevention of violence and crime	126
Sexual assault and incest	127
Support for perpetrators of violence and their families	128
Support for victims and their families	128
Therapy and counselling	129

Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

JUVENILE DELINQUENCY

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

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

104, Vert-Pré Street, Amherst, Laurentides, QC, J0T 1G0

819 687-1032

Website: 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 - SAINTE-AGATHE-DES-MONTS

125-A Tour du Lac Road, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3A1

819 326-6221 Fax: 819 324-0559

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

Services: * Youth protection. * Psychosocial services and outpatient rehabilitation. * 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 - SAINTE-AGATHE

118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1

819 326-6111 Fax: 819 326-1767

Website: www.ccjll.qc.ca

Email: bajagathe@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: Sainte-Agathe-des-Monts

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

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. *

Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinc'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DU NORD (LA)

155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1

819 425-5407

Website: www.maisondelafamilledunord.com

Email: cdrouin@mfdn.ca

Services: Services for families and children. * Welcoming and listening. * Workshop Y'APP (Nobody's Perfect): development of parenting skills for parents of children aged 0 to 5 years old. * Workshops and conferences on various topics. * Program OLO (Egg-Milk-Orange). * Parent-child workshops. * Family activities. * Family breakfast. * Children's workshops. * Summer camp. * Drop-in daycare. * Breastfeeding break, bottle break and diaper break.

Eligibility: families and children from 0 to 6 years old, students aged 6 to 12 years

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 9h00 to 16h00, drop-in daycare: Tuesday and Thursday, family breakfast: Wednesday 9h00 to 11h00

Financing: self-financing, grants

Legal status: non-profit organization

Family Support

CENTRE DE PÉDIATRIE SOCIALE DU COUR DES LAURENTIDES

10 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2

819 774-8574

Website: cpsclaurentides.ca

Email: info@cpsclaurentides.ca

Services: Community social pediatrics centre. * Reception, clinical assessment and assistance. * Early stimulation activities. * Skill development activities: arts, sports and cultural activities. * Various activities and care that meet the specific needs of each child. * Mentoring of families and children in need.

Eligibility: children aged 0 to 16 and families in a situation of vulnerability

Coverage area: MRC Les Laurentides

Fees: none

Financing: donations

Legal status: non-profit organization

GROUPE JAD

38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6

819 774-1687

Website: www.groupejad.com

Email: info@groupejad.com

Services: * Support over telephone. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth with addiction, problems with violence and communication within family, parents experiencing difficulties with their adolescents

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: free

Legal status: non-profit organization

MAISON DE LA FAMILLE DU NORD (LA)

155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1

819 425-5407

Website: www.maisondelafamilledunord.com

Email: cdrouin@mfdn.ca

Services: Services for families and children. * Welcoming and listening. * Workshop Y'APP (Nobody's Perfect): development of parenting skills for parents of children aged 0 to 5 years old. * Workshops and conferences on various topics. * Program OLO (Egg-Milk-Orange). * Parent-child workshops. * Family activities. * Family breakfast. * Children's workshops. * Summer camp. * Drop-in daycare. * Breastfeeding break, bottle break and diaper break.

Eligibility: families and children from 0 to 6 years old, students aged 6 to 12 years

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 9h00 to 16h00, drop-in daycare: Tuesday and Thursday, family breakfast: Wednesday 9h00 to 11h00

Financing: self-financing, grants

Legal status: non-profit organization

PALLIACCO

2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8

819 717-9646

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8

819 717-9646 Fax: 818 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support for the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES

126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7

819 324 1004 Fax: 819 324-1004

Email: parents.uniques@cgocable.ca

Services: Grouping of men and women heads of single-parent and blended families. * Welcome and information. * Collective kitchens. * Lounge members: Wi-Fi, coffee shops, cafes, relaxation area and games. * Workshops on communication after divorce or separation. * Computer access. * Family outings. * Mini library and toy library. * Financial assistance once a year for a sports activity. * Back to school help: financial assistance to low-income parents for the back-to-school period.

Eligibility: men and women heads of stepfamilies or single-parent families

Coverage area: MRC Les Laurentides

Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00

Fees: membership: \$5 for a single parent family, \$10 for a blended family

Financing: self-financing

Legal status: non-profit organization

Juvenile Delinquency

MAISON DES JEUNES DE LABELLE

44 de l'Église Street, Labelle, Laurentides, QC, J0T 1H0

819 686-3434

Website: www.mdjlabelle.com

Email: mdjlabelle@hotmail.com

Services: Place of gathering, exchange and meeting for young people. * Prevention and learning workshops. * Sports, cultural, artistic, entertainment and other activities.

Eligibility: youth from 11 to 18 years old

Coverage area: Labelle

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 15h00 to 22h00, Saturday 12h00 to 16h00

Fees: youth member: \$12 per year, adult member: \$22 per year

Financing: membership fees, provincial, municipal, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE

181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0

819 274-1797

Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes

Email: maisondesjeunes.laminerve@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Prevention and educational activities: drug addiction, mental health, sexuality, healthy lifestyle, etc. * Film screenings. * Community dinners. * Board games, table soccer table, air hockey table. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

Maternity support and adoption

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. * Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinc'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

LEGAL AID OFFICE - SAINTE-AGATHE

118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1

819 326-6111 Fax: 819 326-1767

Website: www.ccjll.qc.ca

Email: bajagathe@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: Sainte-Agathe-des-Monts

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 DE LA FAMILLE DU NORD (LA)

155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1

819 425-5407

Website: www.maisondelafamilledunord.com

Email: cdrouin@mfdn.ca

Services: Services for families and children. * Welcoming and listening. * Workshop Y'APP (Nobody's Perfect): development of parenting skills for parents of children aged 0 to 5 years old. * Workshops and conferences on various topics. * Program OLO (Egg-Milk-Orange). * Parent-child workshops. * Family activities. * Family breakfast. * Children's workshops. * Summer camp. * Drop-in daycare. * Breastfeeding break, bottle break and diaper break.

Eligibility: families and children from 0 to 6 years old, students aged 6 to 12 years

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 9h00 to 16h00, drop-in daycare: Tuesday and Thursday, family breakfast: Wednesday 9h00 to 11h00

Financing: self-financing, grants

Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES

126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7

819 324 1004 Fax: 819 324-1004

Email: parents.uniques@cgocable.ca

Services: Grouping of men and women heads of single-parent and blended families. * Welcome and information. * Collective kitchens. * Lounge members: Wi-Fi, coffee shops, cafes, relaxation area and games. * Workshops on communication after divorce or separation. * Computer access. * Family outings. * Mini library and toy library. * Financial assistance once a year for a sports activity. * Back to school help: financial assistance to low-income parents for the back-to-school period.

Eligibility: men and women heads of stepfamilies or single-parent families

Coverage area: MRC Les Laurentides

Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00

Fees: membership: \$5 for a single parent family, \$10 for a blended family

Financing: self-financing

Legal status: non-profit organization

Parenting Education**CENTRE DE PÉDIATRIE SOCIALE DU COUR DES LAURENTIDES**

10 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2

819 774-8574

Website: cpsclaurentides.ca

Email: info@cpsclaurentides.ca

Services: Community social pediatrics centre. * Reception, clinical assessment and assistance. * Early stimulation activities. * Skill development activities: arts, sports and cultural activities. * Various activities and care that meet the specific needs of each child. * Mentoring of families and children in need.

Eligibility: children aged 0 to 16 and families in a situation of vulnerability

Coverage area: MRC Les Laurentides

Fees: none

Financing: donations

Legal status: non-profit organization

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. * Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinc'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DU NORD (LA)

155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1

819 425-5407

Website: www.maisondelafamilledunord.com

Email: cdrouin@mfdn.ca

Services: Services for families and children. * Welcoming and listening. * Workshop Y'APP (Nobody's Perfect): development of parenting skills for parents of children aged 0 to 5 years old. * Workshops and conferences on various topics. * Program OLO (Egg-Milk-Orange). * Parent-child workshops. * Family activities. * Family breakfast. * Children's workshops. * Summer camp. * Drop-in daycare. * Breastfeeding break, bottle break and diaper break.

Eligibility: families and children from 0 to 6 years old, students aged 6 to 12 years

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 9h00 to 16h00, drop-in daycare: Tuesday and Thursday, family breakfast: Wednesday 9h00 to 11h00

Financing: self-financing, grants

Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES

126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7

819 324 1004 Fax: 819 324-1004

Email: parents.uniques@cgocable.ca

Services: Grouping of men and women heads of single-parent and blended families. * Welcome and information. * Collective kitchens. * Lounge members: Wi-Fi, coffee shops, cafes, relaxation area and games. * Workshops on communication after divorce or separation. * Computer access. * Family outings. * Mini library and toy library. * Financial assistance once a year for a sports activity. * Back to school help: financial assistance to low-income parents for the back-to-school period.

Eligibility: men and women heads of stepfamilies or single-parent families

Coverage area: MRC Les Laurentides

Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00

Fees: membership: \$5 for a single parent family, \$10 for a blended family

Financing: self-financing

Legal status: non-profit organization

Recreational Activities**LUDOTHÈQUE ESPACE LUDIKO**

1280 Dion Street, Val-David, Laurentides, QC, J0T 2N0

Email: espacejudiko@gmail.com

Services: * Toy library: lending of toys. * Educational workshops for children. * Social activities: game nights.

Eligibility: families, parents, children

Coverage area: Val-David

Hours: Tuesday and Sunday 9h30 to 11h30, Thursday 15h00 to 17h30

Fees: membership card: \$65 per family per year, \$30 if involvement with the organization

Financing: membership fees, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE DU NORD (LA)

155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1

819 425-5407

Website: www.maisondelafamilledunord.com

Email: cdrouin@mfdn.ca

Services: Services for families and children. * Welcoming and listening. * Workshop Y'APP (Nobody's Perfect): development of parenting skills for parents of children aged 0 to 5 years old. * Workshops and conferences on various topics. * Program OLO (Egg-Milk-Orange). * Parent-child workshops. * Family activities. * Family breakfast. * Children's workshops. * Summer camp. * Drop-in daycare. * Breastfeeding break, bottle break and diaper break.

Eligibility: families and children from 0 to 6 years old, students aged 6 to 12 years

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 9h00 to 16h00, drop-in daycare: Tuesday and Thursday, family breakfast: Wednesday 9h00 to 11h00

Financing: self-financing, grants

Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES

126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7

819 324 1004 Fax: 819 324-1004

Email: parents.uniques@cgocable.ca

Services: Grouping of men and women heads of single-parent and blended families. * Welcome and information. * Collective kitchens. * Lounge members: Wi-Fi, coffee shops, cafes, relaxation area and games. * Workshops on communication after divorce or separation. * Computer access. * Family outings. * Mini library and toy library. * Financial assistance once a year for a sports activity. * Back to school help: financial assistance to low-income parents for the back-to-school period.

Eligibility: men and women heads of stepfamilies or single-parent families

Coverage area: MRC Les Laurentides

Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00

Fees: membership: \$5 for a single parent family, \$10 for a blended family

Financing: self-financing

Legal status: non-profit organization

Youth Centres and Support

MAISON DES JEUNES DE LABELLE

44 de l'Église Street, Labelle, Laurentides, QC, J0T 1H0

819 686-3434

Website: www.mdjlabelle.com

Email: mdjlabelle@hotmail.com

Services: Place of gathering, exchange and meeting for young people. * Prevention and learning workshops. * Sports, cultural, artistic, entertainment and other activities.

Eligibility: youth from 11 to 18 years old

Coverage area: Labelle

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 15h00 to 22h00, Saturday 12h00 to 16h00

Fees: youth member: \$12 per year, adult member: \$22 per year

Financing: membership fees, provincial, municipal, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-JOVITE - TORNADE JEUNESSE

70 du Ruisseau-Clair Street, Mont-Tremblant, Laurentides, QC, J8E 0A6

819 425-8983

Website: www.tornadejeunesse.qc.ca

Email: info@tornadejeunesse.qc.ca

Services: Animated meeting place for teenagers. * Reception, listening, referral. * Prevention and awareness. * Social, cultural, recreational and educational activities. * Activity rooms: music, reading, board games, cue sports and multimedia.

Eligibility: youth from 12 to 17 years old

Capacity: 30 people

Coverage area: Mont-Tremblant, Saint-Faustin-Lac-Carré

Hours: Wednesday to Thursday 16h00 to 20h00, Friday 16h00 to 22h00, time slot for students in 6th grade: Tuesday 15h00 to 19h30

Fees: none

Financing: Centraide Hautes-Laurentides, foundations, provincial

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-AGATHE

19 Saint-André Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1R3

819 326-0804

Website: www.mdjsa.ca

Email: mdjsa@cgocable.ca

Services: Animated meeting place for young people. * Sports, cultural and entertainment activities.

Eligibility: youth from 12 to 17 years old

Coverage area: Sainte-Agathe-Des-Monts

Hours: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE

181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0

819 274-1797

Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes

Email: maisondesjeunes.laminerve@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Prevention and educational activities: drug addiction, mental health, sexuality, healthy lifestyle, etc. * Film screenings. * Community dinners. * Board games, table soccer table, air hockey table. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

Youth Employment

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES

763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-1200 Fax: 819 425-1155

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS

97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9

819 321-1774 Fax: 819 321-3428

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth 16 to 35 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

Youth Shelters and Support

GROUPE JAD

38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6

819 774-1687

Website: www.groupejad.com

Email: info@groupejad.com

Services: * Support over telephone. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth with addiction, problems with violence and communication within family, parents experiencing difficulties with their adolescents

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: free

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
1 855 766-6387 ext. 33167

Services: Grouping for consultation between organizations, municipalities and establishments for seniors in order to meet the needs of seniors and persons in loss of autonomy, and to promote home support. * Consultation and representation with deciding authorities. * Directory Services aux personnes âgées: www.cab-laurentides.org/images/publications/mini-bottin-MRC-laurentides.pdf

Eligibility: organizations for seniors or people in loss of autonomy, municipalities

Coverage area: MRC Les Laurentides

Financing: self-financing

Legal status: non-profit organization

ORGANISME DE BASSINS VERSANTS DES RIVIÈRES ROUGE, PETITE NATION ET SAUMON

645 du Moulin Street, suite 1, Mont-Tremblant, Laurentides, QC, J8E 2V1
819 717-3171

Website: www.rpns.ca

Email: direction@rpns.ca

Services: Organization ensuring the integrated management of water and living environments. * Development and establishment of a master plan for water. * Awareness for conservation of water resources and ecosystems. * Contribution to the development, integration and dissemination of knowledge of the territory. * Valuation and measurement of positive impacts.

Eligibility: general public

Coverage area: MRC Antoine-Labelle, MRC Papineau, MRC les Laurentides and MRC des-Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: member fees: variable

Financing: provincial, contributions, donations

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES AÎNÉS DES LAURENTIDES

9 Principale Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J2
819 326-5657 ext. 27

Website: www.tcral.ca

Email: info@tcral.ca

Services: Place for exchange and dialogue to improve the living conditions of seniors in the Laurentians.

Eligibility: organizations for seniors

Coverage area: Laurentians

Hours: Monday and Wednesday 8h00 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Charity Organizations

FONDATION MÉDICALE DES LAURENTIDES ET DES PAYS-D'EN-HAUT

50 Corbeil Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1X2

819 323-4565 Fax: 819 323-4568

Website: www.fondationmedicale.com

Email: info@fondationmedicale.com

Services: Improving and supporting the health and well-being of the population. * Acquisition and modernization of medical equipment in health facilities. * Aux Trésors de la Fondation: sale of used items at low prices.

Eligibility: population, health facilities, municipalities

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, Saint-Donat, Notre-Dame-de-la-Merci

Hours: Tuesday to Saturday 9h30 to 12h00 and 13h00 to 16h30, Aux Trésors de la Fondation: Friday and Saturday 9h00 to 17h00

Financing: donations

Legal status: non-profit organization

Community development

FONDATION DANIEL LAUZON

Confidential Address

819 425-3735

Email: mleonard@imp-leonard.com

Services: Academic development and help for families. * Dan troubleshooting: material assistance to children and families. * Promotion of community development. * Special program at the Curée-Mercure high school.

Eligibility: families on a low income and parents with children 5 to 16 years old

Coverage area: Mont-Tremblant

Fees: none

Financing: donations

Legal status: non-profit organization

Information and referral

CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

1 855 766-6387 ext. 33167

Services: Grouping for consultation between organizations, municipalities and establishments for seniors in order to meet the needs of seniors and persons in loss of autonomy, and to promote home support. *

Consultation and representation with deciding authorities. * Directory Services aux personnes âgées: www.cab-laurentides.org/images/publications/mini-bottin-MRC-laurentides.pdf

Eligibility: organizations for seniors or people in loss of autonomy, municipalities

Coverage area: MRC Les Laurentides

Financing: self-financing

Legal status: non-profit organization

UNITÉ TOXI DES TROIS-VALLÉES (L')

1412 Deguire Street, Mont-Tremblant, Laurentides, QC, J8E 3C4

819 425-5666

Email: unitetoxidestroisvallees@yahoo.ca

Services: Dependency help and prevention centre. * 24 hour crisis line. * Therapies, individual and group consultations. * Support and guidance. * Information and awareness. * Training and popular education. * Documentation and research. * Anonymous meetings with the family. * Recovery programs.

