



Grand Montréal

**DIRECTORY OF
SOCIAL AND COMMUNITY
RESOURCES**

LAURENTIDES / MRC LES PAYS-D'EN-HAUT / ALL CITIES



2-1-1



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Summary

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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

ESCOUADE POUR L'ENFANCE

1010 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-6650

Email: info@escouade.org

Services: Prevention of all types of violence against children. * Phone listening and support. * Awareness among adults and collaboration with field workers. * Educational program to empower children and adults.

Eligibility: children aged 4 to 12 years old of primary schools and early childhood care centre, adults close to them

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 17h00, closed for summer

Financing: donations, self-financing, contributions

Legal status: non-profit organization

Daycare and respite

MAISON DE LA FAMILLE DES PAYS-D'EN-HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: A safe environment for parents and their children to meet, exchange ideas and activities. * Various activities. * Collective kitchens. * Help with homework. * Drop-in daycare. * Clothing counter. * Walking club.

Eligibility: families, children aged 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Fees: \$20 per year

Financing: self-financing

Legal status: non-profit organization

Family Support

MAISON DE LA FAMILLE DES PAYS-D'EN-HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: A safe environment for parents and their children to meet, exchange ideas and activities. * Various activities. * Collective kitchens. * Help with homework. * Drop-in daycare. * Clothing counter. * Walking club.

Eligibility: families, children aged 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Fees: \$20 per year

Financing: self-financing

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

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 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. * 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

Maternity support and adoption

MAISON DE LA FAMILLE DES PAYS-D'EN-HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondelafamille.com

Email: info@maisondelafamille.com

Services: A safe environment for parents and their children to meet, exchange ideas and activities. * Various activities. * Collective kitchens. * Help with homework. * Drop-in daycare. * Clothing counter. * Walking club.

Eligibility: families, children aged 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Fees: \$20 per year

Financing: self-financing

Legal status: non-profit organization

Recreational Activities

MAISON DE LA FAMILLE DES PAYS-D'EN-HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondelafamille.com

Email: info@maisondelafamille.com

Services: A safe environment for parents and their children to meet, exchange ideas and activities. * Various activities. * Collective kitchens. * Help with homework. * Drop-in daycare. * Clothing counter. * Walking club.

Eligibility: families, children aged 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Fees: \$20 per year

Financing: self-financing

Legal status: non-profit organization

Youth Centres and Support

ACCUEIL COMMUNAUTAIRE JEUNESSE LE LABYRINTHE

1215 du Bourg-Joli Street, Sainte-Adèle, Laurentides, QC, J8B 1W8

450 229-7452

Website: www.mdj-ste-adele.org/index.html

Email: info@mdj-ste-adele.org

Services: Youth centre. * Meeting, exchange, learning and leisure place. * Prevention and awareness.

Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Adèle

Hours: Wednesday 14h00 to 19h30, Thursday and Friday 16h00 to 22h00, Saturday 14h00 to 22h00, Sunday 14h00 to 21h00

Financing: municipal

Legal status: non-profit organization

CENTRE D'ACCÈS COMMUNAUTAIRE INTERMONTS SAINT-SAUVEUR

33 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-4633

Website: www.caci.saint-sauveur.qc.ca

Email: info.caci.saint.sauveur@gmail.com

Services: * Various computer training workshops. * Computer troubleshooting clinic.

Capacity: 25 people

Coverage area: Saint-Sauveur

Hours: workshops: first Tuesday of each month, 9h30 to 11h30

Fees: membership: \$10 per year for residents of Saint-Sauveur, \$15 for non-residents, workshops: free for members, \$10 for non-members, emergency clinic: \$10

Financing: membership fees, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-ADÈLE

1215 du Bourg-Joli Street, Sainte-Adèle, Laurentides, QC, J8B 1W8

450 229-7452 Fax: 450 229-7972

Website: www.mdj-ste-adele.org

Email: intervenants@mdj-ste-adele.org

Services: Place of exchange and meeting for youth. * Reception and listening by outreach workers on site. * Workshops for discussion, prevention, awareness and exchanges. * Support in the search for solutions and in the achievement of projects. * Sports, cultural and entertainment activities.

Eligibility: youth from 12 to 17 years old, volunteers, parents who want to get involved in the centre

Coverage area: Sainte-Adèle

Hours: youth: Wednesday 15h00 to 19h30 (from September to June, Wednesdays are exclusively for sixth graders), Thursday and Friday 16h00 to 22h00, Saturday 14h00 to 22h00, Sunday 14h00 to 21h00, office: Monday to Wednesday 9h00 to 17h00, Thursday and Friday by appointment

Fees: variable, membership: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

MAISON DES JEUNES LOCO LOCAL

1508 d'Argenteuil Montée, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-5021

Website: www.adolphins.com

Email: locolocal@adolphins.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Campado.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Adolphe-D'howard

Hours: summer period: Monday to Friday 8h00 to 17h00, Friday and Saturday 17h00 to 22h00, school period: Friday and Saturday 15h00 to 21h00

Fees: variable

Financing: self-financing, municipal, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES SAINT-SAUVEUR - PIEDMONT

57 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 694-2504

Email: mdjssp@gmail.com

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

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Sauveur, Piedmont

Hours: Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 16h30 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

Youth Employment

CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT

22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-0074

Website: www.cjepdh.ca

Email: info@cjepdh.ca

Services: * Reception, information, accompaniment and referral. * Job search assistance, at home and abroad.

* Assistance for school retention or return. * Guidance, vocational and school information. * School perseverance and dropout prevention programs. * 100% Rooted project: assistance, advice, referral and networking for new citizens. * Youth entrepreneurship development. * Support in project development. * Job posting, CV bank and Digitalized documentation centre. * Pairing. * Information on wage subsidies and financial contributions. * Employability-based special events organization. * Room and offices rental.

Eligibility: youth 15 to 35 years old, employers

Coverage area: MRC Les Pays-d'en-Haut

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

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3459 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Website: rcsophie.org

Email: ressourcessophie@gmail.com

Services: Community services for youth in a precarious situation.* Community meals.* Clothing counter.* Counselling, accompaniment and support to prevent dropout, neglect and delinquency for youngsters and their families.* Social and educational activities. * School supplies.* Community action development.* Assistance with administrative procedures.* Professional reintegration opportunities.

Eligibility: kids and teenagers and their families, seniors and people on a low income

Coverage area: Lac-des-Seize-Îles South, Laurel, Montfort and Saint-Michel-de-Wentworth

Hours: Monday to Friday 6h00 to 18h00, Mass on Sunday 8h30 to 10h00

Fees: yearly membership: \$10

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Youth Shelters and Support

MAISON DES JEUNES DE SAINTE-ADÈLE

1215 du Bourg-Joli Street, Sainte-Adèle, Laurentides, QC, J8B 1W8

450 229-7452 Fax: 450 229-7972

Website: www.mdj-ste-adele.org

Email: intervenants@mdj-ste-adele.org

Services: Place of exchange and meeting for youth. * Reception and listening by outreach workers on site. * Workshops for discussion, prevention, awareness and exchanges. * Support in the search for solutions and in the achievement of projects. * Sports, cultural and entertainment activities.

Eligibility: youth from 12 to 17 years old, volunteers, parents who want to get involved in the centre

Coverage area: Sainte-Adèle

Hours: youth: Wednesday 15h00 to 19h30 (from September to June, Wednesdays are exclusively for sixth graders), Thursday and Friday 16h00 to 22h00, Saturday 14h00 to 22h00, Sunday 14h00 to 21h00, office: Monday to Wednesday 9h00 to 17h00, Thursday and Friday by appointment

Fees: variable, membership: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3459 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

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Services: Community services for youth in a precarious situation.* Community meals.* Clothing counter.* Counselling, accompagnement and support to prevent dropout, neglect and delinquency for youngsters and their families.* Social and educational activities. * School supplies.* Community action development.* Assistance with administrative procedures.* Professional reintegration opportunities.

Eligibility: kids and teenagers and their families, seniors and people on a low income

Coverage area: Lac-des-Seize-Îles South, Laurel, Montfort and Saint-Michel-de-Wentworth

Hours: Monday to Friday 6h00 to 18h00, Mass on Sunday 8h30 to 10h00

Fees: yearly membership: \$10

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

AMIS DE LA RÉSERVE ALFRED-KELLY (LES)

100 de la Gare Street, Piedmont, Laurentides, QC, J0R 1K0

Website: www.reservealfredkelly.org

Email: amis.reservealfredkelly@gmail.com

Services: Organization promoting the protection of a natural reserve. * Clean ups and maintenance. * Stewardship and trails patrol. * Hikes: guided routes, ski and snowshoe activities, photography. * Scientific research and experimentation in respect with nature. * Conferences and workshops.

