



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LAURENTIDES / MRC THÉRÈSE-DE BLAINVILLE / 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

JUVENILE DELINQUENCY

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE - SAINTE-THÉRÈSE

300 Sicard Street, Suite 255, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 971-1718

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

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

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

Coverage area: MRC Thérèse-De Blainville

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

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

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

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

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

Financing: provincial

Legal status: non-profit organization

Daycare and respite

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

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

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

GROUPE MARRAINE TENDRESSE (LE)

3 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L4

450 435-6924

Website: www.groupemarrainetendresse.ca

Email: lgmt@bellnet.ca

Services: * Accompaniment and respite for families with a child aged between 0 and 1 year old. * Daycare for families with a child aged between 0 and 18 months. * Material assistance: clothing, basic care and food products for babies. * Loan of baby items.

Eligibility: families with children aged 0 to 18 months

Coverage area: MRC Thérèse-De Blainville and surrounding towns

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 15h00

Fees: home visits: free, daycare: according to income

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE DE BOIS-DES-FILION

395 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H5

450 965-0666 Fax: 450 621-6400

Website: maisondefamillebdf.com

Email: administration@maisondefamillebdf.com

Services: * Reception and referral. * Food assistance. * Collective kitchens. * Drop-off daycare. * Family activities. * Parent-child workshops. * Father-child outings.

Eligibility: families, individuals

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h30 to 16h00, drop-off daycare: Monday to Friday 9h to 15h30

Fees: membership: \$7 per year

Financing: Centraide Laurentides, provincial, fundraising campaigns, donations, contributions

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

MAISON PARENFAANT DES BASSES-LAURENTIDES

183 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 434-9934

Website: www.maisonparenfant.ca/en

Email: info@maisonparenfant.ca

Services: * Respite: drop-in daycare, evening drop-in, weekend respite, Spring Break respite. * Parents, parent-child and kitchen workshops. * Chat. * Family events.

Eligibility: families and children under 12

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15 to \$25 per family

Financing: grants, donations, contributions

Legal status: non-profit organization

Family Support

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES

1060 du Curé-Labelle Boulevard, Suite 200, Blainville, Laurentides, QC, J7C 2M6

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Information, support and referral. * Telephone support. * Individual meetings. * Support to families. * Workshops for parents of children in primary school and for adults. * Papillon: program for children 3 to 5 years old and their parents. * Public conferences. * Family activities. * Family winter camps, summer camps.

Eligibility: people with an attention deficit disorder with or without hyperactivity (ADD/H) or living with the symptoms, their families and relatives

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

Hours: Monday to Thursday 8h30 to 16h30, Friday 9h00 to 12h00, possibility of evening and weekend activities

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE DE BOIS-DES-FILION

395 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H5

450 965-0666 Fax: 450 621-6400

Website: maisondefamillebdf.com

Email: administration@maisondefamillebdf.com

Services: * Reception and referral. * Food assistance. * Collective kitchens. * Drop-off daycare. * Family activities. * Parent-child workshops. * Father-child outings.

Eligibility: families, individuals

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h30 to 16h00, drop-off daycare: Monday to Friday 9h to 15h30

Fees: membership: \$7 per year

Financing: Centraide Laurentides, provincial, fundraising campaigns, donations, contributions

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

MAISON PARENFAANT DES BASSES-LAURENTIDES

183 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 434-9934

Website: www.maisonparenfant.ca/en

Email: info@maisonparenfant.ca

Services: * Respite: drop-in daycare, evening drop-in, weekend respite, Spring Break respite. * Parents, parent-child and kitchen workshops. * Chat. * Family events.

Eligibility: families and children under 12

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15 to \$25 per family

Financing: grants, donations, contributions

Legal status: non-profit organization

MATINS MÈRES ET MONDES (LES)

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

514 773-8551

Email: mmm.lorraine@gmail.com

Services: Support group for parents with children. * Meetings and discussions. * Activities for children during the meetings. * Conferences. * Special activities.

Eligibility: parents with children

Coverage area: Lorraine and the surroundings

Hours: September to June, 1st Friday of every month 9h00 to 12h00

Fees: regular activities parents: \$5, children: free, special activities: variable

Financing: self-financing, donations

Legal status: non-profit organization

SAINTE-ANNE-DES-PLAINES PUBLIC LIBRARY

155 des Cèdres Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-4337 Fax: 450 478-6733

Website: www.villesadp.ca/services-citoyens/bibliotheque

Email: bibliotheque@villesadp.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and workshops.

Coverage area: Sainte-Anne-des-Plaines

Hours: Tuesday 13h00 to 20h30, Wednesday and Thursday 10h00 to 20h30, Friday 10h00 to 17h30, Saturday 10h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 20h00, Wednesday 10h00 to 20h00, Friday 10h00 to 15h00

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE PUBLIC LIBRARY

150 du Séminaire Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 1Z2

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 435-0808

Website: www.domremystetherese.com

Email: info@domremystetherese.com

Services: * Telephone support. * External individual support. * Parent-teen mediation. * Prevention of relapse and transfer of addictions. * Intervention and prevention of intergenerational transmission of addiction. * Intervention and prevention of codependency. * Creativity and meditation workshops. * Themed help and mutual aid workshops on the root causes of addictions. * Community activities.

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones

Capacity: 35

Coverage area: Laurentians, Lanaudière

Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides, grants

Legal status: non-profit organization

Juvenile Delinquency

MAISON DES JEUNES SAINTE-ANNE-DES-PLAINES

225 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 3L8

450 478-1011

Website: mdjsadp.wixsite.com/mdjsadp

Email: mdjsadp@videotron.ca

Services: * Recreational and sports activities. * Street work. * Awareness workshops.

Eligibility: people 11 to 17 years old, street work: marginalized people, homeless people

Capacity: 35

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Friday 12h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MESURES ALTERNATIVES DES BASSES-LAURENTIDES

209 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 437-9903 Fax: 450 437-8293

Website: www.mabl.ca

Email: admin@mabl.ca

Services: Prevention, awareness and information program in relation with the Youth Criminal Justice Act. * Proposing alternatives to the traditional justice system and different ways of managing conflicts. * Citizen mediation service.

Eligibility: teenagers 12 to 17 years old who have been prosecuted under the Criminal Code or Criminal Procedure Code, general public

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: non-profit organization

Maternity support and adoption

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.cjll.qc.ca

Email: administration@cjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

CENTRE MARIE EVE - SAINTE-THÉRÈSE

2 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 491-1494 ext. 6

Website: centremarieeve.ca

Email: info@centremarieeve.ca

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

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

Coverage area: MRC Thérèse-De Blainville

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

Fees: none

Financing: grants, donations

Legal status: non-profit organization

GROUPE MARRAINE TENDRESSE (LE)

3 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L4

450 435-6924

Website: www.groupeparrainetendresse.ca

Email: lgmt@bellnet.ca

Services: * Accompaniment and respite for families with a child aged between 0 and 1 year old. * Daycare for families with a child aged between 0 and 18 months. * Material assistance: clothing, basic care and food products for babies. * Loan of baby items.

Eligibility: families with children aged 0 to 18 months

Coverage area: MRC Thérèse-De Blainville and surrounding towns

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 15h00

Fees: home visits: free, daycare: according to income

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

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

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

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

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

Financing: provincial

Legal status: non-profit organization

MAISON DE NAISSANCE DU BOISÉ

15 70th Avenue West, Blainville, Laurentides, QC, J7C 1R7

450 431-8623

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=57292

Services: * Childbirth. * Pregnancy follow-up with midwives. * Postnatal follow-up. * Birth preparation sessions.

Eligibility: pregnant women

Coverage area: Laurentides

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

Financing: provincial

Legal status: parapublic organization

Parenting Education**ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES**

1060 du Curé-Labelle Boulevard, Suite 200, Blainville, Laurentides, QC, J7C 2M6

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Information, support and referral. * Telephone support. * Individual meetings. * Support to families. * Workshops for parents of children in primary school and for adults. * Papillon: program for children 3 to 5 years old and their parents. * Public conferences. * Family activities. * Family winter camps, summer camps.

Eligibility: people with an attention deficit disorder with or without hyperactivity (ADD/H) or living with the symptoms, their families and relatives

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

Hours: Monday to Thursday 8h30 to 16h30, Friday 9h00 to 12h00, possibility of evening and weekend activities

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

AUTISME LAURENTIDES

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

Services: * Advocacy. * Family support. * Respite and recreational services. * Day activities and work station for adults. * Summer camps.

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

Recreational Activities

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

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

Fees: none

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LIBRARY

60 36th Avenue, Bois-des-Filion, Laurentides, QC, J6Z 2G6

450 621-1460 ext. 4101

Website: biblio.villebdf.ca

Email: biblio@villebdf.ca

Services: * Loans and renewals: access to printed and audio-visual materials, loan of musical instruments. * On-site consultation. * Computers, Internet access. * Animations and reading activities for all ages. * Photography studio. * Computer science workshops. * A birth, a book. * Musical space and loan of musical instruments. * Grain library: seed library.

Coverage area: Bois-des-Filion

Hours: Monday and Friday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for citizens of Bois-des-Filion, variable for non-residents

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

BOISBRIAND PUBLIC LIBRARY

901 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 1W6

450 435-7466 Fax: 450 435-0627

Website: www.ville.boisbriand.qc.ca/bibliotheque

Email: rsbiblio@ville.boisbriand.qc.ca

Services: * Loan and consultation of books and audiovisual documents, online catalog. * Computers, Internet access and printing devices. * Recycling of batteries, cellphones and glasses. * Story time. * Reading and craft clubs for children and book club for adults. * Conferences and workshops. * Biblio-Santé and Une naissance un livre. * T.A. Biblio: help for kids living with developmental disabilities. * Fab Lab: access to cutting-edge technologies. * Specialized computer for the visually impaired.

Eligibility: children, youth and adults

Coverage area: Boisbriand

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: variable

Financing: municipal

Legal status: municipal agency

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE DE BOIS-DES-FILION

395 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H5

450 965-0666 Fax: 450 621-6400

Website: maisondefamillebdf.com

Email: administration@maisondefamillebdf.com

Services: * Reception and referral. * Food assistance. * Collective kitchens. * Drop-off daycare. * Family activities. * Parent-child workshops. * Father-child outings.

Eligibility: families, individuals

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h30 to 16h00, drop-off daycare: Monday to Friday 9h to 15h30

Fees: membership: \$7 per year

Financing: Centraide Laurentides, provincial, fundraising campaigns, donations, contributions

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

MAISON PARENFAANT DES BASSES-LAURENTIDES

183 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 434-9934

Website: www.maisonparenfant.ca/en

Email: info@maisonparenfant.ca

Services: * Respite: drop-in daycare, evening drop-in, weekend respite, Spring Break respite. * Parents, parent-child and kitchen workshops. * Chat. * Family events.

Eligibility: families and children under 12

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15 to \$25 per family

Financing: grants, donations, contributions

Legal status: non-profit organization

ROSEMÈRE PUBLIC LIBRARY

339 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7221

Website: biblio.ville.rosemere.qc.ca

Email: biblio@ville.rosemere.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Book club for children. * Story time. * Exhibitions, workshops, author meetings.

Coverage area: Rosemère

Hours: Monday to Thursday 13h00 to 21h00, Friday and Saturday 10h00 to 17h00, Sunday 12h00 to 16h30, summer: Monday to Thursday 10h00 to 21h00, Friday and Saturday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES PUBLIC LIBRARY

155 des Cèdres Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-4337 Fax: 450 478-6733

Website: www.villesadp.ca/services-citoyens/bibliotheque

Email: bibliotheque@villesadp.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and workshops.

Coverage area: Sainte-Anne-des-Plaines

Hours: Tuesday 13h00 to 20h30, Wednesday and Thursday 10h00 to 20h30, Friday 10h00 to 17h30, Saturday 10h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 20h00, Wednesday 10h00 to 20h00, Friday 10h00 to 15h00

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE PUBLIC LIBRARY

150 du Séminaire Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 1Z2

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Youth Centres and Support

BLAINVILLE - LOISIRS, CULTURE, BIBLIOTHÈQUE ET VIE COMMUNAUTAIRE

1001 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 434-5275 Fax: 450 434-5296

Website: blainville.ca

Email: loisirs@blainville.ca

Services: * Community, sociocultural and sporting activities. * Arenas, recreational and aquatic centre, association centre, athletics stadium, ice rinks, swimming pools, parks and playgrounds. * La Zone: youth centre. * Hall rental. * Coordination with community organizations. * Summer day camp.

Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse

Hours: Monday to Friday 6h15 to 20h30, Saturday and Sunday 7h00 to 16h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

CARREFOUR JEUNESSE-EMPLOI THÉRÈSE-DE BLAINVILLE

100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 437-1635 Fax: 450 437-8938

Website: cje-tdb.qc.ca

Email: info@cje-tdb.qc.ca

Services: Socioprofessional integration services. * Individual counselling, psychosocial support. * Job search assistance: resume writing, interview techniques, etc. * School and professional guidance. * Youth entrepreneurship program. * School dropout prevention, preparation for returning to school. * Varied workshops and programs, information sessions. * Volunteering.

Eligibility: youth 16 to 35 years old

Coverage area: MRC Thérèse-De Blainville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

MAISON DES JEUNES DE BLAINVILLE (LA)

1177 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N3

450 435-8866

Website: mdjblainville.com

Email: info@mdjblainville.com

Services: Meeting, belonging and gathering place. * Anonymous and confidential service for reception, listening, personalized referral, accompaniment, frontline intervention, animation and prevention. * Ease family tensions and relationship difficulties.

Eligibility: youth 12 to 17 years old

Coverage area: Blainville and surroundings

Hours: Monday, Tuesday, Wednesday, Thursday and Friday 18h00 to 21h00

Financing: self-financing, provincial

Legal status: non-profit organization

MAISON DES JEUNES DES BASSES-LAURENTIDES

53 Saint-Lambert Street, Sainte-Thérèse, Laurentides, QC, J7E 3J9

450 437-0320 Fax: 450 437-0870

Website: www.mdjbl.org

Email: mdjbasseslaurentides@hotmail.com

Services: Supervised meeting place. * Prevention, promotion, awareness and referral. * Recreational, cultural, sporting and social activities. * Outreach work in parks during summer.

Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Thérèse and surroundings

Hours: Monday to Friday 16h00 to 21h00, weekend according to activities, office: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, self-financing, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES SAINTE-ANNE-DES-PLAINES

225 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 3L8

450 478-1011

Website: mdjsadp.wixsite.com/mdjsadp

Email: mdjsadp@videotron.ca

Services: * Recreational and sports activities. * Street work. * Awareness workshops.

Eligibility: people 11 to 17 years old, street work: marginalized people, homeless people

Capacity: 35

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Friday 12h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES SODARRID DE BOISBRIAND

955 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 1W6

450 434-3104

Email: direction@mdjsodarrid.com

Services: Living environment for teenagers. * Socialization and support. * Intervention through prevention and helping relationship. * Information and training on all topics concerning teenagers.

Eligibility: teenagers 12 to 17 years old, their families

Coverage area: Boisbriand

Hours: Tuesday to Friday 17h00 to 21h00, Saturday 10h00 to 18h00

Fees: none

Financing: provincial, federal, municipal, fundraising campaigns

Legal status: non-profit organization

Youth Employment

CARREFOUR JEUNESSE-EMPLOI THÉRÈSE-DE BLAINVILLE

100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 437-1635 Fax: 450 437-8938

Website: cje-tdb.qc.ca

Email: info@cje-tdb.qc.ca

Services: Socioprofessional integration services. * Individual counselling, psychosocial support. * Job search assistance: resume writing, interview techniques, etc. * School and professional guidance. * Youth entrepreneurship program. * School dropout prevention, preparation for returning to school. * Varied workshops and programs, information sessions. * Volunteering.

Eligibility: youth 16 to 35 years old

Coverage area: MRC Thérèse-De Blainville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

PALETTES FGL

16 Rolland-Brière Street, Blainville, Laurentides, QC, J7C 5N2

450 437-1146 Fax: 450 437-0938

Website: www.palettesfgl.org

Email: info@palettesfgl.org

Services: Training business specialized in the manufacturing of wood pallets. * Paid training in a working environment. * Accompaniment, guidance and job searching techniques.

Eligibility: people 18 years old and over with difficulties finding or keeping a job, priority to last-resort financial assistance recipients

Coverage area: Laurentians

Hours: factory: Monday to Thursday 7h30 to 16h30, Friday 7h30 to 13h30, administration: Monday to Thursday 9h00 to 17h00, Friday 7h30 to 15h30

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

Youth Shelters and Support

MAISON D'HÉBERGEMENT LE PETIT PATRO

48 Desjardins Boulevard East, Sainte-Thérèse, Laurentides, QC, J7E 1C1

450 430-5482

Website: www.petitpatro.ca

Email: administration@petitpatro.ca

Services: * Shelter for a maximum of 90 days.

Eligibility: youth 12 to 17 years old

Capacity: 9 beds

Coverage area: Sainte-Eustache, Oka, Deux-Montagnes, Saint-Joseph-du-Lac, Saint-Placide, Marthe-sur-le-Lac, Brownburg-Chatham, Lachute, Lorraine, Boisbriand, Sainte-Anne-des-Plaines, Sainte-Thérèse, Blainville, Rosemère, Saint-André-d'Argenteuil

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization

MAISON DES JEUNES DE BLAINVILLE (LA)

1177 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N3

450 435-8866

Website: mdjblainville.com

Email: info@mdjblainville.com

Services: Meeting, belonging and gathering place. * Anonymous and confidential service for reception, listening, personalized referral, accompaniment, frontline intervention, animation and prevention. * Ease family tensions and relationship difficulties.

Eligibility: youth 12 to 17 years old

Coverage area: Blainville and surroundings

Hours: Monday, Tuesday, Wednesday, Thursday and Friday 18h00 to 21h00

Financing: self-financing, provincial

Legal status: non-profit organization

MAISON DES JEUNES SODARRID DE BOISBRIAND

955 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 1W6

450 434-3104

Email: direction@mdjsodarrid.com

Services: Living environment for teenagers. * Socialization and support. * Intervention through prevention and helping relationship. * Information and training on all topics concerning teenagers.

