DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LAURENTIDES / ALL MRC / ALL CITIES

2-1-1  WWW.211.QC.CA
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Transportation

- Accompanied transport
- Accompanied transport for medical reasons
- Paratransit
- Public Transportation

Violence and abuse

- Child abuse
- Domestic violence: shelters and support
- Elder abuse
- Help lines related to violence and abuse
- Prevention of violence and crime
- Sexual assault and incest
- Support for perpetrators of violence and their families
- Support for victims and their families
- Therapy and counselling
Child, 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

ASSOCIATION DES MAISONS DE JEUNES DE MIRABEL
9505 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X2
450 412-0799
Website: mdjmirabel.ca
Email: info@mdjmirabel.ca


Eligibility: youth centre and youth job cooperative: 12 to 17 years old and their close ones, 6th grade project: youth 11 or 12 years old in 6th grade, street work: youth from 12 to 35 years and their close ones

Coverage area: Mirabel

Hours: administration: 9h00 to 16h00, youth centre: 16h00 to 21h00, street work: depending on the needs

Fees: none

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDEIÈRE
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 Quebec or forced to remain in Quebec, 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’ÉVALUATION ET DE TRAITEMENT DES AGRESSIONS SEXUELLES
8 de La Salette Boulevard, Suite 101C, Saint-Jérôme, Laurentides, QC, J7Y 5C8
450 431-6400 Fax: 450 431-2475
Website: www.info-cetas.com
Email: cetas@info-cetas.com


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

Coverage area: Laurentians

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

Fees: variable
Financing: self-financing, provincial
Legal status: non-profit organization

CENTRE DE LA FAMILLE DES HAUTES-LAURENTIDES
362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7
819 623-7215    Fax: 819 623-9718
Email: ctre.famille@ireseau.com
Eligibility: families
Coverage area: Hautes-Laurentides, MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h30
Fees: $1 per day
Financing: provincial, grants and donations
Legal status: non-profit organization

CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D’ADAPTATION - DEUX-MONTAGNES
333 Antonin-Campeau Street, Suite 101, Deux-Montagnes, Laurentides, QC, J7R 0A2
450 472-2107
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: children and teenagers in difficulty, young offenders, parents, guardians, counsellors
Coverage area: MRC Deux-Montagnes
Financing: provincial
Legal status: parapublic organization

CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D’ADAPTATION - HUBERDEAU
104, Vert-Pré Street, Amherst, Laurentides, QC, J0T 1G0
819 687-1032
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Services: Readaptation services for teenagers with social and emotional problems.
Eligibility: boys and girls 12 to 18 years old
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D’ADAPTATION - SAINT-JÉRÔME (RUE CASTONGUAY)
148 Castonguay Street, Saint-Jérôme, Laurentides, QC, J7Y 2J2
450 565-1773
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Services: Readaptation services for teenagers with social and emotional problems.
Eligibility: boys and girls 12 to 18 years old
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization
CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D’ADAPTATION - SAINT-JÉRÔME (RUE LAVIOLETTE)
358 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T1
450 432-9300
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: children and teenagers in difficulty, young offenders, parents, guardians, counsellors
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D’ADAPTATION - SAINT-JÉRÔME - HEAD OFFICE AND DIRECTION OF YOUTH PROTECTION
500 des Laurentides Boulevard, Suite 241, Saint-Jérôme, Laurentides, QC, J7Z 4M2
450 436-7607
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: children and teenagers in difficulty, young offenders, parents, guardians, counsellors
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D’ADAPTATION - SAINTE-AGATHE-DES-MONTS
125-A Tour du Lac Road, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3A1
819 326-6221
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Services: * Youth protection. * Psychosocial services and outpatient rehabilitation. * Supervised access.
Eligibility: children and teenagers in difficulty, young offenders, parents, guardians, counsellors
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D’ADAPTATION - 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
Eligibility: children and teenagers in difficulty, young offenders, parents, guardians, counsellors
Coverage area: MRC Thérèse-De Blainville
Financing: provincial
Legal status: parapublic organization
CITAD’ELLE DE LACHUTE (LA)
Confidential Address
450 562-7797     Fax: 450 562-1311
Website: citadellelachute.ca
Email: administration@citadellelachute.ca
Eligibility: women and children victims of conjugal violence, workshops and trainings: schools, organizations, institutional and professional environment
Capacity: 14
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

ESCOUADE POUR L’ENFANCE
1332 Sainte-Adèle Boulevard, Suite 200, Sainte-Adèle, Laurentides, QC, J8B 0J7
450 229-6650
Website: escouade.org
Email: info@escouade.org
Eligibility: children 4 to 12 years old of primary schools and early childhood care centre, adults close to them
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 17h00, closed for summer
Financing: donations, self-financing, contributions
Legal status: non-profit organization