Eligibility: people invested in protection of the environment

Coverage area: Piedmont

Fees: adult members: \$10, members under 17 years old: free

Financing: membership fees

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

REGROUPEMENT DES PARTENAIRES DES PAYS-D'EN-HAUT

1014 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-6637 ext. 126

Website: lespaysdenhaut.com/regroupement-partenaires-pays-den-haut/

Email: regroupementpdh@gmail.com

Services: * Citizen mobilization and consultation on social and community development issues. * Development and support for organizations.

Eligibility: community organization, regional issue tables

Coverage area: MRC Les Pays-d'en-Haut

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

Financing: municipal

Legal status: non-profit organization

Community development

REGROUPEMENT DES PARTENAIRES DES PAYS-D'EN-HAUT

1014 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-6637 ext. 126

Website: lespaysdenhaut.com/regroupement-partenaires-pays-den-haut/

Email: regroupementpdh@gmail.com

Services: * Citizen mobilization and consultation on social and community development issues. * Development and support for organizations.

Eligibility: community organization, regional issue tables

Coverage area: MRC Les Pays-d'en-Haut

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

Financing: municipal

Legal status: non-profit organization

Information and referral

ANTR'AIDANT (L')

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

579 888-0211

Website: lantraidant.com

Email: information@lantraidant.com

Services: Support for caregivers. * Phone reception and listening. * Information, needs assessment and referral. * Individual accompaniment, counselling and follow-up. * Crisis management. * Support group. * Formative awareness workshops. * Conferences.

Eligibility: caregivers, seniors, formative awareness workshops: caregivers, community workers, community environments

Coverage area: MRC Les Pays-d'en-Haut, MRC La Rivière-du-Nord

Hours: Monday to Sunday 8h30 to 16h30

Fees: none

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

Legal status: non-profit organization

Volunteering and volunteer centres

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Email: clsm227@gmail.com

Services: Organization with a regional scope, by and for people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Fees: none

Financing: donations, grants

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

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 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. * 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

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

LANGUAGE DISORDERS

MOBILITY AIDS

RECREATION AND CAMPS

RESPITE, CHILD CARE AND HOUSING

SUPPORT ASSOCIATIONS

THERAPY AND REHABILITATION CENTRES

Adapted work and employability support

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

810 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2

450 229-6524 Fax: 450 229-1787

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

INTÉGRATION - TRAVAIL LAURENTIDES - SAINT-ADÈLE

395 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N1

450 229-5889 ext. 559 Fax: 450 553-5053

Website: www.i-tl.org

Email: info@i-tl.org

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

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

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: non-profit organization

Language disorders

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: info@grpa.ca

Services: * Information, documentation. * Physical and social activities: adapted physical exercise, outings. * Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. * Communication: coffee-meetings, language stimulation. * Support group for caregivers.

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

Mobility aids

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

Recreation and camps

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Email: clsm227@gmail.com

Services: Organization with a regional scope, by and for people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Fees: none

Financing: donations, grants

Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: info@grpa.ca

Services: * Information, documentation. * Physical and social activities: adapted physical exercise, outings. * Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. * Communication: coffee-meetings, language stimulation. * Support group for caregivers.

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE

200 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: repitbienetre.weebly.com

Email: sore@cgocable.ca

Services: Respite and home help services. * Individual respite at home. * Social respite: community meals, activities. * Respite camp: 3 days long camp for caregivers and seniors.

Eligibility: seniors with loss of autonomy, caregivers

Coverage area: MRC Les Pays-d'en-Haut

Fees: free

Financing: donations

Legal status: non-profit organization

Respite, child care and housing

COOP SORE

200 Principale Street, Suite 4, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.coopsore.ca

Email: sore@cgocable.ca

Services: Social and educational activities for caregivers and seniors. * Stimulation groups. * Home respite. * Social respite for caregivers and those being cared for.

Eligibility: seniors, caregivers

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

Fees: membership: \$20 per person

Financing: membership fees

Legal status: Cooperative

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

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 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. * 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, Nominique, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE

200 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: repitbienetre.weebly.com

Email: sore@cgocable.ca

Services: Respite and home help services. * Individual respite at home. * Social respite: community meals, activities. * Respite camp: 3 days long camp for caregivers and seniors.

Eligibility: seniors with loss of autonomy, caregivers

Coverage area: MRC Les Pays-d'en-Haut

Fees: free

Financing: donations

Legal status: non-profit organization

Support Associations

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: info@grpa.ca

Services: * Information, documentation. * Physical and social activities: adapted physical exercise, outings. * Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. * Communication: coffee-meetings, language stimulation. * Support group for caregivers.

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

LAURENTIAN REGION CANCER SUPPORT GROUP

Confidential Address

450 226-3641

Email: cancer.laurentia@yahoo.ca

Services: * Support group for cancer patients, caregivers and their families.

Eligibility: cancer patients, caregivers, their families

Coverage area: Laurentians

Hours: monthly meetings

Fees: none

Financing: donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D'EN-HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: A safe environment for parents and their children to meet, exchange ideas and activities. * Various activities. * Collective kitchens. * Help with homework. * Drop-in daycare. * Clothing counter. * Walking club.

Eligibility: families, children aged 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Fees: \$20 per year

Financing: self-financing

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

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 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. * 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

Therapy and rehabilitation centres

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: info@grpa.ca

Services: * Information, documentation. * Physical and social activities: adapted physical exercise, outings. * Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. * Communication: coffee-meetings, language stimulation. * Support group for caregivers.

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

HOMEWORK ASSISTANCE AND TUTORING

SCHOOL PERSEVERANCE

Academic and vocational guidance

CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT

22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-0074

Website: www.cjepdh.ca

Email: info@cjepdh.ca

Services: * Reception, information, accompaniment and referral. * Job search assistance, at home and abroad. * Assistance for school retention or return. * Guidance, vocational and school information. * School perseverance and dropout prevention programs. * 100% Rooted project: assistance, advice, referral and networking for new citizens. * Youth entrepreneurship development. * Support in project development. * Job posting, CV bank and Digitalized documentation centre. * Pairing. * Information on wage subsidies and financial contributions. * Employability-based special events organization. * Room and offices rental.

Eligibility: youth 15 to 35 years old, employers

Coverage area: MRC Les Pays-d'en-Haut

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Computer workshops

CENTRE D'ACCÈS COMMUNAUTAIRE INTERMONTS SAINT-SAUVEUR

33 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-4633

Website: www.caci.saint-sauveur.qc.ca

Email: info.caci.saint.sauveur@gmail.com

Services: * Various computer training workshops. * Computer troubleshooting clinic.

Capacity: 25 people

Coverage area: Saint-Sauveur

Hours: workshops: first Tuesday of each month, 9h30 to 11h30

Fees: membership: \$10 per year for residents of Saint-Sauveur, \$15 for non-residents, workshops: free for members, \$10 for non-members, emergency clinic: \$10

Financing: membership fees, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

Homework assistance and tutoring

MAISON DE LA FAMILLE DES PAYS-D'EN-HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: A safe environment for parents and their children to meet, exchange ideas and activities. * Various activities. * Collective kitchens. * Help with homework. * Drop-in daycare. * Clothing counter. * Walking club.

Eligibility: families, children aged 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Fees: \$20 per year

Financing: self-financing

Legal status: non-profit organization

School perseverance

CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT

22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-0074

Website: www.cjepdh.ca

Email: info@cjepdh.ca

Services: * Reception, information, accompaniment and referral. * Job search assistance, at home and abroad. * Assistance for school retention or return. * Guidance, vocational and school information. * School perseverance and dropout prevention programs. * 100% Rooted project: assistance, advice, referral and networking for new citizens. * Youth entrepreneurship development. * Support in project development. * Job posting, CV bank and Digitalized documentation centre. * Pairing. * Information on wage subsidies and financial contributions. * Employability-based special events organization. * Room and offices rental.

Eligibility: youth 15 to 35 years old, employers

Coverage area: MRC Les Pays-d'en-Haut

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

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3459 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Website: rcsophie.org

Email: ressourcessophie@gmail.com

Education and Literacy

Services: Community services for youth in a precarious situation.* Community meals.* Clothing counter.* Counselling, accompagnement and support to prevent dropout, neglect and delinquency for youngsters and their families.* Social and educational activities. * School supplies.* Community action development.* Assistance with administrative procedures.* Professional reintegration opportunities.