Eligibility: teenagers 12 to 17 years old, their families

Coverage area: Boisbriand

Hours: Tuesday to Friday 17h00 to 21h00, Saturday 10h00 to 18h00

Fees: none

Financing: provincial, federal, municipal, fundraising campaigns

Legal status: non-profit organization

RÉINSERTION SOCIALE DU SOLEIL LEVANT - CLINIQUE COMMUNAUTAIRE DE PSYCHOTHÉRAPIE

Confidential Address

450 430-0284

Website: rssoleillevant.org

Email: info@rcentredecrisesoleillevant.org

Services: * Community psychotherapy clinic: individual, marital or family sessions.

Eligibility: people of all ages

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 21h00 by appointment

Fees: depending on the income

Financing: grants, donations

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

PARTENAIRES POUR LA RÉUSSITE ÉDUCATIVE DANS LES LAURENTIDES

45 Saint-Joseph Street, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 4X5

450 434-7735

Website: prel.qc.ca

Email: info@prel.qc.ca

Services: Partnership in the fight against school dropout and support for academic success. * Collective awareness and mobilization. * Support programs and resources for youth.

Eligibility: school, community and municipal partners, youth and their parents

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

PERSÉVÉRONS ENSEMBLE

6485 Doris-Lussier Street, Boisbriand, Laurentides, QC, J7H 0E8

514 914-7003

Website: perseveronsensemble.com

Email: info@perseveronsensemble.com

Services: Group of partners mobilizing to support concerted actions and the development of initiatives encouraging the perseverance and personal, social and academic success of youth at risk of dropping out of school, experiencing exclusion or learning difficulties. * Support, enhancement and funding for the development of rallying projects.

Eligibility: organizations supporting academic perseverance, organizations working with youth

Coverage area: territory of the Centre de services scolaires des Mille-Îles (CSSMI)

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

Financing: donations, provincial, municipal

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES SPÉCIALISÉS POUR L'EMPLOI DES PERSONNES HANDICAPÉES

81 Turgeon Street, Suite 302-B, Sainte-Thérèse, Laurentides, QC, J7E 3H7

438 798-0788

Website: roseph.ca

Email: info@roseph.ca

Services: Grouping of organizations targeting the integration, reinsertion and job retention of people living with disabilities.* Promotion of financing and management autonomy. * Support for member development and expertise. * Support for the renewal of member organizations' methods of intervention. * Members directory: roseph.ca/nos-membres/repertoire-des-membres

Eligibility: community organizations, people living with a disability

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 à 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Charity Organizations

CENTRAIDE LAURENTIDES

1250 Michèle-Bohec Boulevard, Suite 401, Blainville, Laurentides, QC, J7C 5S4

450 436-1584

Website: www.centraidelaurentides.org

Email: bureau@centraidelaurentides.org

Services: Support to local community organizations through a fundraising campaign and donations collected.

Eligibility: non-profit organizations

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

Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h30, Friday 8h30 to 12h00, by appointment

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

Community centres

CARREFOUR ALIMENTER L'ESPOIR DE BLAINVILLE

1015A Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

438 801-2976

Website: caleblainville.org

Email: info@caleblainville.org

Services: Help for families living on a low incomes or in precarious situations.. * Food assistance. * Christmas baskets. * Emergency food assistance. * Listening and referrals. * Café Caleb: coffee, board games, socializing.

Eligibility: families living on a low income or in a precarious situation

Coverage area: Blainville

Hours: Monday 9h00 to 16h00, Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 16h00, Friday 9h00 to 12h00, food aid: Tuesday 13h00 to 14h30, Café Caleb: Thursday 13h30 to 15h00 (every other week)

Fees: food assistance: \$4

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income
collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

Community development

BOISBRIAND - CITY

940 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954

Website: www.ville.boisbriand.qc.ca

Email: accueil@ville.boisbriand.qc.ca

Services: Municipal service management. * Management and payment of municipal taxes.* Requests, complaints, or reports of problems on the territory: <https://boisbriand.edemandes.com/fr/create/QS> * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste, composting. * Hall rental. * Urban-planning department: construction permits. * Public work department. * Emergency notification system. * INFO-travaux: location of infrastructure work. * Fire department. * Pick-up of dead dogs, cats, skunks, raccoons and groundhogs on public property.

Coverage area: Boisbriand

Hours: municipal services: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15, citizen services: Monday 8h15 to 16h15, Tuesday and Thursday 8h15 to 17h00, Wednesday 8h15 to 19h00, Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

CENTRAIDE LAURENTIDES

1250 Michèle-Bohec Boulevard, Suite 401, Blainville, Laurentides, QC, J7C 5S4

450 436-1584

Website: www.centraidelaurentides.org

Email: bureau@centraidelaurentides.org

Services: Support to local community organizations through a fundraising campaign and donations collected.

Eligibility: non-profit organizations

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

Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h30, Friday 8h30 to 12h00, by appointment

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

LORRAINE - CITY

33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 Fax: 450 621-4763

Website: www.ville.lorraine.qc.ca

Email: info@ville.lorraine.qc.ca

Services: Municipal service management. * Municipal tax payment. * Waste collection calendar: ville.lorraine.qc.ca/services-aux-citoyens/matieres-residuelles * Emergency notification system. * Construction permits. * Room rental.

Coverage area: Lorraine

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h15 to 12h00

Financing: municipal

Legal status: municipal agency

MICROENTREPRENDRE BASSES-LAURENTIDES

96 Turgeon Street, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 3H9

450 818-4830 Fax: 450 818-4832

Website: microentreprendebasseslaurentides.quebec/en

Email: info@mebl.quebec

Services: Financing and accompaniment in entrepreneurial projects for people excluded from traditional credit.

* Support to the realization of the business plan. * Advices. * Accompaniment, follow-up, mentoring. * Extra training and activities. * Loans.

Eligibility: people with entrepreneurial projects and excluded from traditional credit

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

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

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

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

SAINTE-ANNE-DES-PLAINES - RECREATION DEPARTMENT

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 ext. 2016 Fax: 450 478-5660

Website: www.villesadp.ca/services-citoyens/loisirs

Email: loisirs@villesadp.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, gyms, ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Community garden. * Events, exhibitions and parties.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - CULTURE ET LOISIRS

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2640

Website: www.sainte-therese.ca

Email: cultureetloisirs@sainte-therese.ca

Services: * Community, sociocultural and sporting activities. * Sports and community centres, athletics stadium, swimming pools, arenas and ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Hall rental. * Conferences and shows.

Coverage area: Sainte-Thérèse

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

Fees: variable

Financing: municipal

Legal status: municipal agency

Information and referral

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

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

Fees: none

Financing: municipal

Legal status: municipal agency

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

ROSEMÈRE PUBLIC LIBRARY

339 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7221

Website: biblio.ville.rosemere.qc.ca

Email: biblio@ville.rosemere.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Book club for children. * Story time. * Exhibitions, workshops, author meetings.

Coverage area: Rosemère

Hours: Monday to Thursday 13h00 to 21h00, Friday and Saturday 10h00 to 17h00, Sunday 12h00 to 16h30, summer: Monday to Thursday 10h00 to 21h00, Friday and Saturday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES PUBLIC LIBRARY

155 des Cèdres Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-4337 Fax: 450 478-6733

Website: www.villesadp.ca/services-citoyens/bibliotheque

Email: bibliotheque@villesadp.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and workshops.

Coverage area: Sainte-Anne-des-Plaines

Hours: Tuesday 13h00 to 20h30, Wednesday and Thursday 10h00 to 20h30, Friday 10h00 to 17h30, Saturday 10h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 20h00, Wednesday 10h00 to 20h00, Friday 10h00 to 15h00

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Volunteering and volunteer centres

ARTS-TISANES DE BLAINVILLE (LES)

1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 971-5786

Email: art-tisanesblainville@outlook.com

Services: * Craft workshops: knitting, crochet, weaving, crafts, bobbin lace, quilt, etc.

Eligibility: women 18 years old and over

Coverage area: Blainville

Hours: September to June, Monday and Thursday 9h00 to 15h00

Fees: annual membership: \$30 for residents of Blainville, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

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

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income
collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

PETIT PEUPLE (LE)

500 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2L5

450 971-2250

Website: www.lepetitpeuple.org

Email: info@lepetitpeuple.org

Services: Recruitment, training and volunteer involvement of teenagers, young adults and seniors. * Humanitarian missions. * Christmas party. * Community breakfasts. * Intergenerational activities.

Eligibility: teenagers, young adults, families, people living with a disability or in a vulnerable situation, seniors

Coverage area: Blainville, Boisbriand, Sainte-Thérèse, Mirabel

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

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

Adapted work and employability support

AUTISME LAURENTIDES

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

Services: * Advocacy. * Family support. * Respite and recreational services. * Day activities and work station for adults. * Summer camps.

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

CIBLE-EMPLOI

100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-5462 Fax: 450 491-2586

Website: cible-emploi.qc.ca

Email: ste-therese@cible-emploi.qc.ca

Services: * Job search support, personalized coaching. * Career assessment, expertise for experienced workers. * Support for the return to training. * Computer workshops. * Tens preparation: high school equivalency tests. * Workshops on essential skills.

Eligibility: adults

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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 979-1640 ext. 554 Fax: 450 951-2519

Website: i-tl.org

Email: info@i-tl.org

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

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

Coverage area: MRC Thérèse-de-Blainville

Hours: Monday to Friday 8h30 to 16h30, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

Advocacy for people with a physical disability**ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES**

1060 du Curé-Labelle Boulevard, Suite 200, Blainville, Laurentides, QC, J7C 2M6

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Information, support and referral. * Telephone support. * Individual meetings. * Support to families. * Workshops for parents of children in primary school and for adults. * Papillon: program for children 3 to 5 years old and their parents. * Public conferences. * Family activities. * Family winter camps, summer camps.

Eligibility: people with an attention deficit disorder with or without hyperactivity (ADD/H) or living with the symptoms, their families and relatives

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

Hours: Monday to Thursday 8h30 to 16h30, Friday 9h00 to 12h00, possibility of evening and weekend activities

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

AUTISME LAURENTIDES

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

Services: * Advocacy. * Family support. * Respite and recreational services. * Day activities and work station for adults. * Summer camps.

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 TTY: 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES SPÉCIALISÉS POUR L'EMPLOI DES PERSONNES HANDICAPÉES

81 Turgeon Street, Suite 302-B, Sainte-Thérèse, Laurentides, QC, J7E 3H7

438 798-0788

Website: roseph.ca

Email: info@roseph.ca

Services: Grouping of organizations targeting the integration, reinsertion and job retention of people living with disabilities. * Promotion of financing and management autonomy. * Support for member development and expertise. * Support for the renewal of member organizations' methods of intervention. * Members directory: roseph.ca/nos-membres/repertoire-des-membres

Eligibility: community organizations, people living with a disability

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 à 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Advocacy for people with an intellectual disability**AUTISME LAURENTIDES**

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

Services: * Advocacy. * Family support. * Respite and recreational services. * Day activities and work station for adults. * Summer camps.

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

Deaf and hearing impaired

ASSOCIATION DES PERSONNES AVEC PROBLÈMES AUDITIFS DES LAURENTIDES

421-B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4

1 866 434-2135 Fax: 450 434-4120 TTY: 450 434-2135

Website: w2.appal.ca

Email: info@appal.ca

Services: * Reception, information and referral. * Support and mutual aid groups. * Recreational activities and workshops. * Conferences, meetings. * Video library with documents in Québec sign language (QSL). * Services in QSL.

Eligibility: deaf, deafened, hard of hearing or deaf blind people, their families

Coverage area: Laurentians

Hours: reception and information: Monday to Thursday 9h00 to 16h00, help and activities: Tuesday to Thursday (according to calendar), other days by appointment, Friday 9h00 to 16h00 by email or phone only

Fees: annual membership: \$10

Financing: contributions, provincial, donations

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE

1300 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N8

811

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 TTY: 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

Language disorders

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE

1300 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N8

811

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

Mobility aids

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE

1300 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N8

811

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

FONDATION ROSEMÈRE

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

514 919-3713

Website: fondationrosemere.com

Email: guilbeaultandree@gmail.com

Services: * Financial assistance for home maintenance up to \$2000 per person: medication, mobility aids, home adaptations, etc.

Eligibility: children living with learning problems or disabilities, people living with serious conditions, disabilities or with a loss of autonomy

Coverage area: Rosemère

Hours: Monday to Sunday 9h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

Paratransit

EXO - RÉSEAU DE TRANSPORT MÉTROPOLITAIN - PARATRANSIT

83 Turgeon Street, 2nd floor, Sainte-Thérèse, Laurentides, QC, J7E 3H7

1 877 433-4004

Website: exo.quebec/en/trip-planner/para-transit

Email: transport.adapte@exo.quebec

Services: Paratransit service by cab and adapted minibus. * Application form:

exo.quebec/Media/Default/pdf/section8/admission_ta_exo_EN.pdf * Online appointment reservation service:

exo.quebec/en/customer-service/TransportAdapteReservation

Eligibility: people with disabilities, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others, to communicate verbally or by gesture (this condition alone cannot be taken into account for admission purposes)

Coverage area: MRC l'Assomption, MRC les Moulins, MRC Thérèse-de-Blainville, MRC de Deux-Montagne, MRC de Mirabel, MRC de la Vallée-du-Richelieu, MRC de Marguerite D'Youville, MRC de Roussillon, Beauharnois, Hudson, L'Île-Perrot, Les Cèdres, Marieville, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Pointe-Fortune, Richelieu, Rigaud, Rougemont, Saint-Césaire, Saint-Clet, Saint-Lazare, Sainte-Justine-de-Newton, Saint-Jérôme, Sainte-Marthe, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Terrasse-Vaudreuil, Très-Saint-Rédempteur, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Sunday to Thursday 6h30 to midnight, Friday, Saturday and holidays 6h30 to 1h00 am

Fees: variables

Financing: self-financing, municipal, provincial

Legal status: parapublic organization

Recreation and camps

ACCO-LOISIRS

42D Turgeon Street, Suite 4, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 433-5559 Fax: 450 433-0453

Website: www.accoloisirs.com

Email: info@accoloisirs.com

Services: * Accompaniment. * Adapted recreational and tourism activities. * Respite for teenagers and adults.

Eligibility: people living with an intellectual disability, another type of disability or mental health issues

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: non-profit organization

ASSOCIATION DES PERSONNES AVEC PROBLÈMES AUDITIFS DES LAURENTIDES

421-B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4

1 866 434-2135 Fax: 450 434-4120 **TTY:** 450 434-2135

Website: w2.appal.ca

Email: info@appal.ca

Services: * Reception, information and referral. * Support and mutual aid groups. * Recreational activities and workshops. * Conferences, meetings. * Video library with documents in Québec sign language (QSL). * Services in QSL.

Eligibility: deaf, deafened, hard of hearing or deaf blind people, their families

Coverage area: Laurentians

Hours: reception and information: Monday to Thursday 9h00 to 16h00, help and activities: Tuesday to Thursday (according to calendar), other days by appointment, Friday 9h00 to 16h00 by email or phone only

Fees: annual membership: \$10

Financing: contributions, provincial, donations

Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES

1060 du Curé-Labelle Boulevard, Suite 200, Blainville, Laurentides, QC, J7C 2M6

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Information, support and referral. * Telephone support. * Individual meetings. * Support to families. * Workshops for parents of children in primary school and for adults. * Papillon: program for children 3 to 5 years old and their parents. * Public conferences. * Family activities. * Family winter camps, summer camps.

Eligibility: people with an attention deficit disorder with or without hyperactivity (ADD/H) or living with the symptoms, their families and relatives

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

Hours: Monday to Thursday 8h30 to 16h30, Friday 9h00 to 12h00, possibility of evening and weekend activities

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

ATELIER ALTITUDE

280 Gagnon Montée, Bois-des-Filion, Laurentides, QC, J6Z 2X2

450 437-5053

Email: atelieraltitudeinc@gmail.com

Services: Popular education. * Craft, knitting, etc. * Dance and workout. * Community meals. * Literacy. * Cultural and social outings. * Daycamp.

Eligibility: people living with a mild to moderate intellectual disability

Capacity: 40 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Financing: membership fees, grants, fundraising campaigns

Legal status: non-profit organization

AUTISME LAURENTIDES

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

Services: * Advocacy. * Family support. * Respite and recreational services. * Day activities and work station for adults. * Summer camps.

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE BASSES-LAURENTIDES

141 Saint-Charles Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 2A9

450 430-8177 Fax: 450 430-8150

Website: www.parrainagecivique.ca

Email: info@parrainagecivique.ca

Services: Pairing of volunteers with a person living with an intellectual disability. * Group activities, outings, seasonal events. * Social, educational, recreational and artistic workshops. * Special days for sponsored people with reduced mobility.

Eligibility: people of all ages living with an intellectual disability

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: free membership, activities: variable cost

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

Respite services and housing

ACCO-LOISIRS

42D Turgeon Street, Suite 4, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 433-5559 Fax: 450 433-0453

Website: www.accoloisirs.com

Email: info@accoloisirs.com

Services: * Accompaniment. * Adapted recreational and tourism activities. * Respite for teenagers and adults.

Eligibility: people living with an intellectual disability, another type of disability or mental health issues

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: non-profit organization

ATELIER ALTITUDE

280 Gagnon Montée, Bois-des-Filion, Laurentides, QC, J6Z 2X2

450 437-5053

Email: atelieraltitudeinc@gmail.com

Services: Popular education. * Craft, knitting, etc. * Dance and workout. * Community meals. * Literacy. * Cultural and social outings. * Daycamp.

Eligibility: people living with a mild to moderate intellectual disability

Capacity: 40 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Financing: membership fees, grants, fundraising campaigns

Legal status: non-profit organization

AUTISME LAURENTIDES

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

Services: * Advocacy. * Family support. * Respite and recreational services. * Day activities and work station for adults. * Summer camps.

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

Support Associations

ASSOCIATION DES PERSONNES AVEC PROBLÈMES AUDITIFS DES LAURENTIDES

421-B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4

1 866 434-2135 Fax: 450 434-4120 **TTY:** 450 434-2135

Website: w2.appal.ca

Email: info@appal.ca

Services: * Reception, information and referral. * Support and mutual aid groups. * Recreational activities and workshops. * Conferences, meetings. * Video library with documents in Québec sign language (QSL). * Services in QSL.