Eligibility: people with an alcohol, drug or gambling addiction problem, their relatives

Coverage area: MRC Les Laurentides

Hours: 7 days, 8h00 to 18h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Volunteering and volunteer centres

CENTRE DE PÉDIATRIE SOCIALE DU COUR DES LAURENTIDES

10 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2

819 774-8574

Website: cpsclaurentides.ca

Email: info@cpsclaurentides.ca

Services: Community social pediatrics centre. * Reception, clinical assessment and assistance. * Early stimulation activities. * Skill development activities: arts, sports and cultural activities. * Various activities and care that meet the specific needs of each child. * Mentoring of families and children in need.

Eligibility: children aged 0 to 16 and families in a situation of vulnerability

Coverage area: MRC Les Laurentides

Fees: none

Financing: donations

Legal status: non-profit organization

ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L') - SAINTE-AGATHE-DES-MONTS

Confidential Address

819 326-8484

Website: www.lelan.org

Email: steagathe@lelan.org

Services: * Personal growth group. * Individual support. * Accompaniment. * Support for close ones and social workers. * Prevention, awareness and training. * Advocacy.

Eligibility: women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general population

Coverage area: MRC Antoine-Labelle, MRC Les Laurentides

Hours: Monday to Friday, variable hours

Fees: none

Financing: donations, grants

Legal status: non-profit organization

MAISON EMMANUEL (CENTRE ÉDUCATIF)

1561 Beaulne Road, Val-Morin, Laurentides, QC, J0T 2R0

819 322-7014 Fax: 819 322-6930

Website: maisonemmanuel.org/en

Email: contact@maisonemmanuel.org

Services: Residence for adults living with an intellectual or physical disability. * Collaborative and active living environment. * Craft workshops and bakery. * Therapies: arts therapies, occupational therapy, physiotherapy. * Organic farmhouse and gardens. * Maison Emmanuel Foundation.

Eligibility: adults living with an intellectual or physical disability, volunteers

Capacity: 45 residents

Coverage area: Province of Québec

Financing: self-financing, donations

Legal status: non-profit organization

PALLIACCO

2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8

819 717-9646

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8

819 717-9646 Fax: 818 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support for the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES

Confidential Address

1 844 551-6032

Website: prevoyanceaineslaurentides.org

Email: prevoyance.aines.laurentides@gmail.com

Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.

Eligibility: seniors

Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, donations

Legal status: non-profit organization

SAMARITAINE DE MONT-TREMBLANT (LA)

120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1

819 429-5938 Fax: 819 429-5200

Website: www.lasamaritaine.ca

Email: lasamaritaine@bellnet.ca

Services: * Reception and reference. * Food assistance. * Emergency food assistance. * Financial assistance for basic needs: help for health care and school fees. * Christmas baskets. * Second hand store: used clothing, furniture, toys and miscellaneous items. * On-site recovery of clothing, furniture, toys and miscellaneous items. * Eco warehouse: on-site recovery and selling of used construction and renovation materials. * Marc Richer Fund: fund for sick children under 18 years of age requiring medical treatment outside the region. * Volunteer support: reception, supervision and training. * Service point Bonhomme à lunettes: low-cost eyeglasses.

Eligibility: individuals and families on a low income, people in vulnerable situations

Coverage area: Amherst, Arundel, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Mont-Tremblant, Montcalm and Saint-Faustin-Lac-Carré food assistance: Brébeuf, La Conception and Mont-Tremblant

Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance for families: Wednesday 13h00 to 13h30, food assistance for singles or couples without children: Wednesday 13h30 to 14h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, bonhomme à lunettes: Thursday 9h30 to 12h00

Fees: food assistance: \$5, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

UNITÉ TOXI DES TROIS-VALLÉES (L')

1412 Deguire Street, Mont-Tremblant, Laurentides, QC, J8E 3C4

819 425-5666

Email: unitetoxidestroisvallees@yahoo.ca

Services: Dependency help and prevention centre. * 24 hour crisis line. * Therapies, individual and group consultations. * Support and guidance. * Information and awareness. * Training and popular education. * Documentation and research. * Anonymous meetings with the family. * Recovery programs.

Eligibility: people with an alcohol, drug or gambling addiction problem, their relatives

Coverage area: MRC Les Laurentides

Hours: 7 days, 8h00 to 18h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

PARATRANSIT

RECREATION AND CAMPS

RESPITE SERVICES AND HOUSING

RESPITE, CHILD CARE AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

Adapted work and employability support

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6

819 321-1773 Fax: 819 774-0668

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

Advocacy for people with a physical disability

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL

585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9

819 425-7447 Fax: 819 425-2343

Website: www.association-clairsoleil.com

Email: clairsoleil@cgocable.ca

Services: Promotion and advocacy for the rights and the interests of people living with an intellectual or physical disability. * Information, referral and awareness. * Events and occasional activities: community meals, barbecue, restaurant, sugar shack, cooking workshop, etc. * Adapted day camp for the children from 5 to 17 years old. * Individual and personalized activities at home, outside or on site. * Social, sporting, recreational and artistic activities. * Cultural outings.

Eligibility: people living with an intellectual or physical disability, their family

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (block of maximum 3 hours)

Fees: membership card: \$5, day camp: variable

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES

62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2

819 326-5202 Fax: 819 326-1475

Website: aphil.ca

Email: direction@aphil.ca

Services: * Collective kitchens. * Bistro luncheons. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Defense of rights.

Eligibility: people 5 to 90 years with an intellectual disability, day camp: children 5 to 17 years old

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks

Fees: annual subscription: \$12, activities: none, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

1 855 766-6387 ext. 33167

Services: Grouping for consultation between organizations, municipalities and establishments for seniors in order to meet the needs of seniors and persons in loss of autonomy, and to promote home support. *

Consultation and representation with deciding authorities. * Directory Services aux personnes âgées: www.cab-laurentides.org/images/publications/mini-bottin-MRC-laurentides.pdf

Eligibility: organizations for seniors or people in loss of autonomy, municipalities

Coverage area: MRC Les Laurentides

Financing: self-financing

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS

Confidential Address

450 229-7824

Email: mpdasteagathe@bell.net

Services: Defence of the collective rights of people living or having been labeled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.

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

Coverage area: Sainte-Agathe-Des-Monts

Financing: self-financing

Legal status: non-profit organization

Advocacy for people with an intellectual disability**ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL**

585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9

819 425-7447 Fax: 819 425-2343

Website: www.association-clairsoleil.com

Email: clairsoleil@cgocable.ca

Services: Promotion and advocacy for the rights and the interests of people living with an intellectual or physical disability. * Information, referral and awareness. * Events and occasional activities: community meals, barbecue, restaurant, sugar shack, cooking workshop, etc. * Adapted day camp for the children from 5 to 17 years old. * Individual and personalized activities at home, outside or on site. * Social, sporting, recreational and artistic activities. * Cultural outings.

Eligibility: people living with an intellectual or physical disability, their family

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (block of maximum 3 hours)

Fees: membership card: \$5, day camp: variable

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES

62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2

819 326-5202 Fax: 819 326-1475

Website: aphil.ca

Email: direction@aphil.ca

Services: * Collective kitchens. * Bistro luncheons. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Defense of rights.

Eligibility: people 5 to 90 years with an intellectual disability, day camp: children 5 to 17 years old

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks

Fees: annual subscription: \$12, activities: none, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS

Confidential Address

450 229-7824

Email: mpdasteagathe@bell.net

Services: Defence of the collective rights of people living or having been labeled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.

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

Coverage area: Sainte-Agathe-Des-Monts

Financing: self-financing

Legal status: non-profit organization

Paratransit

TRANSPORT ADAPTÉ ET COLLECTIF DES LAURENTIDES

16 Saint-Paul Street East, Suite 102, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3R2

819 774-0467 Fax: 819 774-0473

Website: www.transportlaurentides.ca

Email: info@transportlaurentides.ca

Services: * L'Inter: public transit by bus and taxibus. * Paratransit: minibuses and taxis.

Eligibility: public transit: general public, paratransit: people living with a disability and having mobility limitations

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, L'Ascension, La Macaza, Nominingue, Prévost, Rivière-Rouge

Hours: offices: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00, L'Inter call centre: 7 days, 8h00 to 19h00

Fees: public transit: \$6 per trip, free for children aged 0 to 11, taxibus: \$5 per trip, free for children aged 0 to 11, paratransit: price depending on the distance to be traveled

Financing: self-financing, grants, municipal

Legal status: non-profit organization

Recreation and camps

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL

585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9

819 425-7447 Fax: 819 425-2343

Website: www.association-clairssoleil.com

Email: clairssoleil@cgocable.ca

Services: Promotion and advocacy for the rights and the interests of people living with an intellectual or physical disability. * Information, referral and awareness. * Events and occasional activities: community meals, barbecue, restaurant, sugar shack, cooking workshop, etc. * Adapted day camp for the children from 5 to 17 years old. * Individual and personalized activities at home, outside or on site. * Social, sporting, recreational and artistic activities. * Cultural outings.

Eligibility: people living with an intellectual or physical disability, their family

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (block of maximum 3 hours)

Fees: membership card: \$5, day camp: variable

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES

62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2

819 326-5202 Fax: 819 326-1475

Website: aphil.ca

Email: direction@aphil.ca

Services: * Collective kitchens. * Bistro luncheons. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Defense of rights.

Eligibility: people 5 to 90 years with an intellectual disability, day camp: children 5 to 17 years old

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks

Fees: annual subscription: \$12, activities: none, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

819 429-5858 Fax: 819 429-6850

Website: www.fadoqlaurentides.org

Email: info@fadoqlaurentides.org

Services: Grouping and representation in instances requiring the defense of seniors' rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Aîné-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Laurentians

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

Fees: membership: \$30 per year or \$50 for 2 years

Financing: membership fees, grants, self-financing

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS

Confidential Address

450 229-7824

Email: mpdasteagathe@bell.net

Services: Defence of the collective rights of people living or having been labeled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.

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

Coverage area: Sainte-Agathe-Des-Monts

Financing: self-financing

Legal status: non-profit organization

P'TIT BONHEUR (LE)

1721 du Lac Quenouille Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J0

1 800 567-6788 Fax: 819 326-3230

Website: www.ptitbonheur.com

Email: info@ptitbonheur.com

Services: Summer camps with introduction to outdoor activities. * SNAP camp: specialized stay for obese children. * Training program for aspiring counsellors. * Packages for school or organized groups.

Eligibility: summer camps: youth 6 to 17 years old, SNAP camp: obese children, packages: open to all

Capacity: regular camps: 400 places
Coverage area: Province of Québec
Fees: variable
Financing: foundations, provincial, fundraising campaigns
Legal status: non-profit organization

Respite services and housing

MAISON EMMANUEL (CENTRE ÉDUCATIF)

1561 Beaulne Road, Val-Morin, Laurentides, QC, J0T 2R0

819 322-7014 Fax: 819 322-6930

Website: maisonemmanuel.org/en

Email: contact@maisonemmanuel.org

Services: Residence for adults living with an intellectual or physical disability. * Collaborative and active living environment. * Craft workshops and bakery. * Therapies: arts therapies, occupational therapy, physiotherapy. * Organic farmhouse and gardens. * Maison Emmanuel Foundation.

Eligibility: adults living with an intellectual or physical disability, volunteers

Capacity: 45 residents

Coverage area: Province of Québec

Financing: self-financing, donations

Legal status: non-profit organization

Respite, child care and housing

COOP DE SOLIDARITÉ EN ENTRETIEN MÉNAGER CHIFFON MAGIQUE

250 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1

819 425-7484 Fax: 819 425-5782

Website: coopchiffonmagique.org

Email: administration@chiffonmagique.com

Services: Social economy cooperative in domestic help. * Daily housekeeping. * Meal preparation, without diet. * Help with groceries. * Respite for caregivers: surveillance, stimulating activities, help with daily living.

Eligibility: people 65 years old and over or referred by the CISSS des Laurentides

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: variable depending on income

Financing: self-financing, provincial

Legal status: cooperative

HABITATIONS LA CAPUCINE (LES)

6200 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0

1 877 840-1211

Services: Subsidized housing for seniors, with services. * Meals. * Recreational activities. * Surveillance.

Eligibility: seniors 75 years old and over or with a moderate loss of autonomy

Capacity: 20 units

Coverage area: Val-Morin

Fees: subsidized housing: 25% of income according to the provincial notice of assessment

Financing: provincial

Legal status: non-profit organization

MAISON EMMANUEL (CENTRE ÉDUCATIF)

1561 Beaulne Road, Val-Morin, Laurentides, QC, J0T 2R0

819 322-7014 Fax: 819 322-6930

Website: maisonemmanuel.org/en

Email: contact@maisonemmanuel.org

Services: Residence for adults living with an intellectual or physical disability. * Collaborative and active living environment. * Craft workshops and bakery. * Therapies: arts therapies, occupational therapy, physiotherapy. * Organic farmhouse and gardens. * Maison Emmanuel Foundation.

Eligibility: adults living with an intellectual or physical disability, volunteers

Capacity: 45 residents

Coverage area: Province of Québec

Financing: self-financing, donations

Legal status: non-profit organization

PALLIACCO

2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8

819 717-9646

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8

819 717-9646 Fax: 818 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support for the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

RÉSIDENCE VALLÉE DE LA ROUGE

102 du Vert Pré Street, Amherst, Laurentides, QC, J0T 1G0

819 687-2103

Email: residencevalleedelarouge@gmail.com

Services: Residence for seniors. * Adapted and affordable housing. * Housekeeping. * Meals. * Help with daily hygiene, clothing help, medication administration.

Eligibility: seniors who are autonomous or with a loss of autonomy

Capacity: 26 units

Coverage area: Laurentides

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER LAURENTIDES

14 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2

1 800 978-7881 Fax: 819 326-9664

Website: www.alzheimerlaurentides.com

Email: admin@salaurentides.ca

Services: Information on Alzheimer's disease. * Helpline. * Individual and family consultations. * Documentation centre. * Home respite, accompaniment and stimulation. * Friday respite for people at mild to moderate stages. * Monthly support groups for caregivers. * Conferences for caregivers. * Professional training program. * Service point at 341 de la Madone Street, Mont-Laurier. * Service point at 141 Saint-Charles Street, Suite 210, Sainte-Thérèse.

Eligibility: people with Alzheimer's or a similar disease, their relatives, caregivers, counsellors, general public

Capacity: support groups: 10 to 20 people

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30, support groups: day and evening

Fees: home respite: \$20 per visit, other services: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Support Associations**DIABÈTE MONT-TREMBLANT**

522 Vaillancourt Street, Mont-Tremblant, Laurentides, QC, J8E 2S6

819 425-3873

Email: lisefecteau@cgocable.ca

Services: Providing help to diabetic people and their close ones. * Raising awareness, prevention and advocacy for the interests of diabetic people. * Social activities.

Eligibility: diabetic people, their close ones

Coverage area: Mont-Tremblant

Financing: donations, contributions

Legal status: non-profit organization

ENVOLÉE (L') - RESSOURCE ALTERNATIVE EN SANTÉ MENTALE

5 Larocque Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1A1

819 326-5778 Fax: 819 326-9256

Website: lenvoleerasm.com

Email: lenvoleerasm@cgocable.ca

Services: Mental health support centre * Day centre. * Social reinsertion. * Counselling, support and accompaniment. * Amitié-Communauté Programme: pairing to break isolation. * Referral.

Eligibility: people with mental health issues

Hours: Monday to Thursday 9h00 to 16h00

Fees: free

Financing: provincial, Centraide Hautes-Laurentides, donations

Legal status: non-profit organization

GROUPE JAD

38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6

819 774-1687

Website: www.groupejad.com

Email: info@groupejad.com

Services: * Support over telephone. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth with addiction, problems with violence and communication within family, parents experiencing difficulties with their adolescents

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: free

Legal status: non-profit organization

MAISON DE LA FAMILLE DU NORD (LA)

155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1

819 425-5407

Website: www.maisondelafamilledunord.com

Email: cdrouin@mfdn.ca

Services: Services for families and children. * Welcoming and listening. * Workshop Y'APP (Nobody's Perfect): development of parenting skills for parents of children aged 0 to 5 years old. * Workshops and conferences on various topics. * Program OLO (Egg-Milk-Orange). * Parent-child workshops. * Family activities. * Family breakfast. * Children's workshops. * Summer camp. * Drop-in daycare. * Breastfeeding break, bottle break and diaper break.