Eligibility: kids and teenagers and their families, seniors and people on a low income

Coverage area: Lac-des-Seize-Îles South, Laurel, Montfort and Saint-Michel-de-Wentworth

Hours: Monday to Friday 6h00 to 18h00, Mass on Sunday 8h30 to 10h00

Fees: yearly membership: \$10

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Employment and Income Support

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Business development

SOCIÉTÉ D'AIDE AU DÉVELOPPEMENT DES COLLECTIVITÉS DES LAURENTIDES

1332 Sainte-Adèle Boulevard, Suite 230, Sainte-Adèle, Laurentides, QC, J8B 0J7

450 229-3001 Fax: 450 229-6928

Website: www.sadclairentides.org

Email: info@sadclairentides.org

Services: Services to entrepreneurs. * Financing. * Business mentoring. * Coaching. * Training. * Tools and resources.

Eligibility: entrepreneurs

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

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

Financing: federal

Legal status: non-profit organization

Employment support and training

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

810 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2

450 229-6524 Fax: 450 229-1787

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

SERVICES QUÉBEC - SAINTE-ADÈLE

400 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2

450 229-6560 Fax: 450 229-9347

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. * Social assistance. * 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-Adèle

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

Financing: provincial

Legal status: provincial government agency

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT

22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-0074

Website: www.cjepdh.ca

Email: info@cjepdh.ca

Services: * Reception, information, accompaniment and referral. * Job search assistance, at home and abroad. * Assistance for school retention or return. * Guidance, vocational and school information. * School perseverance and dropout prevention programs. * 100% Rooted project: assistance, advice, referral and networking for new citizens. * Youth entrepreneurship development. * Support in project development. * Job posting, CV bank and Digitalized documentation centre. * Pairing. * Information on wage subsidies and financial contributions. * Employability-based special events organization. * Room and offices rental.

Eligibility: youth 15 to 35 years old, employers

Coverage area: MRC Les Pays-d'en-Haut

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

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3459 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Website: rcsophie.org

Email: ressourcessophie@gmail.com

Services: Community services for youth in a precarious situation.* Community meals.* Clothing counter.* Counselling, accompaniment and support to prevent dropout, neglect and delinquency for youngsters and their families.* Social and educational activities. * School supplies.* Community action development.* Assistance with administrative procedures.* Professional reintegration opportunities.

Eligibility: kids and teenagers and their families, seniors and people on a low income

Coverage area: Lac-des-Seize-Îles South, Laurel, Montfort and Saint-Michel-de-Wentworth

Hours: Monday to Friday 6h00 to 18h00, Mass on Sunday 8h30 to 10h00

Fees: yearly membership: \$10

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Tax clinics

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - CLINIQUE D'IMPÔTS

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: Walk-in tax clinic.

Eligibility: people on a low income

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, during the tax period

Fees: free, donations welcome

Financing: self-financing

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

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

810 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2

450 229-6524 Fax: 450 229-1787

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

INTÉGRATION - TRAVAIL LAURENTIDES - SAINT-ADÈLE

395 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N1

450 229-5889 ext. 559 Fax: 450 553-5053

Website: www.i-tl.org

Email: info@i-tl.org

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

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

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: non-profit organization

SERVICES QUÉBEC - SAINTE-ADÈLE

400 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2

450 229-6560 Fax: 450 229-9347

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. * Social assistance. * 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-Adèle

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 ASSISTANCE COORDINATION

FOOD ASSISTANCE IN SCHOOLS

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca

Email: secretariat@gardemangerpdh.ca

Services: * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Christmas grocery vouchers. * Meals on wheels. * Help with school supplies.

Eligibility: people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

Collective kitchens and cooking workshops

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

ÉCHELON DES PAYS-D'EN-HAUT (L')

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

450 745-0133 Fax: 450 745-0176

Website: www.echelonpaysdenhaut.com

Email: echelon.pdh@cgocable.ca

Services: * Day centre. * Accompaniment, mutual aid, referral and support. * Activities, thematic workshops, arts, etc. * Collective kitchen. * Community lunches.

Eligibility: people 18 years old and over living with a mental health issue

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 9h00 to 15h30

Fees: regular services: free, outdoor activities (sugar shack, apple picking): variable but L'Échelon pays half the cost

Financing: donations

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca

Email: secretariat@gardemangerpdh.ca

Services: * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Christmas grocery vouchers. * Meals on wheels. * Help with school supplies.

Eligibility: people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D'EN-HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondelafamille.com

Email: info@maisondelafamille.com

Services: A safe environment for parents and their children to meet, exchange ideas and activities. * Various activities. * Collective kitchens. * Help with homework. * Drop-in daycare. * Clothing counter. * Walking club.

Eligibility: families, children aged 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Fees: \$20 per year

Financing: self-financing

Legal status: non-profit organization

SOUS LE TOIT DE L'ÉCHELON

168 Vallée-du-Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

450 745-0133

Website: www.echelonpaysdenhaut.com/logement-social.html

Email: echelon.pdh@cgocable.ca

Services: Subsidized housing for people living with a mental health problem. * Social housing. * Intervention service. * Community kitchen. * Community rooms: computer, television, games, arts and reception rooms.

Eligibility: people on a low income living with a mental health problem

Capacity: 30

Coverage area: MRC Les Pays-d'en-Haut

Hours: administration: Monday to Thursday 9h00 à 15h30, intervention: 11h00 à 18h00

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

Financing: donations, subventions

Legal status: non-profit organization

Community gardens and markets

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

Food Assistance

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ - CAFÉ O'MARGUERITES

12 Sainte-Marguerite Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

450 228-4888

Website: www.cafeomarguerites.com

Email: suzanne-claude@hotmail.com

Services: * Organic catering service. * Ready-to-eat to take out. * Free high speed Wi-Fi. * Organic fruit and vegetable baskets and groceries. * Online orders. * Delivery service.

Capacity: 16 clients

Hours: 7 days, 7h00 to 16h00

Financing: grants, donations

Legal status: Cooperative

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca

Email: secretariat@gardemangerpdh.ca

Services: * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Christmas grocery vouchers. * Meals on wheels. * Help with school supplies.

Eligibility: people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE LAUREL - WENTWORTH-NORD

3470 Main Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 229-2011

Website: www.gardemangerpdh.ca/comptoireAlimentaire

Email: secretariat@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families or singles in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Thursday 14h30 to 15h00

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE MORIN-HEIGHTS

567 Village Road, Morin-Heights, Laurentides, QC, J0R 1H0

450 229-2011

Website: www.gardemangerpdh.ca/comptoireAlimentaire

Email: secretariat@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families or singles in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Tuesday 14h15 to 15h00

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINT-ADOLPHE-D'HOWARD

1672 Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

450 229-2011

Website: www.gardemangerpdh.ca/comptoireAlimentaire

Email: secretariat@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families or singles in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Tuesday 12h30 to 13h30
Fees: \$3 per household
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINT-SAUVEUR - PIEDMONT - SAINTE-ANNE-DES-LACS

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 229-2011

Website: www.gardemangerpdh.ca/comptoireAlimentaire
Email: secretariat@gardemangerpdh.ca

Services: * Food assistance.
Eligibility: families or singles in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Wednesday 9h30 to 11h00
Fees: \$3 per household
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINTE-MARGUERITE

2 Masson Road, Estérel, Laurentides, QC, J0T 1L0
450 229-2011

Website: www.gardemangerpdh.ca/comptoireAlimentaire
Email: secretariat@gardemangerpdh.ca

Services: * Food assistance.
Eligibility: families or singles in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Thursday 11h30 to 12h30
Fees: \$3 per household
Financing: donations, self-financing
Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE

Confidential Address
450 602-4262

Services: * Food assistance. * Meal delivery for people without transportation or aged 70 years and older.
Coverage area: Saint-Adolphe-D'Howard
Hours: Thursday 10h00 to 11h30
Fees: none
Financing: provincial, self-financing, donations, foundations
Legal status: non-profit organization

Food assistance coordination

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 744-0207

Website: www.soupeetcompagnie.com/en
Email: info@soupeetcompagnie.com

Services: * Community meals. * Morin-Heights: Workshops with the Coop Sore. * Free conferences. * Distribution and delivery of frozen meals. * Food collection.

Eligibility: people in vulnerable situations and people with low incomes, delivery: people with reduced mobility

Coverage area: MRC Les Pays-d'en-Haut

Hours: distribution and delivery of frozen meals: Tuesday 10h00 to 14h00, Thursday 10h00 to 12h00, community dinner: Monday, Tuesday, Thursday 11h30 to 12h45

Fees: minimum contribution: \$3

Financing: donations

Legal status: non-profit organization

Food assistance in schools

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca

Email: secretariat@gardemangerpdh.ca

Services: * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Christmas grocery vouchers. * Meals on wheels. * Help with school supplies.