Eligibility: deaf, deafened, hard of hearing or deaf blind people, their families

Coverage area: Laurentians

Hours: reception and information: Monday to Thursday 9h00 to 16h00, help and activities: Tuesday to Thursday (according to calendar), other days by appointment, Friday 9h00 to 16h00 by email or phone only

Fees: annual membership: \$10

Financing: contributions, provincial, donations

Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES

1060 du Curé-Labelle Boulevard, Suite 200, Blainville, Laurentides, QC, J7C 2M6

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Information, support and referral. * Telephone support. * Individual meetings. * Support to families. * Workshops for parents of children in primary school and for adults. * Papillon: program for children 3 to 5 years old and their parents. * Public conferences. * Family activities. * Family winter camps, summer camps.

Eligibility: people with an attention deficit disorder with or without hyperactivity (ADD/H) or living with the symptoms, their families and relatives

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

Hours: Monday to Thursday 8h30 to 16h30, Friday 9h00 to 12h00, possibility of evening and weekend activities

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

MATINS MÈRES ET MONDES (LES)

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

514 773-8551

Email: mmm.lorraine@gmail.com

Services: Support group for parents with children. * Meetings and discussions. * Activities for children during the meetings. * Conferences. * Special activities.

Eligibility: parents with children

Coverage area: Lorraine and the surroundings

Hours: September to June, 1st Friday of every month 9h00 to 12h00

Fees: regular activities parents: \$5, children: free, special activities: variable

Financing: self-financing, donations
Legal status: non-profit organization

PARRAINAGE CIVIQUE BASSES-LAURENTIDES

141 Saint-Charles Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 2A9
450 430-8177 Fax: 450 430-8150
Website: www.parrainagecivique.ca
Email: info@parrainagecivique.ca

Services: Pairing of volunteers with a person living with an intellectual disability. * Group activities, outings, seasonal events. * Social, educational, recreational and artistic workshops. * Special days for sponsored people with reduced mobility.

Eligibility: people of all ages living with an intellectual disability

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: free membership, activities: variable cost

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

Support and integration organizations

ATELIER ALTITUDE

280 Gagnon Montée, Bois-des-Filion, Laurentides, QC, J6Z 2X2
450 437-5053
Email: atelieraltitudeinc@gmail.com

Services: Popular education. * Craft, knitting, etc. * Dance and workout. * Community meals. * Literacy. * Cultural and social outings. * Daycamp.

Eligibility: people living with a mild to moderate intellectual disability

Capacity: 40 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Financing: membership fees, grants, fundraising campaigns

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - THÉRÈSE-DE BLAINVILLE

140 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H3
811

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

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

Eligibility: people with intellectual disabilities, autistic people, their close ones

Coverage area: MRC Thérèse-De Blainville

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

Financing: provincial

Legal status: parapublic organization

PARRAINAGE CIVIQUE BASSES-LAURENTIDES

141 Saint-Charles Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 2A9
450 430-8177 Fax: 450 430-8150
Website: www.parrainagecivique.ca
Email: info@parrainagecivique.ca

Services: Pairing of volunteers with a person living with an intellectual disability. * Group activities, outings, seasonal events. * Social, educational, recreational and artistic workshops. * Special days for sponsored people with reduced mobility.

Eligibility: people of all ages living with an intellectual disability

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: free membership, activities: variable cost

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

The Blind

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE

1300 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N8

811

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

Therapy and rehabilitation centres

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - THÉRÈSE-DE BLAINVILLE

140 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H3

811

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

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

Eligibility: people with intellectual disabilities, autistic people, their close ones

Coverage area: MRC Thérèse-De Blainville

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

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE

1300 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N8

811

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

SCHOOL SERVICE CENTERS

Academic and vocational guidance

CIBLE-EMPLOI

100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-5462 Fax: 450 491-2586

Website: cible-emploi.qc.ca

Email: ste-therese@cible-emploi.qc.ca

Services: * Job search support, personalized coaching. * Career assessment, expertise for experienced workers. * Support for the return to training. * Computer workshops. * Tens preparation: high school equivalency tests. * Workshops on essential skills.

Eligibility: adults

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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

PORTE DE L'EMPLOI (LA)

100 Ducharme Boulevard, Suite 250, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-4565 Fax: 450 435-5586

Website: www.laportedeemploi.com/en

Email: info@laportedeemploi.com

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

Eligibility: people seeking employment, including those outside of the job market

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

Hours: Monday to Friday 8h30 to 16h15

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public
Coverage area: Sainte-Thérèse
Hours: Monday to Friday 8h30 to 16h00
Fees: parking: free
Financing: federal
Legal status: federal government agency

Computer workshops

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7
450 434-5275

Website: biblio.ville.blainville.ca
Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

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

Fees: none

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LIBRARY

60 36th Avenue, Bois-des-Filion, Laurentides, QC, J6Z 2G6
450 621-1460 ext. 4101

Website: biblio.villebdf.ca
Email: biblio@villebdf.ca

Services: * Loans and renewals: access to printed and audio-visual materials, loan of musical instruments. * On-site consultation. * Computers, Internet access. * Animations and reading activities for all ages. * Photography studio. * Computer science workshops. * A birth, a book. * Musical space and loan of musical instruments. * Grain library: seed library.

Coverage area: Bois-des-Filion

Hours: Monday and Friday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for citizens of Bois-des-Filion, variable for non-residents

Financing: municipal

Legal status: municipal agency

FADOQ - JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4
450 434-1440 ext. 2551

Website: www.fadoqsth.com
Email: clubstetherese@fadoqlaurentides.org

Services: Social club for seniors. * Computer workshops. * Fitness, petanque and yoga on chair. * Bingo, military whist, shuffleboard, etc. * Thematic meals. * Outings and trips.

Eligibility: people 50 years and over

Capacity: 120 people

Coverage area: Sainte-Thérèse

Hours: variable, closed from mid-June to Labour Day

Fees: membership: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

SAINTE-THÉRÈSE PUBLIC LIBRARY

150 du Séminaire Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 1Z2

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Difficulties and learning disabilities

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

Homework assistance and tutoring

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

Language courses

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

Literacy

ATELIER ALTITUDE

280 Gagnon Montée, Bois-des-Filion, Laurentides, QC, J6Z 2X2

450 437-5053

Email: atelieraltitudeinc@gmail.com

Services: Popular education. * Craft, knitting, etc. * Dance and workout. * Community meals. * Literacy. * Cultural and social outings. * Daycamp.

Eligibility: people living with a mild to moderate intellectual disability

Capacity: 40 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Financing: membership fees, grants, fundraising campaigns

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

SAINTE-ANNE-DES-PLAINES PUBLIC LIBRARY

155 des Cèdres Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-4337 Fax: 450 478-6733

Website: www.villesadp.ca/services-citoyens/bibliotheque

Email: bibliotheque@villesadp.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and workshops.

Coverage area: Sainte-Anne-des-Plaines

Hours: Tuesday 13h00 to 20h30, Wednesday and Thursday 10h00 to 20h30, Friday 10h00 to 17h30, Saturday 10h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 20h00, Wednesday 10h00 to 20h00, Friday 10h00 to 15h00

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE PUBLIC LIBRARY

150 du Séminaire Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 1Z2

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Public education**SERVICES D'ENTRAIDE LE RELAIS**

305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 939-0501

Website: www.entraidelerelais.org

Email: info@entraidelerelais.org

Services: * Food distribution and emergency assistance. * Collective kitchens. * Les Fripes du Relais: used clothing store at a low price. * Popular education. * School supplies. * Christmas baskets.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 9h00 to 16h30, food distribution: Friday, Fripes du Relais: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 16h00

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

SIR WILFRID LAURIER SCHOOL BOARD

235 Montée Lesage, Rosemère, Laurentides, QC, J7A 4Y6

1 866 621-5600 Fax: 450 621-7929

Website: www.swlauriersb.qc.ca/en

Email: communications@swlauriersb.qc.ca

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

Coverage area: Laurentians, Lanaudière, Laval

Hours: Monday to Friday 7h00 to 18h00

Fees: variable

Financing: provincial, self-financing, foundations

Legal status: parapublic organization

School perseverance

CARREFOUR JEUNESSE-EMPLOI THÉRÈSE-DE BLAINVILLE

100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 437-1635 Fax: 450 437-8938

Website: cje-tdb.qc.ca

Email: info@cje-tdb.qc.ca

Services: Socioprofessional integration services. * Individual counselling, psychosocial support. * Job search assistance: resume writing, interview techniques, etc. * School and professional guidance. * Youth entrepreneurship program. * School dropout prevention, preparation for returning to school. * Varied workshops and programs, information sessions. * Volunteering.

Eligibility: youth 16 to 35 years old

Coverage area: MRC Thérèse-De Blainville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

MAISON DES JEUNES SAINTE-ANNE-DES-PLAINES

225 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 3L8

450 478-1011

Website: mdjsadp.wixsite.com/mdjsadp

Email: mdjsadp@videotron.ca

Services: * Recreational and sports activities. * Street work. * Awareness workshops.

Eligibility: people 11 to 17 years old, street work: marginalized people, homeless people

Capacity: 35

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Friday 12h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

PARTENAIRES POUR LA RÉUSSITE ÉDUCATIVE DANS LES LAURENTIDES

45 Saint-Joseph Street, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 4X5

450 434-7735

Website: prel.qc.ca

Email: info@prel.qc.ca

Services: Partnership in the fight against school dropout and support for academic success. * Collective awareness and mobilization. * Support programs and resources for youth.

Eligibility: school, community and municipal partners, youth and their parents

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

PERSÉVÉRONS ENSEMBLE

6485 Doris-Lussier Street, Boisbriand, Laurentides, QC, J7H 0E8

514 914-7003

Website: perseveronsensemble.com

Email: info@perseveronsensemble.com

Services: Group of partners mobilizing to support concerted actions and the development of initiatives encouraging the perseverance and personal, social and academic success of youth at risk of dropping out of school, experiencing exclusion or learning difficulties. * Support, enhancement and funding for the development of rallying projects.

Eligibility: organizations supporting academic perseverance, organizations working with youth

Coverage area: territory of the Centre de services scolaires des Mille-Îles (CSSMI)

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

Financing: donations, provincial, municipal

Legal status: non-profit organization

School service centers

SIR WILFRID LAURIER SCHOOL BOARD

235 Montée Lesage, Rosemère, Laurentides, QC, J7A 4Y6

1 866 621-5600 Fax: 450 621-7929

Website: www.swlauriersb.qc.ca/en

Email: communications@swlauriersb.qc.ca

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

Coverage area: Laurentians, Lanaudière, Laval

Hours: Monday to Friday 7h00 to 18h00

Fees: variable

Financing: provincial, self-financing, foundations

Legal status: parapublic organization

Employment and Income Support

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

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

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

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

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

Financing: provincial

Legal status: non-profit organization

Budget management and consumption

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DES BASSES LAURENTIDES

42-D Turgeon Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 430-2228

Website: acefbl.org

Email: info@acefbl.org

Services: * Budget courses. * Budget counselling. * Telephone assistance on personal finances. * Conferences and workshops. * Consumers' advocacy. * Assistance with Hydro-Québec payment arrangements.

Eligibility: consumers

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 17h00

Fees: free, except for budget courses and to host a workshop in an organization

Financing: grants, self-financing

Legal status: Cooperative

FONDATION ROSEMÈRE

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

514 919-3713

Website: fondationrosemere.com

Email: guilbeaultandree@gmail.com

Services: * Financial assistance for home maintenance up to \$2000 per person: medication, mobility aids, home adaptations, etc.

Eligibility: children living with learning problems or disabilities, people living with serious conditions, disabilities or with a loss of autonomy

Coverage area: Rosemère

Hours: Monday to Sunday 9h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse
Hours: Monday to Friday 8h30 to 16h00
Fees: parking: free
Financing: federal
Legal status: federal government agency

Business development

MICROENTREPRENDRE BASSES-LAURENTIDES

96 Turgeon Street, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 3H9

450 818-4830 Fax: 450 818-4832

Website: microentreprendrebasseslaurentides.quebec/en

Email: info@mebl.quebec

Services: Financing and accompaniment in entrepreneurial projects for people excluded from traditional credit.
 * Support to the realization of the business plan. * Advices. * Accompaniment, follow-up, mentoring. * Extra training and activities. * Loans.

Eligibility: people with entrepreneurial projects and excluded from traditional credit

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

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

MRC THÉRÈSE-DE BLAINVILLE

201 Curé Labelle Boulevard, Suite 304, Sainte-Thérèse, Laurentides, QC, J7E 2X6

450 621-5546 Fax: 450 621-2628

Website: mrc-tdb.org

Email: reception@mrc-tdb.org

Services: * Administration of land use. * Urban planning regulations. * Management of public services: watercourses, waste management and civil security. * Participation in socio-economic development. * Promotion of heritage, culture and tourism. * Online carpooling service: <http://rive-nord.covoiturage.ca> * Participation to job creation through businesses development, implementation and consolidation.

Eligibility: residents, businesses

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 13h30, June 24th to labour day: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h30

Financing: municipal, self-financing, provincial

Legal status: municipal agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public
Coverage area: Sainte-Thérèse
Hours: Monday to Friday 8h30 to 16h00
Fees: parking: free
Financing: federal
Legal status: federal government agency

Employment support and training

CIBLE-EMPLOI

100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-5462 Fax: 450 491-2586

Website: cible-emploi.qc.ca

Email: ste-therese@cible-emploi.qc.ca

Services: * Job search support, personalized coaching. * Career assessment, expertise for experienced workers. * Support for the return to training. * Computer workshops. * Tens preparation: high school equivalency tests. * Workshops on essential skills.

Eligibility: adults

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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

PALETTES FGL

16 Rolland-Brière Street, Blainville, Laurentides, QC, J7C 5N2

450 437-1146 Fax: 450 437-0938

Website: www.palettesfgl.org

Email: info@palettesfgl.org

Services: Training business specialized in the manufacturing of wood pallets. * Paid training in a working environment. * Accompaniment, guidance and job searching techniques.

Eligibility: people 18 years old and over with difficulties finding or keeping a job, priority to last-resort financial assistance recipients

Coverage area: Laurentians

Hours: factory: Monday to Thursday 7h30 to 16h30, Friday 7h30 to 13h30, administration: Monday to Thursday 9h00 to 17h00, Friday 7h30 to 15h30

Fees: none

Financing: grants, self-financing
Legal status: non-profit organization

PORTE DE L'EMPLOI (LA)

100 Ducharme Boulevard, Suite 250, Sainte-Thérèse, Laurentides, QC, J7E 4R6
450 435-4565 Fax: 450 435-5586
Website: www.laportedeemploi.com/en
Email: info@laportedeemploi.com

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

Eligibility: people seeking employment, including those outside of the job market

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

Hours: Monday to Friday 8h30 to 16h15

Fees: none

Financing: provincial

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4
450 434-0101 Fax: 450 434-1762
Website: restopop.org
Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

Employment support for immigrants

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2
1 800 622-6232 TTY: 1 800 926-9105
Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public
Coverage area: Sainte-Thérèse
Hours: Monday to Friday 8h30 to 16h00
Fees: parking: free
Financing: federal
Legal status: federal government agency

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI THÉRÈSE-DE BLAINVILLE

100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 437-1635 Fax: 450 437-8938

Website: cje-tdb.qc.ca

Email: info@cje-tdb.qc.ca

Services: Socioprofessional integration services. * Individual counselling, psychosocial support. * Job search assistance: resume writing, interview techniques, etc. * School and professional guidance. * Youth entrepreneurship program. * School dropout prevention, preparation for returning to school. * Varied workshops and programs, information sessions. * Volunteering.

Eligibility: youth 16 to 35 years old

Coverage area: MRC Thérèse-De Blainville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

PALETTES FGL

16 Rolland-Brière Street, Blainville, Laurentides, QC, J7C 5N2

450 437-1146 Fax: 450 437-0938

Website: www.palettesfgl.org

Email: info@palettesfgl.org

Services: Training business specialized in the manufacturing of wood pallets. * Paid training in a working environment. * Accompaniment, guidance and job searching techniques.

Eligibility: people 18 years old and over with difficulties finding or keeping a job, priority to last-resort financial assistance recipients

Coverage area: Laurentians

Hours: factory: Monday to Thursday 7h30 to 16h30, Friday 7h30 to 13h30, administration: Monday to Thursday 9h00 to 17h00, Friday 7h30 to 15h30

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

Tax clinics

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES - TAX CLINIC

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: * Walk-in tax clinic for the current year and by document deposit for previous years.

Eligibility: single people with an income of \$40 000 or less, couples with an income of \$48 000 or less, adults with one child with an income of \$50 000 or less (\$2500 for each additional dependent)

Coverage area: Sainte-Anne-des-Plaines

Hours: 2025 tax clinic: by appointment from March 10 to May 1, 2025

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

AUTISME LAURENTIDES

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

Services: * Advocacy. * Family support. * Respite and recreational services. * Day activities and work station for adults. * Summer camps.

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

CIBLE-EMPLOI

100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-5462 Fax: 450 491-2586

Website: cible-emploi.qc.ca

Email: ste-therese@cible-emploi.qc.ca

Services: * Job search support, personalized coaching. * Career assessment, expertise for experienced workers. * Support for the return to training. * Computer workshops. * Tens preparation: high school equivalency tests. * Workshops on essential skills.

Eligibility: adults

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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 979-1640 ext. 554 Fax: 450 951-2519

Website: i-tl.org

Email: info@i-tl.org

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

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

Coverage area: MRC Thérèse-de-Blainville

Hours: Monday to Friday 8h30 to 16h30, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

PALETTES FGL

16 Rolland-Brière Street, Blainville, Laurentides, QC, J7C 5N2

450 437-1146 Fax: 450 437-0938

Website: www.palettesfgl.org

Email: info@palettesfgl.org

Services: Training business specialized in the manufacturing of wood pallets. * Paid training in a working environment. * Accompaniment, guidance and job searching techniques.

Eligibility: people 18 years old and over with difficulties finding or keeping a job, priority to last-resort financial assistance recipients

Coverage area: Laurentians

Hours: factory: Monday to Thursday 7h30 to 16h30, Friday 7h30 to 13h30, administration: Monday to Thursday 9h00 to 17h00, Friday 7h30 to 15h30

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

PORTE DE L'EMPLOI (LA)

100 Ducharme Boulevard, Suite 250, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-4565 Fax: 450 435-5586

Website: www.laportedeemploi.com/en

Email: info@laportedeemploi.com

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

Eligibility: people seeking employment, including those outside of the job market

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

Hours: Monday to Friday 8h30 to 16h15

Fees: none

Financing: provincial

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

FOOD ASSISTANCE COORDINATION

FOOD ASSISTANCE IN SCHOOLS

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

CARREFOUR ALIMENTER L'ESPOIR DE BLAINVILLE

1015A Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

438 801-2976

Website: caleblainville.org

Email: info@caleblainville.org

Services: Help for families living on a low incomes or in precarious situations.. * Food assistance. * Christmas baskets. * Emergency food assistance. * Listening and referrals. * Café Caleb: coffee, board games, socializing.