Eligibility: families and children from 0 to 6 years old, students aged 6 to 12 years

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 9h00 to 16h00, drop-in daycare: Tuesday and Thursday, family breakfast: Wednesday 9h00 to 11h00

Financing: self-financing, grants

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS

Confidential Address

450 229-7824

Email: mpdasteagathe@bell.net

Services: Defence of the collective rights of people living or having been labeled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.

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

Coverage area: Sainte-Agathe-Des-Monts

Financing: self-financing

Legal status: non-profit organization

ORGANISME KINA8AT (L')

Confidential Address

Website: en.kina8at.ca

Email: info@kina8at.ca

Services: Promotion and transmission of Indigenous culture. * Creative workshops and art therapy. * Language courses and language camps. * Resource centre. * Traditional accompaniment program: healing and cultural reconnection stays. * Awareness and training activities in schools and workplaces. * 1 to 3 day resourcing internships in Quebec and Europe. * Thematic trips in Quebec. * Various training activities.

Eligibility: indigenous peoples, families, general population, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

Hours: variable

Fees: variable

Financing: federal, donations

Legal status: non-profit organization

PALLIACCO

2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8

819 717-9646

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8

819 717-9646 Fax: 818 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support for the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES

126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7

819 324 1004 Fax: 819 324-1004

Email: parents.uniques@c gocable.ca

Services: Grouping of men and women heads of single-parent and blended families. * Welcome and information. * Collective kitchens. * Lounge members: Wi-Fi, coffee shops, cafes, relaxation area and games. * Workshops on communication after divorce or separation. * Computer access. * Family outings. * Mini library and toy library. * Financial assistance once a year for a sports activity. * Back to school help: financial assistance to low-income parents for the back-to-school period.

Eligibility: men and women heads of stepfamilies or single-parent families

Coverage area: MRC Les Laurentides

Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00

Fees: membership: \$5 for a single parent family, \$10 for a blended family

Financing: self-financing

Legal status: non-profit organization

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES

Confidential Address

1 844 551-6032

Website: prevoyanceaineslaurentides.org

Email: prevoyance.aines.laurentides@gmail.com

Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.

Eligibility: seniors

Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, donations

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER LAURENTIDES

14 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2

1 800 978-7881 Fax: 819 326-9664

Website: www.alzheimerlaurentides.com

Email: admin@salaurentides.ca

Services: Information on Alzheimer's disease. * Helpline. * Individual and family consultations. * Documentation centre. * Home respite, accompaniment and stimulation. * Friday respite for people at mild to moderate stages. * Monthly support groups for caregivers. * Conferences for caregivers. * Professional training program. * Service point at 341 de la Madone Street, Mont-Laurier. * Service point at 141 Saint-Charles Street, Suite 210, Sainte-Thérèse.

Eligibility: people with Alzheimer's or a similar disease, their relatives, caregivers, counsellors, general public

Capacity: support groups: 10 to 20 people

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30, support groups: day and evening

Fees: home respite: \$20 per visit, other services: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Support and integration organizations

MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS

Confidential Address

450 229-7824

Email: mpdasteagathe@bell.net

Services: Defence of the collective rights of people living or having been labeled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.

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

Coverage area: Sainte-Agathe-Des-Monts

Financing: self-financing

Legal status: non-profit organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

SCHOOL SERVICE CENTERS

Academic and vocational guidance

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES

763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-1200 Fax: 819 425-1155

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS

97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9

819 321-1774 Fax: 819 321-3428

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth 16 to 35 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

Computer workshops

ASSOCIATION ALPHA-LAURENTIDES

21 Saint-Henri Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3C6

819 324-9400

Email: alpha-laurentides@hotmail.com

Services: Literacy and basic adult education. * Literacy in French and francization. * Basic arithmetic. * Basic computer use.

Eligibility: adults 16 years and over

Capacity: 4 people per group

Coverage area: MRC Les Laurentides, MRC Les Pays d'en Haut

Hours: Monday to Friday 9h00 to 15h00

Fees: registration: \$40

Financing: donations

Legal status: non-profit organization

Language courses

ORGANISME KINA8AT (L')

Confidential Address

Website: en.kina8at.ca

Email: info@kina8at.ca

Services: Promotion and transmission of Indigenous culture. * Creative workshops and art therapy. * Language courses and language camps. * Resource centre. * Traditional accompaniment program: healing and cultural reconnection stays. * Awareness and training activities in schools and workplaces. * 1 to 3 day resourcing internships in Quebec and Europe. * Thematic trips in Quebec. * Various training activities.

Eligibility: indigenous peoples, families, general population, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

Hours: variable

Fees: variable

Financing: federal, donations

Legal status: non-profit organization

Literacy

ASSOCIATION ALPHA-LAURENTIDES

21 Saint-Henri Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3C6

819 324-9400

Email: alpha-laurentides@hotmail.com

Services: Literacy and basic adult education. * Literacy in French and francization. * Basic arithmetic. * Basic computer use.

Eligibility: adults 16 years and over

Capacity: 4 people per group

Coverage area: MRC Les Laurentides, MRC Les Pays d'en Haut

Hours: Monday to Friday 9h00 to 15h00

Fees: registration: \$40

Financing: donations

Legal status: non-profit organization

Public education

ASSOCIATION ALPHA-LAURENTIDES

21 Saint-Henri Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3C6

819 324-9400

Email: alpha-laurentides@hotmail.com

Services: Literacy and basic adult education. * Literacy in French and francization. * Basic arithmetic. * Basic computer use.

Eligibility: adults 16 years and over

Capacity: 4 people per group

Coverage area: MRC Les Laurentides, MRC Les Pays d'en Haut

Hours: Monday to Friday 9h00 to 15h00

Fees: registration: \$40

Financing: donations

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DES LAURENTIDES

13 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C3

819 326-0333 Fax: 819 326-2121

Website: www.cslaurentides.qc.ca

Email: info@cslaurentides.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * General 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 Les Laurentides, MRC Les Pays-d'en-Haut, Saint-Donat (MRC Matawinie)

Financing: provincial

Legal status: parapublic organization

School perseverance

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES

763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-1200 Fax: 819 425-1155

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS

97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9

819 321-1774 Fax: 819 321-3428

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth 16 to 35 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

School service centers

CENTRE DE SERVICES SCOLAIRE DES LAURENTIDES

13 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C3

819 326-0333 Fax: 819 326-2121

Website: www.cslaurentides.qc.ca

Email: info@cslaurentides.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * General 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 Les Laurentides, MRC Les Pays-d'en-Haut, Saint-Donat (MRC Matawinie)

Financing: provincial

Legal status: parapublic organization

Employment and Income Support

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR YOUTH

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

LEGAL AID OFFICE - SAINTE-AGATHE

118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1

819 326-6111 Fax: 819 326-1767

Website: www.ccjll.qc.ca

Email: bajagathe@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: Sainte-Agathe-des-Monts

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

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

Financing: provincial

Legal status: parapublic organization

Budget management and consumption

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES

763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-1200 Fax: 819 425-1155

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS

97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9

819 321-1774 Fax: 819 321-3428

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth 16 to 35 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

SAMARITAINE DE MONT-TREMBLANT (LA)

120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1

819 429-5938 Fax: 819 429-5200

Website: www.lasamaritaine.ca

Email: lasamaritaine@bellnet.ca

Services: * Reception and reference. * Food assistance. * Emergency food assistance. * Financial assistance for basic needs: help for health care and school fees. * Christmas baskets. * Second hand store: used clothing, furniture, toys and miscellaneous items. * On-site recovery of clothing, furniture, toys and miscellaneous items. * Eco warehouse: on-site recovery and selling of used construction and renovation materials. * Marc Richer Fund: fund for sick children under 18 years of age requiring medical treatment outside the region. * Volunteer support: reception, supervision and training. * Service point Bonhomme à lunettes: low-cost eyeglasses.

Eligibility: individuals and families on a low income, people in vulnerable situations

Coverage area: Amherst, Arundel, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Mont-Tremblant, Montcalm and Saint-Faustin-Lac-Carré food assistance: Brébeuf, La Conception and Mont-Tremblant

Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance for families: Wednesday 13h00 to 13h30, food assistance for singles or couples without children: Wednesday 13h30 to 14h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, bonhomme à lunettes: Thursday 9h30 to 12h00

Fees: food assistance: \$5, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

Business development

CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE DE LA MRC DES LAURENTIDES

1255 des Lacs Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2

819 681-3373

Website: cdemrclaurentides.org

Email: info@cdemrclaurentides.org

Services: Organization dedicated to workforce and economic development. * Information, guidance and referral. * Consulting services. * Assistance with relocation and sale of businesses. * Assistance in the realization of a business plan. * Search for financing. * Financial assistance programs. * Technical support. * Entrepreneurial succession. * Entrepreneurship training. * Follow-up in business. * Documentation and economic references. * Specialized services. * Settlement services: export, business immigration, business mentoring.

Coverage area: MRC Les Laurentides

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

Financing: provincial, self-financing

Legal status: non-profit organization

SERVICES QUÉBEC - SAINTE-AGATHE-DES-MONTS

1 Raymond Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X2

819 326-5861 Fax: 819 326-4234

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

Services: * Information and accompaniment in the administrative procedures with ministries and organizations. * Employment assistance. * Business support. * Social assistance. * Administration of oath. * Services related to the Ministry of Immigration, Francization and Integration. * Self-service computer stations. * 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: Sainte-Agathe-des-Monts

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

Financing: provincial

Legal status: provincial government agency

Employment support and training

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES

763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-1200 Fax: 819 425-1155

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS

97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9

819 321-1774 Fax: 819 321-3428

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth 16 to 35 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6

819 321-1773 Fax: 819 774-0668

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

MRC LES LAURENTIDES - CARAVANE DE L'EMPLOI

1255 des Lacs Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2

819 681-3373 ext. 1409

Website: mrclaurentides.qc.ca/caravane-de-emploi

Email: caravane@mrclaurentides.qc.ca

Services: Mobile employment promotion office for the MRC Les Laurentides. * Employment information. * Online directory of job offers. * Networking between employers and job applicants. * Promotion of employment in regional areas.

Eligibility: job seekers, businesses

Coverage area: MRC des Laurentides

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

Fees: none

Financing: municipal

Legal status: municipal agency

SERVICES QUÉBEC - SAINTE-AGATHE-DES-MONTS

1 Raymond Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X2

819 326-5861 Fax: 819 326-4234

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

Services: * Information and accompaniment in the administrative procedures with ministries and organizations. * Employment assistance. * Business support. * Social assistance. * Administration of oath. * Services related to the Ministry of Immigration, Francization and Integration. * Self-service computer stations. * 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: Sainte-Agathe-des-Monts

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

Financing: provincial

Legal status: provincial government agency

Employment support for immigrants

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS

118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5

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

Website: www.canada.ca

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

Coverage area: Sainte-Agathe-Des-Monts

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES

763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-1200 Fax: 819 425-1155

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS

97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9

819 321-1774 Fax: 819 321-3428

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Welcoming, needs assessment, information, referrals, support and accompaniment. * Job search assistance: help in writing resumes, interview simulation, networking, etc. * Professional orientation and returning to studies. * Varied themed workshops. * Mes finances Mes choix: financial education workshops. * Créneau Carrefour Jeunesse: school perseverance, entrepreneurship, volunteering. * Documentation centre and computers. * Mobilization and community development.

Eligibility: youth 16 to 35 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6

819 321-1773 Fax: 819 774-0668

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

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS

118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5

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

Website: www.canada.ca

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

Coverage area: Sainte-Agathe-Des-Monts

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICES QUÉBEC - SAINTE-AGATHE-DES-MONTS

1 Raymond Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X2

819 326-5861 Fax: 819 326-4234

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

Services: * Information and accompaniment in the administrative procedures with ministries and organizations. * Employment assistance. * Business support. * Social assistance. * Administration of oath. * Services related to the Ministry of Immigration, Francization and Integration. * Self-service computer stations. * 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: Sainte-Agathe-des-Monts

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

Financing: provincial

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

FOOD ASSISTANCE COORDINATION

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

BOUFFE DÉPANNAGE DE SAINTE-AGATHE-DES-MONTS

80 Sainte-Agathe Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2J9

819 326-1324

Email: ml.fg44@gmail.com

Services: * Food assistance. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Sainte-Agathe-Des-Monts

Hours: Thursday 11h30 to 12h00 and 13h00 to 14h30

Fees: \$2 per assistance

Financing: donations, self-financing

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE VAL-DAVID

2492 de l'Église Street, Val-David, Laurentides, QC, J0T 2N0

514 616-6457

Email: plume07@msn.com

Services: * Food counter. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Val-David

Fees: \$5

Financing: donations

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-AGATHE

19 Saint-André Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1R3

819 326-0804

Website: www.mdjsa.ca

Email: mdjsa@cgocable.ca

Services: Animated meeting place for young people. * Sports, cultural and entertainment activities.

Eligibility: youth from 12 to 17 years old

Coverage area: Sainte-Agathe-Des-Monts

Hours: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

SAMARITAINE DE MONT-TREMBLANT (LA)

120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1

819 429-5938 Fax: 819 429-5200

Website: www.lasamaritaine.ca

Email: lasamaritaine@bellnet.ca

Services: * Reception and reference. * Food assistance. * Emergency food assistance. * Financial assistance for basic needs: help for health care and school fees. * Christmas baskets. * Second hand store: used clothing, furniture, toys and miscellaneous items. * On-site recovery of clothing, furniture, toys and miscellaneous items. * Eco warehouse: on-site recovery and selling of used construction and renovation materials. * Marc Richer Fund: fund for sick children under 18 years of age requiring medical treatment outside the region. * Volunteer support: reception, supervision and training. * Service point Bonhomme à lunettes: low-cost eyeglasses.

Eligibility: individuals and families on a low income, people in vulnerable situations

Coverage area: Amherst, Arundel, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Mont-Tremblant, Montcalm and Saint-Faustin-Lac-Carré food assistance: Brébeuf, La Conception and Mont-Tremblant

Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance for families: Wednesday 13h00 to 13h30, food assistance for singles or couples without children: Wednesday 13h30 to 14h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, bonhomme à lunettes: Thursday 9h30 to 12h00
Fees: food assistance: \$5, emergency food assistance: free
Financing: donations, self-financing
Legal status: non-profit organization

Collective kitchens and cooking workshops

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES

62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2

819 326-5202 Fax: 819 326-1475

Website: aphil.ca

Email: direction@aphil.ca

Services: * Collective kitchens. * Bistro luncheons. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Defense of rights.

Eligibility: people 5 to 90 years with an intellectual disability, day camp: children 5 to 17 years old

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks

Fees: annual subscription: \$12, activities: none, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. * Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinç'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES

126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7

819 324 1004 Fax: 819 324-1004

Email: parents.uniques@c gocable.ca

Services: Grouping of men and women heads of single-parent and blended families. * Welcome and information. * Collective kitchens. * Lounge members: Wi-Fi, coffee shops, cafes, relaxation area and games. * Workshops on communication after divorce or separation. * Computer access. * Family outings. * Mini library and toy library. * Financial assistance once a year for a sports activity. * Back to school help: financial assistance to low-income parents for the back-to-school period.

Eligibility: men and women heads of stepfamilies or single-parent families

Coverage area: MRC Les Laurentides

Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00

Fees: membership: \$5 for a single parent family, \$10 for a blended family

Financing: self-financing

Legal status: non-profit organization

Community gardens and markets

MONT-TREMBLANT - CITY

1145 Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 1V1

819 681-6409 Fax: 819 425-2528

Website: www.villedemont-tremblant.qc.ca/en

Email: info@villedemont-tremblant.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: www.villedemont-tremblant.qc.ca/en/citizens/waste-and-recyclables/collections-and-calendars * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Mont-Tremblant

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

Financing: municipal

Legal status: municipal agency

Food Assistance

BOUFFE DÉPANNAGE DE SAINTE-AGATHE-DES-MONTS

80 Sainte-Agathe Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2J9

819 326-1324

Email: ml.fg44@gmail.com

Services: * Food assistance. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Sainte-Agathe-Des-Monts

Hours: Thursday 11h30 to 12h00 and 13h00 to 14h30

Fees: \$2 per assistance

Financing: donations, self-financing

Legal status: non-profit organization

BOUFFE LAURENTIENNE

195 Brissette Street, Door 72, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3S4

819 430-6083

Email: bouffelaurentienne@cgocable.ca

Services: * Transport and distribution of food. * Social intervention. * Recovery of end-of-life food items.