Eligibility: people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

Low cost or free meals

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE

200 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: repitbienetre.weebly.com

Email: sore@cgocable.ca

Services: Respite and home help services. * Individual respite at home. * Social respite: community meals, activities. * Respite camp: 3 days long camp for caregivers and seniors.

Eligibility: seniors with loss of autonomy, caregivers

Coverage area: MRC Les Pays-d'en-Haut

Fees: free

Financing: donations

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3459 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Website: rcsophie.org

Email: ressourcessophie@gmail.com

Services: Community services for youth in a precarious situation.* Community meals.* Clothing counter.* Counselling, accompaniment and support to prevent dropout, neglect and delinquency for youngsters and their families.* Social and educational activities. * School supplies.* Community action development.* Assistance with administrative procedures.* Professional reintegration opportunities.

Eligibility: kids and teenagers and their families, seniors and people on a low income

Coverage area: Lac-des-Seize-Îles South, Laurel, Montfort and Saint-Michel-de-Wentworth

Hours: Monday to Friday 6h00 to 18h00, Mass on Sunday 8h30 to 10h00

Fees: yearly membership: \$10

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE MORIN-HEIGHTS

27 Bellevue Street, Morin-Heights, Laurentides, QC, J0R 1H0

514 944-9335

Website: www.soupeetcompagnie.com/schedules-and-events.html

Email: info@soupeetcompagnie.com

Services: * Community meals.

Coverage area: Morin-Heights

Hours: Monday 12h00

Fees: \$3

Financing: donations

Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 744-0207

Website: www.soupeetcompagnie.com/en

Email: info@soupeetcompagnie.com

Services: * Community meals. * Morin-Heights: Workshops with the Coop Sore. * Free conferences. * Distribution and delivery of frozen meals. * Food collection.

Eligibility: people in vulnerable situations and people with low incomes, delivery: people with reduced mobility

Coverage area: MRC Les Pays-d'en-Haut

Hours: distribution and delivery of frozen meals: Tuesday 10h00 to 14h00, Thursday 10h00 to 12h00, community dinner: Monday, Tuesday, Thursday 11h30 to 12h45

Fees: minimum contribution: \$3

Financing: donations

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca

Email: secretariat@gardemangerpdh.ca

Services: * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Christmas grocery vouchers. * Meals on wheels. * Help with school supplies.

Eligibility: people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE DU LAC MASSON (LA)

2 Masson Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

450 228-8606

Email: larencontre-ai@bellnet.ca

Services: * Meal delivery at home.

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: meal delivery: Tuesday to Thursday

Financing: Centraide Laurentides, provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE

Confidential Address

450 602-4262

Services: * Food assistance. * Meal delivery for people without transportation or aged 70 years and older.

Coverage area: Saint-Adolphe-D'Howard

Hours: Thursday 10h00 to 11h30

Fees: none

Financing: provincial, self-financing, donations, foundations

Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 744-0207

Website: www.soupeetcompagnie.com/en

Email: info@soupeetcompagnie.com

Services: * Community meals. * Morin-Heights: Workshops with the Coop Sore. * Free conferences. *

Distribution and delivery of frozen meals. * Food collection.

Eligibility: people in vulnerable situations and people with low incomes, delivery: people with reduced mobility

Coverage area: MRC Les Pays-d'en-Haut

Food

Hours: distribution and delivery of frozen meals: Tuesday 10h00 to 14h00, Thursday 10h00 to 12h00,
community dinner: Monday, Tuesday, Thursday 11h30 to 12h45

Fees: minimum contribution: \$3

Financing: donations

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

PROVINCIAL SERVICES

Municipal services

ESTÉREL - MUNICIPALITY

115 Dupuis Road, Estérel, Laurentides, QC, J0T 1E0

450 228-3232 Fax: 450 228-3737

Website: www.villedesterel.com

Email: info@villedesterel.com

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

Coverage area: Estérel

Financing: municipal

Legal status: municipal agency

LAC-DES-SEIZES-ÎLES - MUNICIPALITY

47 de l'Église Street, Lac-des-Seize-Îles, Laurentides, QC, J0T 2M0

450 226-3117 Fax: 450 226-3337

Website: www.lac-des-seizes-iles.com

Email: info@lac-des-seizes-iles.com

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

Coverage area: Lac-Des-Seizes-Îles

Financing: municipal

Legal status: municipal agency

MORIN-HEIGHTS - MUNICIPALITY

567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0

450 226-3232 Fax: 450 226-8786

Website: www.morinheights.com

Email: municipalite@morinheights.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 the management of residual materials: <http://www.morinheights.com/Gestion-des-matieres-residuelles> * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Morin-Heights

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

Financing: municipal

Legal status: municipal agency

PIEDMONT - MUNICIPALITY

670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0

450 227-1888 Fax: 450-227-6716

Website: www.piedmont.ca

Email: dirgen@piedmont.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: <https://www.piedmont.ca/infos-collectes.html> * Here it is: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Piedmont

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

Financing: municipal

Legal status: municipal agency

SAINT-ADOLPHE-D'HOWARD - MUNICIPALITY

1881 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-2044 Fax: 819 327-2282

Website: www.stadolphedhoward.qc.ca

Email: info@stadolphedhoward.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management:<http://www.stadolphedhoward.qc.ca/services-aux-citoyens/travaux-publics-et-hygiene-du-milieu/matieres-residuals/> * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-Adolphe-D'howard

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

Financing: municipal

Legal status: municipal agency

SAINT-SAUVEUR - CITY

1 place de la Mairie, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-4633 Fax: 1 866 313-6267

Website: www.ville.saint-sauveur.qc.ca

Email: directiongenerale@ville.saint-sauveur.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management:<http://www.ville.saint-sauveur.qc.ca/services-aux-citoyens/environnement/info-collecte.html> * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-Sauveur

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

Financing: municipal

Legal status: municipal agency

SAINTE-ADÈLE - CITY

1381 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A3

450-229-2921 Fax: 450-229-4179

Website: www.ville.sainte-adele.qc.ca

Email: dirgenerale@ville.sainte-adele.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: <http://ville.sainte-adele.qc.ca/page-calendrier-des-collectes.php> * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Sainte-Adèle

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

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-LACS - MUNICIPALITY

773 Sainte-Anne-des-Lacs Road, Sainte-Anne-des-Lacs, Laurentides, QC, J0R 1B0

450 224-2675 ext. 221 Fax: 450 224-8672

Website: www.sadl.qc.ca

Email: info@sadl.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management:http://www.sadl.qc.ca/wp-content/uploads/2020/07/Calendrier_collectes_2020_2021.pdf * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Sainte-Anne-Des-Lacs

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

Financing: municipal

Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES PAYS-D'EN-HAUT

2141 Jean Adam Road, Saint-Sauveur, Laurentides, QC, J0R 1R2

450 227-6848 Fax: 450 227-1505

Website: www.sq.gouv.qc.ca

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 Pays-d'en-Haut

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

Financing: provincial

Legal status: provincial government agency

WENTWORTH-NORD - MUNICIPALITY

3488 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-2416 Fax: 450 226-2109

Website: wentworth-nord.ca

Email: info@wentworth-nord.ca

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

Coverage area: Wentworth-Nord

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

Financing: municipal

Legal status: non-profit organization

Municipalité régionale de comté (MRC)

MRC LES PAYS-D'EN-HAUT

1014 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-6637 ext. 126 Fax: 450 229-5203

Website: lespaysdenhaut.com

Email: info@mrcpdh.org

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

Coverage area: MRC Les Pays-d'en-Haut

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

Financing: municipal, provincial

Legal status: municipal agency

Provincial services

SERVICES QUÉBEC - SAINTE-ADÈLE

400 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2

450 229-6560 Fax: 450 229-9347

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. * Social assistance. * Self-service computer stations. * Information about government programs and services.

Government services

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

Coverage area: Sainte-Adèle

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

Financing: provincial

Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES PAYS-D'EN-HAUT

2141 Jean Adam Road, Saint-Sauveur, Laurentides, QC, J0R 1R2

450 227-6848 Fax: 450 227-1505

Website: www.sq.gouv.qc.ca

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 Pays-d'en-Haut

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

Financing: provincial

Legal status: provincial government agency

Health

EMERGENCY

HOME CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PATIENT SUPPORT ASSOCIATIONS

Emergency

PREMIERS RÉPONDANTS LAURENTIDES

85 Maurice-Aveline Street, Suite 102, Sainte-Adèle, Laurentides, QC, J8B 2M8

438 992-2700

Email: premiersrepondantslaurentides@gmail.com

Services: Front line emergency resource. * Medical rescue and prevention: traumatology, cardiorespiratory arrest, anaphylaxis. * Emergency care training: CPR, immediate care, cardio rescue.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: municipal, provincial, donations

Legal status: non-profit organization

Home care

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

Hospitals, CLSC and community clinics

CLSC DE PIEDMONT

694 Avila Road, Saint-Sauveur, Laurentides, QC, J0R 1R3

450 227-1571

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

CLSC DE SAINT-SAUVEUR

150 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-3447

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. * Tests centre.