Eligibility: families living on a low income or in a precarious situation

Coverage area: Blainville

Hours: Monday 9h00 to 16h00, Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 16h00, Friday 9h00 to 12h00, food aid: Tuesday 13h00 to 14h30, Café Caleb: Thursday 13h30 to 15h00 (every other week)

Fees: food assistance: \$4

Financing: self-financing

Legal status: non-profit organization

DÉPANNAGE ALIMENTAIRE SAINTE-ANNE-DES-PLAINES

154-C Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 838-7044

Email: mireille.soccer@hotmail.ca

Services: * Food bank. * Christmas baskets.

Eligibility: residents of Sainte-Anne-des-Plaines

Coverage area: Sainte-Anne-des-Plaines

Hours: Friday starting at 10h00, by appointment

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

ENTRAIDE ROSEMÈRE

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 1244

Email: entraiderosemere@gmail.com

Services: Support for families and individuals. * Vouchers redeemable in grocery stores. * Food bags. * Christmas baskets.

Eligibility: families and people in need

Coverage area: Rosemère

Hours: by appointment

Financing: municipal

Legal status: non-profit organization

PETIT PEUPLE (LE)

500 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2L5

450 971-2250

Website: www.lepetitpeuple.org

Email: info@lepetitpeuple.org

Services: Recruitment, training and volunteer involvement of teenagers, young adults and seniors. * Humanitarian missions. * Christmas party. * Community breakfasts. * Intergenerational activities.

Eligibility: teenagers, young adults, families, people living with a disability or in a vulnerable situation, seniors

Coverage area: Blainville, Boisbriand, Sainte-Thérèse, Mirabel

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

SERVICE D'AIDE ALIMENTAIRE SAINT-MAURICE

388 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H6

450 621-5521 ext. 211

Website: paroisse-st-luc.org/aide-alimentaire

Email: info@paroisse-st-luc.org

Services: * Food bank. * School supply distribution for families already benefiting of food assistance. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Bois-des-Filion, Lorraine, Rosemère

Hours: every second Thursday 13h00

Fees: \$2

Financing: donations

Legal status: non-profit organization

SERVICES D'ENTRAIDE LE RELAIS

305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 939-0501

Website: www.entraidelerelais.org

Email: info@entraidelerelais.org

Services: * Food distribution and emergency assistance. * Collective kitchens. * Les Fripes du Relais: used clothing store at a low price. * Popular education. * School supplies. * Christmas baskets.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 9h00 to 16h30, food distribution: Friday, Fripes du Relais: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 16h00

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

Collective kitchens and cooking workshops

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income
collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

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

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DE BOIS-DES-FILION

395 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H5

450 965-0666 Fax: 450 621-6400

Website: maisondefamillebdf.com

Email: administration@maisondefamillebdf.com

Services: * Reception and referral. * Food assistance. * Collective kitchens. * Drop-off daycare. * Family activities. * Parent-child workshops. * Father-child outings.

Eligibility: families, individuals

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h30 to 16h00, drop-off daycare: Monday to Friday 9h to 15h30

Fees: membership: \$7 per year

Financing: Centraide Laurentides, provincial, fundraising campaigns, donations, contributions

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

SERVICES D'ENTRAIDE LE RELAIS

305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 939-0501

Website: www.entraidelerelais.org

Email: info@entraidelerelais.org

Services: * Food distribution and emergency assistance. * Collective kitchens. * Les Fripes du Relais: used clothing store at a low price. * Popular education. * School supplies. * Christmas baskets.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 9h00 to 16h30, food distribution: Friday, Fripes du Relais: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 16h00

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

Community gardens and markets

BLAINVILLE - CITY

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

SAINTE-ANNE-DES-PLAINES - RECREATION DEPARTMENT

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 ext. 2016 Fax: 450 478-5660

Website: www.villesadp.ca/services-citoyens/loisirs

Email: loisirs@villesadp.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, gyms, ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Community garden. * Events, exhibitions and parties.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - CULTURE ET LOISIRS

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2640

Website: www.sainte-therese.ca

Email: cultureetloisirs@sainte-therese.ca

Services: * Community, sociocultural and sporting activities. * Sports and community centres, athletics stadium, swimming pools, arenas and ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Hall rental. * Conferences and shows.

Coverage area: Sainte-Thérèse

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

Fees: variable

Financing: municipal

Legal status: municipal agency

Food Assistance

CARREFOUR ALIMENTER L'ESPOIR DE BLAINVILLE

1015A Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

438 801-2976

Website: caleblainville.org

Email: info@caleblainville.org

Services: Help for families living on a low incomes or in precarious situations.. * Food assistance. * Christmas baskets. * Emergency food assistance. * Listening and referrals. * Café Caleb: coffee, board games, socializing.

Eligibility: families living on a low income or in a precarious situation

Coverage area: Blainville

Hours: Monday 9h00 to 16h00, Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 16h00, Friday 9h00 to 12h00, food aid: Tuesday 13h00 to 14h30, Café Caleb: Thursday 13h30 to 15h00 (every other week)

Fees: food assistance: \$4

Financing: self-financing

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income
collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

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

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

DÉPANNAGE ALIMENTAIRE SAINTE-ANNE-DES-PLAINES

154-C Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 838-7044

Email: mireille.soccer@hotmail.ca

Services: * Food bank. * Christmas baskets.

Eligibility: residents of Sainte-Anne-des-Plaines

Coverage area: Sainte-Anne-des-Plaines

Hours: Friday starting at 10h00, by appointment

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

ENTRAIDE ROSEMÈRE

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 1244

Email: entraiderosemere@gmail.com

Services: Support for families and individuals. * Vouchers redeemable in grocery stores. * Food bags. * Christmas baskets.

Eligibility: families and people in need

Coverage area: Rosemère

Hours: by appointment

Financing: municipal

Legal status: non-profit organization

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

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

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

SERVICE D'AIDE ALIMENTAIRE SAINT-MAURICE

388 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H6

450 621-5521 ext. 211

Website: paroisse-st-luc.org/aide-alimentaire

Email: info@paroisse-st-luc.org

Services: * Food bank. * School supply distribution for families already benefiting of food assistance. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Bois-des-Filion, Lorraine, Rosemère

Hours: every second Thursday 13h00

Fees: \$2

Financing: donations

Legal status: non-profit organization

SERVICES D'ENTRAIDE LE RELAIS

305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 939-0501

Website: www.entraidelerelais.org

Email: info@entraidelerelais.org

Services: * Food distribution and emergency assistance. * Collective kitchens. * Les Fripes du Relais: used clothing store at a low price. * Popular education. * School supplies. * Christmas baskets.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 9h00 to 16h30, food distribution: Friday, Fripes du Relais: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 16h00

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

Food aid for pregnant women and children**GROUPE MARRAINE TENDRESSE (LE)**

3 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L4

450 435-6924

Website: www.groupemarrainetendresse.ca

Email: lgmt@bellnet.ca

Services: * Accompaniment and respite for families with a child aged between 0 and 1 year old. * Daycare for families with a child aged between 0 and 18 months. * Material assistance: clothing, basic care and food products for babies. * Loan of baby items.

Eligibility: families with children aged 0 to 18 months

Coverage area: MRC Thérèse-De Blainville and surrounding towns

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 15h00

Fees: home visits: free, daycare: according to income

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

Food assistance coordination

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income
collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

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

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

MOISSON LAURENTIDES

341 Legault Street, Blainville, Laurentides, QC, J7C 0Y1

450 434-0790 Fax: 450 434-9235

Website: www.moissonlaurentides.org/en

Email: direction@moissonlaurentides.org

Services: * Recovery and distribution of food surplus to organizations offering food assistance.

Eligibility: food assistance organizations

Coverage area: Laurentides, MRC Les Moulins

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

Fees: none

Financing: donations, provincial, Centraide Laurentides

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

Food assistance in schools

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

Low cost or free meals

ASSOCIATION HORIZON ROSEMÈRE (L')

202 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H4

450 621-3500 ext. 7390

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income
collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

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

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

DÎNERS DE L'AMITIÉ (LES) - BLAINVILLE

1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

514 943-3708

Email: LesDAB40@gmail.com

Services: * Bimonthly community meals.

Eligibility: people 65 years old and over

Capacity: 270

Coverage area: Blainville

Hours: September to April, every other Thursday, 12h00 to 13h30

Fees: membership card: \$15, meal for members: \$15

Financing: municipal

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

FADOQ - JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 434-1440 ext. 2551

Website: www.fadoqsth.com

Email: clubstetherese@fadoqlaurentides.org

Services: Social club for seniors. * Computer workshops. * Fitness, petanque and yoga on chair. * Bingo, military whist, shuffleboard, etc. * Thematic meals. * Outings and trips.

Eligibility: people 50 years and over

Capacity: 120 people

Coverage area: Sainte-Thérèse

Hours: variable, closed from mid-June to Labour Day

Fees: membership: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

PETIT PEUPLE (LE)

500 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2L5

450 971-2250

Website: www.lepetitpeuple.org

Email: info@lepetitpeuple.org

Services: Recruitment, training and volunteer involvement of teenagers, young adults and seniors. * Humanitarian missions. * Christmas party. * Community breakfasts. * Intergenerational activities.

Eligibility: teenagers, young adults, families, people living with a disability or in a vulnerable situation, seniors

Coverage area: Blainville, Boisbriand, Sainte-Thérèse, Mirabel

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

POPOTE À ROLAND (LA)

1025 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4K7

450 435-9707

Website: www.popotearoland.com

Email: info@popotearoland.com

Services: Meals and activities to break the isolation of seniors.

Eligibility: seniors living in Blainville

Capacity: 40 people

Coverage area: Blainville

Hours: early September to mid-May, Wednesday 10h00 to 15h00

Fees: day of activities including meal: \$10

Financing: municipal, provincial, donations, self-financing

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

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

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

Government services

FEDERAL SERVICES

INCOME STATEMENTS

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES

Federal services

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Income statements

BLAINVILLE - CITY

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - CITY

375 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H1

450 621-1460

Website: villebdf.ca

Email: ville@villebdf.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and Christmas trees, domestic and recyclable waste. * Urban planning department: construction permits. * Public work department. * Emergency notification system. * Info-travaux. * Fire department. * Reception of property damage claims: villebdf.ca/wp-content/uploads/2024/06/Formulaire-RCL-dynamique-MAJ-2024.pdf

Coverage area: Bois-des-Filion

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

Financing: municipal

Legal status: municipal agency

LORRAINE - CITY

33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 Fax: 450 621-4763

Website: www.ville.lorraine.qc.ca

Email: info@ville.lorraine.qc.ca

Services: Municipal service management. * Municipal tax payment. * Waste collection calendar: ville.lorraine.qc.ca/services-aux-citoyens/matieres-residuelles * Emergency notification system. * Construction permits. * Room rental.

Coverage area: Lorraine

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h15 to 12h00

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - CITY

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 Fax: 450 621-7601

Website: www.ville.rosemere.qc.ca/home

Email: info@ville.rosemere.qc.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Emergency notification system. * Municipal library. * Community services. * Administration of oath. * Municipal Court. * Ecocentre. * Transportation for seniors.

Coverage area: Rosemère

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

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES - CITY

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 Fax: 450 478-5660

Website: www.villesadp.ca

Email: info@villesadp.ca

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

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - CITY

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440

Website: www.sainte-therese.ca

Email: info@sainte-therese.ca

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

Coverage area: Sainte-Thérèse

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

Financing: municipal

Legal status: municipal agency

Municipal services**BLAINVILLE - CITY**

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

BLAINVILLE - ÉCOCENTRE DE LA SEIGNEURIE

302 Omer-DeSerres Street, Blainville, Laurentides, QC, J7C 5N3

450 434-5348

Website: blainville.ca/services/environnement-et-voirie/ecocentre

Email: travauxpublics@blainville.ca

Services: Waste recovery and reuse site. * Appliances. * Electronics. * Furniture. * Recyclable waste. * Constructions waste. * Hazardous household waste: paint, oil, sprays, batteries, light bulbs, etc. * Green waste. * Clothing. * Tires.

Eligibility: people residing in Blainville

Coverage area: Blainville

Hours: April 15th to November 14th: 8h00 to 16h45, closed on Wednesday, November 15th to April 14th: Friday and Saturday 8h00 to 16h45

Fees: variable

Financing: municipal

Legal status: municipal agency

BLAINVILLE - LOISIRS, CULTURE, BIBLIOTHÈQUE ET VIE COMMUNAUTAIRE

1001 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 434-5275 Fax: 450 434-5296

Website: blainville.ca

Email: loisirs@blainville.ca

Services: * Community, sociocultural and sporting activities. * Arenas, recreational and aquatic centre, association centre, athletics stadium, ice rinks, swimming pools, parks and playgrounds. * La Zone: youth centre. * Hall rental. * Coordination with community organizations. * Summer day camp.

Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse

Hours: Monday to Friday 6h15 to 20h30, Saturday and Sunday 7h00 to 16h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - CITY

375 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H1

450 621-1460

Website: villebdf.ca

Email: ville@villebdf.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and Christmas trees, domestic and recyclable waste. * Urban planning department: construction permits. * Public work department. * Emergency notification system. * Info-travaux. * Fire department. * Reception of property damage claims: villebdf.ca/wp-content/uploads/2024/06/Formulaire-RCL-dynamique-MAJ-2024.pdf

Coverage area: Bois-des-Filion

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

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - ÉCOCENTRE

690 de la Sablière Street, Bois-des-Filion, Laurentides, QC, J6Z 4T7

450 621-1460 ext. 3306

Website: villebdf.ca/ecocentre

Email: ville@villebdf.ca

Services: Waste recovery and reuse site. * Electronics. * Construction materials. * Hazardous household waste: paint, oil, spray, batteries, light bulbs, etc. * Refrigerators, freezers and other domestic refrigeration devices.

Eligibility: citizens of Bois-des-Filions or Lorraine

Coverage area: Bois-des-Filion

Hours: Monday to Thursday 11h00 to 17h00, Friday 13h00 to 19h00, Saturday 9h00 to 17h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

BOISBRIAND - CITY

940 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954

Website: www.ville.boisbriand.qc.ca

Email: accueil@ville.boisbriand.qc.ca

Services: Municipal service management. * Management and payment of municipal taxes.* Requests, complaints, or reports of problems on the territory: <https://boisbriand.edemandes.com/fr/create/QS> * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste, composting. * Hall rental. * Urban-planning department: construction permits. * Public work department. * Emergency notification system. * INFO-travaux: location of infrastructure work. * Fire department. * Pick-up of dead dogs, cats, skunks, raccoons and groundhogs on public property.

Coverage area: Boisbriand

Hours: municipal services: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15, citizen services: Monday 8h15 to 16h15, Tuesday and Thursday 8h15 to 17h00, Wednesday 8h15 to 19h00, Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

BOISBRIAND - LOISIRS, CULTURE ET BIBLIOTHÈQUE

940 de la Grande Allée Boulevard, ground floor, Boisbriand, Laurentides, QC, J7G 2J7

450 437-2727 Fax: 450 437-9397

Website: www.ville.boisbriand.qc.ca/activites

Services: Management and organization of community, cultural and sports activities. * Arena, ice rinks, pools, Maison du citoyen and Place de la culture, community and cultural centres, parks and playground. * Coordination and support to volunteering within the community of Boisbriand. * Summer day camp.

Coverage area: Boisbriand

Hours: recreative center: June 26th to September 1st 2024, Wednesday to Friday 16h00 to 21h00, Saturday 13h00 to 21h00, Sunday 12h00 to 18h00

Fees: variable

Financing: municipal

Legal status: municipal agency

LORRAINE - CITY

33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 Fax: 450 621-4763

Website: www.ville.lorraine.qc.ca

Email: info@ville.lorraine.qc.ca

Services: Municipal service management. * Municipal tax payment. * Waste collection calendar: ville.lorraine.qc.ca/services-aux-citoyens/matieres-residuelles * Emergency notification system. * Construction permits. * Room rental.

Coverage area: Lorraine

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h15 to 12h00

Financing: municipal

Legal status: municipal agency

LORRAINE - SERVICE DES LOISIRS ET DE LA CULTURE

29 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 275

Website: ville.lorraine.qc.ca/loisirs-et-culture

Email: loisirs@ville.lorraine.qc.ca

Services: * Community, sociocultural and sporting activities. * Cultural centre, arena, ice rinks, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Parties and events.

Coverage area: Lorraine

Fees: variable

Financing: municipal

Legal status: municipal agency

RÉGIE INTERMUNICIPALE DE POLICE THÉRÈSE-DE BLAINVILLE

150 Ducharme Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-2421

Website: www.riptb.qc.ca

Email: mcharron@riptb.qc.ca

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

Coverage area: Boisbriand, Lorraine, Rosemère, Sainte-Thérèse

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - CITY

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 Fax: 450 621-7601

Website: www.ville.rosemere.qc.ca/home

Email: info@ville.rosemere.qc.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Emergency notification system. * Municipal library. * Community services. * Administration of oath. * Municipal Court. * Ecocentre. * Transportation for seniors.

Coverage area: Rosemère

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

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

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

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

SAINTE-ANNE-DES-PLAINES - CITY

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 Fax: 450 478-5660

Website: www.villesadp.ca

Email: info@villesadp.ca

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

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES - RECREATION DEPARTMENT

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 ext. 2016 Fax: 450 478-5660

Website: www.villesadp.ca/services-citoyens/loisirs

Email: loisirs@villesadp.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, gyms, ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Community garden. * Events, exhibitions and parties.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - CITY

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440

Website: www.sainte-therese.ca

Email: info@sainte-therese.ca

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

Coverage area: Sainte-Thérèse

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

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - CULTURE ET LOISIRS

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2640

Website: www.sainte-therese.ca

Email: cultureetloisirs@sainte-therese.ca

Services: * Community, sociocultural and sporting activities. * Sports and community centres, athletics stadium, swimming pools, arenas and ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Hall rental. * Conferences and shows.