LEGAL AID OFFICE - LACHUTE
505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6
450 562-2462     Fax: 450 562-1758
Website: www.ccjll.qc.ca
Email: bajlach@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Lachute
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - MONT-LAURIER
555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-2827     Fax: 819 623-4894
Website: www.ccjll.qc.ca
Email: bajml@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Mont-Laurier
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-EUSTACHE
11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3
450 472-0134 Fax: 450 472-0409
Website: ccjll.qc.ca
Email: bajeust@ccjll.qc.ca

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

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

Coverage area: Saint-Eustache

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

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

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-JÉRÔME
460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3
450 436-5712 Fax: 450 436-8004
Website: www.ccjll.qc.ca
Email: bajstje@ccjll.qc.ca

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

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

Coverage area: Saint-Jérôme

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

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

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-AGATHE
118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1
819 326-6111 Fax: 819 326-1767
Website: www.ccjll.qc.ca
Email: bajagathe@ccjll.qc.ca

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

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

Coverage area: Sainte-Agathe-des-Monts

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

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

Financing: provincial

Legal status: parapublic organization
LEGAL AID OFFICE - SAINTE-THÉRÈSE
220 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 individuals. * Reception and processing legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: 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: provincial government agency

MAISON D'ARIANE (LA)
Confidential Address
450 432-9355     Fax: 450 432-8005
Website: maisondariane.ca
Email: info@maisondariane.ca
Services: Help Centre and Shelter for women and children who are victims of domestic violence. * Shelter services. * Mother & Child service. * External services: 24/7 help line, one-on-one meetings with a shelter worker, Assistance and support with procedures such as attending superior or criminal court, the DPJ and other needs. * Prevention and awareness.
Eligibility: women and children victims of domestic violence
Capacity: 17 women and children
Coverage area: Laurentides
Hours: telephone assistance: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER
2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7
1 866 623-3009     Fax: 819 623-7040
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca
Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: grants, donations
Legal status: non-profit organization
MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE
1475 L'Annonciation Nord Street, 2nd floor, Rivièr-Rouge, Laurentides, QC, J0T 1T0
819 275-7653 Fax: 819 275-2161
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca


Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d'Antoine-Labelle
Financing: grants, donations
Legal status: non-profit organization

OMBRE-ELLE, MAISON D’AIDE ET D’HÉBERGEMENT POUR FEMMES VICTIMES DE VIOLENCE CONJUGALE (L’)
Confidential Address
819 326-1321 Fax: 819 326-7795
Website: lombrelle.qc.ca/en/home-2/
Email: info@lombrelle.qc.ca

Services: Assistance and shelter for women victims of domestic violence. * Outreach services: support, consultation and youth worker. * Information, prevention and awareness. * Duration of stay from a few days to a few months.

Eligibility: women victims of domestic violence with or without children
Capacity: 15 lits
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

RESSOURCES OLIVIER
2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3
819 660-2842
Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com


Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people
Capacity: temporary housing: 12 families
Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau
Hours: 7 days, 9h00 to 19h00, by appointment
Fees: housing: variable
Financing: self-financing
Legal status: non-profit organization
SOS JEUNESSE
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-5014
Website: www.sosjeunesse.org
Email: info@sosjeunesse.org
Eligibility: children 0 to 17 years subject to custody under supervision, referred by the Superior Court or the DPJ, or whose 2 parents are voluntary
Coverage area: CSSS Argenteuil, CSSS Saint-Jérôme, CSSS Thérèse-de-Blainville, CSSS Lac-des-deux-Montagnes, CSSS des Pays-d'en-Haut, Centre Jeunesse des Laurentides
Hours: by appointment, voicemail: 24 hours / 7 days
Fees: file opening and services
Financing: provincial, grants
Legal status: non-profit organization

Daycare and respite

AU COEUR DE L’ARBRE MAISON DE RÉPIT JEUNESSE
Confidential Address
819 951-8484
Email: aucoeurdelarbre@outlook.com
Eligibility: youth, families
Coverage area: MRC Antoine-Labelle
Hours: 7 days, 9h00 to 17h00
Fees: variable
Financing: self-financing, donations
Legal status: non-profit organization

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)
310 de l’Église Street, Lachute, Laurentides, QC, J8H 4A8
450 562-7122
Website: www.cafela.org
Email: info@cafela.org
Eligibility: women, drop-in day care centre: children 18 months to 5 years old, respite care: children 0 to 5 years old
Coverage area: Lachute
Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00
Fees: membership card: $5 per year, clothing counter: free for women and children
Financing: contributions
Legal status: non-profit organization
CARREFOUR PÉRI-NAISSANCE ET FAMILIAL
509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5
450 472-2555
Website: carrefourperinaissance.org
Email: info@carrefourperinaissance.org
Eligibility: future parents, parents, children 0 to 12 years old
Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00
Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE FERME-NEUVE
130 13th Street, Ferme-Neuve, Laurentides, QC, J0W 1C0
819 587-4189
Email: centre.fn@gmail.com
Eligibility: single people and families on a low income
Coverage area: Ferme-Neuve, Lac-Saint-Paul, Mont-Saint-Michel and Sainte-Anne-du-Lac
Hours: Monday to Thursday 8h00 to 16h00, thrift store: Monday to Thursday 10h00 to 16h00
Financing: donations
Legal status: non-profit organization

CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)
741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2
450 432-5642     Fax: 450 432-8673
Website: centredefemmeslesunesetlesautres.org
Email: centrelesunes@qc.aira.com
Eligibility: women, daycare and respite care: children 6 months to 5 years old
Capacity: daycare and respite care: limited places
Coverage area: MRC La Rivièr-e-du-Nord
Hours: Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings
Fees: none
Financing: provincial, donations, membership fees
Legal status: non-profit organization

CENTRE DE LA FAMILLE DES HAUTES-LAURENTIDES
362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7
819 623-7215     Fax: 819 623-9718
Email: ctre.famille@ireseau.com

Eligibility: families
Coverage area: Hautes-Laurentides, MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h30
Fees: $1 per day
Financing: provincial, grants and 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: centregaindevie.ca
Email: info@centregaindevie.ca


Eligibility: individuals, families on a low income
Coverage area: MRC Thérèse-De Blainville
Hours: office: Monday to Wednesday 8h00 to 16h00, Thursday 11h00 to 16h00, Friday 16h30 to 20h00, food distribution for individuals: Wednesday 8h30 to 11h30, food distribution for families: Wednesday 13h30 to 14h30, popular evenings: Friday 16h30 to 20h00, daycare: Monday to Friday 8h00 to 16h00, collective kitchen: Wednesday and Thursday
Fees: annual membership: $5, food assistance: $2 per week, collective kitchen: $5 for 6 meals, daycare: $4 per child per day or $2 for half a day per child
Financing: Centraide, provincial, membership fees, self-financing
Legal status: non-profit organization

COLOMBE (LA)
9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5
819 326-4779     Fax: 819 326-0233
Website: centrelacolombe.ca
Email: info@centrelacolombe.ca


Eligibility: women
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 16h30
Financing: self-financing, donations
Legal status: non-profit organization

GRANDS-PARENTS TENDRESSE
374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9
450 436-6664
Website: grandsparentstendresse.org
Email: administration@grandsparentstendresse.org
Eligibility: seniors, adults 45 years and over, families and parents of children from 0 to 12 months old
Coverage area: Saint-Jérôme, pairing: MRC La Rivière-du-Nord
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per year
Financing: self-financing
Legal status: non-profit organization

GROUPE MARRAINE TENDRESSE (LE)
3 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L4
450 435-6924
Website: www.grou pemarrainetendresse.ca
Email: lgmt@bellnet.ca
Services: * Respite and accompaniment 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 D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE
582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7
450 565-0958     Fax: 450 565-1648
Website: mhjlaparenthese.org
Email: info@mhjlaparenthese.org
Services: * Temporary housing from 1 to 3 months, with the possibility of a 3-day trial period. * Emergency shelter from 1 to 2 days. * Respite service. * Telephone listening: support, advice and referral. * Help relationship, accompaniment, post-housing follow-up and referrals. * Family mediation.
Eligibility: young people in difficulty aged 12 to 17 years, their parents, families
Capacity: 6 places
Coverage area: Laurentians
Hours: 24 hours / 7 days
Fees: variable according to income, from $3.50 to $12 per day
Financing: provincial, municipal, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL
232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8
450 562-0503
Email: info@familleargenteuil.org
Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old
Coverage area: Laurentides
Hours: Monday to Thursday 8h00 to 16h00
Fees: variable
Financing: Centraide Laurentides, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE DE BOIS-DES-FIION
395 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H5
450 965-0666   Fax: 450 621-6400
Website: maisondelafamillebdf.com
Email: info@maisondelafamillebdf.com
Eligibility: families, individuals
Coverage area: Bois-des-Filion and surroundings
Hours: office: Monday to Friday 8h30 to 16h00, information: 13h00 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 MIRABEL
15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2
450 414-2121
Website: familleremirabel.com
Email: info@familleremirabel.com
Eligibility: children, families and grandparents
Capacity: variable
Coverage area: Mirabel
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 15h30
Fees: free or at affordable price
Financing: fundraising campaigns, provincial, Centraide Laurentides
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES
238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 478-6537
Website: maisondelafamillesadp.com
Email: mdf.sadp@videotron.ca
Eligibility: single people, families, couples
Coverage area: Sainte-Anne-des-Plaines
Hours: Monday to Thursday 8h30 to 16h00
Fees: variable, daycare: free during activities, respite: $5 for half a day or $10 for an entire day, thrift store: free
Financing: self-financing, grants
Legal status: non-profit organization
MAISON DE LA FAMILLE DES PAYS-D'EN-HAUT (LA)
480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5
450 229-3354
Website: maisondelafamille.com
Email: info@maisondelafamille.com
Eligibility: families, children aged 0 to 12 years old
Coverage area: MRC Les Pays-d'en-Haut
Fees: $20 per year
Financing: self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE DU NORD (LA)
155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1
819 425-5407
Website: www.maisondelafamilledunord.com
Email: cdrouin@mfdn.ca
Eligibility: families and children from 0 to 6 years old, students aged 6 to 12 years
Coverage area: MRC Les Laurentides
Hours: Monday to Friday 9h00 to 16h00, drop-in daycare: Tuesday and Thursday, family breakfast: Wednesday 9h00 to 11h00
Financing: self-financing, grants
Legal status: non-profit organization