Coverage area: Laurentides

Hours: Monday to Friday 6h30 to 12h00 and 13h15 to 14h00

Financing: provincial

Legal status: parapublic organization

COOP SANTÉ LAC-MASSON

25 des Pins Street, Estérel, Laurentides, QC, J0T 1L0

450 228-3100 Fax: 450 228-1702

Website: www.macoopsantesme.org

Email: info@macoopsantesme.org

Services: Medical clinic, health care and well-being. * Family medicine. * Samples. * Vaccination. * Psychosocial intervention. * Foot care. * Pharmacy.

Coverage area: MRC Les-Pays-d'en-Haut

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

Fees: variable, discount for members, samples: \$25 for members, \$40 for non-members

Financing: municipal, donations, grants, self-financing

Legal status: Cooperative

Patient support associations

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: info@grpa.ca

Services: * Information, documentation. * Physical and social activities: adapted physical exercise, outings. * Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. * Communication: coffee-meetings, language stimulation. * Support group for caregivers.

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

LAURENTIAN REGION CANCER SUPPORT GROUP

Confidential Address

450 226-3641

Email: cancer.laurentia@yahoo.ca

Services: * Support group for cancer patients, caregivers and their families.

Eligibility: cancer patients, caregivers, their families

Coverage area: Laurentians

Hours: monthly meetings

Fees: none

Financing: donations

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

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 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. * 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, Nominique, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Homelessness

MOBILE UNITS AND STREET WORK

Mobile units and street work

ÉCLUSE DES LAURENTIDES (L')

22A Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 744-1393 Fax: 450 744-1335

Website: www.ecluse.org

Email: eclusedeslaurentides@bellnet.ca

Services: * Street work: actual presence, active listening, information, personalized referral, support and accompaniment. * Needle exchange and distribution. * Naloxone kits distribution. * Awareness activities. * Street workers are available for each specific area.

Eligibility: people facing social breakdown and coping with issues such as social exclusion, isolation, poverty, marginalization, addiction, dropout, physical or mental health, psychological distress, or any other issue affecting their life

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

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

Fees: none

Financing: provincial, municipal, federal, 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 PAYS-D'EN-HAUT

800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1

450 229-2264

Email: omhpdh@cgocable.ca

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

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

Capacity: 139 units

Coverage area: MRC Les Pays-d'en-Haut

Financing: municipal, provincial

Legal status: parapublic organization

Housing cooperatives and corporations

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT

800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1

450 229-2264

Email: omhpdh@cgocable.ca

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

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

Capacity: 139 units

Coverage area: MRC Les Pays-d'en-Haut

Financing: municipal, provincial

Legal status: parapublic organization

Social housing and housing cooperatives

HABITATIONS DE LA VALLÉE DE SAINT-SAUVEUR (LES)

121 Lac-Millette Road, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-6661

Email: habitationdelavallee@gmail.com

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

Eligibility: families, single autonomous individuals, on a low or modest income

Capacity: 20 units

Coverage area: Saint-Sauveur

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

Financing: provincial, grants

Legal status: non-profit organization

HABITATIONS MONT DU ROCHER

931 des Monts Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1K4

514 592-7199

Email: normandrochon27@hotmail.com

Services: Affordable housing. * Housing for seniors. * Housing for families at 3232 du Mont du Rocher Street and at 3250-3260 du Mont du Rocher Street.

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

Coverage area: Sainte-Adèle

Fees: variable

Financing: self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT

800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1

450 229-2264

Email: omhpdh@cgocable.ca

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

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

Capacity: 139 units

Coverage area: MRC Les Pays-d'en-Haut

Financing: municipal, provincial

Legal status: parapublic organization

Indigenous Peoples

EMPLOYMENT

GOVERNMENT SERVICES

Employment

INTÉGRATION - TRAVAIL LAURENTIDES - SAINT-ADÈLE

395 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N1

450 229-5889 ext. 559 Fax: 450 553-5053

Website: www.i-tl.org

Email: info@i-tl.org

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

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

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: non-profit organization

Government services

SERVICES QUÉBEC - SAINTE-ADÈLE

400 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2

450 229-6560 Fax: 450 229-9347

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. * Social assistance. * 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-Adèle

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

AMIS DE LA RÉSERVE ALFRED-KELLY (LES)

100 de la Gare Street, Piedmont, Laurentides, QC, J0R 1K0

Website: www.reservealfredkelly.org

Email: amis.reservealfredkelly@gmail.com

Services: Organization promoting the protection of a natural reserve. * Clean ups and maintenance. * Stewardship and trails patrol. * Hikes: guided routes, ski and snowshoe activities, photography. * Scientific research and experimentation in respect with nature. * Conferences and workshops.

Eligibility: people invested in protection of the environment

Coverage area: Piedmont

Fees: adult members: \$10, members under 17 years old: free

Financing: membership fees

Legal status: non-profit organization

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Email: clsm227@gmail.com

Services: Organization with a regional scope, by and for people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Fees: none

Financing: donations, grants

Legal status: non-profit organization

Consumer protection and complaints

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT

800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1

450 229-2264

Email: omhpdh@cgocable.ca

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

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

Capacity: 139 units

Coverage area: MRC Les Pays-d'en-Haut

Financing: municipal, provincial

Legal status: parapublic organization

Legal assistance and information

MORIN-HEIGHTS - MUNICIPALITY

567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0

450 226-3232 Fax: 450 226-8786

Website: www.morinheights.com

Email: municipalite@morinheights.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 the management of residual materials:<http://www.morinheights.com/Gestion-des-matieres-residuelles> * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Morin-Heights

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

Financing: municipal

Legal status: municipal agency

PIEDMONT - MUNICIPALITY

670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0

450 227-1888 Fax: 450-227-6716

Website: www.piedmont.ca

Email: dirgen@piedmont.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: <https://www.piedmont.ca/infos-collectes.html> * Here it is: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Piedmont

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

Financing: municipal

Legal status: municipal agency

SAINT-ADOLPHE-D'HOWARD - MUNICIPALITY

1881 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-2044 Fax: 819 327-2282

Website: www.stadolpheedhoward.qc.ca

Email: info@stadolphedhoward.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management:<http://www.stadolpheedhoward.qc.ca/services-aux-citoyens/travaux-publics-et-hygiene-du-milieu/matieres-residuals/> * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-Adolphe-D'howard

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

Financing: municipal

Legal status: municipal agency

SAINT-SAUVEUR - CITY

1 place de la Mairie, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-4633 Fax: 1 866 313-6267

Website: www.ville.saint-sauveur.qc.ca

Email: directiongenerale@ville.saint-sauveur.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management:<http://www.ville.saint-sauveur.qc.ca/services-aux-citoyens/environnement/info-collecte.html> * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Saint-Sauveur

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

Financing: municipal

Legal status: municipal agency

SAINTE-ADÈLE - CITY

1381 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A3

450-229-2921 Fax: 450-229-4179

Website: www.ville.sainte-adele.qc.ca

Email: dirgenerale@ville.sainte-adele.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: <http://ville.sainte-adele.qc.ca/page-calendrier-des-collectes.php> * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Sainte-Adèle

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

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-LACS - MUNICIPALITY

773 Sainte-Anne-des-Lacs Road, Sainte-Anne-des-Lacs, Laurentides, QC, J0R 1B0

450 224-2675 ext. 221 Fax: 450 224-8672

Website: www.sadl.qc.ca

Email: info@sadl.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: http://www.sadl.qc.ca/wp-content/uploads/2020/07/Calendrier_collectes_2020_2021.pdf * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Sainte-Anne-Des-Lacs

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

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

ADDICTION PREVENTION

COMMUNITY SUPPORT IN MENTAL HEALTH

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

Addiction prevention

ÉCLUSE DES LAURENTIDES (L')

22A Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 744-1393 Fax: 450 744-1335

Website: www.ecluse.org

Email: eclusedeslaurentides@bellnet.ca

Services: * Street work: actual presence, active listening, information, personalized referral, support and accompaniment. * Needle exchange and distribution. * Naloxone kits distribution. * Awareness activities. * Street workers are available for each specific area.