Eligibility: people and families on a low income

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 8h00 to 17h00

Fees: food assistance: \$5

Financing: donations, self-financing

Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE COUP DE COEUR

12 Préfontaine Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1C2

819 217-5728

Email: cafecoupdecoeur@hotmail.com

Services: Food assistance and fight against social isolation organization. * Food assistance. * Community meal: brunch and prize draws. * Social and recreational activities: sculpture workshops, theater, indigenous crafts, parties. * Intervention.

Eligibility: people on a low income, people living in difficult situations, people living in social isolation

Coverage area: Sainte-Agathe-des-Monts

Hours: Thursday and Friday 12h00 to 15h00

Fees: annual membership fee: \$12, meals: \$4 for members, \$5 for non-members

Financing: donations, membership fees, self-financing

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE SAINTE-LUCIE-DES-LAURENTIDES (LE)

2121 des Hauteurs Road, Sainte-Lucie-des-Laurentides, Laurentides, QC, J0T 2J0

819 324-5674

Email: comptoir.alimentaire.ste.lucie@gmail.com

Services: * Food assistance.

Eligibility: people in need

Coverage area: Sainte-Lucie-des-Laurentides

Hours: Thursday 13h30 to 15h00

Fees: \$5 per week

Financing: donations

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE VAL-DAVID

2492 de l'Église Street, Val-David, Laurentides, QC, J0T 2N0

514 616-6457

Email: plume07@msn.com

Services: * Food counter. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Val-David

Fees: \$5

Financing: donations

Legal status: non-profit organization

COMPTOIR D'ENTRAIDE DE LABELLE

127 du Collège Street, Labelle, Laurentides, QC, J0T 1H0

819 686-1878 Fax: 873 284-3888

Email: c.entraide.labelle@outlook.com

Services: Food and clothing assistance counter. * Weekly food distribution. * Low-cost sale of clothing, household items, small and large appliances, toys, board games, books, sports items, furniture, etc.

Eligibility: people with low incomes or in need

Coverage area: Labelle, La Minerve

Hours: Monday to Friday 9h00 to 16h00, 1st Saturday of the month 10h00 to 12h00 food assistance, Thursday 9h30 to 15h00

Fees: food assistance : \$5

Financing: donations

Legal status: non-profit organization

COUP DE POUCE ALIMENTAIRE DE VAL-DES-LACS

350 Val-des-Lacs Road, Val-des-Lacs, Laurentides, QC, J0T 2P0

819 326-5624 ext. 3622

Email: melanpayette@hotmail.com

Services: Food counter.

Eligibility: residents of Val-des-Lacs and Lantier

Coverage area: Val-des-Lacs et Lantier

Financing: donations

Legal status: non-profit organization

HALTE ALIMENTAIRE DE VAL-MORIN

4350 du Lac-Fortier Road, Val-Morin, Laurentides, QC, J0T 2R0

819 322-5998

Email: pierre@osinc.ca

Services: * Food bank.

Eligibility: people and families on a low income

Coverage area: Val-Morin

Hours: Thursday 11h00

Fees: variable

Financing: donations

Legal status: non-profit organization

PARTAGE & SOLIDARITÉ LAURENTIDES

6121 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0

819 320-0871

Email: ps laurentides@gmail.com

Services: * Weekly collecting, processing and distribution of perishable and non-perishable food.

Eligibility: general population

Coverage area: Laurentians

Hours: Thursday 16h00 to 17h00

Fees: voluntary contribution

Financing: donations

Legal status: non-profit organization

SAMARITAINE DE MONT-TREMBLANT (LA)

120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1

819 429-5938 Fax: 819 429-5200

Website: www.lasamaritaine.ca

Email: lasamaritaine@bellnet.ca

Services: * Reception and reference. * Food assistance. * Emergency food assistance. * Financial assistance for basic needs: help for health care and school fees. * Christmas baskets. * Second hand store: used clothing, furniture, toys and miscellaneous items. * On-site recovery of clothing, furniture, toys and miscellaneous items. * Eco warehouse: on-site recovery and selling of used construction and renovation materials. * Marc Richer Fund: fund for sick children under 18 years of age requiring medical treatment outside the region. * Volunteer support: reception, supervision and training. * Service point Bonhomme à lunettes: low-cost eyeglasses.

Eligibility: individuals and families on a low income, people in vulnerable situations

Coverage area: Amherst, Arundel, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Mont-Tremblant,

Montcalm and Saint-Faustin-Lac-Carré food assistance: Brébeuf, La Conception and Mont-Tremblant

Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance for families: Wednesday 13h00 to 13h30, food assistance for singles or couples without children: Wednesday 13h30 to 14h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, bonhomme à lunettes: Thursday 9h30 to 12h00

Fees: food assistance: \$5, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

Food aid for pregnant women and children

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. * Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinc'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DU NORD (LA)

155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1

819 425-5407

Website: www.maisondelafamilledunord.com

Email: cdrouin@mfdn.ca

Services: Services for families and children. * Welcoming and listening. * Workshop Y'APP (Nobody's Perfect): development of parenting skills for parents of children aged 0 to 5 years old. * Workshops and conferences on various topics. * Program OLO (Egg-Milk-Orange). * Parent-child workshops. * Family activities. * Family breakfast. * Children's workshops. * Summer camp. * Drop-in daycare. * Breastfeeding break, bottle break and diaper break.

Eligibility: families and children from 0 to 6 years old, students aged 6 to 12 years

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 9h00 to 16h00, drop-in daycare: Tuesday and Thursday, family breakfast: Wednesday 9h00 to 11h00

Financing: self-financing, grants

Legal status: non-profit organization

Food assistance coordination

BOUFFE LAURENTIENNE

195 Brissette Street, Door 72, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3S4

819 430-6083

Email: bouffelaurentienne@cgocable.ca

Services: * Transport and distribution of food. * Social intervention. * Recovery of end-of-life food items.

Eligibility: people and families on a low income

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 8h00 to 17h00

Fees: food assistance: \$5

Financing: donations, self-financing

Legal status: non-profit organization

Low cost or free meals

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL

585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9

819 425-7447 Fax: 819 425-2343

Website: www.association-clairsoleil.com

Email: clairsoleil@cgocable.ca

Services: Promotion and advocacy for the rights and the interests of people living with an intellectual or physical disability. * Information, referral and awareness. * Events and occasional activities: community meals, barbecue, restaurant, sugar shack, cooking workshop, etc. * Adapted day camp for the children from 5 to 17 years old. * Individual and personalized activities at home, outside or on site. * Social, sporting, recreational and artistic activities. * Cultural outings.

Eligibility: people living with an intellectual or physical disability, their family

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (block of maximum 3 hours)

Fees: membership card: \$5, day camp: variable

Financing: provincial, donations

Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE COUP DE COEUR

12 Préfontaine Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1C2

819 217-5728

Email: cafecoupdecoeur@hotmail.com

Services: Food assistance and fight against social isolation organization. * Food assistance. * Community meal: brunch and prize draws. * Social and recreational activities: sculpture workshops, theater, indigenous crafts, parties. * Intervention.

Eligibility: people on a low income, people living in difficult situations, people living in social isolation

Coverage area: Sainte-Agathe-des-Monts

Hours: Thursday and Friday 12h00 to 15h00

Fees: annual membership fee: \$12, meals: \$4 for members, \$5 for non-members

Financing: donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819-326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE

682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-8433

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE

1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819 326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. * Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinc'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE

181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0

819 274-1797

Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes

Email: maisondesjeunes.laminerve@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Prevention and educational activities: drug addiction, mental health, sexuality, healthy lifestyle, etc. * Film screenings. * Community dinners. * Board games, table soccer table, air hockey table. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

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

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819-326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE

682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-8433

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE

1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819 326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

Government services

FEDERAL SERVICES

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES

Federal services

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS

118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5

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

Website: www.canada.ca

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

Coverage area: Sainte-Agathe-Des-Monts

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Municipal services

ARUNDEL - MUNICIPALITY

2 du Village Street, Arundel, Laurentides, QC, J0T 1A0

819 681-3390 Fax: 819 687-8760

Website: www.arundel.ca

Email: info@arundel.ca

Services: Municipal services management. * Waste management. * Planning services and permits issuance.

Coverage area: Arundel

Financing: municipal

Legal status: municipal agency

BARKMERE - MUNICIPALITY

199 Barkmere Road, Barkmere, Laurentides, QC, J0T 1A0

819 681-3474 Fax: 819 681-3475

Website: www.barkmere.ca

Email: dg@barkmere.ca

Services: Municipal services management. * Planning services and permits issuance. * Waste management.

Coverage area: Barkmere

Financing: municipal

Legal status: municipal agency

BRÉBEUF - MUNICIPALITY

217 Route 323, Brébeuf, Laurentides, QC, J0T 1B0

819 425-9833 Fax: 819 425-6611

Website: brebeuf.ca

Email: secretariat@brebeuf.ca

Services: Municipal service management. * Payment of municipal taxes. * Collection of residual materials. * Urban-planning department: construction permits. * Fire department.

Coverage area: Brébeuf

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

Financing: municipal

Legal status: municipal agency

IVRY-SUR-LE-LAC - MUNICIPALITY

601 de la Gare Road, Ivry-Sur-Le-Lac, Laurentides, QC, J8C 2Z8

819 321-2332 Fax: 819 321-3089

Website: www.ivry-sur-le-lac.qc.ca

Email: info@ivry-sur-le-lac.qc.ca

Services: Municipal services management. * Waste management. * Domesticated animal control. * Planing services and permits issuance.

Coverage area: Ivry-sur-le-Lac

Financing: municipal

Legal status: municipal agency

LA CONCEPTION - MUNICIPALITY

1371 du Centenaire Street, La Conception, Laurentides, QC, J0T 1M0

819 681-3016 Fax: 819 681-5808

Website: www.municipalite.laconception.qc.ca

Email: info@municipalite.laconception.qc.ca

Services: Municipal service management. * Payment of municipal taxes. * Collection of residual materials. * Urban-planning department: construction permits. * Fire department.

Coverage area: La Conception

Financing: municipal

Legal status: municipal agency

LA MINERVE - MUNICIPALITY

6 Mailloux Street, La Minerve, Laurentides, QC, J0T 1S0

819 681-3380 Fax: 819 274-2031

Website: www.municipalite.laminerve.qc.ca

Email: info@municipalite.laminerve.qc.ca

Services: Municipal service management. * Payment of municipal taxes. * Collection of residual materials. * Urban-planning department: construction permits. * Fire department.

Coverage area: La Minerve

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00

Financing: municipal

Legal status: non-profit organization

LABELLE - MUNICIPALITY

1 du Pont Street, Labelle, Laurentides, QC, J0T 1H0

819 681-3371 Fax: 819 686-3820

Website: www.municipalite.labelle.qc.ca/contacts/english

Email: info@municipalite.labelle.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: www.municipalite.labelle.qc.ca/citoyens/collecte-des-dechets * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Labelle

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

Financing: municipal

Legal status: municipal agency

LAC-SUPÉRIEUR - MUNICIPALITY

1281 du Lac-Supérieur Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J0

819 681-3370 Fax: 819 688-3010

Website: www.muni.lacsuperieur.qc.ca

Email: info@muni.lacsuperieur.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Public security services: fire safety, Police, animal control. * Urbanism service and construction permits. * Public work department: infrastructure maintenance, construction work, snow removal. * Calendar of recyclable and garbage collections and information on waste management: www.muni.lacsuperieur.qc.ca/69/collectes

Coverage area: Lac-Supérieur

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

Financing: municipal

Legal status: municipal agency

LAC-TREMBLANT-NORD - MUNICIPALITY

1984 du Village Road, Lac-Tremblant-Nord, Laurentides, QC, J8E 1K4

819 425-8154 Fax: 819 425-9208

Website: www.lac-tremblant-nord.qc.ca

Email: mairie@lac-tremblant-nord.qc.ca

Services: Municipal services management. * Planning services and permits issuance. * Waste management.

Coverage area: Lac-Tremblant-Nord

Financing: municipal

Legal status: municipal agency

MONT-TREMBLANT - CITY

1145 Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 1V1

819 681-6409 Fax: 819 425-2528

Website: www.villedemont-tremblant.qc.ca/en

Email: info@villedemont-tremblant.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: www.villedemont-tremblant.qc.ca/en/citizens/waste-and-recyclables/collections-and-calendars * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Mont-Tremblant

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

Financing: municipal

Legal status: municipal agency

MONTCALM - MUNICIPALITY

10 Hotel de Ville Street, Montcalm, Laurentides, QC, J0T 2V0

819 681-3383

Website: www.municipalite.montcalm.qc.ca

Services: Municipal services management. * Waste management. * Planning services and permits issuance. * Fire department. * Economic and touristic development.

Coverage area: Montcalm

Financing: municipal

Legal status: municipal agency

SAINT-FAUSTIN-LAC-CARRÉ - MUNICIPALITY

100 Place de la Mairie, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2

819 688-2161 Fax: 819 688-6791

Website: sflc.ca

Email: info@sflc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable materials and garbage collections and information on waste management: sflc.ca/matieres-residuelles * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-Faustin-Lac-Carré

Hours: Monday to Thursday 8h15 to 16h45, Friday 8h15 to 12h15

Financing: municipal

Legal status: municipal agency

SAINTE-AGATHE-DES-MONTS - CITY

50 Saint-Joseph Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1M9

819 326-4595

Website: ville.sainte-agathe-des-monts.qc.ca

Email: info@ville.sainte-agathe-des-monts.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 residual materials management: ville.sainte-agathe-des-monts.qc.ca/citoyens/services-aux-citoyens/matieres-residuelles/ * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Sainte-Agathe-des-Monts

Hours: Monday to Friday 8h00 to 17h00

Financing: municipal

Legal status: municipal agency

SAINTE-LUCIE-DES-LAURENTIDES - MUNICIPALITY

2121 des Hauteurs Road, Sainte-Lucie-des-Laurentides, Laurentides, QC, J0T 2J0

819 326-3198 Fax: 819 326-0592

Website: msldl.ca

Email: info@msldl.ca

Services: Municipal services management. * Municipal tax payment. * Collection of residual waste. * Urban planning service: construction permits. * Fire department.

Coverage area: Sainte-Lucie-Des-Laurentides

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

Financing: municipal

Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES LAURENTIDES

501 Léonard Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 0B5

819 326-3131 Fax: 819 326-7944

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

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

Coverage area: MRC Les Laurentides

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

Financing: provincial

Legal status: provincial government agency

VAL-DAVID - MUNICIPALITY

2579 de l'Église Street, Val-David, Laurentides, QC, J0T 2N0

819 324-5678

Website: www.valdavid.com

Email: communications@valdavid.com

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.valdavid.com/static/media/uploads/documents/Matieres%20Residuelles/calendrier_collecte_s-val-david-2021-5volets.pdf * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Val-David

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

Financing: municipal

Legal status: municipal agency

VAL-DES-LACS - MUNICIPALITY

349 Val-des-Lacs Road, Val-des-Lacs, Laurentides, QC, J0T 2P0

819 326-5624 Fax: 819 326-7065

Website: www.municipalite.val-des-lacs.qc.ca

Email: info@municipalite.val-des-lacs.qc.ca

Services: Municipal services management. * Waste management. * Planning services and permits issuance.

Coverage area: Val-des-Lacs

Financing: municipal

Legal status: municipal agency

VAL-MORIN - MUNICIPALITY

6120 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0

819 324-5670 Fax: 819 322-3923

Website: www.val-morin.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.val-morin.ca/services_municipaux/ordures-et-recyclage.php * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Val-Morin

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

Financing: municipal

Legal status: municipal agency

Municipalité régionale de comté (MRC)**MRC LES LAURENTIDES**

1255 des Lacs Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2

819 326-0666 Fax: 819 688-6590

Website: en.mrclaurentides.qc.ca

Email: adm@mrclaurentides.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. * Caravane de l'emploi: mobile employment office.