MAISON PARENTFANT DES BASSES-LAURENTIDES
310 Montée Sanche, Rosemère, Laurentides, QC, J7A 3R6
450 434-9934     Fax: 450 434-9981
Website: www.maisonparentfant.ca/en
Email: info@maisonparentfant.ca
Eligibility: families (parents, guardians, others) and children 0 to 12 years old
Coverage area: MRC Thérèse-De Blainville
Hours: Monday to Friday 8h30 to 16h00
Fees: yearly membership: $10 per family
Financing: grants, donations, contributions
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER
2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7
1 866 623-3009     Fax: 819 623-7040
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca

Eligibility: pregnant women, new parents, families, children 0 to 5 years old

Coverage area: MRC d'Antoine-Labelle

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

Financing: grants, donations

Legal status: non-profit organization

MÉREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-7653    Fax: 819 275-2161

Website: www.lamereveille.ca

Email: directioncrp@lamereveille.ca


Eligibility: pregnant women, new parents, families, children 0 to 5 years old

Coverage area: MRC d'Antoine-Labelle

Financing: grants, donations

Legal status: non-profit organization

SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS

170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

819 767-3355

Website: www.notre-dame-du-laus.ca/service-collectif-aux-familles-0

Email: maisondelafamille.ndl@outlook.com


Eligibility: families

Coverage area: Notre-Dame-du-Laus

Hours: Monday to Friday, variable hours

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization
Family Support

AMIS DE SIMON (LES)
Confidential Address
438 503-7633
Website: www.lesamisdesimon.com
Email: info@lesamisdesimon.com
Services: Monthly support group for people mourning a child. * Occasional conferences.
Eligibility: parents of a deceased child
Capacity: 25 people
Coverage area: Greater Montréal and Lanaudière
Hours: Monday to Friday 9h00 to 17h00, support group: Wednesday evening on reservation
Fees: membership: $20 for 9 meetings
Financing: donations, membership fees
Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES
2 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 979-7263
Website: pandatdb.com
Email: info@pandatdb.com
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 meetings
Fees: membership: $25 per family per year
Financing: provincial, donations
Legal status: non-profit organization

AU COEUR DE L’ARBRE MAISON DE RÉPIT JEUNESSE
Confidential Address
819 951-8484
Email: aucoeurdelarbre@outlook.com
Eligibility: youth, families
Coverage area: MRC Antoine-Labelle
Hours: 7 days, 9h00 to 17h00
Fees: variable
Financing: self-financing, donations
Legal status: non-profit organization
CARREFOUR PÉRI-NAISSANCE ET FAMILIAL
509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5
450 472-2555
Website: carrefourperinaissance.org
Email: info@carrefourperinaissance.org
Eligibility: future parents, parents, children 0 to 12 years old
Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoit, Saint-Hermas, Sainte-Scholastique
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00
Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE FERME-NEUVE
130 13th Street, Ferme-Neuve, Laurentides, QC, J0W 1C0
819 587-4189
Email: centre.fn@gmail.com
Eligibility: single people and families on a low income
Coverage area: Ferme-Neuve, Lac-Saint-Paul, Mont-Saint-Michel and Sainte-Anne-du-Lac
Hours: Monday to Thursday 8h00 to 16h00, thrift store: Monday to Thursday 10h00 to 16h00
Financing: donations
Legal status: non-profit organization

CENTRE DE LA FAMILLE DES HAUTES-LAURENTIDES
362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7
819 623-7215  Fax: 819 623-9718
Email: ctre.famille@ireseau.com
Eligibility: families
Coverage area: Hautes-Laurentides, MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h30
Fees: $1 per day
Financing: provincial, grants and donations
Legal status: non-profit organization

CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME
200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8
450 431-1239  Fax: 450 431-5543
Website: www.centredelafamille.ca
Email: direction@centredelafamille.ca
Eligibility: persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation

Coverage area: Grand Saint-Jérôme

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

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DU COEUR DES LAURENTIDES
10 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2
819 774-8574
Website: cpscl laurentides.ca
Email: info@cpscl laurentides.ca


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

Coverage area: MRC Les Laurentides

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ D’ANTOINE-LABELLE
380 de la Madone Street, Apartment 1, Mont-Laurier, Laurentides, QC, J9L 1S2
819 499-1181
Website: cpscal.org
Email: info@cpscal.org

Services: * Assessment and orientation meetings with a multidisciplinary team. * Medical, psychosocial and nursing follow-up. * Accompaniment targeted to the needs of children and their development. * Support for vulnerable families.