Eligibility: people facing social breakdown and coping with issues such as social exclusion, isolation, poverty, marginalization, addiction, dropout, physical or mental health, psychological distress, or any other issue affecting their life

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

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

Fees: none

Financing: provincial, municipal, federal, donations

Legal status: non-profit organization

Community support in mental health

ÉCHELON DES PAYS-D'EN-HAUT (L')

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

450 745-0133 Fax: 450 745-0176

Website: www.echelonpaysdenhaut.com

Email: echelon.pdh@cgocable.ca

Services: * Day centre. * Accompaniment, mutual aid, referral and support. * Activities, thematic workshops, arts, etc. * Collective kitchen. * Community lunches.

Eligibility: people 18 years old and over living with a mental health issue

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 9h00 to 15h30

Fees: regular services: free, outdoor activities (sugar shack, apple picking): variable but L'Échelon pays half the cost

Financing: donations

Legal status: non-profit organization

SOUS LE TOIT DE L'ÉCHELON

168 Vallée-du-Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

450 745-0133

Website: www.echelonpaysdenhaut.com/logement-social.html

Email: echelon.pdh@cgocable.ca

Services: Subsidized housing for people living with a mental health problem. * Social housing. * Intervention service. * Community kitchen. * Community rooms: computer, television, games, arts and reception rooms.

Eligibility: people on a low income living with a mental health problem

Capacity: 30

Coverage area: MRC Les Pays-d'en-Haut

Hours: administration: Monday to Thursday 9h00 à 15h30, intervention: 11h00 à 18h00

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

Financing: donations, subventions

Legal status: non-profit organization

Helplines

ANTR'AIDANT (L')

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

579 888-0211

Website: lantraidant.com

Email: information@lantraidant.com

Services: Support for caregivers. * Phone reception and listening. * Information, needs assessment and referral. * Individual accompaniment, counselling and follow-up. * Crisis management. * Support group. * Formative awareness workshops. * Conferences.

Eligibility: caregivers, seniors, formative awareness workshops: caregivers, community workers, community environments

Coverage area: MRC Les Pays-d'en-Haut, MRC La Rivière-du-Nord

Hours: Monday to Sunday 8h30 to 16h30

Fees: none

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

Legal status: non-profit organization

Mental health advocacy groups

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Email: clsm227@gmail.com

Services: Organization with a regional scope, by and for people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Fees: none

Financing: donations, grants

Legal status: non-profit organization

Seniors

CAREGIVERS

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

MEALS ON WHEELS

VOLUNTEER TRANSPORTATION

Caregivers

ANTR'AIDANT (L')

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

579 888-0211

Website: lantraidant.com

Email: information@lantraidant.com

Services: Support for caregivers. * Phone reception and listening. * Information, needs assessment and referral. * Individual accompaniment, counselling and follow-up. * Crisis management. * Support group. * Formative awareness workshops. * Conferences.

Eligibility: caregivers, seniors, formative awareness workshops: caregivers, community workers, community environments

Coverage area: MRC Les Pays-d'en-Haut, MRC La Rivière-du-Nord

Hours: Monday to Sunday 8h30 to 16h30

Fees: none

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

Legal status: non-profit organization

COOP SORE

200 Principale Street, Suite 4, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.coopsore.ca

Email: sore@cgocable.ca

Services: Social and educational activities for caregivers and seniors. * Stimulation groups. * Home respite. * Social respite for caregivers and those being cared for.

Eligibility: seniors, caregivers

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

Fees: membership: \$20 per person

Financing: membership fees

Legal status: Cooperative

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

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 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. * 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

RÉPIT, BIEN-ÊTRE

200 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: repitbienetre.weebly.com

Email: sore@cgocable.ca

Services: Respite and home help services. * Individual respite at home. * Social respite: community meals, activities. * Respite camp: 3 days long camp for caregivers and seniors.

Eligibility: seniors with loss of autonomy, caregivers

Coverage area: MRC Les Pays-d'en-Haut

Fees: free

Financing: donations

Legal status: non-profit organization

Day centres and respite

COOP SORE

200 Principale Street, Suite 4, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.coopsore.ca

Email: sore@cgocable.ca

Services: Social and educational activities for caregivers and seniors. * Stimulation groups. * Home respite. * Social respite for caregivers and those being cared for.

Eligibility: seniors, caregivers

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

Fees: membership: \$20 per person

Financing: membership fees

Legal status: Cooperative

RÉPIT, BIEN-ÊTRE

200 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: repitbienetre.weebly.com

Email: sore@cgocable.ca

Services: Respite and home help services. * Individual respite at home. * Social respite: community meals, activities. * Respite camp: 3 days long camp for caregivers and seniors.

Eligibility: seniors with loss of autonomy, caregivers

Coverage area: MRC Les Pays-d'en-Haut

Fees: free

Financing: donations

Legal status: non-profit organization

Friendly visits and safety calls

AIDANTS DE LAUREL (LES)

3188 Millette Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-3912

Email: lesaidantsdelareul@hotmail.ca

Services: Home support services. * PAIR program: computerized safety and medication reminder calls.

Eligibility: seniors, caregivers

Coverage area: Wentworth-Nord

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

Home support

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

COOP SORE

200 Principale Street, Suite 4, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.coopsore.ca

Email: sore@cgocable.ca

Services: Social and educational activities for caregivers and seniors. * Stimulation groups. * Home respite. * Social respite for caregivers and those being cared for.

Eligibility: seniors, caregivers

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

Fees: membership: \$20 per person

Financing: membership fees

Legal status: Cooperative

COOPÉRATIVE DE SOLIDARITÉ EN AIDE DOMESTIQUE MARTEAU ET PLUMEAU

166 Lesage Street, Sainte-Adèle, Laurentides, QC, J8B 2R4

450 229-6677 Fax: 450 553-8194

Website: marteau-plumeau.com

Email: info@marteau-plumeau.com

Services: Specialized solidarity cooperative in home maintenance and care services. * Regular or heavy house cleaning, preparation of meals without a specific diet, assistance with shopping, thorough cleanup and window cleaning services. * Preparation for moves. * Household chores: raking, gardening, packing, garage and shed cleaning, etc.

Eligibility: seniors, people of all ages with temporary or permanent physical limitations

Coverage area: Sainte-Marguerite, Estérel, Sainte-Adèle, Saint-Sauveur, Sainte-Anne-des-Lacs, Piedmont, Morin-Heights, Saint-Adolphe d'Howard, Lac-des-Seize-Iles, Wentworth-Nord

Financing: provincial, self-financing

Legal status: commercial enterprise

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - ACCOMPAGNEMENT-TRANSPORT

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Transportation and accompaniment to medical appointments by volunteers. * Van: public transportation service for shopping trips (grocery store, bank, etc.).

Eligibility: people with temporary or permanent loss of autonomy

Coverage area: MRC Les Pays-d'en-Haut

Hours: medical appointments: Monday to Friday, medical appointment service: 7 days

Fees: medical appointments: contribution set according to source of income and distance, grocery shopping: \$10

Financing: self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca

Email: secretariat@gardemangerpdh.ca

Services: * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Christmas grocery vouchers. * Meals on wheels. * Help with school supplies.

Eligibility: people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

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 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. * 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

RENCONTRE DE STE-MARGUERITE DU LAC MASSON (LA)

2 Masson Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

450 228-8606

Email: larencontre-ai@bellnet.ca

Services: * Meal delivery at home.

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: meal delivery: Tuesday to Thursday

Financing: Centraide Laurentides, provincial

Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 744-0207

Website: www.soupeetcompagnie.com/en

Email: info@soupeetcompagnie.com

Services: * Community meals. * Morin-Heights: Workshops with the Coop Sore. * Free conferences. * Distribution and delivery of frozen meals. * Food collection.