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h00 to 12h15 and 13h00 to 17h00

Financing: municipal, provincial

Legal status: municipal agency

Official documents**SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS**

118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5

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

Website: www.canada.ca

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

Coverage area: Sainte-Agathe-Des-Monts

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Provincial services

LEGAL AID OFFICE - SAINTE-AGATHE

118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1

819 326-6111 Fax: 819 326-1767

Website: www.ccjll.qc.ca

Email: bajagathe@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: Sainte-Agathe-des-Monts

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 - SAINTE-AGATHE-DES-MONTS

1 Raymond Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X2

819 326-5861 Fax: 819 326-4234

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

Services: * Information and accompaniment in the administrative procedures with ministries and organizations. * Employment assistance. * Business support. * Social assistance. * Administration of oath. * Services related to the Ministry of Immigration, Francization and Integration. * Self-service computer stations. * 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: Sainte-Agathe-des-Monts

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

Financing: provincial

Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES LAURENTIDES

501 Léonard Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 0B5

819 326-3131 Fax: 819 326-7944

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

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

Government services

Coverage area: MRC Les Laurentides

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

Financing: provincial

Legal status: provincial government agency

Health

EYE CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Eye care

SAMARITAINE DE MONT-TREMBLANT (LA)

120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1

819 429-5938 Fax: 819 429-5200

Website: www.lasamaritaine.ca

Email: lasamaritaine@bellnet.ca

Services: * Reception and reference. * Food assistance. * Emergency food assistance. * Financial assistance for basic needs: help for health care and school fees. * Christmas baskets. * Second hand store: used clothing, furniture, toys and miscellaneous items. * On-site recovery of clothing, furniture, toys and miscellaneous items. * Eco warehouse: on-site recovery and selling of used construction and renovation materials. * Marc Richer Fund: fund for sick children under 18 years of age requiring medical treatment outside the region. * Volunteer support: reception, supervision and training. * Service point Bonhomme à lunettes: low-cost eyeglasses.

Eligibility: individuals and families on a low income, people in vulnerable situations

Coverage area: Amherst, Arundel, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Mont-Tremblant, Montcalm and Saint-Faustin-Lac-Carré food assistance: Brébeuf, La Conception and Mont-Tremblant

Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance for families: Wednesday 13h00 to 13h30, food assistance for singles or couples without children: Wednesday 13h30 to 14h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, bonhomme à lunettes: Thursday 9h30 to 12h00

Fees: food assistance: \$5, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

Hospitals, CLSC and community clinics

CLSC DE LABELLE

17 du Couvent Street, Labelle, Laurentides, QC, J0T 1H0

1 855 766-6387

Website: 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. * Test centre.

Coverage area: Laurentides

Hours: Monday to Friday 8h30 to 11h45 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DE MONT-TREMBLANT

635 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9

819 425-3771

Website: 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 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINTE-AGATHE-DES-MONTS

2 Préfontaine Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1C3

819 326-3111

Website: 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. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * 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 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

HÔPITAL LAURENTIEN

234 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2B8

819 324-4000

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

Services: General and specialized care hospital. * Emergency and intensive care. * Palliative and end of life care unit. * Medical imaging. * Minor surgery. * Colonoscopy. * Distribution of new injection equipment to drug users and recovery of used needles and syringes. * Self-exclusion program.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

Palliative care

HÔPITAL LAURENTIEN

234 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2B8

819 324-4000

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

Services: General and specialized care hospital. * Emergency and intensive care. * Palliative and end of life care unit. * Medical imaging. * Minor surgery. * Colonoscopy. * Distribution of new injection equipment to drug users and recovery of used needles and syringes. * Self-exclusion program.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

MAISON LA TRAVERSÉE

5100 Ryan Montée, Mont-Tremblant, Laurentides, QC, J8E 1S4

819 421-2585

Website: fondationlatraversee.com/en

Email: info@fondationlatraversee.com

Services: Palliative care centre. * Complete care and housing services. * End-of-life accompaniment. * Staff consists of doctors, nurses and volunteers.

Eligibility: people 18 years and over whose survival is evaluated at less than 3 months and have a decreased level of autonomy

Capacity: 4 beds

Coverage area: MRC Les Pays-d'en-Haut, MRC des Laurentides, MRC Antoine-Labelle

Hours: 24 hours / 7 days

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

Patient support associations

DIABÈTE MONT-TREMBLANT

522 Vaillancourt Street, Mont-Tremblant, Laurentides, QC, J8E 2S6

819 425-3873

Email: lisefecteau@cgocable.ca

Services: Providing help to diabetic people and their close ones. * Raising awareness, prevention and advocacy for the interests of diabetic people. * Social activities.

Eligibility: diabetic people, their close ones

Coverage area: Mont-Tremblant

Financing: donations, contributions

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS

Confidential Address

450 229-7824

Email: mpdasteagathe@bell.net

Services: Defence of the collective rights of people living or having been labeled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.

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

Coverage area: Sainte-Agathe-Des-Monts

Financing: self-financing

Legal status: non-profit organization

P'TIT BONHEUR (LE)

1721 du Lac Quenouille Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J0

1 800 567-6788 Fax: 819 326-3230

Website: www.ptitbonheur.com

Email: info@ptitbonheur.com

Services: Summer camps with introduction to outdoor activities. * SNAP camp: specialized stay for obese children. * Training program for aspiring counsellors. * Packages for school or organized groups.

Eligibility: summer camps: youth 6 to 17 years old, SNAP camp: obese children, packages: open to all

Capacity: regular camps: 400 places

Coverage area: Province of Québec

Fees: variable

Financing: foundations, provincial, fundraising campaigns

Legal status: non-profit organization

PALLIACCO

2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8

819 717-9646

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8

819 717-9646 Fax: 818 717-4411

Website: www.palliaccio.org/en

Email: references@palliaccio.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support for the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER LAURENTIDES

14 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2

1 800 978-7881 Fax: 819 326-9664

Website: www.alzheimerlaurentides.com

Email: admin@salaurentides.ca

Services: Information on Alzheimer's disease. * Helpline. * Individual and family consultations. * Documentation centre. * Home respite, accompaniment and stimulation. * Friday respite for people at mild to moderate stages. * Monthly support groups for caregivers. * Conferences for caregivers. * Professional training program. * Service point at 341 de la Madone Street, Mont-Laurier. * Service point at 141 Saint-Charles Street, Suite 210, Sainte-Thérèse.

Eligibility: people with Alzheimer's or a similar disease, their relatives, caregivers, counsellors, general public

Capacity: support groups: 10 to 20 people

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30, support groups: day and evening

Fees: home respite: \$20 per visit, other services: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Public Health

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. * Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinç'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE

181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0

819 274-1797

Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes

Email: maisondesjeunes.laminerve@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Prevention and educational activities: drug addiction, mental health, sexuality, healthy lifestyle, etc. * Film screenings. * Community dinners. * Board games, table soccer table, air hockey table. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

Homelessness

MOBILE UNITS AND STREET WORK

TRANSITIONAL HOUSING

Mobile units and street work

HÔPITAL LAURENTIEN

234 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2B8

819 324-4000

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

Services: General and specialized care hospital. * Emergency and intensive care. * Palliative and end of life care unit. * Medical imaging. * Minor surgery. * Colonoscopy. * Distribution of new injection equipment to drug users and recovery of used needles and syringes. * Self-exclusion program.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

Transitional housing

CENTRE D'ACCOMPAGNEMENT PERSONNALISÉ POUR JEUNES ENCEINTES OU MÈRES

25, Brissette Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1T3

873 228-1789

Website: capjem.org

Email: capjem.org@gmail.com

Services: Transitional housing with support for young pregnant women and young mothers. * Low-cost transitional housing. * Support and assistance with personal, educational or professional procedures. * Various workshops. * Transportation for medical appointments and accompaniment as needed. * Drop-in care centre. * Tax clinic.

Eligibility: young pregnant women or mothers aged 16 to 35 on a low income and with a life project

Capacity: 18 apartments

Coverage area: Laurentians

Hours: 8h30 to 17h30, 7 days

Fees: housing: 25% of income according to the provincial notice of assessment

Financing: self-financing, grants, donations

Legal status: non-profit organization

Housing

ADVOCACY FOR HOUSING

HOUSING COOPERATIVES AND CORPORATIONS

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

OFFICE MUNICIPAL D'HABITATION DES LAURENTIDES

510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7

819 425-7255

Email: info@omhlaurentides.ca

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent Supplement Program (RSP). * Affordable housing Quebec (LAQ). * Referral service. * Accès Logis Québec program.

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

Capacity: 267 units

Coverage area: MRC Les Laurentides

Financing: provincial

Legal status: parapublic organization

Housing cooperatives and corporations

OFFICE MUNICIPAL D'HABITATION DES LAURENTIDES

510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7

819 425-7255

Email: info@omhlaurentides.ca

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent Supplement Program (RSP). * Affordable housing Quebec (LAQ). * Referral service. * Accès Logis Québec program.

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

Capacity: 267 units

Coverage area: MRC Les Laurentides

Financing: provincial

Legal status: parapublic organization

Social housing and housing cooperatives

DOMAINE BELLEVUE DE SAINT-FAUSTIN-LAC-CARRÉ

1176 de la Pisciculture Road, Suite 10, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J3

819 713-0477

Email: domainebellevue1176@gmail.com

Services: Housing for people on a low or modest income.

Eligibility: people, families or seniors on a low or modest income

Capacity: 27 units

Coverage area: Saint-Faustin-Lac-Carré and surroundings

Financing: municipal

Legal status: non-profit organization

HABITATIONS DU RUISSEAU NOIR (LES)

510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7

819 421-5553

Email: groupe-logiloge@cgocable.ca

Services: Housing for people on a low and modest income.

Eligibility: families, individuals or autonomous seniors on a low or modest income who are currently employed

Capacity: 104 apartments

Coverage area: Mont-Tremblant

Housing

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00

Fees: one-bedroom apartment: \$550 per month, two-bedrooms apartment: \$658 per month, three-bedrooms apartment: \$770 per month, heating and lighting are not included

Financing: municipal, self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DES LAURENTIDES

510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7

819 425-7255

Email: info@omhlaurentides.ca

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent Supplement Program (RSP). * Affordable housing Quebec (LAQ). * Referral service. * Accès Logis Québec program.

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

Capacity: 267 units

Coverage area: MRC Les Laurentides

Financing: provincial

Legal status: parapublic organization

Immigration and cultural communities

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

Recognition of prior learning and diplomas

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS

118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5

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

Website: www.canada.ca

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

Coverage area: Sainte-Agathe-Des-Monts

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Indigenous Peoples

COMMUNITY SUPPORT

GOVERNMENT SERVICES

Community Support

ORGANISME KINA8AT (L')

Confidential Address

Website: en.kina8at.ca

Email: info@kina8at.ca

Services: Promotion and transmission of Indigenous culture. * Creative workshops and art therapy. * Language courses and language camps. * Resource centre. * Traditional accompaniment program: healing and cultural reconnection stays. * Awareness and training activities in schools and workplaces. * 1 to 3 day resourcing internships in Quebec and Europe. * Thematic trips in Quebec. * Various training activities.

Eligibility: indigenous peoples, families, general population, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

Hours: variable

Fees: variable

Financing: federal, donations

Legal status: non-profit organization

Government services

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS

118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5

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

Website: www.canada.ca

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

Coverage area: Sainte-Agathe-Des-Monts

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICES QUÉBEC - SAINTE-AGATHE-DES-MONTS

1 Raymond Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X2

819 326-5861 Fax: 819 326-4234

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

Services: * Information and accompaniment in the administrative procedures with ministries and organizations. * Employment assistance. * Business support. * Social assistance. * Administration of oath. * Services related to the Ministry of Immigration, Francization and Integration. * Self-service computer stations. * 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: Sainte-Agathe-des-Monts

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

Financing: provincial

Legal status: provincial government agency

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

LEGAL ASSISTANCE AND INFORMATION

Advocacy groups

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL

585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9

819 425-7447 Fax: 819 425-2343

Website: www.association-clairsoleil.com

Email: clairsoleil@cgocable.ca

Services: Promotion and advocacy for the rights and the interests of people living with an intellectual or physical disability. * Information, referral and awareness. * Events and occasional activities: community meals, barbecue, restaurant, sugar shack, cooking workshop, etc. * Adapted day camp for the children from 5 to 17 years old. * Individual and personalized activities at home, outside or on site. * Social, sporting, recreational and artistic activities. * Cultural outings.

Eligibility: people living with an intellectual or physical disability, their family

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (block of maximum 3 hours)

Fees: membership card: \$5, day camp: variable

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES

62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2

819 326-5202 Fax: 819 326-1475

Website: aphil.ca

Email: direction@aphil.ca

Services: * Collective kitchens. * Bistro luncheons. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Defense of rights.

Eligibility: people 5 to 90 years with an intellectual disability, day camp: children 5 to 17 years old

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks

Fees: annual subscription: \$12, activities: none, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

1 855 766-6387 ext. 33167

Services: Grouping for consultation between organizations, municipalities and establishments for seniors in order to meet the needs of seniors and persons in loss of autonomy, and to promote home support. * Consultation and representation with deciding authorities. * Directory Services aux personnes âgées: www.cab-laurentides.org/images/publications/mini-bottin-MRC-laurentides.pdf

Eligibility: organizations for seniors or people in loss of autonomy, municipalities

Coverage area: MRC Les Laurentides

Financing: self-financing

Legal status: non-profit organization

DIABÈTE MONT-TREMBLANT

522 Vaillancourt Street, Mont-Tremblant, Laurentides, QC, J8E 2S6

819 425-3873

Email: liseffecteau@cgocable.ca

Services: Providing help to diabetic people and their close ones. * Raising awareness, prevention and advocacy for the interests of diabetic people. * Social activities.

Eligibility: diabetic people, their close ones

Coverage area: Mont-Tremblant

Financing: donations, contributions

Legal status: non-profit organization

ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L') - SAINTE-AGATHE-DES-MONTS

Confidential Address

819 326-8484

Website: www.lelan.org

Email: steagathe@lelan.org

Services: * Personal growth group. * Individual support. * Accompaniment. * Support for close ones and social workers. * Prevention, awareness and training. * Advocacy.

Eligibility: women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general population

Coverage area: MRC Antoine-Labelle, MRC Les Laurentides

Hours: Monday to Friday, variable hours

Fees: none

Financing: donations, grants

Legal status: non-profit organization

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

819 429-5858 Fax: 819 429-6850

Website: www.fadoqlaurentides.org

Email: info@fadoqlaurentides.org

Services: Grouping and representation in instances requiring the defense of seniors' rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Aîné-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Laurentians

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

Fees: membership: \$30 per year or \$50 for 2 years

Financing: membership fees, grants, self-financing

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS

Confidential Address

450 229-7824

Email: mpdasteagathe@bell.net

Services: Defence of the collective rights of people living or having been labeled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.

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

Coverage area: Sainte-Agathe-Des-Monts

Financing: self-financing

Legal status: non-profit organization

ORGANISME DE BASSINS VERSANTS DES RIVIÈRES ROUGE, PETITE NATION ET SAUMON

645 du Moulin Street, suite 1, Mont-Tremblant, Laurentides, QC, J8E 2V1

819 717-3171

Website: www.rpns.ca

Email: direction@rpns.ca

Services: Organization ensuring the integrated management of water and living environments. * Development and establishment of a master plan for water. * Awareness for conservation of water resources and ecosystems. * Contribution to the development, integration and dissemination of knowledge of the territory. * Valuation and measurement of positive impacts.

Eligibility: general public

Coverage area: MRC Antoine-Labelle, MRC Papineau, MRC les Laurentides and MRC des-Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: member fees: variable

Financing: provincial, contributions, donations

Legal status: non-profit organization

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES

Confidential Address

1 844 551-6032

Website: prevoyanceaineslaurentides.org

Email: prevoyance.aines.laurentides@gmail.com

Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.

Eligibility: seniors

Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, donations

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES AÎNÉS DES LAURENTIDES

9 Principale Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J2

819 326-5657 ext. 27

Website: www.tcral.ca

Email: info@tcral.ca

Services: Place for exchange and dialogue to improve the living conditions of seniors in the Laurentians.

Eligibility: organizations for seniors

Coverage area: Laurentians

Hours: Monday and Wednesday 8h00 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Consumer protection and complaints

OFFICE MUNICIPAL D'HABITATION DES LAURENTIDES

510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7

819 425-7255

Email: info@omhlaurentides.ca

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent Supplement Program (RSP). * Affordable housing Quebec (LAQ). * Referral service. * Accès Logis Québec program.