Coverage area: Sainte-Thérèse

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - ÉCOCENTRE

105 Blanchard Street, Sainte-Thérèse, Laurentides, QC, J7E 4N4

450 434-1440 ext. 2100

Website: www.sainte-therese.ca/environnement/centre-de-multirecyclage

Services: Waste recovery and reuse site. * Cooling and freezing appliances containing halocarbons. * Appliances. * Large padded furniture. * Recyclable waste. * Electronics. * Construction waste. * Hazardous household waste: paint, oil, spray, batteries, light bulbs, etc. * Green waste: leaves, tree branches, etc. * Donation box for the Dépanne-Tout organization: clothes, toys and small objects.

Coverage area: Boisbriand, Sainte-Thérèse

Hours: summer (April 15th to November 15th): Friday 12h00 to 19h00, Saturday and Sunday 9h00 to 18h00, winter (November 16th to April 14th): Friday 12h00 to 19h00, Saturday 12h00 to 17h00

Fees: price per drop-off: \$5 per car, \$25 per truck, \$30 per trailer

Financing: municipal

Legal status: non-profit organization

SAINTE-THÉRÈSE - SERVICE DE SÉCURITÉ INCENDIE

200 Ducharme Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 2E9

450 435-2422

Website: www.sainte-therese.ca/securite-publique/securite-incendie

Email: securiteincendie@sainte-therese.ca

Services: Fire and rescue services. * Application of the law and regulations in fire safety. * Licensing and prevention inspections. * Public awareness and education. * Fire fighting.

Coverage area: MRC Thérèse-De Blainville

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE BLAINVILLE

640 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2J2

450 434-5300

Website: blainville.ca/services/services-aux-citoyens/police

Email: police@blainville.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * Coffee with a cop. * Neutral meeting place for online transactions.

Coverage area: Blainville

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

Financing: municipal

Legal status: municipal agency

Municipalité régionale de comté (MRC)

MRC THÉRÈSE-DE BLAINVILLE

201 Curé Labelle Boulevard, Suite 304, Sainte-Thérèse, Laurentides, QC, J7E 2X6

450 621-5546 Fax: 450 621-2628

Website: mrc-tdb.org

Email: reception@mrc-tdb.org

Services: * Administration of land use. * Urban planning regulations. * Management of public services: watercourses, waste management and civil security. * Participation in socio-economic development. * Promotion of heritage, culture and tourism. * Online carpooling service: <http://rive-nord.covoiturage.ca> * Participation to job creation through businesses development, implementation and consolidation.

Eligibility: residents, businesses

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 13h30, June 24th to labour day: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h30

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Official documents

BLAINVILLE - CITY

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

RÉGIE INTERMUNICIPALE DE POLICE THÉRÈSE-DE BLAINVILLE

150 Ducharme Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-2421

Website: www.riptb.qc.ca

Email: mcharron@riptb.qc.ca

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

Coverage area: Boisbriand, Lorraine, Rosemère, Sainte-Thérèse

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - CITY

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 Fax: 450 621-7601

Website: www.ville.rosemere.qc.ca/home

Email: info@ville.rosemere.qc.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Emergency notification system. * Municipal library. * Community services. * Administration of oath. * Municipal Court. * Ecocentre. * Transportation for seniors.

Coverage area: Rosemère

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

Financing: municipal

Legal status: municipal agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Government services

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE DE POLICE DE BLAINVILLE

640 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2J2

450 434-5300

Website: blainville.ca/services/services-aux-citoyens/police

Email: police@blainville.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * Coffee with a cop. * Neutral meeting place for online transactions.

Coverage area: Blainville

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

Financing: municipal

Legal status: municipal agency

Provincial services**CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE**

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

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

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

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

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

Financing: provincial

Legal status: non-profit organization

Health

EYE CARE

FAMILY PLANNING

HOME CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Eye care

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

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

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

Family planning

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE THÉRÈSE-DE BLAINVILLE

125 Duquet Street, Sainte-Thérèse, Laurentides, QC, J7E 0A5

450 433-2777

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Nurse consultation. * Contraception. * STI screening. * Distribution of new injection material to drug users (free service). * Recovery of used needles and syringes. * Pap test. * Vaccination for adults.

Coverage area: Laurentians

Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 8h15 to 16h15

Financing: provincial

Legal status: non-profit organization

Home care

COOPÉRATIVE DE SOLIDARITÉ AIDE CHEZ SOI DES BASSES-LAURENTIDES

755 Curé-Boivin Boulevard, Suite 100, Boisbriand, Laurentides, QC, J7G 2J2

450 979-2372 ext. 0 Fax: 450 979-2373

Website: www.aidechezsoi.com/eesad/cooperative-de-solidarite-aide-chez-soi-des-basses-laurentides

Email: info@coopdesbasseslaurentides.org

Services: * Domestic house services: regular housekeeping, laundry, preparation of meals without medical restrictions, grocery shopping and other errands, heavy housekeeping, moving furniture and appliances, rearranging storage spaces. * Personal care: personal hygiene, assistance with getting dressed, assistance with eating, assistance with getting up and going to bed, distribution and administration of medicines, colostomy, ostomy and urine drainage care, assistance with putting on and taking off medical compression stockings, taking mouth temperature and blood pressure, respite with personal care. * Respite for caregivers of seniors.

Eligibility: seniors with a loss of autonomy, caregivers, people 65 years old and under referred by a CIUSSS, people with disabilities or who have undergone surgery, new mothers

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

Hours: office: Monday to Friday 8h30 to 16h00, services: Monday to Friday 8h00 to 18h00

Fees: household chores: hourly wage adapted to the income, credited by the RAMQ for the financial exoneration program, respite: \$9 per hour

Financing: self-financing, grants, provincial

Legal status: cooperative

Patient support associations

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES

1060 du Curé-Labelle Boulevard, Suite 200, Blainville, Laurentides, QC, J7C 2M6

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Information, support and referral. * Telephone support. * Individual meetings. * Support to families. * Workshops for parents of children in primary school and for adults. * Papillon: program for children 3 to 5 years old and their parents. * Public conferences. * Family activities. * Family winter camps, summer camps.

Eligibility: people with an attention deficit disorder with or without hyperactivity (ADD/H) or living with the symptoms, their families and relatives

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

Hours: Monday to Thursday 8h30 to 16h30, Friday 9h00 to 12h00, possibility of evening and weekend activities

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE

1300 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N8

811

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

FONDATION ROSEMÈRE

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

514 919-3713

Website: fondationrosemere.com

Email: guilbeaultandree@gmail.com

Services: * Financial assistance for home maintenance up to \$2000 per person: medication, mobility aids, home adaptations, etc.

Eligibility: children living with learning problems or disabilities, people living with serious conditions, disabilities or with a loss of autonomy

Coverage area: Rosemère

Hours: Monday to Sunday 9h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

Public Health**CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP**

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

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

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

Homelessness

DAY AND EVENING CENTRES

MOBILE UNITS AND STREET WORK

TRANSITIONAL HOUSING

YOUTH SHELTERS

Day and evening centres

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

Mobile units and street work

MAISON DES JEUNES DES BASSES-LAURENTIDES

53 Saint-Lambert Street, Sainte-Thérèse, Laurentides, QC, J7E 3J9

450 437-0320 Fax: 450 437-0870

Website: www.mdjbl.org

Email: mdjbasseslaurentides@hotmail.com

Services: Supervised meeting place. * Prevention, promotion, awareness and referral. * Recreational, cultural, sporting and social activities. * Outreach work in parks during summer.

Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Thérèse and surroundings

Hours: Monday to Friday 16h00 to 21h00, weekend according to activities, office: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, self-financing, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES SAINTE-ANNE-DES-PLAINES

225 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 3L8

450 478-1011

Website: mdjsadp.wixsite.com/mdjsadp

Email: mdjsadp@videotron.ca

Services: * Recreational and sports activities. * Street work. * Awareness workshops.

Eligibility: people 11 to 17 years old, street work: marginalized people, homeless people

Capacity: 35

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Friday 12h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Transitional housing

MAISON D'HÉBERGEMENT LE PETIT PATRO

48 Desjardins Boulevard East, Sainte-Thérèse, Laurentides, QC, J7E 1C1

450 430-5482

Website: www.petitpatro.ca

Email: administration@petitpatro.ca

Services: * Shelter for a maximum of 90 days.

Eligibility: youth 12 to 17 years old

Capacity: 9 beds

Coverage area: Sainte-Eustache, Oka, Deux-Montagnes, Saint-Joseph-du-Lac, Saint-Placide, Marthe-sur-le-Lac, Brownburg-Chatham, Lachute, Lorraine, Boisbriand, Sainte-Anne-des-Plaines, Sainte-Thérèse, Blainville, Rosemère, Saint-André-d'Argenteuil

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization

Youth shelters

MAISON D'HÉBERGEMENT LE PETIT PATRO

48 Desjardins Boulevard East, Sainte-Thérèse, Laurentides, QC, J7E 1C1

450 430-5482

Website: www.petitpatro.ca

Email: administration@petitpatro.ca

Services: * Shelter for a maximum of 90 days.

Eligibility: youth 12 to 17 years old

Capacity: 9 beds

Coverage area: Sainte-Eustache, Oka, Deux-Montagnes, Saint-Joseph-du-Lac, Saint-Placide, Marthe-sur-le-Lac, Brownburg-Chatham, Lachute, Lorraine, Boisbriand, Sainte-Anne-des-Plaines, Sainte-Thérèse, Blainville, Rosemère, Saint-André-d'Argenteuil

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

Homelessness

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

Legal status: non-profit organization

Housing

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

SOCIAL HOUSING AND HOUSING COOPERATIVES

Emergency

BLAINVILLE - CITY

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - CITY

375 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H1

450 621-1460

Website: villebdf.ca

Email: ville@villebdf.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and Christmas trees, domestic and recyclable waste. * Urban planning department: construction permits. * Public work department. * Emergency notification system. * Info-travaux. * Fire department. * Reception of property damage claims: villebdf.ca/wp-content/uploads/2024/06/Formulaire-RCL-dynamique-MAJ-2024.pdf

Coverage area: Bois-des-Filion

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

Financing: municipal

Legal status: municipal agency

BOISBRIAND - CITY

940 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954

Website: www.ville.boisbriand.qc.ca

Email: accueil@ville.boisbriand.qc.ca

Services: Municipal service management. * Management and payment of municipal taxes. * Requests, complaints, or reports of problems on the territory: <https://boisbriand.edemandes.com/fr/create/QS> * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste, composting. * Hall rental. * Urban-planning department: construction permits. * Public work department. * Emergency notification system. * INFO-travaux: location of infrastructure work. * Fire department. * Pick-up of dead dogs, cats, skunks, raccoons and groundhogs on public property.

Coverage area: Boisbriand

Hours: municipal services: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15, citizen services: Monday 8h15 to 16h15, Tuesday and Thursday 8h15 to 17h00, Wednesday 8h15 to 19h00, Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

LORRAINE - CITY

33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 Fax: 450 621-4763

Website: www.ville.lorraine.qc.ca

Email: info@ville.lorraine.qc.ca

Services: Municipal service management. * Municipal tax payment. * Waste collection calendar: ville.lorraine.qc.ca/services-aux-citoyens/matieres-residuelles * Emergency notification system. * Construction permits. * Room rental.

Coverage area: Lorraine

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h15 to 12h00

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - CITY

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 Fax: 450 621-7601

Website: www.ville.rosemere.qc.ca/home

Email: info@ville.rosemere.qc.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Emergency notification system. * Municipal library. * Community services. * Administration of oath. * Municipal Court. * Ecocentre. * Transportation for seniors.

Coverage area: Rosemère

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

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES - CITY

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 Fax: 450 478-5660

Website: www.villesadp.ca

Email: info@villesadp.ca

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

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - CITY

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440

Website: www.sainte-therese.ca

Email: info@sainte-therese.ca

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

Coverage area: Sainte-Thérèse

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

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - SERVICE DE SÉCURITÉ INCENDIE

200 Ducharme Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 2E9

450 435-2422

Website: www.sainte-therese.ca/securite-publique/securite-incendie

Email: securiteincendie@sainte-therese.ca

Services: Fire and rescue services. * Application of the law and regulations in fire safety. * Licensing and prevention inspections. * Public awareness and education. * Fire fighting.

Coverage area: MRC Thérèse-De Blainville

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations**FONDATION ROSEMÈRE**

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

514 919-3713

Website: fondationrosemere.com

Email: guilbeaultandree@gmail.com

Services: * Financial assistance for home maintenance up to \$2000 per person: medication, mobility aids, home adaptations, etc.

Eligibility: children living with learning problems or disabilities, people living with serious conditions, disabilities or with a loss of autonomy

Coverage area: Rosemère

Hours: Monday to Sunday 9h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

Social housing and housing cooperatives**SOCIÉTÉ D'HABITATION DE BOIS-DES-FILION**

315 Montée Gagnon, Bois-des-Filion, Laurentides, QC, J6Z 1H1

514 527-5720 ext. 37

Email: info@fohm.org

Services: * Management of apartments covered by the Rent Supplement Program (PSL).

Eligibility: households eligible to the Rent Supplement Program

Capacity: 44 apartments

Coverage area: Bois-des-Filion

Financing: grants, self-financing

Legal status: non-profit organization

Immigration and cultural communities

FRENCH COURSES

IMMIGRATION AND SPONSORSHIP

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

SETTLEMENT SERVICES FOR NEWCOMERS

French courses

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

Immigration and sponsorship

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Recognition of prior learning and diplomas

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Settlement services for newcomers

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you:

ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Indigenous Peoples

EMPLOYMENT

GOVERNMENT SERVICES

Employment

INTÉGRATION - TRAVAIL LAURENTIDES - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 979-1640 ext. 554 Fax: 450 951-2519

Website: i-tl.org

Email: info@i-tl.org

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

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

Coverage area: MRC Thérèse-de-Blainville

Hours: Monday to Friday 8h30 to 16h30, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

Government services

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Indigenous Peoples

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

CORRECTIONAL SERVICES

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

SUPPORT FOR OFFENDERS

Advocacy groups

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DES BASSES LAURENTIDES

42-D Turgeon Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 430-2228

Website: acefbl.org

Email: info@acefbl.org

Services: * Budget courses. * Budget counselling. * Telephone assistance on personal finances. * Conferences and workshops. * Consumers' advocacy. * Assistance with Hydro-Québec payment arrangements.

Eligibility: consumers

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 17h00

Fees: free, except for budget courses and to host a workshop in an organization

Financing: grants, self-financing

Legal status: Cooperative

AUTISME LAURENTIDES

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

Services: * Advocacy. * Family support. * Respite and recreational services. * Day activities and work station for adults. * Summer camps.

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations

Legal status: non-profit organization

COMITÉ DES USAGERS DE THÉRÈSE-DE BLAINVILLE

100 du Chanoine-Lionel-Groulx Street, Sainte-Thérèse, Laurentides, QC, J7E 5E1

450 433-2777 ext. 65144

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

Email: comite.usagers.tdb@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of Drapeau-Deschambault and Hubert-Maisonneuve housing centres, of Thérèse-De Blainville and Saint-Joseph CLSCs, of Thérèse-De Blainville tests centre, CHSLD Blainville and La Maison des aînés de Sainte-Anne-des-Plaines

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

Consumer protection and complaints

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DES BASSES LAURENTIDES

42-D Turgeon Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 430-2228

Website: acefbl.org

Email: info@acefbl.org

Services: * Budget courses. * Budget counselling. * Telephone assistance on personal finances. * Conferences and workshops. * Consumers' advocacy. * Assistance with Hydro-Québec payment arrangements.

Eligibility: consumers

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 17h00

Fees: free, except for budget courses and to host a workshop in an organization

Financing: grants, self-financing

Legal status: Cooperative

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

COMITÉ DES USAGERS DE THÉRÈSE-DE BLAINVILLE

100 du Chanoine-Lionel-Groulx Street, Sainte-Thérèse, Laurentides, QC, J7E 5E1

450 433-2777 ext. 65144

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

Email: comite.usagers.tdb@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of Drapeau-Deschambault and Hubert-Maisonneuve housing centres, of Thérèse-De Blainville and Saint-Joseph CLSCs, of Thérèse-De Blainville tests centre, CHSLD Blainville and La Maison des aînés de Sainte-Anne-des-Plaines

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office:

www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder:

www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch *

Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment

insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. *

Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner

Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs

Canada * Support and services related to mental and physical health. * Education and employment: finding a

job, returning to school, etc. * Financial programs and services: income support, emergency financial

assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the

services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. *

Assessment of credentials. * Find free newcomer services near you:

ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International

benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age

Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Correctional services

CORRECTIONAL SERVICE CANADA - LAURENTIDES PAROLE OFFICE

955 Michèle-Bohec Boulevard, Door C, Blainville, Laurentides, QC, J7C 5J6

450 430-0794 Fax: 450 430-1709

Website: www.csc-scc.gc.ca

Services: Office under the jurisdiction of The Parole Board of Canada (PBC). * Monitoring of offenders serving a part of their sentence under conditional release or restricted parole.

Eligibility: people serving a sentence in a federal detention facility

Coverage area: Laurentians

Financing: federal

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - MEDIUM SECURITY ARCHAMBAULT INSTITUTION

242 Gibson Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-5960 Fax: 450 478-7655

Website: www.csc-scc.gc.ca

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

Eligibility: men offenders sentenced for more than 2 years

Capacity: 284 inmates

Coverage area: Province of Québec

Financing: federal

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - MINIMAL SECURITY ARCHAMBAULT INSTITUTION

244 Gibson Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-5933 Fax: 450 478-5888

Website: www.csc-scc.gc.ca

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

Eligibility: men offenders sentenced for more than 2 years

Capacity: 215 inmates

Coverage area: Province of Québec

Financing: federal

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - REGIONAL RECEPTION CENTRE

246 Gibson Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-5977 Fax: 450 478-5899

Website: www.csc-scc.gc.ca

Services: Multi-level security centre responsible of activities related to the detention of offenders. * Offenders assessment and follow-up. * Correctional plans elaboration. * Management of custody, accommodation, supervision and guidance programs. * Reception unit, maximum security unit and special handling unit (SHU).