Eligibility: people in vulnerable situations and people with low incomes, delivery: people with reduced mobility

Coverage area: MRC Les Pays-d'en-Haut

Hours: distribution and delivery of frozen meals: Tuesday 10h00 to 14h00, Thursday 10h00 to 12h00, community dinner: Monday, Tuesday, Thursday 11h30 to 12h45

Fees: minimum contribution: \$3
Financing: donations
Legal status: non-profit organization

Housing for seniors

APPARTEMENTS GLEN (LES)

15 Glen Street, Morin-Heights, Laurentides, QC, J0R 1H0
450 226-1555
Email: directors15@hotmail.com

Services: Housing for people 55 years and over. * Affordable housing.
Eligibility: people 55 years and over, who are autonomous, non-smokers and on a modest income
Capacity: 31
Coverage area: Laurentians
Fees: variable
Financing: self-financing
Legal status: non-profit organization

CENTRE D'HÉBERGEMENT DES HAUTEURS

707 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N1
450 229-6601
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

CHSLD DE SAINTE-ADÈLE

249 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A9
450 229-8516
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

HABITAT ST-SAUVEUR-DES-MONTS

157 du Lac Millette Road, Saint-Sauveur, Laurentides, QC, J0R 1R6
450 227-5837

Services: Housing for seniors.
Eligibility: seniors on a low or modest income
Capacity: 72 units
Coverage area: Saint-Sauveur
Hours: offices: Tuesday 9h00 to 12h00, Thursday 9h00 to 15h00
Financing: federal, self-financing
Legal status: non-profit organization

HABITATION SAINT-ADOLPHE-D'HOWARD

200 J-A-Préfontaine Street, Suite 21, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

Services: Residences for seniors. * Affordable housing.
Eligibility: people 55 years old and over who are autonomous and retired
Coverage area: Laurentides
Fees: variable
Financing: self-financing
Legal status: non-profit organization

HABITATIONS DE LA VALLÉE DE SAINT-SAUVEUR (LES)

121 Lac-Millette Road, Saint-Sauveur, Laurentides, QC, J0R 1R6
450 227-6661
Email: habitationdelavallee@gmail.com
Services: Housing for people on a low or modest income.
Eligibility: families, single autonomous individuals, on a low or modest income
Capacity: 20 units
Coverage area: Saint-Sauveur
Fees: subsidized housing: 25% of income according to the provincial notice of assessment
Financing: provincial, grants
Legal status: non-profit organization

HABITATIONS MONT DU ROCHER

931 des Monts Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1K4
514 592-7199
Email: normandrochon27@hotmail.com
Services: Affordable housing. * Housing for seniors. * Housing for families at 3232 du Mont du Rocher Street and at 3250-3260 du Mont du Rocher Street.
Eligibility: autonomous seniors on a low or modest income, families on a low or modest income
Coverage area: Sainte-Adèle
Fees: variable
Financing: self-financing
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT

800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1
450 229-2264
Email: omhpdh@cgocable.ca
Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 139 units
Coverage area: MRC Les Pays-d'en-Haut
Financing: municipal, provincial
Legal status: parapublic organization

Meals on Wheels

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3
450 229-2211
Website: www.lentregens.org
Email: cafe@lentregens.org

Seniors

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca

Email: secretariat@gardemangerpdh.ca

Services: * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Christmas grocery vouchers. * Meals on wheels. * Help with school supplies.

Eligibility: people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE DU LAC MASSON (LA)

2 Masson Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

450 228-8606

Email: larencontre-ai@bellnet.ca

Services: * Meal delivery at home.

Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: meal delivery: Tuesday to Thursday
Financing: Centraide Laurentides, provincial
Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 744-0207

Website: www.soupeetcompagnie.com/en
Email: info@soupeetcompagnie.com

Services: * Community meals. * Morin-Heights: Workshops with the Coop Sore. * Free conferences. * Distribution and delivery of frozen meals. * Food collection.

Eligibility: people in vulnerable situations and people with low incomes, delivery: people with reduced mobility

Coverage area: MRC Les Pays-d'en-Haut

Hours: distribution and delivery of frozen meals: Tuesday 10h00 to 14h00, Thursday 10h00 to 12h00, community dinner: Monday, Tuesday, Thursday 11h30 to 12h45

Fees: minimum contribution: \$3

Financing: donations

Legal status: non-profit organization

Volunteer Transportation

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - ACCOMPAGNEMENT-TRANSPORT

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com

Services: * Transportation and accompaniment to medical appointments by volunteers. * Van: public transportation service for shopping trips (grocery store, bank, etc.).

Eligibility: people with temporary or permanent loss of autonomy

Coverage area: MRC Les Pays-d'en-Haut

Seniors

Hours: medical appointments: Monday to Friday, medical appointment service: 7 days

Fees: medical appointments: contribution set according to source of income and distance, grocery shopping: \$10

Financing: self-financing

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

COMMUNITY RECREATION CENTRES

HOBBIES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

Community recreation centres

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-ADÈLE

1215 du Bourg-Joli Street, Sainte-Adèle, Laurentides, QC, J8B 1W8

450 229-7452 Fax: 450 229-7972

Website: www.mdj-ste-adele.org

Email: intervenants@mdj-ste-adele.org

Services: Place of exchange and meeting for youth. * Reception and listening by outreach workers on site. * Workshops for discussion, prevention, awareness and exchanges. * Support in the search for solutions and in the achievement of projects. * Sports, cultural and entertainment activities.

Eligibility: youth from 12 to 17 years old, volunteers, parents who want to get involved in the centre

Coverage area: Sainte-Adèle

Hours: youth: Wednesday 15h00 to 19h30 (from September to June, Wednesdays are exclusively for sixth graders), Thursday and Friday 16h00 to 22h00, Saturday 14h00 to 22h00, Sunday 14h00 to 21h00, office: Monday to Wednesday 9h00 to 17h00, Thursday and Friday by appointment

Fees: variable, membership: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

MAISON DES JEUNES LOCO LOCAL

1508 d'Argenteuil Montée, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-5021

Website: www.adolphins.com

Email: locolocal@adolphins.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Campado.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Adolphe-D'howard

Hours: summer period: Monday to Friday 8h00 to 17h00, Friday and Saturday 17h00 to 22h00, school period: Friday and Saturday 15h00 to 21h00

Fees: variable

Financing: self-financing, municipal, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES SAINT-SAUVEUR - PIEDMONT

57 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 694-2504

Email: mdjssp@gmail.com

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

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Sauveur, Piedmont

Hours: Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 16h30 to 22h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

Hobbies

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ACCÈS COMMUNAUTAIRE INTERMONTS SAINT-SAUVEUR

33 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-4633

Website: www.caci.saint-sauveur.qc.ca

Email: info.caci.saint.sauveur@gmail.com

Services: * Various computer training workshops. * Computer troubleshooting clinic.

Capacity: 25 people

Coverage area: Saint-Sauveur

Hours: workshops: first Tuesday of each month, 9h30 to 11h30

Fees: membership: \$10 per year for residents of Saint-Sauveur, \$15 for non-residents, workshops: free for members, \$10 for non-members, emergency clinic: \$10

Financing: membership fees, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

Sport

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D'EN-HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondelafamille.com

Email: info@maisondelafamille.com

Services: A safe environment for parents and their children to meet, exchange ideas and activities. * Various activities. * Collective kitchens. * Help with homework. * Drop-in daycare. * Clothing counter. * Walking club.

Eligibility: families, children aged 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Fees: \$20 per year

Financing: self-financing

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

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 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. * 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

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: info@grpa.ca

Services: * Information, documentation. * Physical and social activities: adapted physical exercise, outings. * Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. * Communication: coffee-meetings, language stimulation. * Support group for caregivers.

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

Clothing

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3459 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Website: rcsophie.org

Email: ressourcessophie@gmail.com

Services: Community services for youth in a precarious situation.* Community meals.* Clothing counter.* Counselling, accompagnement and support to prevent dropout, neglect and delinquency for youngsters and their families.* Social and educational activities. * School supplies.* Community action development.* Assistance with administrative procedures.* Professional reintegration opportunities.

Eligibility: kids and teenagers and their families, seniors and people on a low income

Coverage area: Lac-des-Seize-Îles South, Laurel, Montfort and Saint-Michel-de-Wentworth

Hours: Monday to Friday 6h00 to 18h00, Mass on Sunday 8h30 to 10h00

Fees: yearly membership: \$10

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Donation pick-ups

BAZAR DE LA FONDATION DE LA POINTE BLEUE

249 Sainte-Marguerite Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

450 228-2441

Services: Bazaar. * Collection and sale of used items: jewelry, clothes, furniture, decorations, paintings and more. * The funds go towards aid for people in need.

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: Friday and Saturday 12h00 to 16h00

Financing: donations

Legal status: non-profit organization

COMPTOIR FAMILIAL SAINT-JOSEPH

1845, chemin du Village, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-2711

Email: saintadolphe@hotmail.com

Services: * Recovery and sale of items at low prices: clothing, toys, books, dishes, household items, etc.

Coverage area: MRC Les Pays-d'en-Haut

Hours: Tuesday to Thursday 13h00 to 16h00, Saturday 9h00 to 12h00, winter: Tuesday to Thursday 13h00 to 16h00, Saturday 10h00 to 13h00

Financing: self-financing, donations

Legal status: non-profit organization

School supplies

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca

Email: secretariat@gardemangerpdh.ca

Services: * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Christmas grocery vouchers. * Meals on wheels. * Help with school supplies.