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

Capacity: 267 units

Coverage area: MRC Les Laurentides

Financing: provincial

Legal status: parapublic organization

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS

118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5

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

Website: www.canada.ca

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

Coverage area: Sainte-Agathe-Des-Monts

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Legal assistance and information

LABELLE - MUNICIPALITY

1 du Pont Street, Labelle, Laurentides, QC, J0T 1H0

819 681-3371 Fax: 819 686-3820

Website: www.municipalite.labelle.qc.ca/contacts/english

Email: info@municipalite.labelle.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: www.municipalite.labelle.qc.ca/citoyens/collecte-des-dechets * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Labelle

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

Financing: municipal

Legal status: municipal agency

LEGAL AID OFFICE - SAINTE-AGATHE

118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1

819 326-6111 Fax: 819 326-1767

Website: www.ccjll.qc.ca

Email: bajagathe@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: Sainte-Agathe-des-Monts

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

MONT-TREMBLANT - CITY

1145 Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 1V1

819 681-6409 Fax: 819 425-2528

Website: www.villedemont-tremblant.qc.ca/en

Email: info@villedemont-tremblant.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: www.villedemont-tremblant.qc.ca/en/citizens/waste-and-recyclables/collections-and-calendars * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Mont-Tremblant

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

Financing: municipal

Legal status: municipal agency

SAINT-FAUSTIN-LAC-CARRÉ - MUNICIPALITY

100 Place de la Mairie, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2

819 688-2161 Fax: 819 688-6791

Website: sflc.ca

Email: info@sflc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable materials and garbage collections and information on waste management: sflc.ca/matieres-residuelles * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-Faustin-Lac-Carré

Hours: Monday to Thursday 8h15 to 16h45, Friday 8h15 to 12h15

Financing: municipal

Legal status: municipal agency

SAINTE-AGATHE-DES-MONTS - CITY

50 Saint-Joseph Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1M9

819 326-4595

Website: ville.sainte-agathe-des-monts.qc.ca

Email: info@ville.sainte-agathe-des-monts.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 residual materials management: ville.sainte-agathe-des-monts.qc.ca/citoyens/services-aux-citoyens/matieres-residuelles/ * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Sainte-Agathe-des-Monts

Hours: Monday to Friday 8h00 to 17h00

Financing: municipal

Legal status: municipal agency

VAL-DAVID - MUNICIPALITY

2579 de l'Église Street, Val-David, Laurentides, QC, J0T 2N0

819 324-5678

Website: www.valdavid.com

Email: communications@valdavid.com

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.valdavid.com/static/media/uploads/documents/Matieres%20Residuelles/calendrier_collectes-val-david-2021-5volets.pdf * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Val-David

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

Financing: municipal

Legal status: municipal agency

VAL-MORIN - MUNICIPALITY

6120 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0

819 324-5670 Fax: 819 322-3923

Website: www.val-morin.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.val-morin.ca/services_municipaux/ordures-et-recyclage.php * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Val-Morin

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

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

HELPLINES

MENTAL HEALTH HOUSING

SELF-HELP GROUPS FOR ADDICTION ISSUES

Addiction prevention

HÔPITAL LAURENTIEN

234 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2B8

819 324-4000

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

Services: General and specialized care hospital. * Emergency and intensive care. * Palliative and end of life care unit. * Medical imaging. * Minor surgery. * Colonoscopy. * Distribution of new injection equipment to drug users and recovery of used needles and syringes. * Self-exclusion program.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

MAISON DES JEUNES LA MINERVE

181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0

819 274-1797

Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes

Email: maisondesjeunes.laminerve@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Prevention and educational activities: drug addiction, mental health, sexuality, healthy lifestyle, etc. * Film screenings. * Community dinners. * Board games, table soccer table, air hockey table. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

TANGAGE DES LAURENTIDES

118-B Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1

819 324-2261

Website: tangage.ca

Email: info@tangage.ca

Services: Preventing Addiction. * Promoting healthy lifestyle. * Workshops in elementary and high school. * Community and adult workshops.

Eligibility: from school environment and the community

Coverage area: MRC Laurentides, MRC Pays d'en Haut, MRC Rivière du Nord and north of Mirabel, MRC d'Argenteuil

Hours: Monday to Thursday

Financing: provincial, Centraide Gatineau-Labelle Haute Laurentides, municipal, grants

Legal status: non-profit organization

UNITÉ TOXI DES TROIS-VALLÉES (L')

1412 Deguire Street, Mont-Tremblant, Laurentides, QC, J8E 3C4

819 425-5666

Email: unitetoxidestroisvallees@yahoo.ca

Services: Dependency help and prevention centre. * 24 hour crisis line. * Therapies, individual and group consultations. * Support and guidance. * Information and awareness. * Training and popular education. * Documentation and research. * Anonymous meetings with the family. * Recovery programs.

Eligibility: people with an alcohol, drug or gambling addiction problem, their relatives

Coverage area: MRC Les Laurentides

Hours: 7 days, 8h00 to 18h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Addiction treatment

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINTE-AGATHE-DES-MONTS

21 Godon Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1E5

811 option 2

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

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

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

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

GROUPE JAD

38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6

819 774-1687

Website: www.groupejad.com

Email: info@groupejad.com

Services: * Support over telephone. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth with addiction, problems with violence and communication within family, parents experiencing difficulties with their adolescents

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: free

Legal status: non-profit organization

HÔPITAL LAURENTIEN

234 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2B8

819 324-4000

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

Services: General and specialized care hospital. * Emergency and intensive care. * Palliative and end of life care unit. * Medical imaging. * Minor surgery. * Colonoscopy. * Distribution of new injection equipment to drug users and recovery of used needles and syringes. * Self-exclusion program.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

UNITÉ TOXI DES TROIS-VALLÉES (L')

1412 Deguire Street, Mont-Tremblant, Laurentides, QC, J8E 3C4

819 425-5666

Email: unitetoxidestroisvallees@yahoo.ca

Services: Dependency help and prevention centre. * 24 hour crisis line. * Therapies, individual and group consultations. * Support and guidance. * Information and awareness. * Training and popular education. * Documentation and research. * Anonymous meetings with the family. * Recovery programs.

Eligibility: people with an alcohol, drug or gambling addiction problem, their relatives

Coverage area: MRC Les Laurentides

Hours: 7 days, 8h00 to 18h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Community support in mental health**ENVOLÉE (L') - RESSOURCE ALTERNATIVE EN SANTÉ MENTALE**

5 Larocque Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1A1

819 326-5778 Fax: 819 326-9256

Website: lenvoleerasm.com

Email: lenvoleerasm@cgocable.ca

Services: Mental health support centre * Day centre. * Social reinsertion. * Counselling, support and accompaniment. * Amitié-Communauté Programme: pairing to break isolation. * Referral.

Eligibility: people with mental health issues

Hours: Monday to Thursday 9h00 to 16h00

Fees: free

Financing: provincial, Centraide Hautes-Laurentides, donations

Legal status: non-profit organization

Helplines**GROUPE JAD**

38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6

819 774-1687

Website: www.groupejad.com

Email: info@groupejad.com

Services: * Support over telephone. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth with addiction, problems with violence and communication within family, parents experiencing difficulties with their adolescents

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: free

Legal status: non-profit organization

UNITÉ TOXI DES TROIS-VALLÉES (L')

1412 Deguire Street, Mont-Tremblant, Laurentides, QC, J8E 3C4

819 425-5666

Email: unitetoxidestroisvallees@yahoo.ca

Services: Dependency help and prevention centre. * 24 hour crisis line. * Therapies, individual and group consultations. * Support and guidance. * Information and awareness. * Training and popular education. * Documentation and research. * Anonymous meetings with the family. * Recovery programs.

Eligibility: people with an alcohol, drug or gambling addiction problem, their relatives

Coverage area: MRC Les Laurentides

Hours: 7 days, 8h00 to 18h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Mental health housing

159 RUE PRINCIPALE (LE)

159 Principale Street, Apartment 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K4

819 323-3819 Fax: 819 323-3819

Email: organisme159@hotmail.com

Services: Housing and reintegration for people living with a mental health problem. * Living environment encouraging the return to a life balance and the development of psychosocial skills. * Support and encouragement for school, professional or recreational projects. * Information on resources and services offered in the community.

Eligibility: people with a mental health problem

Coverage area: Sainte-Agathe-Des-Monts

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

Self-help groups for addiction issues

GROUPE JAD

38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6

819 774-1687

Website: www.groupejad.com

Email: info@groupejad.com

Services: * Support over telephone. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth with addiction, problems with violence and communication within family, parents experiencing difficulties with their adolescents

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: free

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

INTERVENTION WITH SENIORS SUBJECTED TO ABUSE

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Caregivers

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819-326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE

682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-8433

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE

1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819 326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial
Legal status: non-profit organization

COOP DE SOLIDARITÉ EN ENTRETIEN MÉNAGER CHIFFON MAGIQUE

250 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1

819 425-7484 Fax: 819 425-5782

Website: coopchiffonmagique.org

Email: administration@chiffonmagique.com

Services: Social economy cooperative in domestic help. * Daily housekeeping. * Meal preparation, without diet. * Help with groceries. * Respite for caregivers: surveillance, stimulating activities, help with daily living.

Eligibility: people 65 years old and over or referred by the CISSS des Laurentides

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: variable depending on income

Financing: self-financing, provincial

Legal status: cooperative

PALLIACCO

2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8

819 717-9646

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8

819 717-9646 Fax: 818 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support for the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER LAURENTIDES

14 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2

1 800 978-7881 Fax: 819 326-9664

Website: www.alzheimerlaurentides.com

Email: admin@salaurentides.ca

Services: Information on Alzheimer's disease. * Helpline. * Individual and family consultations. * Documentation centre. * Home respite, accompaniment and stimulation. * Friday respite for people at mild to moderate stages. * Monthly support groups for caregivers. * Conferences for caregivers. * Professional training program. * Service point at 341 de la Madone Street, Mont-Laurier. * Service point at 141 Saint-Charles Street, Suite 210, Sainte-Thérèse.

Eligibility: people with Alzheimer's or a similar disease, their relatives, caregivers, counsellors, general public

Capacity: support groups: 10 to 20 people

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30, support groups: day and evening

Fees: home respite: \$20 per visit, other services: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Community and Recreation Centres

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

819 429-5858 Fax: 819 429-6850

Website: www.fadoqlaurentides.org

Email: info@fadoqlaurentides.org

Services: Grouping and representation in instances requiring the defense of seniors' rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Aîné-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Laurentians

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

Fees: membership: \$30 per year or \$50 for 2 years

Financing: membership fees, grants, self-financing

Legal status: non-profit organization

Day centres and respite

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES

Confidential Address

1 844 551-6032

Website: prevoyanceaineslaurentides.org

Email: prevoyance.aines.laurentides@gmail.com

Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.

Eligibility: seniors

Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, donations

Legal status: non-profit organization

Friendly visits and safety calls

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819-326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE

682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-8433

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE

1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819 326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

PRÉVOYANCE ENVERS LES ÂÎNÉS DES LAURENTIDES

Confidential Address

1 844 551-6032

Website: prevoyanceaineslaurentides.org

Email: prevoyance.aines.laurentides@gmail.com

Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.

Eligibility: seniors

Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, donations

Legal status: non-profit organization

Home support

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819-326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE

682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-8433

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE

1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819 326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

COOP DE SOLIDARITÉ EN ENTRETIEN MÉNAGER CHIFFON MAGIQUE

250 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1

819 425-7484 Fax: 819 425-5782

Website: coopchiffonmagique.org

Email: administration@chiffonmagique.com

Services: Social economy cooperative in domestic help. * Daily housekeeping. * Meal preparation, without diet. * Help with groceries. * Respite for caregivers: surveillance, stimulating activities, help with daily living.

Eligibility: people 65 years old and over or referred by the CISSS des Laurentides

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: variable depending on income

Financing: self-financing, provincial

Legal status: cooperative

LAC-SUPÉRIEUR - MUNICIPALITY

1281 du Lac-Supérieur Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J0

819 681-3370 Fax: 819 688-3010

Website: www.muni.lacsuperieur.qc.ca

Email: info@muni.lacsuperieur.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Public security services: fire safety, Police, animal control. * Urbanism service and construction permits. * Public work department: infrastructure maintenance, construction work, snow removal. * Calendar of recyclable and garbage collections and information on waste management: www.muni.lacsuperieur.qc.ca/69/collectes

Coverage area: Lac-Supérieur

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

Financing: municipal

Legal status: municipal agency

PALLIACCO

2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8

819 717-9646

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8

819 717-9646 Fax: 818 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support for the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Housing for seniors**CENTRE D'HÉBERGEMENT DE LABELLE**

50 de l'Église Street, Labelle, Laurentides, QC, J0T 1H0

819 686-2372

Website: www.santelaurentides.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors or people with a loss of autonomy

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE MONT-TREMBLANT

925 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-2793

Website: www.santelaurentides.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors or people with a loss of autonomy

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

HABITATIONS LA CAPUCINE (LES)

6200 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0

1 877 840-1211

Services: Subsidized housing for seniors, with services. * Meals. * Recreational activities. * Surveillance.

Eligibility: seniors 75 years old and over or with a moderate loss of autonomy

Capacity: 20 units

Coverage area: Val-Morin

Fees: subsidized housing: 25% of income according to the provincial notice of assessment

Financing: provincial

Legal status: non-profit organization

HABITATIONS STEPHEN JAKE BEAVEN

6 Schippel Road, Montcalm, Laurentides, QC, J0T 2V0

819 421-2487

Website: centrestephenjake.webnode.com

Email: hsjbmontcalm@hotmail.com

Services: Subsidized housing for seniors, with services. * Meals. * Hairdresser. * Laundromat. * Cultural activities. * Common room.

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

Capacity: 24 units

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 18h00

Financing: provincial

Legal status: non-profit organization

MANOIR LABELLOIS

27 du Couvent Street, Labelle, Laurentides, QC, J0T 1H0

873 563-8507

Website: manoirlabellois.com

Email: info@manoirlabellois.com

Services: Subsidized housing for seniors with services. * Meal service. * Activities. * Emergency call service. * Hairdresser.

Eligibility: seniors 75 years old and over, autonomous or with a slight loss of autonomy, on a low and medium income

Capacity: 25 unfurnished one-bedroom apartments, 5 unfurnished two-bedrooms apartments

Coverage area: Labelle

Hours: Tuesday to Thursday 9h00 to 16h00 or by appointment

Financing: provincial, self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DES LAURENTIDES

510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7

819 425-7255

Email: info@omhlaurentides.ca

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent Supplement Program (RSP). * Affordable housing Quebec (LAQ). * Referral service. * Accès Logis Québec program.

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

Capacity: 267 units

Coverage area: MRC Les Laurentides

Financing: provincial

Legal status: parapublic organization

PAVILLON PHILIPPE-LAPOINTE

234 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2B8

819 324-4000

Website: www.santelaurentides.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors or people with a loss of autonomy

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

RÉSIDENCE VALLÉE DE LA ROUGE

102 du Vert Pré Street, Amherst, Laurentides, QC, J0T 1G0

819 687-2103

Email: residencevalleedelarouge@gmail.com

Services: Residence for seniors. * Adapted and affordable housing. * Housekeeping. * Meals. * Help with daily hygiene, clothing help, medication administration.

Eligibility: seniors who are autonomous or with a loss of autonomy

Capacity: 26 units

Coverage area: Laurentides

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

TRAIT D'UNION DE SAINT-RÉMI (LE)

287 McLaughlin Street, Amherst, Laurentides, QC, J0T 2L0

819 421-0026 Fax: 819 687-9282

Website: www.habitation.gouv.qc.ca/repertoire/organisme/1585.html

Email: letraitdunion@live.ca

Services: Housing for retired people. * Activities for residents.

Eligibility: seniors 75 years old and over or seniors with a slight loss of autonomy

Capacity: 28

Coverage area: Amherst

Hours: on appointment

Financing: provincial

Legal status: non-profit organization

VERSANT D'OR (L)

6 Thérèse-Héty Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 0B1

Website: www.habitation.gouv.qc.ca/fiches_de_projet/projets/le_versant_dor.html

Email: leversantdor@bellnet.ca

Services: Subsidized housing for seniors. * Community room.
Eligibility: seniors with a slight loss of autonomy, living on a low income
Capacity: 24 units
Coverage area: Sainte-Agathe-des-Monts
Fees: 25% of income according to the provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

Intergenerational activities

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

819 429-5858 Fax: 819 429-6850

Website: www.fadoqlaurentides.org

Email: info@fadoqlaurentides.org

Services: Grouping and representation in instances requiring the defense of seniors' rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Aîné-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Laurentians

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

Fees: membership: \$30 per year or \$50 for 2 years

Financing: membership fees, grants, self-financing

Legal status: non-profit organization

Intervention with seniors subjected to abuse

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819-326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE

682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-8433

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE

1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819 326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

PRÉVOYANCE ENVERS LES ÂÎNÉS DES LAURENTIDES

Confidential Address

1 844 551-6032

Website: prevoyanceaineslaurentides.org

Email: prevoyance.aines.laurentides@gmail.com

Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.