Eligibility: male offenders sentenced for more than 2 years

Capacity: 321 inmates

Coverage area: Province of Québec

Financing: federal

Legal status: federal government agency

Courthouses and tribunals

BLAINVILLE - MUNICIPAL COURT

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5225 Fax: 450 434-8285

Website: blainville.ca/services/services-aux-citoyens/cour-municipale

Email: courmunicipale@blainville.ca

Services: First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00

Financing: municipal

Legal status: municipal agency

BOISBRIAND - MUNICIPAL COURT

940 de la Grande-Allée Boulevard, Room 110, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954 ext. 7271 Fax: 450 435-8784

Website: www.ville.boisbriand.qc.ca/services/constat-dinfraction

Services: First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Boisbriand

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

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - MUNICIPAL COURT

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 ext. 1247 Fax: 450 621-1022

Website: www.ville.rosemere.qc.ca/municipal-court

Email: cour@ville.rosemere.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Rosemère, Lorraine

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

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - MUNICIPAL COURT

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2622

Website: www.sainte-therese.ca

Email: cour@sainte-therese.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5,000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Sainte-Thérèse

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

Financing: municipal

Legal status: municipal agency

Legal assistance and information

BLAINVILLE - MUNICIPAL COURT

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5225 Fax: 450 434-8285

Website: blainville.ca/services/services-aux-citoyens/cour-municipale

Email: courmunicipale@blainville.ca

Services: First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00

Financing: municipal

Legal status: municipal agency

BOISBRIAND - CITY

940 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954

Website: www.ville.boisbriand.qc.ca

Email: accueil@ville.boisbriand.qc.ca

Services: Municipal service management. * Management and payment of municipal taxes.* Requests, complaints, or reports of problems on the territory: <https://boisbriand.edemandes.com/fr/create/QS> * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste, composting. * Hall rental. * Urban-planning department: construction permits. * Public work department. * Emergency notification system. * INFO-travaux: location of infrastructure work. * Fire department. * Pick-up of dead dogs, cats, skunks, raccoons and groundhogs on public property.

Coverage area: Boisbriand

Hours: municipal services: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15, citizen services: Monday 8h15 to 16h15, Tuesday and Thursday 8h15 to 17h00, Wednesday 8h15 to 19h00, Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

BOISBRIAND - MUNICIPAL COURT

940 de la Grande-Allée Boulevard, Room 110, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954 ext. 7271 Fax: 450 435-8784

Website: www.ville.boisbriand.qc.ca/services/constat-dinfraction

Services: First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Boisbriand

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

Financing: municipal

Legal status: municipal agency

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.cjll.qc.ca

Email: administration@cjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.cjll.qc.ca

Email: bajther@cjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

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

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

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

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

Financing: provincial

Legal status: non-profit organization

MESURES ALTERNATIVES DES BASSES-LAURENTIDES

209 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 437-9903 Fax: 450 437-8293

Website: www.mabl.ca

Email: admin@mabl.ca

Services: Prevention, awareness and information program in relation with the Youth Criminal Justice Act. * Proposing alternatives to the traditional justice system and different ways of managing conflicts. * Citizen mediation service.

Eligibility: teenagers 12 to 17 years old who have been prosecuted under the Criminal Code or Criminal Procedure Code, general public

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: non-profit organization

ROSEMÈRE - MUNICIPAL COURT

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 ext. 1247 Fax: 450 621-1022

Website: www.ville.rosemere.qc.ca/municipal-court

Email: cour@ville.rosemere.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Rosemère, Lorraine

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

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - MUNICIPAL COURT

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2622

Website: www.sainte-therese.ca

Email: cour@sainte-therese.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5,000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Sainte-Thérèse

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

Financing: municipal

Legal status: municipal agency

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 435-0808

Website: www.domremystetherese.com

Email: info@domremystetherese.com

Services: * Telephone support. * External individual support. * Parent-teen mediation. * Prevention of relapse and transfer of addictions. * Intervention and prevention of intergenerational transmission of addiction. * Intervention and prevention of codependency. * Creativity and meditation workshops. * Themed help and mutual aid workshops on the root causes of addictions. * Community activities.

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones

Capacity: 35

Coverage area: Laurentians, Lanaudière

Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides, grants

Legal status: non-profit organization

Support for offenders**BLAINVILLE - MUNICIPAL COURT**

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5225 Fax: 450 434-8285

Website: blainville.ca/services/services-aux-citoyens/cour-municipale

Email: courmunicipale@blainville.ca

Services: First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00

Financing: municipal

Legal status: municipal agency

BOISBRIAND - MUNICIPAL COURT

940 de la Grande-Allée Boulevard, Room 110, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954 ext. 7271 Fax: 450 435-8784

Website: www.ville.boisbriand.qc.ca/services/constat-dinfraction

Services: First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Boisbriand

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

Financing: municipal

Legal status: municipal agency

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

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

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

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

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

Financing: provincial

Legal status: non-profit organization

MESURES ALTERNATIVES DES BASSES-LAURENTIDES

209 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 437-9903 Fax: 450 437-8293

Website: www.mabl.ca

Email: admin@mabl.ca

Services: Prevention, awareness and information program in relation with the Youth Criminal Justice Act. * Proposing alternatives to the traditional justice system and different ways of managing conflicts. * Citizen mediation service.

Eligibility: teenagers 12 to 17 years old who have been prosecuted under the Criminal Code or Criminal Procedure Code, general public

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: non-profit organization

ROSEMÈRE - MUNICIPAL COURT

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 ext. 1247 Fax: 450 621-1022

Website: www.ville.rosemere.qc.ca/municipal-court

Email: cour@ville.rosemere.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Rosemère, Lorraine

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

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - MUNICIPAL COURT

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2622

Website: www.sainte-therese.ca

Email: cour@sainte-therese.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5,000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Sainte-Thérèse

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

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

Addiction prevention

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 435-0808

Website: www.domremystetherese.com

Email: info@domremystetherese.com

Services: * Telephone support. * External individual support. * Parent-teen mediation. * Prevention of relapse and transfer of addictions. * Intervention and prevention of intergenerational transmission of addiction. * Intervention and prevention of codependency. * Creativity and meditation workshops. * Themed help and mutual aid workshops on the root causes of addictions. * Community activities.

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones

Capacity: 35

Coverage area: Laurentians, Lanaudière

Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides, grants

Legal status: non-profit organization

Addiction treatment

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - THÉRÈSE-DE-BLAINVILLE

125 Duquet Street, Sainte-Thérèse, Laurentides, QC, J7E 0A5

450 433-2777

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

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults of 21 days. * Inpatient rehabilitation for young people in collaboration with Le Grand Chemin, Portage or Pavillon du Nouveau de Vue. * Outpatient rehabilitation. * Detoxification with medical assistance (3.2 and 3.7). * Social and professional reintegration, post-treatment follow-up. * Substitution treatment. * Support for relatives: individual consultations for partners and group meetings for parents. * Evaluation of driver convicted of impaired driving.

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

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 435-0808

Website: www.domremystetherese.com

Email: info@domremystetherese.com

Services: * Telephone support. * External individual support. * Parent-teen mediation. * Prevention of relapse and transfer of addictions. * Intervention and prevention of intergenerational transmission of addiction. * Intervention and prevention of codependency. * Creativity and meditation workshops. * Themed help and mutual aid workshops on the root causes of addictions. * Community activities.

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones

Capacity: 35

Coverage area: Laurentians, Lanaudière

Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides, grants

Legal status: non-profit organization

Community support in mental health

ACCO-LOISIRS

42D Turgeon Street, Suite 4, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 433-5559 Fax: 450 433-0453

Website: www.accoloisirs.com

Email: info@accoloisirs.com

Services: * Accompaniment. * Adapted recreational and tourism activities. * Respite for teenagers and adults.

Eligibility: people living with an intellectual disability, another type of disability or mental health issues

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINTE-THÉRÈSE DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

1 866 443-4363

Website: www.groupegeme.com

Email: info@groupegeme.com

Services: * In-person and virtual support groups (on Zoom). * Individual counseling in person and virtual (on Zoom). * Meditation groups. * Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD. * Virtual and in-person workshops and conferences at the request of organizations.

Eligibility: people 18 years old and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, depression or burnout, post-traumatic stress

Capacity: support groups: 10 to 25 people per group

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website

Fees: contributions

Financing: provincial, fundraising campaigns, membership fees, self-financing

Legal status: non-profit organization

GROUPE LA LICORNE MRC THÉRÈSE-DE BLAINVILLE

Confidential Address

450 433-9084

Website: groupelalicorne.org

Email: info@groupelalicorne.org

Services: Day centre. * Support group. * Individualized follow-up in the community: listening, accompaniment and support in the steps and projects to promote the development and maintenance of basic skills (budget, nutrition, self-assertion, etc.). * Activities: courses, outings, art workshops and Hearing Voices workshops.

Eligibility: adults 18 years and over who have or have had a mental health problem

Coverage area: MRC Thérèse-de-Blainville

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 15h30, Wednesday 12h00 to 15h30

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 435-0808

Website: www.domremystetherese.com

Email: info@domremystetherese.com

Services: * Telephone support. * External individual support. * Parent-teen mediation. * Prevention of relapse and transfer of addictions. * Intervention and prevention of intergenerational transmission of addiction. * Intervention and prevention of codependency. * Creativity and meditation workshops. * Themed help and mutual aid workshops on the root causes of addictions. * Community activities.

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones

Capacity: 35

Coverage area: Laurentians, Lanaudière

Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides, grants

Legal status: non-profit organization

Mental health advocacy groups

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINTE-THÉRÈSE DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

1 866 443-4363

Website: www.groupegeme.com

Email: info@groupegeme.com

Services: * In-person and virtual support groups (on Zoom). * Individual counseling in person and virtual (on Zoom). * Meditation groups. * Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD. * Virtual and in-person workshops and conferences at the request of organizations.

Eligibility: people 18 years old and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, depression or burnout, post-traumatic stress

Capacity: support groups: 10 to 25 people per group

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website

Fees: contributions

Financing: provincial, fundraising campaigns, membership fees, self-financing

Legal status: non-profit organization

Mental health housing

RÉINSERTION SOCIALE DU SOLEIL LEVANT - APPARTEMENTS LES CITADINS

Confidential Address

450 430-0528

Website: rssoleillevant.org/nos-services/programme-de-soutien-en-appartements-supervises

Email: info@rcentredecrisesoleillevant.org

Services: Supervised apartments for individuals living with a serious mental health disorder. * Readaptation, psychosocial support and daily living support. * Maximum stay of 2 years.

Eligibility: adults living with mental health difficulties (psychosis)

Capacity: 13 apartments

Coverage area: Laurentians

Financing: grants, donations

Legal status: non-profit organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Caregivers

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

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

Fees: none

Financing: municipal

Legal status: municipal agency

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ AIDE CHEZ SOI DES BASSES-LAURENTIDES

755 Curé-Boivin Boulevard, Suite 100, Boisbriand, Laurentides, QC, J7G 2J2

450 979-2372 ext. 0 Fax: 450 979-2373

Website: www.aidechezsoi.com/eesad/cooperative-de-solidarite-aide-chez-soi-des-basses-laurentides

Email: info@coopdesbasseslaurentides.org

Services: * Domestic house services: regular housekeeping, laundry, preparation of meals without medical restrictions, grocery shopping and other errands, heavy housekeeping, moving furniture and appliances, rearranging storage spaces. * Personal care: personal hygiene, assistance with getting dressed, assistance with eating, assistance with getting up and going to bed, distribution and administration of medicines, colostomy, ostomy and urine drainage care, assistance with putting on and taking off medical compression stockings, taking mouth temperature and blood pressure, respite with personal care. * Respite for caregivers of seniors.

Eligibility: seniors with a loss of autonomy, caregivers, people 65 years old and under referred by a CIUSSS, people with disabilities or who have undergone surgery, new mothers

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

Hours: office: Monday to Friday 8h30 to 16h00, services: Monday to Friday 8h00 to 18h00

Fees: household chores: hourly wage adapted to the income, credited by the RAMQ for the financial exoneration program, respite: \$9 per hour

Financing: self-financing, grants, provincial

Legal status: cooperative

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

ROSEMÈRE PUBLIC LIBRARY

339 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7221

Website: biblio.ville.rosemere.qc.ca

Email: biblio@ville.rosemere.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Book club for children. * Story time. * Exhibitions, workshops, author meetings.

Coverage area: Rosemère

Hours: Monday to Thursday 13h00 to 21h00, Friday and Saturday 10h00 to 17h00, Sunday 12h00 to 16h30, summer: Monday to Thursday 10h00 to 21h00, Friday and Saturday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES PUBLIC LIBRARY

155 des Cèdres Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-4337 Fax: 450 478-6733

Website: www.villesadp.ca/services-citoyens/bibliotheque

Email: bibliotheque@villesadp.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and workshops.

Coverage area: Sainte-Anne-des-Plaines

Hours: Tuesday 13h00 to 20h30, Wednesday and Thursday 10h00 to 20h30, Friday 10h00 to 17h30, Saturday 10h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 20h00, Wednesday 10h00 to 20h00, Friday 10h00 to 15h00

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

Community and Recreation Centres**ASSOCIATION HORIZON ROSEMÈRE (L')**

202 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H4

450 621-3500 ext. 7390

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LE BLAINVILLOIS

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

514 616-8290

Email: leblainvillois@hotmail.com

Services: * Recreational and social activities: dance, pocket baseball, board games, cards, etc. * Bingo. * Cultural outings and trips.

Eligibility: people 50 years old and over

Capacity: 300 people

Coverage area: Blainville and surroundings

Hours: Monday 9h00 to 16h00, Wednesday 18h45 to 21h00, Friday 9h00 to 11h15

Fees: membership card: \$15 for residents, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

FADOQ - JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 434-1440 ext. 2551

Website: www.fadoqsth.com

Email: clubstetherese@fadoqlaurentides.org

Services: Social club for seniors. * Computer workshops. * Fitness, petanque and yoga on chair. * Bingo, military whist, shuffleboard, etc. * Thematic meals. * Outings and trips.

Eligibility: people 50 years and over

Capacity: 120 people

Coverage area: Sainte-Thérèse

Hours: variable, closed from mid-June to Labour Day

Fees: membership: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

POPOTE À ROLAND (LA)

1025 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4K7

450 435-9707

Website: www.popotearoland.com

Email: info@popotearoland.com

Services: Meals and activities to break the isolation of seniors.

Eligibility: seniors living in Blainville

Capacity: 40 people

Coverage area: Blainville

Hours: early September to mid-May, Wednesday 10h00 to 15h00

Fees: day of activities including meal: \$10

Financing: municipal, provincial, donations, self-financing

Legal status: non-profit organization

Day centres and respite

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

Friendly visits and safety calls

BLAINVILLE - CITY

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

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

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

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

65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9

450 430-5056

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Community outreach work for vulnerable seniors.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

Seniors

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

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

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

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

Home support

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

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

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ AIDE CHEZ SOI DES BASSES-LAURENTIDES

755 Curé-Boivin Boulevard, Suite 100, Boisbriand, Laurentides, QC, J7G 2J2

450 979-2372 ext. 0 Fax: 450 979-2373

Website: www.aidechezsoi.com/eesad/cooperative-de-solidarite-aide-chez-soi-des-basses-laurentides

Email: info@coopdesbasseslaurentides.org

Services: * Domestic house services: regular housekeeping, laundry, preparation of meals without medical restrictions, grocery shopping and other errands, heavy housekeeping, moving furniture and appliances, rearranging storage spaces. * Personal care: personal hygiene, assistance with getting dressed, assistance with eating, assistance with getting up and going to bed, distribution and administration of medicines, colostomy, ostomy and urine drainage care, assistance with putting on and taking off medical compression stockings, taking mouth temperature and blood pressure, respite with personal care. * Respite for caregivers of seniors.

Eligibility: seniors with a loss of autonomy, caregivers, people 65 years old and under referred by a CIUSSS, people with disabilities or who have undergone surgery, new mothers

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

Hours: office: Monday to Friday 8h30 to 16h00, services: Monday to Friday 8h00 to 18h00

Fees: household chores: hourly wage adapted to the income, credited by the RAMQ for the financial exoneration program, respite: \$9 per hour

Financing: self-financing, grants, provincial

Legal status: cooperative

Housing for seniors

CENTRE D'HÉBERGEMENT DRAPEAU-DESCHAMBAULT

100 du Chanoine-Lionel-Groulx Street, Sainte-Thérèse, Laurentides, QC, J7E 5E1

450 433-2777

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

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT HUBERT-MAISONNEUVE

365 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K4

450 433-2777

Website: www.santelaurentides.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

FONDATION ROSEMÈRE

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

514 919-3713

Website: fondationrosemere.com

Email: guilbeaultandree@gmail.com

Services: * Financial assistance for home maintenance up to \$2000 per person: medication, mobility aids, home adaptations, etc.

Eligibility: children living with learning problems or disabilities, people living with serious conditions, disabilities or with a loss of autonomy

Coverage area: Rosemère

Hours: Monday to Sunday 9h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

MANOIR BLAINVILLE

14 70th Avenue West, Blainville, Laurentides, QC, J7C 0K7

450 951-6194 Fax: 450 951-6195

Email: manoir.blainville@videotron.ca

Services: Subsidized and non-subsidized housing for seniors.

Eligibility: seniors 75 years and over, autonomous or with a slight loss of autonomy

Capacity: 70 units

Coverage area: Greater Montreal

Hours: Monday to Friday 9h00 to 15h00

Fees: subsidized housing with Accès-logis: 25% of income, non-subsidized services, non-subsidized housing: starting at \$1012

Financing: self-financing

Legal status: non-profit organization

Intergenerational activities**BLAINVILLE PUBLIC LIBRARY**

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

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

Fees: none

Financing: municipal

Legal status: municipal agency

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

PETIT PEUPLE (LE)

500 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2L5

450 971-2250

Website: www.lepetitpeuple.org

Email: info@lepetitpeuple.org

Services: Recruitment, training and volunteer involvement of teenagers, young adults and seniors. * Humanitarian missions. * Christmas party. * Community breakfasts. * Intergenerational activities.

Eligibility: teenagers, young adults, families, people living with a disability or in a vulnerable situation, seniors

Coverage area: Blainville, Boisbriand, Sainte-Thérèse, Mirabel

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

SAINTE-THÉRÈSE PUBLIC LIBRARY

150 du Séminaire Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 1Z2

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Meals on Wheels

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

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

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.cjll.qc.ca

Email: administration@cjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

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

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

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

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

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

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

Financing: provincial

Legal status: non-profit organization

Volunteer Transportation

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP - ACCOMPANIMENT-TRANSPORTATION

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 ext. 226 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: transport@cabsb.org

Services: * Accompaniment and transportation to medical and community appointments by volunteers.