Eligibility: people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3459 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Website: rcsophie.org

Email: ressourcessophie@gmail.com

Services: Community services for youth in a precarious situation.* Community meals.* Clothing counter.* Counselling, accompagnement and support to prevent dropout, neglect and delinquency for youngsters and their families.* Social and educational activities. * School supplies.* Community action development.* Assistance with administrative procedures.* Professional reintegration opportunities.

Eligibility: kids and teenagers and their families, seniors and people on a low income

Coverage area: Lac-des-Seize-Îles South, Laurel, Montfort and Saint-Michel-de-Wentworth

Hours: Monday to Friday 6h00 to 18h00, Mass on Sunday 8h30 to 10h00

Fees: yearly membership: \$10

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

Thrift Stores

BAZAR DE LA FONDATION DE LA POINTE BLEUE

249 Sainte-Marguerite Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

450 228-2441

Services: Bazaar. * Collection and sale of used items: jewelry, clothes, furniture, decorations, paintings and more. * The funds go towards aid for people in need.

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: Friday and Saturday 12h00 to 16h00

Financing: donations

Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

COMPTOIR FAMILIAL SAINT-JOSEPH

1845, chemin du Village, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-2711

Email: saintadolphe@hotmail.com

Services: * Recovery and sale of items at low prices: clothing, toys, books, dishes, household items, etc.

Coverage area: MRC Les Pays-d'en-Haut

Hours: Tuesday to Thursday 13h00 to 16h00, Saturday 9h00 to 12h00, winter: Tuesday to Thursday 13h00 to 16h00, Saturday 10h00 to 13h00

Financing: self-financing, donations

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINTE-MARGUERITE (LA) - FRIPERIE DE L'ÉGLISE SAINTE-MARGUERITE

81 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 228-2410

Email: friperiestemarguerite@hotmail.com

Services: * Sale of used items: clothing, toys, dishes, furniture, mattresses, small appliances, electronics, books, sporting goods. * On-site recovery of used items.

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: Wednesday 9h00 to 15h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

FOUILLERIE (LA)

28 Bennett Street, Morin-Heights, Laurentides, QC, J0R 1H0

450 644-0087

Website: www.gardemangerpdh.ca/fouillerie

Email: secretariat@gardemangerpdh.ca

Services: * Collecting and selling used clothing and household items at affordable prices.

Coverage area: MRC Les Pays-d'en-Haut

Hours: Thursday and Friday 9h00 to 13h00, 1st Saturday of the month 9h00 to 14h00, summer period: variable hours

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

OUVROIR SAINT-SAUVEUR-DES-MONTS

382 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 227-1445

Services: * Thrift store: clothes, items for infants, decorative items, sports gear, furniture, etc.

Eligibility: people on a low income

Coverage area: Saint-Sauveur

Hours: Tuesday and Thursday 9h00 to 11h30 and 12h30 to 15h00, first Saturday of the month 9h00 to 12h00, courtyard sale: every other Thursday 9h00 to 13h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

TIROIRS DE SAINTE-ADÈLE (LES)

1360 Dumouchel Street, Sainte-Adèle, Laurentides, QC, J8B 1V9
450 229-7208

Services: * Thrift store: clothes, household items, small furniture.

Eligibility: people on a low income

Coverage area: Sainte-Adèle

Hours: Tuesday to Thursday 10h00 to 16h00

Fees: variable

Financing: self-financing, donations

Legal status: collective name society

Used item donation recovery programs

BAZAR DE LA FONDATION DE LA POINTE BLEUE

249 Sainte-Marguerite Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0
450 228-2441

Services: Bazaar. * Collection and sale of used items: jewelry, clothes, furniture, decorations, paintings and more. * The funds go towards aid for people in need.

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: Friday and Saturday 12h00 to 16h00

Financing: donations

Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3
450 229-2211

Website: www.lentregens.org

Email: cafe@lentregens.org

Services: * Food and clothing assistance. * Collection and sale of clothing. * Frozen meal delivery service. * Economic community meals. * Collective kitchen. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support in the procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Tuesday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINTE-MARGUERITE (LA) - FRIPERIE DE L'ÉGLISE SAINTE-MARGUERITE

81 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 228-2410

Email: friperiestemarguerite@hotmail.com

Services: * Sale of used items: clothing, toys, dishes, furniture, mattresses, small appliances, electronics, books, sporting goods. * On-site recovery of used items.

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: Wednesday 9h00 to 15h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

FOUILLERIE (LA)

28 Bennett Street, Morin-Heights, Laurentides, QC, J0R 1H0

450 644-0087

Website: www.gardemangerpdh.ca/fouillerie

Email: secretariat@gardemangerpdh.ca

Services: * Collecting and selling used clothing and household items at affordable prices.

Coverage area: MRC Les Pays-d'en-Haut

Hours: Thursday and Friday 9h00 to 13h00, 1st Saturday of the month 9h00 to 14h00, summer period: variable hours

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

OUVROIR SAINT-SAUVEUR-DES-MONTS

382 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-1445

Services: * Thrift store: clothes, items for infants, decorative items, sports gear, furniture, etc.

Eligibility: people on a low income

Coverage area: Saint-Sauveur

Hours: Tuesday and Thursday 9h00 to 11h30 and 12h30 to 15h00, first Saturday of the month 9h00 to 12h00, courtyard sale: every other Thursday 9h00 to 13h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

TIROIRS DE SAINTE-ADÈLE (LES)

1360 Dumouchel Street, Sainte-Adèle, Laurentides, QC, J8B 1V9

450 229-7208

Services: * Thrift store: clothes, household items, small furniture.

Eligibility: people on a low income

Coverage area: Sainte-Adèle

Hours: Tuesday to Thursday 10h00 to 16h00

Fees: variable

Financing: self-financing, donations

Legal status: collective name society

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

Accompanied transport

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of hot and frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Grocery shopping and essential services accompaniment. * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking. * Choir.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: \$6 per meal, community meal: \$6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - ACCOMPAGNEMENT-TRANSPORT

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Transportation and accompaniment to medical appointments by volunteers. * Van: public transportation service for shopping trips (grocery store, bank, etc.).

Eligibility: people with temporary or permanent loss of autonomy

Coverage area: MRC Les Pays-d'en-Haut

Hours: medical appointments: Monday to Friday, medical appointment service: 7 days

Fees: medical appointments: contribution set according to source of income and distance, grocery shopping: \$10

Financing: self-financing

Legal status: non-profit organization

Accompanied transport for medical reasons

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - ACCOMPAGNEMENT-TRANSPORT

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Transportation and accompaniment to medical appointments by volunteers. * Van: public transportation service for shopping trips (grocery store, bank, etc.).

Eligibility: people with temporary or permanent loss of autonomy

Coverage area: MRC Les Pays-d'en-Haut

Hours: medical appointments: Monday to Friday, medical appointment service: 7 days

Fees: medical appointments: contribution set according to source of income and distance, grocery shopping: \$10

Financing: self-financing

Legal status: non-profit organization

Violence and abuse

CHILD ABUSE

HELP LINES RELATED TO VIOLENCE AND ABUSE

THERAPY AND COUNSELLING

Child abuse

ESCOUADE POUR L'ENFANCE

1010 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-6650

Email: info@escouade.org

Services: Prevention of all types of violence against children. * Phone listening and support. * Awareness among adults and collaboration with field workers. * Educational program to empower children and adults.

Eligibility: children aged 4 to 12 years old of primary schools and early childhood care centre, adults close to them

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 17h00, closed for summer

Financing: donations, self-financing, contributions

Legal status: non-profit organization

Help lines related to violence and abuse

ESCOUADE POUR L'ENFANCE

1010 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-6650

Email: info@escouade.org

Services: Prevention of all types of violence against children. * Phone listening and support. * Awareness among adults and collaboration with field workers. * Educational program to empower children and adults.

Eligibility: children aged 4 to 12 years old of primary schools and early childhood care centre, adults close to them

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 17h00, closed for summer

Financing: donations, self-financing, contributions

Legal status: non-profit organization

Therapy and counselling

COOP SANTÉ LAC-MASSON

25 des Pins Street, Estérel, Laurentides, QC, J0T 1L0

450 228-3100 Fax: 450 228-1702

Website: www.macoopsantesme.org

Email: info@macoopsantesme.org

Services: Medical clinic, health care and well-being. * Family medicine. * Samples. * Vaccination. * Psychosocial intervention. * Foot care. * Pharmacy.

Coverage area: MRC Les-Pays-d'en-Haut

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

Fees: variable, discount for members, samples: \$25 for members, \$40 for non-members

Financing: municipal, donations, grants, self-financing

Legal status: Cooperative

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: info@grpa.ca

Services: * Information, documentation. * Physical and social activities: adapted physical exercise, outings. * Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation. * Communication: coffee-meetings, language stimulation. * Support group for caregivers.

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

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