Eligibility: children 0 to 18 years old

Coverage area: MRC Antoine-Labelle

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ D’ANTOINE-LABELLE - RIVIÈRE-ROUGE
SERVICE POINT
1475 de L’Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 499-1181     Fax: 819 499-0672
Website: cpscal.org
Email: info@cpscal.org

Services: * Evaluation and orientation meetings with a doctor and a social worker. * Medical and psychosocial follow-up. * Accompaniment targeted to the needs of children and their development. * Support for vulnerable families. * Distribution of school supplies to families known to the organization.

Eligibility: children aged 0 to 18 years old

Coverage area: MRC Antoine-Labelle

Hours: Monday and Tuesday 8h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization
CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - SAINT-JÉRÔME (URFI D’YOUVILLE)
531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8
450 432-2777
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Services: Adaptation and rehabilitation for people with an intellectual disability or an autism spectrum disorder.
Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives
Coverage area: Saint-Jérôme
Financing: provincial
Legal status: parapublic organization

CENTRE POUR L’ENFANCE EN SANTÉ MENTALE DEUX-MONTAGNES
328 de la Grande Côte Road, Saint-Eustache, Laurentides, QC, J7P 1E7
450 623-5677     Fax: 450 623-6488
Website: www.cesamedeuxmontagnes.com
Email: infos@cesamedeuxmontagnes.com
Eligibility: children aged 0 to 5 years old with behaviour, communication or socialization issues, their parents
Coverage area: MRC Deux-Montagnes
Hours: office: Monday to Friday 8h00 to 16h00
Fees: annual membership: $10
Financing: federal, provincial, municipal, donations, grants
Legal status: non-profit organization

COMPTOIR D’ENTRAIDE POPULAIRE MIRABEL
8555 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-7609
Email: cepmi@videotron.ca
Services: * Recovery and sale of used clothing, items and furniture. * Food baskets. * Financial assistance for school supplies and day camps.
Eligibility: families, people on a low income
Coverage area: food baskets and assistance for school supplies: Mirabel, collection of used items: Saint-Benoît, Saint-Hermas and Saint-Augustin parishes, cities of Sainte-Thérèse, Blainville, Boisbriand
Hours: thriftstore: Monday and Thursday 13h00 to 17h00, Tuesday and Wednesday 13h00 to 16h00, Saturday 9h00 to 12h00, donations: 7/7, 7h30 to 20h00, food assistance: Tuesday 13h30 to 15h00
Financing: self-financing, donations
Legal status: non-profit organization

DEUX-MONTAGNES PUBLIC LIBRARY
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-2796     Fax: 450 473-2816
Website: bibliotheque.ville.deux-montagnes.qc.ca/page.php?lang=en
Email: biblio@ville.deux-montagnes.qc.ca
Eligibility: children, youth and adults
Coverage area: Deux-Montagnes
GRANDS FRÈRES GRANDES SOURS DE LA PORTE DU NORD
770 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M3
450 565-4562  Fax: 450 436-9735
Website: portedunord.grandsfreresgrandessoeurs.ca
Email: info.portedunord@grandsfreresgrandessoeurs.ca

Services: Pairing with an adult mentor for children who need a meaningful presence. * Group or individual school mentoring. * Mentoring for girls aged 6 to 18. * Mentoring for boys aged 6 to 18. * Mentoring for 16 to 21 year olds receiving services under the Youth Protection Act (YPA) or the Youth Criminal Justice Act (YCJA).

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

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

Hours: Monday to Friday 9h00 to 17h00

Fees: none

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

Legal status: non-profit organization

INSTITUT DE FORMATION D’AIDE COMMUNAUTAIRE À L’ENFANT ET À LA FAMILLE
179 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8
450 438-7708
Website: www.ifacef.com
Email: ifacef@ifacef.com


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

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: $90 per hour

Financing: grants, self-financing

Legal status: non-profit organization
LORRAINE PUBLIC LIBRARY
31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9
450 621-1071
Website: www.ville.lorraine.qc.ca
Email: bibliotheque@ville.lorraine.qc.ca
Coverage area: Lorraine
Hours: Monday and Wednesday 10h00 to 17h00, Tuesday, Thursday and Friday 10h00 to 19h30, Saturday and Sunday: 10h00 to 16h00, from June 24th: closed on Sunday
Financing: municipal
Legal status: municipal agency