Eligibility: seniors

Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, donations

Legal status: non-profit organization

Meals on Wheels

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819-326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE

682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-8433

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE

1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819 326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial
Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
1 855 766-6387 ext. 33167

Services: Grouping for consultation between organizations, municipalities and establishments for seniors in order to meet the needs of seniors and persons in loss of autonomy, and to promote home support. * Consultation and representation with deciding authorities. * Directory Services aux personnes âgées: www.cab-laurentides.org/images/publications/mini-bottin-MRC-laurentides.pdf

Eligibility: organizations for seniors or people in loss of autonomy, municipalities

Coverage area: MRC Les Laurentides

Financing: self-financing

Legal status: non-profit organization

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5
819 429-5858 Fax: 819 429-6850

Website: www.fadoqlaurentides.org

Email: info@fadoqlaurentides.org

Services: Grouping and representation in instances requiring the defense of seniors' rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Aîné-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Laurentians

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

Fees: membership: \$30 per year or \$50 for 2 years

Financing: membership fees, grants, self-financing

Legal status: non-profit organization

LEGAL AID OFFICE - SAINTE-AGATHE

118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1
819 326-6111 Fax: 819 326-1767

Website: www.ccjll.qc.ca

Email: bajagathe@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: Sainte-Agathe-des-Monts

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

PRÉVOYANCE ENVERS LES ÂÎNÉS DES LAURENTIDES

Confidential Address

1 844 551-6032

Website: prevoyanceaineslaurentides.org

Email: prevoyance.aines.laurentides@gmail.com

Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.

Eligibility: seniors

Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, donations

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES ÂÎNÉS DES LAURENTIDES

9 Principale Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J2

819 326-5657 ext. 27

Website: www.tcral.ca

Email: info@tcral.ca

Services: Place for exchange and dialogue to improve the living conditions of seniors in the Laurentians.

Eligibility: organizations for seniors

Coverage area: Laurentians

Hours: Monday and Wednesday 8h00 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Volunteer Transportation

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - ACCOMPANIMENT-TRANSPORTATION

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819 326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: * Accompaniment and transportation to medical appointments or important errands (groceries, bank, pharmacy), by volunteers. * Grocery van: community transportation allowing seniors to go for errands or groceries in a van driven by a volunteer.

Eligibility: important errands: people 60 years old and over, medical: any adult with a permanent or temporary loss of autonomy, grocery van: any elderly person living alone who has no means of transportation

Coverage area: MRC Les Laurentides

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

Fees: contribution according to the distance of the trip, grocery van: \$5

Financing: donations, provincial

Legal status: non-profit organization

Sex and gender

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

Women's centres

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. * Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinc'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

Women's associations

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. * Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinc'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

HOBBIES

LIBRARIES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES

62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2

819 326-5202 Fax: 819 326-1475

Website: aphil.ca

Email: direction@aphil.ca

Services: * Collective kitchens. * Bistro luncheons. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Defense of rights.

Eligibility: people 5 to 90 years with an intellectual disability, day camp: children 5 to 17 years old

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks

Fees: annual subscription: \$12, activities: none, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE COUP DE COEUR

12 Préfontaine Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1C2

819 217-5728

Email: cafecoupdecoeur@hotmail.com

Services: Food assistance and fight against social isolation organization. * Food assistance. * Community meal: brunch and prize draws. * Social and recreational activities: sculpture workshops, theater, indigenous crafts, parties. * Intervention.

Eligibility: people on a low income, people living in difficult situations, people living in social isolation

Coverage area: Sainte-Agathe-des-Monts

Hours: Thursday and Friday 12h00 to 15h00

Fees: annual membership fee: \$12, meals: \$4 for members, \$5 for non-members

Financing: donations, membership fees, self-financing

Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE

181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0

819 274-1797

Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes

Email: maisondesjeunes.laminerve@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Prevention and educational activities: drug addiction, mental health, sexuality, healthy lifestyle, etc. * Film screenings. * Community dinners. * Board games, table soccer table, air hockey table. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

Clubs and social events

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. * Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinc'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

819 429-5858 Fax: 819 429-6850

Website: www.fadoqlaurentides.org

Email: info@fadoqlaurentides.org

Services: Grouping and representation in instances requiring the defense of seniors' rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Aîné-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Laurentians

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

Fees: membership: \$30 per year or \$50 for 2 years

Financing: membership fees, grants, self-financing

Legal status: non-profit organization

Community recreation centres

CAFÉ COMMUNAUTAIRE COUP DE COEUR

12 Préfontaine Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1C2

819 217-5728

Email: cafecoupdecoeur@hotmail.com

Services: Food assistance and fight against social isolation organization. * Food assistance. * Community meal: brunch and prize draws. * Social and recreational activities: sculpture workshops, theater, indigenous crafts, parties. * Intervention.

Eligibility: people on a low income, people living in difficult situations, people living in social isolation

Coverage area: Sainte-Agathe-des-Monts

Hours: Thursday and Friday 12h00 to 15h00

Fees: annual membership fee: \$12, meals: \$4 for members, \$5 for non-members

Financing: donations, membership fees, self-financing

Legal status: non-profit organization

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

819 429-5858 Fax: 819 429-6850

Website: www.fadoqlaurentides.org

Email: info@fadoqlaurentides.org

Services: Grouping and representation in instances requiring the defense of seniors' rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Aîné-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Laurentians

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

Fees: membership: \$30 per year or \$50 for 2 years

Financing: membership fees, grants, self-financing

Legal status: non-profit organization

LUDOTHÈQUE ESPACE LUDIKO

1280 Dion Street, Val-David, Laurentides, QC, J0T 2N0

Email: espaceudiko@gmail.com

Services: * Toy library: lending of toys. * Educational workshops for children. * Social activities: game nights.

Eligibility: families, parents, children

Coverage area: Val-David

Hours: Tuesday and Sunday 9h30 to 11h30, Thursday 15h00 to 17h30

Fees: membership card: \$65 per family per year, \$30 if involvement with the organization

Financing: membership fees, grants

Legal status: non-profit organization

MAISON DES JEUNES DE LABELLE

44 de l'Église Street, Labelle, Laurentides, QC, J0T 1H0

819 686-3434

Website: www.mdjlabelle.com

Email: mdjlabelle@hotmail.com

Services: Place of gathering, exchange and meeting for young people. * Prevention and learning workshops. * Sports, cultural, artistic, entertainment and other activities.

Eligibility: youth from 11 to 18 years old

Coverage area: Labelle

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 15h00 to 22h00, Saturday 12h00 to 16h00

Fees: youth member: \$12 per year, adult member: \$22 per year

Financing: membership fees, provincial, municipal, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-AGATHE

19 Saint-André Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1R3

819 326-0804

Website: www.mdjsa.ca

Email: mdjsa@cgocable.ca

Services: Animated meeting place for young people. * Sports, cultural and entertainment activities.

Eligibility: youth from 12 to 17 years old

Coverage area: Sainte-Agathe-Des-Monts

Hours: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE

181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0

819 274-1797

Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes

Email: maisondesjeunes.laminerve@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Prevention and educational activities: drug addiction, mental health, sexuality, healthy lifestyle, etc. * Film screenings. * Community dinners. * Board games, table soccer table, air hockey table. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

Hobbies**ASSOCIATION ALPHA-LAURENTIDES**

21 Saint-Henri Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3C6

819 324-9400

Email: alpha-laurentides@hotmail.com

Services: Literacy and basic adult education. * Literacy in French and francization. * Basic arithmetic. * Basic computer use.

Eligibility: adults 16 years and over

Capacity: 4 people per group

Coverage area: MRC Les Laurentides, MRC Les Pays d'en Haut

Hours: Monday to Friday 9h00 to 15h00

Fees: registration: \$40

Financing: donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL

585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9

819 425-7447 Fax: 819 425-2343

Website: www.association-clairsoleil.com

Email: clairsoleil@cgocable.ca

Services: Promotion and advocacy for the rights and the interests of people living with an intellectual or physical disability. * Information, referral and awareness. * Events and occasional activities: community meals, barbecue, restaurant, sugar shack, cooking workshop, etc. * Adapted day camp for the children from 5 to 17 years old. * Individual and personalized activities at home, outside or on site. * Social, sporting, recreational and artistic activities. * Cultural outings.

Eligibility: people living with an intellectual or physical disability, their family

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (block of maximum 3 hours)

Fees: membership card: \$5, day camp: variable

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES

62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2

819 326-5202 Fax: 819 326-1475

Website: aphil.ca

Email: direction@aphil.ca

Services: * Collective kitchens. * Bistro luncheons. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Defense of rights.

Eligibility: people 5 to 90 years with an intellectual disability, day camp: children 5 to 17 years old

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks

Fees: annual subscription: \$12, activities: none, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. * Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinc'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE

181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0

819 274-1797

Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes

Email: maisondesjeunes.laminerve@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Prevention and educational activities: drug addiction, mental health, sexuality, healthy lifestyle, etc. * Film screenings. * Community dinners. * Board games, table soccer table, air hockey table. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

ORGANISME KINA8AT (L')

Confidential Address

Website: en.kina8at.ca

Email: info@kina8at.ca

Services: Promotion and transmission of Indigenous culture. * Creative workshops and art therapy. * Language courses and language camps. * Resource centre. * Traditional accompaniment program: healing and cultural reconnection stays. * Awareness and training activities in schools and workplaces. * 1 to 3 day resourcing internships in Quebec and Europe. * Thematic trips in Quebec. * Various training activities.

Eligibility: indigenous peoples, families, general population, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

Hours: variable

Fees: variable

Financing: federal, donations

Legal status: non-profit organization

Libraries

RÉSEAU BIBLIO DES LAURENTIDES

29 Brissette Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3L1

1 819 326-6440 Fax: 1 819 326-0885

Website: www.mabiblioamoi.ca

Email: info@crsbpl.qc.ca

Services: Regional public libraries network. * Loan of electronic books and resources. * Technical and professional support for member libraries.

Eligibility: member libraries

Coverage area: Laurentides and west of Lanaudière

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

Financing: municipal, provincial

Legal status: municipal agency

Sport

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5

819 326-4779 Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca

Services: Day centre for women. * Reception, help and referral by an outreach worker on site or by phone. * Accompaniment and personalized support in the context of new, complex or stressful situations. * Collective kitchens. * Drop-in day care. * Qi Gong and yoga. * Popular education. * Artistic expression: painting and drawing workshops. * Dépannage poupons: donations of diapers and formula. * Various programs: À la découverte de soi, Antidote, Étinc'Elle, Y'A Personne de Parfait. * Conferences in nutrition. * Community dinners. * Summer outings.

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

PALLIACCO

2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8

819 717-9646

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8

819 717-9646 Fax: 818 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support for the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Sports and recreation for people with a disability

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL

585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9

819 425-7447 Fax: 819 425-2343

Website: www.association-clairsoleil.com

Email: clairsoleil@cgocable.ca

Services: Promotion and advocacy for the rights and the interests of people living with an intellectual or physical disability. * Information, referral and awareness. * Events and occasional activities: community meals, barbecue, restaurant, sugar shack, cooking workshop, etc. * Adapted day camp for the children from 5 to 17 years old. * Individual and personalized activities at home, outside or on site. * Social, sporting, recreational and artistic activities. * Cultural outings.

Eligibility: people living with an intellectual or physical disability, their family

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (block of maximum 3 hours)

Fees: membership card: \$5, day camp: variable

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES

62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2

819 326-5202 Fax: 819 326-1475

Website: aphil.ca

Email: direction@aphil.ca

Services: * Collective kitchens. * Bistro luncheons. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Defense of rights.

Eligibility: people 5 to 90 years with an intellectual disability, day camp: children 5 to 17 years old

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks

Fees: annual subscription: \$12, activities: none, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS

Confidential Address

450 229-7824

Email: mpdasteagathe@bell.net

Services: Defence of the collective rights of people living or having been labeled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.

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

Coverage area: Sainte-Agathe-Des-Monts

Financing: self-financing

Legal status: non-profit organization

Thrift store and material aid

SCHOOL SUPPLIES

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

School supplies

PARENTS UNIQUES DES LAURENTIDES

126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7

819 324 1004 Fax: 819 324-1004

Email: parents.uniques@cgocable.ca

Services: Grouping of men and women heads of single-parent and blended families. * Welcome and information. * Collective kitchens. * Lounge members: Wi-Fi, coffee shops, cafes, relaxation area and games. * Workshops on communication after divorce or separation. * Computer access. * Family outings. * Mini library and toy library. * Financial assistance once a year for a sports activity. * Back to school help: financial assistance to low-income parents for the back-to-school period.

Eligibility: men and women heads of stepfamilies or single-parent families

Coverage area: MRC Les Laurentides

Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00

Fees: membership: \$5 for a single parent family, \$10 for a blended family

Financing: self-financing

Legal status: non-profit organization

Thrift Stores

COMPTOIR D'ENTRAIDE DE LABELLE

127 du Collège Street, Labelle, Laurentides, QC, J0T 1H0

819 686-1878 Fax: 873 284-3888

Email: c.entraide.labelle@outlook.com

Services: Food and clothing assistance counter. * Weekly food distribution. * Low-cost sale of clothing, household items, small and large appliances, toys, board games, books, sports items, furniture, etc.

Eligibility: people with low incomes or in need

Coverage area: Labelle, La Minerve

Hours: Monday to Friday 9h00 to 16h00, 1st Saturday of the month 10h00 to 12h00 food assistance, Thursday 9h30 to 15h00

Fees: food assistance : \$5

Financing: donations

Legal status: non-profit organization

FONDATION MÉDICALE DES LAURENTIDES ET DES PAYS-D'EN-HAUT

50 Corbeil Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1X2

819 323-4565 Fax: 819 323-4568

Website: www.fondationmedicale.com

Email: info@fondationmedicale.com

Services: Improving and supporting the health and well-being of the population. * Acquisition and modernization of medical equipment in health facilities. * Aux Trésors de la Fondation: sale of used items at low prices.

Eligibility: population, health facilities, municipalities

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, Saint-Donat, Notre-Dame-de-la-Merci

Hours: Tuesday to Saturday 9h30 to 12h00 and 13h00 to 16h30, Aux Trésors de la Fondation: Friday and Saturday 9h00 to 17h00

Financing: donations

Legal status: non-profit organization

SAMARITAINE DE MONT-TREMBLANT (LA)

120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1

819 429-5938 Fax: 819 429-5200

Website: www.lasamaritaine.ca

Email: lasamaritaine@bellnet.ca

Services: * Reception and reference. * Food assistance. * Emergency food assistance. * Financial assistance for basic needs: help for health care and school fees. * Christmas baskets. * Second hand store: used clothing, furniture, toys and miscellaneous items. * On-site recovery of clothing, furniture, toys and miscellaneous items. * Eco warehouse: on-site recovery and selling of used construction and renovation materials. * Marc Richer Fund: fund for sick children under 18 years of age requiring medical treatment outside the region. * Volunteer support: reception, supervision and training. * Service point Bonhomme à lunettes: low-cost eyeglasses.

Eligibility: individuals and families on a low income, people in vulnerable situations

Coverage area: Amherst, Arundel, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Mont-Tremblant, Montcalm and Saint-Faustin-Lac-Carré food assistance: Brébeuf, La Conception and Mont-Tremblant

Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance for families: Wednesday 13h00 to 13h30, food assistance for singles or couples without children: Wednesday 13h30 to 14h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, bonhomme à lunettes: Thursday 9h30 to 12h00

Fees: food assistance: \$5, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

Used item donation recovery programs**COMPTOIR D'ENTRAIDE DE LABELLE**

127 du Collège Street, Labelle, Laurentides, QC, J0T 1H0

819 686-1878 Fax: 873 284-3888

Email: c.entraide.labelle@outlook.com

Services: Food and clothing assistance counter. * Weekly food distribution. * Low-cost sale of clothing, household items, small and large appliances, toys, board games, books, sports items, furniture, etc.

Eligibility: people with low incomes or in need

Coverage area: Labelle, La Minerve

Hours: Monday to Friday 9h00 to 16h00, 1st Saturday of the month 10h00 to 12h00 food assistance, Thursday 9h30 to 15h00

Fees: food assistance : \$5

Financing: donations

Legal status: non-profit organization

FONDATION MÉDICALE DES LAURENTIDES ET DES PAYS-D'EN-HAUT

50 Corbeil Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1X2

819 323-4565 Fax: 819 323-4568

Website: www.fondationmedicale.com

Email: info@fondationmedicale.com

Services: Improving and supporting the health and well-being of the population. * Acquisition and modernization of medical equipment in health facilities. * Aux Trésors de la Fondation: sale of used items at low prices.

Eligibility: population, health facilities, municipalities

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, Saint-Donat, Notre-Dame-de-la-Merci

Hours: Tuesday to Saturday 9h30 to 12h00 and 13h00 to 16h30, Aux Trésors de la Fondation: Friday and Saturday 9h00 to 17h00

Financing: donations

Legal status: non-profit organization

SAMARITAINE DE MONT-TREMBLANT (LA)

120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1

819 429-5938 Fax: 819 429-5200

Website: www.lasamaritaine.ca

Email: lasamaritaine@bellnet.ca

Services: * Reception and reference. * Food assistance. * Emergency food assistance. * Financial assistance for basic needs: help for health care and school fees. * Christmas baskets. * Second hand store: used clothing, furniture, toys and miscellaneous items. * On-site recovery of clothing, furniture, toys and miscellaneous items. * Eco warehouse: on-site recovery and selling of used construction and renovation materials. * Marc Richer Fund: fund for sick children under 18 years of age requiring medical treatment outside the region. * Volunteer support: reception, supervision and training. * Service point Bonhomme à lunettes: low-cost eyeglasses.