Eligibility: people 65 years old and over, autonomous or semi-autonomous

Coverage area: MRC Thérèse-De Blainville, transportation: Greater Montréal and surroundings

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: \$0.52 per km

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES - ACCOMPANIMENT-TRANSPORTATION

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: * Medical and legal transportation and accompaniment by volunteers.

Eligibility: members

Coverage area: MRC Thérèse-De Blainville, transportation: Province of Québec

Hours: 7 days

Fees: annual membership: \$10, \$0.60 per km

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

Legal status: non-profit organization

ROSEMÈRE - TRANSPORTATION FOR SENIORS

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/seniors

Email: info@ville.rosemere.qc.ca

Services: Low-cost taxi transportation for seniors to predetermined services: banks, grocery stores, clinics, movie theatres, etc. * List of locations serviced: [click here](#)

Eligibility: seniors 65 years and over

Coverage area: Rosemère

Hours: transportation: Tuesday, Thursday and Friday 7h00 to 23h00

Fees: round-trip: \$2

Financing: municipal

Legal status: municipal agency

Sex and gender

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

Women's centres

ARTS-TISANES DE BLAINVILLE (LES)

1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 971-5786

Email: art-tisanesblainville@outlook.com

Services: * Craft workshops: knitting, crochet, weaving, crafts, bobbin lace, quilt, etc.

Eligibility: women 18 years old and over

Coverage area: Blainville

Hours: September to June, Monday and Thursday 9h00 to 15h00

Fees: annual membership: \$30 for residents of Blainville, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations

Legal status: non-profit organization

Women's associations

ARTS-TISANES DE BLAINVILLE (LES)

1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 971-5786

Email: art-tisanesblainville@outlook.com

Services: * Craft workshops: knitting, crochet, weaving, crafts, bobbin lace, quilt, etc.

Eligibility: women 18 years old and over

Coverage area: Blainville

Hours: September to June, Monday and Thursday 9h00 to 15h00

Fees: annual membership: \$30 for residents of Blainville, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

DAY CAMPS AND SPECIALIZED CAMPS

HOBBIES

LIBRARIES

MUNICIPAL SPORTS AND RECREATION SERVICES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7
450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

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

Fees: none

Financing: municipal

Legal status: municipal agency

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1
450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9
450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

ROSEMÈRE PUBLIC LIBRARY

339 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2
450 621-3500 ext. 7221

Website: biblio.ville.rosemere.qc.ca

Email: biblio@ville.rosemere.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Book club for children. * Story time. * Exhibitions, workshops, author meetings.

Coverage area: Rosemère

Hours: Monday to Thursday 13h00 to 21h00, Friday and Saturday 10h00 to 17h00, Sunday 12h00 to 16h30, summer: Monday to Thursday 10h00 to 21h00, Friday and Saturday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES PUBLIC LIBRARY

155 des Cèdres Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-4337 Fax: 450 478-6733

Website: www.villesadp.ca/services-citoyens/bibliotheque

Email: bibliotheque@villesadp.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and workshops.

Coverage area: Sainte-Anne-des-Plaines

Hours: Tuesday 13h00 to 20h30, Wednesday and Thursday 10h00 to 20h30, Friday 10h00 to 17h30, Saturday 10h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 20h00, Wednesday 10h00 to 20h00, Friday 10h00 to 15h00

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE PUBLIC LIBRARY

150 du Séminaire Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 1Z2

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Clubs and social events

ARTS-TISANES DE BLAINVILLE (LES)

1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 971-5786

Email: art-tisanesblainville@outlook.com

Services: * Craft workshops: knitting, crochet, weaving, crafts, bobbin lace, quilt, etc.

Eligibility: women 18 years old and over

Coverage area: Blainville

Hours: September to June, Monday and Thursday 9h00 to 15h00

Fees: annual membership: \$30 for residents of Blainville, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION HORIZON ROSEMÈRE (L')

202 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H4

450 621-3500 ext. 7390

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LE BLAINVILLOIS

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

514 616-8290

Email: leblainvillois@hotmail.com

Services: * Recreational and social activities: dance, pocket baseball, board games, cards, etc. * Bingo. * Cultural outings and trips.

Eligibility: people 50 years old and over

Capacity: 300 people

Coverage area: Blainville and surroundings

Hours: Monday 9h00 to 16h00, Wednesday 18h45 to 21h00, Friday 9h00 to 11h15

Fees: membership card: \$15 for residents, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

FADOQ - JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 434-1440 ext. 2551

Website: www.fadoqsth.com

Email: clubstherese@fadoqlaurentides.org

Services: Social club for seniors. * Computer workshops. * Fitness, petanque and yoga on chair. * Bingo, military whist, shuffleboard, etc. * Thematic meals. * Outings and trips.

Eligibility: people 50 years and over

Capacity: 120 people

Coverage area: Sainte-Thérèse

Hours: variable, closed from mid-June to Labour Day

Fees: membership: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

PETIT PEUPLE (LE)

500 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2L5

450 971-2250

Website: www.lepetitpeuple.org

Email: info@lepetitpeuple.org

Services: Recruitment, training and volunteer involvement of teenagers, young adults and seniors. *

Humanitarian missions. * Christmas party. * Community breakfasts. * Intergenerational activities.

Eligibility: teenagers, young adults, families, people living with a disability or in a vulnerable situation, seniors

Coverage area: Blainville, Boisbriand, Sainte-Thérèse, Mirabel

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

POPOTE À ROLAND (LA)

1025 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4K7

450 435-9707

Website: www.popotearoland.com

Email: info@popotearoland.com

Services: Meals and activities to break the isolation of seniors.

Eligibility: seniors living in Blainville

Capacity: 40 people

Coverage area: Blainville

Hours: early September to mid-May, Wednesday 10h00 to 15h00

Fees: day of activities including meal: \$10

Financing: municipal, provincial, donations, self-financing

Legal status: non-profit organization

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

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

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

Community recreation centres

ASSOCIATION HORIZON ROSEMÈRE (L')

202 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H4

450 621-3500 ext. 7390

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

FADOQ - JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 434-1440 ext. 2551

Website: www.fadoqsth.com

Email: clubstetherese@fadoqlaurentides.org

Services: Social club for seniors. * Computer workshops. * Fitness, petanque and yoga on chair. * Bingo, military whist, shuffleboard, etc. * Thematic meals. * Outings and trips.

Eligibility: people 50 years and over
Capacity: 120 people
Coverage area: Sainte-Thérèse
Hours: variable, closed from mid-June to Labour Day
Fees: membership: \$25 per year
Financing: self-financing, membership fees
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beauré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4
450 478-6537
Website: mdfsadp.com
Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DES JEUNES DES BASSES-LAURENTIDES

53 Saint-Lambert Street, Sainte-Thérèse, Laurentides, QC, J7E 3J9
450 437-0320 Fax: 450 437-0870
Website: www.mdjbl.org
Email: mdjbasseslaurentides@hotmail.com

Services: Supervised meeting place. * Prevention, promotion, awareness and referral. * Recreational, cultural, sporting and social activities. * Outreach work in parks during summer.

Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Thérèse and surroundings

Hours: Monday to Friday 16h00 to 21h00, weekend according to activities, office: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, self-financing, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES SAINTE-ANNE-DES-PLAINES

225 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 3L8
450 478-1011
Website: mdjsadp.wixsite.com/mdjsadp
Email: mdjsadp@videotron.ca

Services: * Recreational and sports activities. * Street work. * Awareness workshops.

Eligibility: people 11 to 17 years old, street work: marginalized people, homeless people

Capacity: 35

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Friday 12h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Day camps and specialized camps

BLAINVILLE - LOISIRS, CULTURE, BIBLIOTHÈQUE ET VIE COMMUNAUTAIRE

1001 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 434-5275 Fax: 450 434-5296

Website: blainville.ca

Email: loisirs@blainville.ca

Services: * Community, sociocultural and sporting activities. * Arenas, recreational and aquatic centre, association centre, athletics stadium, ice rinks, swimming pools, parks and playgrounds. * La Zone: youth centre. * Hall rental. * Coordination with community organizations. * Summer day camp.

Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse

Hours: Monday to Friday 6h15 to 20h30, Saturday and Sunday 7h00 to 16h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

BOISBRIAND - LOISIRS, CULTURE ET BIBLIOTHÈQUE

940 de la Grande Allée Boulevard, ground floor, Boisbriand, Laurentides, QC, J7G 2J7

450 437-2727 Fax: 450 437-9397

Website: www.ville.boisbriand.qc.ca/activites

Services: Management and organization of community, cultural and sports activities. * Arena, ice rinks, pools, Maison du citoyen and Place de la culture, community and cultural centres, parks and playground. * Coordination and support to volunteering within the community of Boisbriand. * Summer day camp.

Coverage area: Boisbriand

Hours: recreative center: June 26th to September 1st 2024, Wednesday to Friday 16h00 to 21h00, Saturday 13h00 to 21h00, Sunday 12h00 to 18h00

Fees: variable

Financing: municipal

Legal status: municipal agency

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

LORRAINE - SERVICE DES LOISIRS ET DE LA CULTURE

29 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 275

Website: ville.lorraine.qc.ca/loisirs-et-culture

Email: loisirs@ville.lorraine.qc.ca

Services: * Community, sociocultural and sporting activities. * Cultural centre, arena, ice rinks, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Parties and events.

Coverage area: Lorraine

Fees: variable

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

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

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

SAINTE-ANNE-DES-PLAINES - RECREATION DEPARTMENT

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 ext. 2016 Fax: 450 478-5660

Website: www.villesadp.ca/services-citoyens/loisirs

Email: loisirs@villesadp.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, gyms, ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Community garden. * Events, exhibitions and parties.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - CULTURE ET LOISIRS

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2640

Website: www.sainte-therese.ca

Email: cultureetloisirs@sainte-therese.ca

Services: * Community, sociocultural and sporting activities. * Sports and community centres, athletics stadium, swimming pools, arenas and ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Hall rental. * Conferences and shows.

Coverage area: Sainte-Thérèse

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

Fees: variable

Financing: municipal

Legal status: municipal agency

Hobbies

ARTS-TISANES DE BLAINVILLE (LES)

1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 971-5786

Email: art-tisanesblainville@outlook.com

Services: * Craft workshops: knitting, crochet, weaving, crafts, bobbin lace, quilt, etc.

Eligibility: women 18 years old and over

Coverage area: Blainville

Hours: September to June, Monday and Thursday 9h00 to 15h00

Fees: annual membership: \$30 for residents of Blainville, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION HORIZON ROSEMÈRE (L')

202 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H4

450 621-3500 ext. 7390

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

ATELIER ALTITUDE

280 Gagnon Montée, Bois-des-Filion, Laurentides, QC, J6Z 2X2

450 437-5053

Email: atelieraltitudeinc@gmail.com

Services: Popular education. * Craft, knitting, etc. * Dance and workout. * Community meals. * Literacy. * Cultural and social outings. * Daycamp.

Eligibility: people living with a mild to moderate intellectual disability

Capacity: 40 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Financing: membership fees, grants, fundraising campaigns

Legal status: non-profit organization

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

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

Fees: none

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LIBRARY

60 36th Avenue, Bois-des-Filion, Laurentides, QC, J6Z 2G6

450 621-1460 ext. 4101

Website: biblio.villebdf.ca

Email: biblio@villebdf.ca

Services: * Loans and renewals: access to printed and audio-visual materials, loan of musical instruments. * On-site consultation. * Computers, Internet access. * Animations and reading activities for all ages. * Photography studio. * Computer science workshops. * A birth, a book. * Musical space and loan of musical instruments. * Grain library: seed library.

Coverage area: Bois-des-Filion

Hours: Monday and Friday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for citizens of Bois-des-Filion, variable for non-residents

Financing: municipal

Legal status: municipal agency

CLUB DE L'ÂGE D'OR LE BLAINVILLOIS

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

514 616-8290

Email: leblainvillois@hotmail.com

Services: * Recreational and social activities: dance, pocket baseball, board games, cards, etc. * Bingo. * Cultural outings and trips.

Eligibility: people 50 years old and over

Capacity: 300 people

Coverage area: Blainville and surroundings

Hours: Monday 9h00 to 16h00, Wednesday 18h45 to 21h00, Friday 9h00 to 11h15

Fees: membership card: \$15 for residents, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

FADOQ - JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 434-1440 ext. 2551

Website: www.fadoqsth.com

Email: clubstetherese@fadoqlaurentides.org

Services: Social club for seniors. * Computer workshops. * Fitness, petanque and yoga on chair. * Bingo, military whist, shuffleboard, etc. * Thematic meals. * Outings and trips.

Eligibility: people 50 years and over

Capacity: 120 people

Coverage area: Sainte-Thérèse

Hours: variable, closed from mid-June to Labour Day

Fees: membership: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINTE-THÉRÈSE DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

1 866 443-4363

Website: www.groupegeme.com

Email: info@groupegeme.com

Services: * In-person and virtual support groups (on Zoom). * Individual counseling in person and virtual (on Zoom). * Meditation groups. * Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD. * Virtual and in-person workshops and conferences at the request of organizations.

Eligibility: people 18 years old and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, depression or burnout, post-traumatic stress

Capacity: support groups: 10 to 25 people per group

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website

Fees: contributions

Financing: provincial, fundraising campaigns, membership fees, self-financing

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

MAISON PARENFAANT DES BASSES-LAURENTIDES

183 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 434-9934

Website: www.maisonparenfant.ca/en

Email: info@maisonparenfant.ca

Services: * Respite: drop-in daycare, evening drop-in, weekend respite, Spring Break respite. * Parents, parent-child and kitchen workshops. * Chat. * Family events.

Eligibility: families and children under 12

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15 to \$25 per family

Financing: grants, donations, contributions

Legal status: non-profit organization

SAINTE-THÉRÈSE PUBLIC LIBRARY

150 du Séminaire Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 1Z2

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Libraries

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

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

Fees: none

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LIBRARY

60 36th Avenue, Bois-des-Filion, Laurentides, QC, J6Z 2G6

450 621-1460 ext. 4101

Website: biblio.villebdf.ca

Email: biblio@villebdf.ca

Services: * Loans and renewals: access to printed and audio-visual materials, loan of musical instruments. * On-site consultation. * Computers, Internet access. * Animations and reading activities for all ages. * Photography studio. * Computer science workshops. * A birth, a book. * Musical space and loan of musical instruments. * Grain library: seed library.

Coverage area: Bois-des-Filion

Hours: Monday and Friday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for citizens of Bois-des-Filion, variable for non-residents

Financing: municipal

Legal status: municipal agency

BOISBRIAND PUBLIC LIBRARY

901 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 1W6

450 435-7466 Fax: 450 435-0627

Website: www.ville.boisbriand.qc.ca/bibliotheque

Email: rsbiblio@ville.boisbriand.qc.ca

Services: * Loan and consultation of books and audiovisual documents, online catalog. * Computers, Internet access and printing devices. * Recycling of batteries, cellphones and glasses. * Story time. * Reading and craft clubs for children and book club for adults. * Conferences and workshops. * Biblio-Santé and Une naissance un livre. * T.A. Biblio: help for kids living with developmental disabilities. * Fab Lab: access to cutting-edge technologies. * Specialized computer for the visually impaired.

Eligibility: children, youth and adults

Coverage area: Boisbriand

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: variable

Financing: municipal

Legal status: municipal agency

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

ROSEMÈRE PUBLIC LIBRARY

339 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7221

Website: biblio.ville.rosemere.qc.ca

Email: biblio@ville.rosemere.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Book club for children. * Story time. * Exhibitions, workshops, author meetings.

Coverage area: Rosemère

Hours: Monday to Thursday 13h00 to 21h00, Friday and Saturday 10h00 to 17h00, Sunday 12h00 to 16h30, summer: Monday to Thursday 10h00 to 21h00, Friday and Saturday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES PUBLIC LIBRARY

155 des Cèdres Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-4337 Fax: 450 478-6733

Website: www.villesadp.ca/services-citoyens/bibliotheque

Email: bibliotheque@villesadp.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and workshops.

Coverage area: Sainte-Anne-des-Plaines

Hours: Tuesday 13h00 to 20h30, Wednesday and Thursday 10h00 to 20h30, Friday 10h00 to 17h30, Saturday 10h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 20h00, Wednesday 10h00 to 20h00, Friday 10h00 to 15h00

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE PUBLIC LIBRARY

150 du Séminaire Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 1Z2

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Municipal sports and recreation services

BLAINVILLE - LOISIRS, CULTURE, BIBLIOTHÈQUE ET VIE COMMUNAUTAIRE

1001 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 434-5275 Fax: 450 434-5296

Website: blainville.ca

Email: loisirs@blainville.ca

Services: * Community, sociocultural and sporting activities. * Arenas, recreational and aquatic centre, association centre, athletics stadium, ice rinks, swimming pools, parks and playgrounds. * La Zone: youth centre. * Hall rental. * Coordination with community organizations. * Summer day camp.

Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse

Hours: Monday to Friday 6h15 to 20h30, Saturday and Sunday 7h00 to 16h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

BOISBRIAND - LOISIRS, CULTURE ET BIBLIOTHÈQUE

940 de la Grande Allée Boulevard, ground floor, Boisbriand, Laurentides, QC, J7G 2J7

450 437-2727 Fax: 450 437-9397

Website: www.ville.boisbriand.qc.ca/activites

Services: Management and organization of community, cultural and sports activities. * Arena, ice rinks, pools, Maison du citoyen and Place de la culture, community and cultural centres, parks and playground. * Coordination and support to volunteering within the community of Boisbriand. * Summer day camp.

Coverage area: Boisbriand

Hours: recreative center: June 26th to September 1st 2024, Wednesday to Friday 16h00 to 21h00, Saturday 13h00 to 21h00, Sunday 12h00 to 18h00

Fees: variable

Financing: municipal

Legal status: municipal agency

LORRAINE - SERVICE DES LOISIRS ET DE LA CULTURE

29 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 275

Website: ville.lorraine.qc.ca/loisirs-et-culture

Email: loisirs@ville.lorraine.qc.ca

Services: * Community, sociocultural and sporting activities. * Cultural centre, arena, ice rinks, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Parties and events.