MAISON D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE
582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7
450 565-0958     Fax: 450 565-1648
Website: mhjlaparenthese.org
Email: info@mhjlaparenthese.org
Services: * Temporary housing from 1 to 3 months, with the possibility of a 3-day trial period. * Emergency shelter from 1 to 2 days. * Respite service. * Telephone listening: support, advice and referral. * Help relationship, accompaniment, post-housing follow-up and referrals. * Family mediation.
Eligibility: young people in difficulty aged 12 to 17 years, their parents, families
Capacity: 6 places
Coverage area: Laurentians
Hours: 24 hours / 7 days
Fees: variable according to income, from $3.50 to $12 per day
Financing: provincial, municipal, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL
232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8
450 562-0503
Email: info@familleargenteuil.org
Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old
Coverage area: Laurentides
Hours: Monday to Thursday 8h00 to 16h00
Fees: variable
Financing: Centraide Laurentides, donations
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: maisondelafamillebdf.com
Email: info@maisondelafamillebdf.com
Eligibility: families, individuals
Coverage area: Bois-des-Filion and surroundings
Hours: office: Monday to Friday 8h30 to 16h00, information: 13h00 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 MIRABEL
15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2
450 414-2121
Website: famillemirabel.com
Email: info@famillemirabel.com
Eligibility: children, families and grandparents
Capacity: variable
Coverage area: Mirabel
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 15h30
Fees: free or at affordable price
Financing: fundraising campaigns, provincial, Centraide Laurentides
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES
238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 478-6537
Website: maisondelafamillesadp.com
Email: mdf.sadp@videotron.ca
Eligibility: single people, families, couples
Coverage area: Sainte-Anne-des-Plaines
Hours: Monday to Thursday 8h30 to 16h00
Fees: variable, daycare: free during activities, respite: $5 for half a day or $10 for an entire day, thrift store: free
Financing: self-financing, grants
Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D'EN-HAUT (LA)
480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5
450 229-3354
Website: maisondelafamille.com
Email: info@maisondelafamille.com
Eligibility: families, children aged 0 to 12 years old
Coverage area: MRC Les Pays-d’en-Haut
Fees: $20 per year
Financing: self-financing
Legal status: non-profit organization
MAISON DE LA FAMILLE DU NORD (LA)
155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1
819 425-5407
Website: www.maisondelafamilledunord.com
Email: cdrouin@mfdn.ca
Eligibility: families and children from 0 to 6 years old, students aged 6 to 12 years
Coverage area: MRC Les Laurentides
Hours: Monday to Friday 9h00 to 16h00, drop-in daycare: Tuesday and Thursday, family breakfast: Wednesday 9h00 to 11h00
Financing: self-financing, grants
Legal status: non-profit organization

MAISON DES PARENTS DU QUÉBEC - SAINT-JÉRÔME
179 St-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8
450 438-7708
Website: www.maisondesparents.com
Email: info@maisondesparents.com
Eligibility: families, social pediatrics clinic: families with children from 0 to 14 years old in a vulnerable situation
Coverage area: Saint-Jérôme and surrounding area
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

MAISON OXYGÈNE LAURENTIDES
154 Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 1Y1
438 825-1651
Website: www.maisonoxygenelaurentides.org
Email: maison.oxygene.laurentides@gmail.com
Eligibility: fathers and their children
Capacity: housing: 2 families
Coverage area: Laurentians
Hours: Monday to Friday 8h00 to 16h00
Fees: external services: free, housing: minimal fee
Financing: grants, donations
Legal status: non-profit organization

MAISON PARENTFANT DES BASSES-LAURENTIDES
310 Montée Sanche, Rosemère, Laurentides, QC, J7A 3R6
450 434-9934  Fax: 450 434-9981
Website: www.maisonparentfant.ca/en
Email: info@maisonparentfant.ca
Eligibility: families (parents, guardians, others) and children 0 to 12 years old
Coverage area: MRC Thérèse-De Blainville
Hours: Monday to Friday 8h30 to 16h00
Fees: yearly membership: $10 per family
Financing: grants, donations, contributions
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER
2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7
1 866 623-3009 Fax: 819 623-7040
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca
Table de concertation de la petite enfance des Hautes-Laurentides.
Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d’Antoine-Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: grants, donations
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE
1475 L’Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-7653 Fax: 819 275-2161
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca
Table de concertation de la petite enfance des Hautes-Laurentides.
Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d’Antoine-Labelle
Financing: grants, donations
Legal status: non-profit organization

MIRABEL PUBLIC LIBRARY - DOMAINE-VERT NORD BRANCH
17530 Jacques-Cartier Street, Mirabel, Laurentides, QC, J7J 2R1
450 475-2059
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Child, Youth and Family