Eligibility: individuals and families on a low income, people in vulnerable situations

Coverage area: Amherst, Arundel, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Mont-Tremblant, Montcalm and Saint-Faustin-Lac-Carré food assistance: Brébeuf, La Conception and Mont-Tremblant

Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance for families: Wednesday 13h00 to 13h30, food assistance for singles or couples without children: Wednesday 13h30 to 14h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, bonhomme à lunettes: Thursday 9h30 to 12h00

Fees: food assistance: \$5, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

PUBLIC TRANSPORTATION

Accompanied transport

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - ACCOMPANIMENT-TRANSPORTATION

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819 326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: * Accompaniment and transportation to medical appointments or important errands (groceries, bank, pharmacy), by volunteers. * Grocery van: community transportation allowing seniors to go for errands or groceries in a van driven by a volunteer.

Eligibility: important errands: people 60 years old and over, medical: any adult with a permanent or temporary loss of autonomy, grocery van: any elderly person living alone who has no means of transportation

Coverage area: MRC Les Laurentides

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

Fees: contribution according to the distance of the trip, grocery van: \$5

Financing: donations, provincial

Legal status: non-profit organization

Accompanied transport for medical reasons

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - ACCOMPANIMENT-TRANSPORTATION

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819 326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: * Accompaniment and transportation to medical appointments or important errands (groceries, bank, pharmacy), by volunteers. * Grocery van: community transportation allowing seniors to go for errands or groceries in a van driven by a volunteer.

Eligibility: important errands: people 60 years old and over, medical: any adult with a permanent or temporary loss of autonomy, grocery van: any elderly person living alone who has no means of transportation

Coverage area: MRC Les Laurentides

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

Fees: contribution according to the distance of the trip, grocery van: \$5

Financing: donations, provincial

Legal status: non-profit organization

Paratransit

TRANSPORT ADAPTÉ ET COLLECTIF DES LAURENTIDES

16 Saint-Paul Street East, Suite 102, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3R2

819 774-0467 Fax: 819 774-0473

Website: www.transportlaurentides.ca

Email: info@transportlaurentides.ca

Services: * L'Inter: public transit by bus and taxibus. * Paratransit: minibuses and taxis.

Eligibility: public transit: general public, paratransit: people living with a disability and having mobility limitations

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, L'Ascension, La Macaza, Nominique, Prévost, Rivière-Rouge

Hours: offices: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00, L'Inter call centre: 7 days, 8h00 to 19h00

Fees: public transit: \$6 per trip, free for children aged 0 to 11, taxibus: \$5 per trip, free for children aged 0 to 11, paratransit: price depending on the distance to be traveled

Financing: self-financing, grants, municipal

Legal status: non-profit organization

Public Transportation

MONT-TREMBLANT PUBLIC TRANSIT

1145 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 1V1

819 425-8614 ext. 2609

Website: www.villedemont-tremblant.qc.ca/fr/citoyens/transport/transport-en-commun-de-mont-tremblant-tcmt

Services: Public transit service linking downtown, Le Village and The Centre de villégiature Tremblant.

Coverage area: Mont-Tremblant

Hours: line A: 7 days, 5h38 to 23h38, line B: 7 days, 6h12 to 18h40

Fees: none

Financing: municipal

Legal status: non-profit organization

TRANSPORT ADAPTÉ ET COLLECTIF DES LAURENTIDES

16 Saint-Paul Street East, Suite 102, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3R2

819 774-0467 Fax: 819 774-0473

Website: www.transportlaurentides.ca

Email: info@transportlaurentides.ca

Services: * L'Inter: public transit by bus and taxibus. * Paratransit: minibuses and taxis.

Eligibility: public transit: general public, paratransit: people living with a disability and having mobility limitations

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, L'Ascension, La Macaza, Nominingue, Prévost, Rivière-Rouge

Hours: offices: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00, L'Inter call centre: 7 days, 8h00 to 19h00

Fees: public transit: \$6 per trip, free for children aged 0 to 11, taxibus: \$5 per trip, free for children aged 0 to 11, paratransit: price depending on the distance to be traveled

Financing: self-financing, grants, municipal

Legal status: non-profit organization

Violence and abuse**CHILD ABUSE****DOMESTIC VIOLENCE: SHELTERS AND SUPPORT****ELDER ABUSE****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

MAISON DES JEUNES DE LABELLE

44 de l'Église Street, Labelle, Laurentides, QC, J0T 1H0

819 686-3434

Website: www.mdjlabelle.com

Email: mdjlabelle@hotmail.com

Services: Place of gathering, exchange and meeting for young people. * Prevention and learning workshops. * Sports, cultural, artistic, entertainment and other activities.

Eligibility: youth from 11 to 18 years old

Coverage area: Labelle

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 15h00 to 22h00, Saturday 12h00 to 16h00

Fees: youth member: \$12 per year, adult member: \$22 per year

Financing: membership fees, provincial, municipal, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE

181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0

819 274-1797

Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes

Email: maisondesjeunes.laminerve@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Prevention and educational activities: drug addiction, mental health, sexuality, healthy lifestyle, etc. * Film screenings. * Community dinners. * Board games, table soccer table, air hockey table. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

Domestic violence: shelters and support

LEGAL AID OFFICE - SAINTE-AGATHE

118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1

819 326-6111 Fax: 819 326-1767

Website: www.ccjll.qc.ca

Email: bajagathe@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: Sainte-Agathe-des-Monts

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

PAIX PROGRAMME D'AIDE ET D'INTERVENTION

81A Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A5

819 326-1400 Fax: 819 326-9667

Website: organismepeaix.ca

Email: paix@cgocable.ca

Services: * One-on-one assessment prior to follow-up. * Therapeutic intervention. * Support groups and one-on-one counselling. * Information on the problem and the tools to help. * Help for people at the Saint-Jérôme detention facility.

Eligibility: people 14 and over in a situation of conjugal or family violence

Coverage area: MRC des Laurentides, MRC Les Pays-d'en-Haut

Hours: Monday to Sunday 9h00 to 19h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Elder abuse**CENTRE D'ACTION BÉNÉVOLE LAURENTIDES**

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819-326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE

682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8

819 425-8433

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE

1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3

819 326-0819

Website: www.cab-laurentides.org/index.html

Email: info@cab-laurentides.org

Services: Promoting volunteer action and mutual aid in order to support people who have a disability, or who are experiencing a loss of autonomy, social isolation or family issues. * Accompaniment-transportation. * Meals on wheels. * Healthy frozen meals. * Friendly visits. * Community meals. * Grocery van. * Help with filling out forms. * Tax clinic. * Light housework. * Psychosocial service for caregivers of seniors. * Raising awareness about the mistreatment of seniors.

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES

Confidential Address

1 844 551-6032

Website: prevoyanceaineslaurentides.org

Email: prevoyance.aines.laurentides@gmail.com

Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.

Eligibility: seniors

Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, donations

Legal status: non-profit organization

Prevention of violence and crime**MAISON DES JEUNES DE LABELLE**

44 de l'Église Street, Labelle, Laurentides, QC, J0T 1H0

819 686-3434

Website: www.mdjlabelle.com

Email: mdjlabelle@hotmail.com

Services: Place of gathering, exchange and meeting for young people. * Prevention and learning workshops. * Sports, cultural, artistic, entertainment and other activities.

Eligibility: youth from 11 to 18 years old

Coverage area: Labelle

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 15h00 to 22h00, Saturday 12h00 to 16h00

Fees: youth member: \$12 per year, adult member: \$22 per year

Financing: membership fees, provincial, municipal, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE

181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0

819 274-1797

Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes

Email: maisondesjeunes.laminerve@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Prevention and educational activities: drug addiction, mental health, sexuality, healthy lifestyle, etc. * Film screenings. * Community dinners. * Board games, table soccer table, air hockey table. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

PAIX PROGRAMME D'AIDE ET D'INTERVENTION

81A Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A5

819 326-1400 Fax: 819 326-9667

Website: organismepaix.ca

Email: paix@cgocable.ca

Services: * One-on-one assessment prior to follow-up. * Therapeutic intervention. * Support groups and one-on-one counselling. * Information on the problem and the tools to help. * Help for people at the Saint-Jérôme detention facility.

Eligibility: people 14 and over in a situation of conjugal or family violence

Coverage area: MRC des Laurentides, MRC Les Pays-d'en-Haut

Hours: Monday to Sunday 9h00 to 19h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Sexual assault and incest**ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L') - SAINTE-AGATHE-DES-MONTS**

Confidential Address

819 326-8484

Website: www.lelan.org

Email: steagathe@lelan.org

Services: * Personal growth group. * Individual support. * Accompaniment. * Support for close ones and social workers. * Prevention, awareness and training. * Advocacy.

Eligibility: women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general population

Coverage area: MRC Antoine-Labelle, MRC Les Laurentides

Hours: Monday to Friday, variable hours

Fees: none

Financing: donations, grants

Legal status: non-profit organization

Support for perpetrators of violence and their families

PAIX PROGRAMME D'AIDE ET D'INTERVENTION

81A Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A5

819 326-1400 Fax: 819 326-9667

Website: organismepaix.ca

Email: paix@cgocable.ca

Services: * One-on-one assessment prior to follow-up. * Therapeutic intervention. * Support groups and one-on-one counselling. * Information on the problem and the tools to help. * Help for people at the Saint-Jérôme detention facility.

Eligibility: people 14 and over in a situation of conjugal or family violence

Coverage area: MRC des Laurentides, MRC Les Pays-d'en-Haut

Hours: Monday to Sunday 9h00 to 19h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Support for victims and their families

ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L') - SAINTE-AGATHE-DES-MONTS

Confidential Address

819 326-8484

Website: www.lelan.org

Email: steagathe@lelan.org

Services: * Personal growth group. * Individual support. * Accompaniment. * Support for close ones and social workers. * Prevention, awareness and training. * Advocacy.

Eligibility: women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general population

Coverage area: MRC Antoine-Labelle, MRC Les Laurentides

Hours: Monday to Friday, variable hours

Fees: none

Financing: donations, grants

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS

118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5

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

Website: www.canada.ca

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

Coverage area: Sainte-Agathe-Des-Monts

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Therapy and counselling

PALLIACCO

2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8

819 717-9646

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE

99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8

819 717-9646 Fax: 818 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support for the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling, personalized stress reduction sessions. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Alphabetical Index
Alphabetical Index

159 RUE PRINCIPALE (LE)	89
ARUNDEL - MUNICIPALITY	55
ASSOCIATION ALPHA-LAURENTIDES	111
ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL	114
ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES	114
BARKMERE - MUNICIPALITY	55
BOUFFE DÉPANNAGE DE SAINTE-AGATHE-DES-MONTS	46
BOUFFE LAURENTIENNE	49
BRÉBEUF - MUNICIPALITY	55
CAFÉ COMMUNAUTAIRE COUP DE COEUR	109
CARREFOUR JEUNESSE-EMPLOI LAURENTIDES	40
CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS	40
CENTRE D'ACCOMPAGNEMENT PERSONNALISÉ POUR JEUNES ENCEINTES OU MÈRES	69
CENTRE D'ACTION BÉNÉVOLE LAURENTIDES	125
CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - ACCOMPANIMENT-TRANSPORTATION	121
CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE	125
CENTRE D'ACTION BÉNÉVOLE LAURENTIDES - SAINTE-AGATHE-DES-MONTS OFFICE	125
CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE	41
CENTRE D'HÉBERGEMENT DE LABELLE	97
CENTRE D'HÉBERGEMENT DE MONT-TREMBLANT	97
CENTRE DE PÉDIATRIE SOCIALE DU COUR DES LAURENTIDES	14
CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - HUBERDEAU	2
CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - SAINTE-AGATHE-DES-MONTS	2
CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINTE-AGATHE-DES-MONTS	87
CENTRE DE SERVICES SCOLAIRE DES LAURENTIDES	34
CLSC DE LABELLE	63
CLSC DE MONT-TREMBLANT	63
CLSC DE SAINTE-AGATHE-DES-MONTS	64
COLOMBE (LA)	113
COMPTOIR ALIMENTAIRE SAINTE-LUCIE-DES-LAURENTIDES (LE)	47
COMPTOIR ALIMENTAIRE VAL-DAVID	47
COMPTOIR D'ENTRAIDE DE LABELLE	118
CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES	103
COOP DE SOLIDARITÉ EN ENTRETIEN MÉNAGER CHIFFON MAGIQUE	96
CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE DE LA MRC DES LAURENTIDES	37
COUP DE POUCE ALIMENTAIRE DE VAL-DES-LACS	47
DIABÈTE MONT-TREMBLANT	79
DOMAINE BELLEVUE DE SAINT-FAUSTIN-LAC-CARRÉ	71
ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L') - SAINTE-AGATHE-DES-MONTS	128
ENVOLÉE (L') - RESSOURCE ALTERNATIVE EN SANTÉ MENTALE	88
FADOQ - LAURENTIANS REGION	109
FONDATION DANIEL LAUZON	14
FONDATION MÉDICALE DES LAURENTIDES ET DES PAYS-D'EN-HAUT	118
GROUPE JAD	89
HABITATIONS DU RUISSEAU NOIR (LES)	71
HABITATIONS LA CAPUCINE (LES)	98
HABITATIONS STEPHEN JAKE BEAVEN	98

HALTE ALIMENTAIRE DE VAL-MORIN	48
HÔPITAL LAURENTIEN	87
IVRY-SUR-LE-LAC - MUNICIPALITY	55
LA CONCEPTION - MUNICIPALITY	56
LA MINERVE - MUNICIPALITY	56
LABELLE - MUNICIPALITY	82
LAC-SUPÉRIEUR - MUNICIPALITY	96
LAC-TREMBLANT-NORD - MUNICIPALITY	57
LEGAL AID OFFICE - SAINTE-AGATHE	124
LUDOTHÈQUE ESPACE LUDIKO	110
MAISON DE LA FAMILLE DU NORD (LA)	49
MAISON DES JEUNES DE LABELLE	126
MAISON DES JEUNES DE SAINT-JOVITE - TORNADE JEUNESSE	9
MAISON DES JEUNES DE SAINTE-AGATHE	110
MAISON DES JEUNES LA MINERVE	126
MAISON EMMANUEL (CENTRE ÉDUCATIF)	23
MAISON LA TRAVERSÉE	64
MANOIR LABELLOIS	98
MONT-TREMBLANT - CITY	82
MONT-TREMBLANT PUBLIC TRANSIT	122
MONTCALM - MUNICIPALITY	57
MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS	115
MRC LES LAURENTIDES	59
MRC LES LAURENTIDES - CARAVANE DE L'EMPLOI	39
OFFICE MUNICIPAL D'HABITATION DES LAURENTIDES	98
ORGANISME DE BASSINS VERSANTS DES RIVIÈRES ROUGE, PETITE NATION ET SAUMON	80
ORGANISME KINA8AT (L')	112
P'TIT BONHEUR (LE)	65
PAIX PROGRAMME D'AIDE ET D'INTERVENTION	127
PALLIACCO	128
PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE	129
PARENTS UNIQUES DES LAURENTIDES	117
PARTAGE & SOLIDARITÉ LAURENTIDES	48
PAVILLON PHILIPPE-LAPOINTE	99
PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES	126
RÉSEAU BIBLIO DES LAURENTIDES	113
RÉSIDENCE VALLÉE DE LA ROUGE	99
SAINT-FAUSTIN-LAC-CARRÉ - MUNICIPALITY	83
SAINTE-AGATHE-DES-MONTS - CITY	83
SAINTE-LUCIE-DES-LAURENTIDES - MUNICIPALITY	58
SAMARITAINE DE MONT-TREMBLANT (LA)	118
SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS	128
SERVICES QUÉBEC - SAINTE-AGATHE-DES-MONTS	76
SOCIÉTÉ ALZHEIMER LAURENTIDES	92
SÛRETÉ DU QUÉBEC - POSTE MRC DES LAURENTIDES	60
TABLE DE CONCERTATION RÉGIONALE DES AÎNÉS DES LAURENTIDES	104
TANGAGE DES LAURENTIDES	86
TRAIT D'UNION DE SAINT-RÉMI (LE)	99
TRANSPORT ADAPTÉ ET COLLECTIF DES LAURENTIDES	122
UNITÉ TOXI DES TROIS-VALLÉES (L')	88
VAL-DAVID - MUNICIPALITY	83
VAL-DES-LACS - MUNICIPALITY	58

VAL-MORIN - MUNICIPALITY
VERSANT D'OR (L)

83
99