Coverage area: Lorraine

Fees: variable

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

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

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

SAINTE-ANNE-DES-PLAINES - RECREATION DEPARTMENT

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 ext. 2016 Fax: 450 478-5660

Website: www.villesadp.ca/services-citoyens/loisirs

Email: loisirs@villesadp.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, gyms, ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Community garden. * Events, exhibitions and parties.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - CULTURE ET LOISIRS

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2640

Website: www.sainte-therese.ca

Email: cultureetloisirs@sainte-therese.ca

Services: * Community, sociocultural and sporting activities. * Sports and community centres, athletics stadium, swimming pools, arenas and ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Hall rental. * Conferences and shows.

Coverage area: Sainte-Thérèse

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

Fees: variable

Financing: municipal

Legal status: municipal agency

Sport

ASSOCIATION HORIZON ROSEMÈRE (L')

202 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H4

450 621-3500 ext. 7390

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beauré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

RECYC-DONS

246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0K1

450 838-9954 Fax: 450 707-1579

Website: www.recyc-dons.org

Email: info@recyc-dons.org

Services: Thrift store. * Home donation pick-up of appliances. * On-site recovery of items. * Delivery. * Material assistance on referral.

Eligibility: people on a low income, people who care about environmental issues

Coverage area: MRC Thérèse-De Blainville, MRC Les Moulins, MRC Montcalm

Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00, Saturday 9h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

Sports and recreation for people with a disability**ACCO-LOISIRS**

42D Turgeon Street, Suite 4, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 433-5559 Fax: 450 433-0453

Website: www.accoloisirs.com

Email: info@accoloisirs.com

Services: * Accompaniment. * Adapted recreational and tourism activities. * Respite for teenagers and adults.

Eligibility: people living with an intellectual disability, another type of disability or mental health issues

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: non-profit organization

ASSOCIATION DES PERSONNES AVEC PROBLÈMES AUDITIFS DES LAURENTIDES

421-B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4

1 866 434-2135 Fax: 450 434-4120 **TTY:** 450 434-2135

Website: w2.appal.ca

Email: info@appal.ca

Services: * Reception, information and referral. * Support and mutual aid groups. * Recreational activities and workshops. * Conferences, meetings. * Video library with documents in Québec sign language (QSL). * Services in QSL.

Eligibility: deaf, deafened, hard of hearing or deaf blind people, their families

Coverage area: Laurentians

Hours: reception and information: Monday to Thursday 9h00 to 16h00, help and activities: Tuesday to Thursday (according to calendar), other days by appointment, Friday 9h00 to 16h00 by email or phone only

Fees: annual membership: \$10

Financing: contributions, provincial, donations

Legal status: non-profit organization

AUTISME LAURENTIDES

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

Services: * Advocacy. * Family support. * Respite and recreational services. * Day activities and work station for adults. * Summer camps.

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

GROUPE LA LICORNE MRC THÉRÈSE-DE BLAINVILLE

Confidential Address

450 433-9084

Website: groupelalicorne.org

Email: info@groupelalicorne.org

Services: Day centre. * Support group. * Individualized follow-up in the community: listening, accompaniment and support in the steps and projects to promote the development and maintenance of basic skills (budget, nutrition, self-assertion, etc.). * Activities: courses, outings, art workshops and Hearing Voices workshops.

Eligibility: adults 18 years and over who have or have had a mental health problem

Coverage area: MRC Thérèse-de-Blainville

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 15h30, Wednesday 12h00 to 15h30

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE BASSES-LAURENTIDES

141 Saint-Charles Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 2A9

450 430-8177 Fax: 450 430-8150

Website: www.parrainagecivique.ca

Email: info@parrainagecivique.ca

Services: Pairing of volunteers with a person living with an intellectual disability. * Group activities, outings, seasonal events. * Social, educational, recreational and artistic workshops. * Special days for sponsored people with reduced mobility.

Eligibility: people of all ages living with an intellectual disability

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: free membership, activities: variable cost

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

Clothing

CENTRE MARIE EVE - SAINTE-THÉRÈSE

2 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 491-1494 ext. 6

Website: centremarieeve.ca

Email: info@centremarieeve.ca

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

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

Coverage area: MRC Thérèse-De Blainville

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

Fees: none

Financing: grants, donations

Legal status: non-profit organization

GROUPE MARRAINE TENDRESSE (LE)

3 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L4

450 435-6924

Website: www.groupemarrainetendresse.ca

Email: lgmt@bellnet.ca

Services: * Accompaniment and respite for families with a child aged between 0 and 1 year old. * Daycare for families with a child aged between 0 and 18 months. * Material assistance: clothing, basic care and food products for babies. * Loan of baby items.

Eligibility: families with children aged 0 to 18 months

Coverage area: MRC Thérèse-De Blainville and surrounding towns

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 15h00

Fees: home visits: free, daycare: according to income

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

RECYC-DONS

246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0K1

450 838-9954 Fax: 450 707-1579

Website: www.recyc-dons.org

Email: info@recyc-dons.org

Services: Thrift store. * Home donation pick-up of appliances. * On-site recovery of items. * Delivery. * Material assistance on referral.

Eligibility: people on a low income, people who care about environmental issues

Coverage area: MRC Thérèse-De Blainville, MRC Les Moulins, MRC Montcalm

Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00, Saturday 9h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

RESSOURCERIE DÉPANNE-TOUT

69 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H5

450 979-4955

Website: www.depanne-tout.com

Email: info@depanne-tout.com

Services: * Sale of used clothes, books, toys and various household articles at low prices. * Donations to organizations and referred families. * On-site recovery of household articles (except furniture): decorative items, clothing, toys, books, sports equipment, small electronic devices.

Eligibility: people and families on a low income, general public

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h00 to 16h00, store: 7 days, 10h00 to 17h00, donation centre: 24 hours / 7 days

Financing: self-financing, donations

Legal status: non-profit organization

SOCIÉTÉ D'ENTRAIDE FAMILIALE DE SAINTE-THÉRÈSE

62 Saint-Jean Street, Sainte-Thérèse, Laurentides, QC, J7E 3N4

450 430-5840

Email: zezettedaigle@gmail.com

Services: Sale of clothing and household items. * Donation to people in dire need. * Reception of donations: clothing, household goods, books, kitchenware, small appliances.

Eligibility: people in need

Coverage area: reception and pick-up: Sainte-Thérèse, Blainville, Rosemère, Lorraine, Sainte-Rose, Boisbriand, donations: people in need from Sainte-Thérèse only

Hours: Thursday to Saturday 12h00 to 16h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

Donation pick-ups

RECYC-DONS

246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0K1

450 838-9954 Fax: 450 707-1579

Website: www.recyc-dons.org

Email: info@recyc-dons.org

Services: Thrift store. * Home donation pick-up of appliances. * On-site recovery of items. * Delivery. * Material assistance on referral.

Eligibility: people on a low income, people who care about environmental issues

Coverage area: MRC Thérèse-De Blainville, MRC Les Moulins, MRC Montcalm

Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00, Saturday 9h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

School supplies

SERVICES D'ENTRAIDE LE RELAIS

305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 939-0501

Website: www.entraidelerelais.org

Email: info@entraidelerelais.org

Services: * Food distribution and emergency assistance. * Collective kitchens. * Les Fripes du Relais: used clothing store at a low price. * Popular education. * School supplies. * Christmas baskets.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 9h00 to 16h30, food distribution: Friday, Fripes du Relais: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 16h00

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

Thrift Stores

FRIPERIE BOIS-DES-FILION

388 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H6

450 621-5521 ext. 233

Website: www.paroissestluc.org

Email: info@paroissestluc.org

Services: * Sale of used items at low prices: clothing, kitchenware, etc. * On-site collection of used items.

Eligibility: general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Wednesday 9h00 to 15h30

Fees: variable, at low prices

Financing: self-financing

Legal status: non-profit organization

FRIPERIE CABRINI

210 de l'Église Street, Rosemère, Laurentides, QC, J7A 2X2

450 621-5521 ext. 211

Website: www.paroissestluc.org

Email: aidealimentaire@paroissestluc.org

Services: * Sale of used items at low prices: clothing, kitchenware, etc. * On-site collection of used items.

Eligibility: general public

Coverage area: MRC Thérèse-De Blainville

Hours: Tuesday to Friday 12h30 to 16h30, Saturday 9h00 to 15h30

Fees: variable, at low prices

Financing: self-financing

Legal status: non-profit organization

OUVROIR SAINTE-ANNE - COMPTOIR D'AUBAINES

129 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 3K8

450 478-1525 ext. 225

Email: paroissesainteanne@videotron.ca

Services: * Sale of used items: clothing, toys, books, household items, electrical devices, electronic devices, etc. * On-site collection of used items.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines, Terrebonne

Hours: Monday and Wednesday 9h00 to 11h45 and 13h00 to 14h45, Tuesday and Saturday 9h00 to 11h45

Fees: variable

Financing: donations

Legal status: non-profit organization

PAROISSE SAINT JOSEPH BLAINVILLE

421 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4

450 687-5382

Email: stjoseph.blainville@maronites.ca

Services: * Thrift store. * Recovery of used items on site: clothing, baby items, small furnitures, smalls appliances, toys, books, jewelry and accessories.

Eligibility: general public

Coverage area: Blainville

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

RECYC-DONS

246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0K1

450 838-9954 Fax: 450 707-1579

Website: www.recyc-dons.org

Email: info@recyc-dons.org

Services: Thrift store. * Home donation pick-up of appliances. * On-site recovery of items. * Delivery. * Material assistance on referral.

Eligibility: people on a low income, people who care about environmental issues

Coverage area: MRC Thérèse-De Blainville, MRC Les Moulins, MRC Montcalm

Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00, Saturday 9h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

RENAISSANCE QUÉBEC - GALERIES MILLE-ÎLES THRIFT

307-A Curé-Labelle Boulevard, Rosemère, Laurentides, QC, J7A 2H7

450 987-1241

Website: renaissancequebec.ca/en

Email: information@renaissancequebec.ca

Services: Recovery and sale of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.

Coverage area: Rosemère

Hours: thrift store: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00, donation centre: Monday to Friday 8h00 to 21h00, Saturday and Sunday 8h00 to 17h00

Financing: self-financing

Legal status: non-profit organization

RESSOURCERIE DÉPANNE-TOUT

69 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H5

450 979-4955

Website: www.depanne-tout.com

Email: info@depanne-tout.com

Services: * Sale of used clothes, books, toys and various household articles at low prices. * Donations to organizations and referred families. * On-site recovery of household articles (except furniture): decorative items, clothing, toys, books, sports equipment, small electronic devices.

Eligibility: people and families on a low income, general public

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h00 to 16h00, store: 7 days, 10h00 to 17h00, donation centre: 24 hours / 7 days

Financing: self-financing, donations

Legal status: non-profit organization

SERVICES D'ENTRAIDE LE RELAIS

305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 939-0501

Website: www.entraidelerelais.org

Email: info@entraidelerelais.org

Services: * Food distribution and emergency assistance. * Collective kitchens. * Les Fripes du Relais: used clothing store at a low price. * Popular education. * School supplies. * Christmas baskets.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 9h00 to 16h30, food distribution: Friday, Fripes du Relais: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 16h00

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ D'ENTRAIDE FAMILIALE DE SAINTE-THÉRÈSE

62 Saint-Jean Street, Sainte-Thérèse, Laurentides, QC, J7E 3N4

450 430-5840

Email: zezettedaigle@gmail.com

Services: Sale of clothing and household items. * Donation to people in dire need. * Reception of donations: clothing, household goods, books, kitchenware, small appliances.

Eligibility: people in need

Coverage area: reception and pick-up: Sainte-Thérèse, Blainville, Rosemère, Lorraine, Sainte-Rose, Boisbriand, donations: people in need from Sainte-Thérèse only

Hours: Thursday to Saturday 12h00 to 16h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

Accompanied transport

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP - ACCOMPANIMENT-TRANSPORTATION

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 ext. 226 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: transport@cabsb.org

Services: * Accompaniment and transportation to medical and community appointments by volunteers.

Eligibility: people 65 years old and over, autonomous or semi-autonomous

Coverage area: MRC Thérèse-De Blainville, transportation: Greater Montréal and surroundings

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: \$0.52 per km

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES - ACCOMPANIMENT-TRANSPORTATION

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: * Medical and legal transportation and accompaniment by volunteers.

Eligibility: members

Coverage area: MRC Thérèse-De Blainville, transportation: Province of Québec

Hours: 7 days

Fees: annual membership: \$10, \$0.60 per km

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

Legal status: non-profit organization

ROSEMÈRE - TRANSPORTATION FOR SENIORS

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/seniors

Email: info@ville.rosemere.qc.ca

Services: Low-cost taxi transportation for seniors to predetermined services: banks, grocery stores, clinics, movie theatres, etc. * List of locations serviced: [click here](#)

Eligibility: seniors 65 years and over

Coverage area: Rosemère

Hours: transportation: Tuesday, Thursday and Friday 7h00 to 23h00

Fees: round-trip: \$2

Financing: municipal

Legal status: municipal agency

Accompanied transport for medical reasons

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP - ACCOMPANIMENT-TRANSPORTATION

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 ext. 226 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: transport@cabsb.org

Services: * Accompaniment and transportation to medical and community appointments by volunteers.

Eligibility: people 65 years old and over, autonomous or semi-autonomous

Coverage area: MRC Thérèse-De Blainville, transportation: Greater Montréal and surroundings

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: \$0.52 per km

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES - ACCOMPANIMENT-TRANSPORTATION

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: * Medical and legal transportation and accompaniment by volunteers.

Eligibility: members

Coverage area: MRC Thérèse-De Blainville, transportation: Province of Québec

Hours: 7 days

Fees: annual membership: \$10, \$0.60 per km

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

Legal status: non-profit organization

ROSEMÈRE - TRANSPORTATION FOR SENIORS

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/seniors

Email: info@ville.rosemere.qc.ca

Services: Low-cost taxi transportation for seniors to predetermined services: banks, grocery stores, clinics, movie theatres, etc. * List of locations serviced: [click here](#)

Eligibility: seniors 65 years and over

Coverage area: Rosemère

Hours: transportation: Tuesday, Thursday and Friday 7h00 to 23h00

Fees: round-trip: \$2

Financing: municipal

Legal status: municipal agency

Paratransit

EXO - RÉSEAU DE TRANSPORT MÉTROPOLITAIN - PARATRANSIT

83 Turgeon Street, 2nd floor, Sainte-Thérèse, Laurentides, QC, J7E 3H7

1 877 433-4004

Website: exo.quebec/en/trip-planner/para-transit

Email: transport.adapte@exo.quebec

Services: Paratransit service by cab and adapted minibus. * Application form:

exo.quebec/Media/Default/pdf/section8/admission_ta_exo_EN.pdf * Online appointment reservation service:

exo.quebec/en/customer-service/TransportAdapteReservation

Eligibility: people with disabilities, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others, to communicate verbally or by gesture (this condition alone cannot be taken into account for admission purposes)

Transportation

Coverage area: MRC l'Assomption, MRC les Moulins, MRC Thérèse-de-Blainville, MRC de Deux-Montagne, MRC de Mirabel, MRC de la Vallée-du-Richelieu, MRC de Marguerite D'Youville, MRC de Roussillon, Beauharnois, Hudson, L'Île-Perrot, Les Cèdres, Marieville, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Pointe-Fortune, Richelieu, Rigaud, Rougemont, Saint-Césaire, Saint-Clet, Saint-Lazare, Sainte-Justine-de-Newton, Saint-Jérôme, Sainte-Marthe, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Terrasse-Vaudreuil, Très-Saint-Rédempteur, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Sunday to Thursday 6h30 to midnight, Friday, Saturday and holidays 6h30 to 1h00 am

Fees: variables

Financing: self-financing, municipal, provincial

Legal status: parapublic organization

Violence and abuse

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

PREVENTION OF VIOLENCE AND CRIME

SUPPORT FOR VICTIMS AND THEIR FAMILIES

THERAPY AND COUNSELLING

Domestic violence: shelters and support

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations

Legal status: non-profit organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

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

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

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

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

Financing: provincial

Legal status: non-profit organization

Prevention of violence and crime

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations

Legal status: non-profit organization

Support for victims and their families

MESURES ALTERNATIVES DES BASSES-LAURENTIDES

209 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 437-9903 Fax: 450 437-8293

Website: www.mabl.ca

Email: admin@mabl.ca

Services: Prevention, awareness and information program in relation with the Youth Criminal Justice Act. * Proposing alternatives to the traditional justice system and different ways of managing conflicts. * Citizen mediation service.

Eligibility: teenagers 12 to 17 years old who have been prosecuted under the Criminal Code or Criminal Procedure Code, general public

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public
Coverage area: Sainte-Thérèse
Hours: Monday to Friday 8h30 to 16h00
Fees: parking: free
Financing: federal
Legal status: federal government agency

Therapy and counselling

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations
Legal status: non-profit organization

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

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

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

GROUPE LA LICORNE MRC THÉRÈSE-DE BLAINVILLE

Confidential Address

450 433-9084

Website: groupelalicorne.org

Email: info@groupelalicorne.org

Services: Day centre. * Support group. * Individualized follow-up in the community: listening, accompaniment and support in the steps and projects to promote the development and maintenance of basic skills (budget, nutrition, self-assertion, etc.). * Activities: courses, outings, art workshops and Hearing Voices workshops.

Eligibility: adults 18 years and over who have or have had a mental health problem

Coverage area: MRC Thérèse-de-Blainville

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 15h30, Wednesday 12h00 to 15h30

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

RÉINSERTION SOCIALE DU SOLEIL LEVANT - CLINIQUE COMMUNAUTAIRE DE PSYCHOTHÉRAPIE

Confidential Address

450 430-0284

Website: rsoleillevant.org

Email: info@rcentredecrisesoleillevant.org

Services: * Community psychotherapy clinic: individual, marital or family sessions.

Eligibility: people of all ages

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 21h00 by appointment

Fees: depending on the income

Financing: grants, donations

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

Legal status: non-profit organization

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 435-0808

Website: www.domremystetherese.com

Email: info@domremystetherese.com

Services: * Telephone support. * External individual support. * Parent-teen mediation. * Prevention of relapse and transfer of addictions. * Intervention and prevention of intergenerational transmission of addiction. * Intervention and prevention of codependency. * Creativity and meditation workshops. * Themed help and mutual aid workshops on the root causes of addictions. * Community activities.

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones

Capacity: 35

Coverage area: Laurentians, Lanaudière

Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides, grants

Legal status: non-profit organization

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