**Hours:** Monday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h30

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

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**MIRABEL PUBLIC LIBRARY - SAINT-AUGUSTIN BRANCH**

15005 des Saules Street, Mirabel, Laurentides, QC, J7N 1Z9

450 475-6558

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

**Email:** biblio@ville.mirabel.qc.ca


**Coverage area:** Mirabel

**Hours:** Monday to Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 16h30

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

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**MIRABEL PUBLIC LIBRARY - SAINT-BENOÎT BRANCH**

9020 Dumouchel Street, Mirabel, Laurentides, QC, J7N 2N7

450 475-2073

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

**Email:** biblio@ville.mirabel.qc.ca


**Coverage area:** Mirabel

**Hours:** Tuesday 10h00 to 12h00 and 13h00 to 17h00, Wednesday and Thursday 13h00 to 17h00 and 18h00 to 20h00

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

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**MIRABEL PUBLIC LIBRARY - SAINT-CANUT BRANCH**

9950 de Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1K1

450 436-7816

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

**Email:** biblio@ville.mirabel.qc.ca


**Coverage area:** Mirabel

**Hours:** Monday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h30

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency
MIRABEL PUBLIC LIBRARY - SAINT-JANVIER BRANCH
17710 du Val-d'Espoir Street, Mirabel, Laurentides, QC, J7J 1V7
450 475-2011
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINTE-SCHOLASTIQUE BRANCH
9975 Saint-Vincent Street, Mirabel, Laurentides, QC, J7N 2Y3
450 475-2057
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday 13h00 to 20h00, Wednesday 16h00 to 20h00, Saturday 13h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

PALLIACCO
2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8
819 717-9646
Website: www.palliacco.org/en
Email: references@palliacco.org
Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE
35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
819 717-9646     Fax: 819 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org

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

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

Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8
819 717-9646 Fax: 818 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


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

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

Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES
126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7
819 324 1004 Fax: 819 324-1004
Email: parents.uniques@cogocable.ca


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

Coverage area: MRC Les Laurentides

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

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

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

PETITE MAISON DE POINTE-CALUMET
861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0
450 974-7556 Fax: 450 974-1960
Email: petitemaison-pointe-calumet@hotmail.com
**Child, Youth and Family**


**Eligibility:** individuals and families

**Coverage area:** Pointe-Calumet and surroundings

**Hours:** Monday to Thursday 8h30 to 17h00, Friday on call

**Fees:** annual membership: $5 per family

**Financing:** Centraide Laurentides, provincial, donations

**Legal status:** non-profit organization

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**RESSOURCES OLIVIER**

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

819 660-2842

Website: www.maisonstjoseph.ressourcesolivier.com

Email: ressourcesolivier@gmail.com


**Eligibility:** fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

**Capacity:** temporary housing: 12 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable

**Financing:** self-financing

**Legal status:** non-profit organization

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**SAINT-EUSTACHE PUBLIC LIBRARY**

12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2

450 974-5035

Website: www.saint-eustache.ca/citoyens/bibliotheque


**Coverage area:** Saint-Eustache

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

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

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**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


**Coverage area:** Sainte-Anne-des-Plaines

**Hours:** Tuesday and Thursday 13h00 to 20h30, Wednesday 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
**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  
**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

**SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS**  
170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0  
819 767-3355  
Website: www.notre-dame-du-laus.ca/service-collectif-aux-familles-0  
Email: maisondelafamille.ndl@outlook.com  
**Eligibility:** families  
**Coverage area:** Notre-Dame-du-Laus  
**Hours:** Monday to Friday, variable hours  
**Fees:** variable  
**Financing:** self-financing, municipal  
**Legal status:** non-profit organization

**UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.**  
56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4  
450 435-0808  
Fax: 450 435-2772  
Website: www.domremystetherese.com  
Email: info@domremystetherese.com  
**Eligibility:** people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones  
**Coverage area:** Laurentides, Lanaudière  
**Hours:** Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h00  
**Fees:** free  
**Financing:** provincial, self-financing, Centraide Laurentides, grants  
**Legal status:** non-profit organization
Juvenile Delinquency

ANTRE-JEUNES (L’)
655 9th Street, Saint-Jérôme, Laurentides, QC, J7Z 2Z3
450 436-1547  Fax: 450 436-1816
Website: www.antre-jeunes.org
Email: info@antre-jeunes.org

Services: Community organization for youth that want to change certain of their behaviours. * Varied group activities: manual, sports, expression, self-knowledge, computer, cooking, etc. * Individual encounters for listening and support.
Eligibility: youth 10 to 17 years old living through certain difficulties who are willing to change and ready to engage in the process
Coverage area: MRC La Rivière-du-Nord, North of Mirabel
Hours: Monday to Thursday from September to June
Fees: none
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DES MAISONS DE JEUNES DE MIRABEL
9505 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X2
450 412-0799
Website: mdjmirabel.ca
Email: info@mdjmirabel.ca

Eligibility: youth centre and youth job cooperative: 12 to 17 years old and their close ones, 6th grade project: youth 11 or 12 years old in 6th grade, street work: youth from 12 to 35 years and their close ones
Coverage area: Mirabel
Hours: administration: 9h00 to 16h00, youth centre: 16h00 to 21h00, street work: depending on the needs
Fees: none
Financing: provincial, Centraide Laurentides, self-financing, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES
2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
514 712-3075
Email: info@ccbl Laurentide.ca

Eligibility: Muslim community, municipal activities: general public
Coverage area: Lower Laurentians
Hours: variable, 7 days between 9h00 and 21h00
Fees: annual membership: $25, some activities: variable
Financing: donations, self-financing, membership fees
Legal status: non-profit organization
MAISON DE JEUNES RIVIÈRE DU NORD
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 436-2573
Email: info@mdjrndn.com

Eligibility: youth from 12 to 17 years old
Coverage area: Saint-Jérôme
Hours: Monday to Friday 16h00 to 21h00
Fees: variable
Financing: municipal, grants, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)
201 Principale Street, Grenville, Laurentides, QC, J0V 1J0
819 242-2126     Fax: 819 242-2126
Email: mdjgrenville@gmail.com

Eligibility: youth from 10 to 16 years old
Coverage area: Grenville, Grenville-sur-la-Rouge
Hours: Monday to Thursday 18h00 to 20h30
Fees: membership card: $2 per year
Financing: self-financing, municipal, grants
Legal status: non-profit organization

MAISON DES JEUNES DE LABELLE
44 de l’Église Street, Labelle, Laurentides, QC, J0T 1H0
819 686-3434
Website: www.mdjlabelle.com
Email: mdjlabelle@hotmail.com

Services: Place of gathering, exchange and meeting for young people. * Prevention and learning workshops. * Sports, cultural, artistic, entertainment and other activities.
Eligibility: youth from 11 to 18 years old
Coverage area: Labelle
Hours: Tuesday to Thursday 17h00 to 21h00, Friday 15h00 to 22h00, Saturday 12h00 to 16h00
Fees: youth member: $12 per year, adult member: $22 per year
Financing: membership fees, provincial, municipal, fundraising campaigns, grants
Legal status: non-profit organization

MAISON DES JEUNES DE MONT-LAURIER
513 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1K8
819 623-2835
Website: www.mdjml.org
Email: admin@mdjml.org

Services: Animated meeting place for young people. * Sports, cultural and entertainment activities. * Prevention, health promotion and wellness activities.
Eligibility: youth from 11 to 17 years old
Coverage area: Mont-Laurier and surrounding areas  
Hours: Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00  
Fees: free, except for special activities  
Financing: self-financing, municipal  
Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE  
181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0  
819 274-1797  
Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes  
Email: maisondesjeunes.laminerve@gmail.com  
Eligibility: youth 12 to 17 years old  
Coverage area: La Minerve  
Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00  
Fees: variable  
Financing: self-financing, municipal  
Legal status: non-profit organization

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: mabl@b2b2c.ca  
Services: Prevention, awareness and information program in relation with the Youth Criminal justice Act. * Offers alternative sentencing for the traditional justice system and solutions for conflict management. * Citizen mediation service.  
Eligibility: teenagers from 12 to 17 years old who have been prosecuted under the criminal or criminal procedure Code, general population  
Coverage area: Basses-Laurentides  
Hours: Monday to Friday 8h30 to 16h30  
Financing: municipal  
Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD  
515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6  
450 436-6749 Fax: 450 436-1863  
Website: www.mavn.ca/en  
Email: info@mavn.ca  
Eligibility: people living in conflict, teenagers aged 12 to 17, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses  
Maternity support and adoption

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL
509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5
450 472-2555
Website: carrefourperinaissance.org
Email: info@carrefourperinaissance.org


Eligibility: future parents, parents, children 0 to 12 years old
Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDEIÈRE
300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5
450 420-4921     Fax: 450 420-3016
Website: www.ccjjl.qc.ca
Email: administration@ccjjl.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 Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Lanaudière, Laurentians

CENTRE DE LA FAMILLE DES HAUTES-LAURENTIDES
362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7
819 623-7215     Fax: 819 623-9718
Email: ctre.famille@ireseau.com

Eligibility: families
Coverage area: Hautes-Laurentides, MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h30
Fees: $1 per day  
**Financing:** provincial, grants and donations  
**Legal status:** non-profit organization

**CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME**  
200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8  
450 431-1239  Fax: 450 431-5543  
Website: www.centredelafamille.ca  
Email: direction@centredelafamille.ca  
**Eligibility:** persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation  
**Coverage area:** Grand Saint-Jérôme  
**Hours:** office: Monday to Friday 8h30 to 16h30, activities: Monday to Friday 9h00 to 15h00  
**Financing:** self-financing, donations  
**Legal status:** non-profit organization

**CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - SAINT-JÉRÔME (RUE LAVIOLETTE)**  
358 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T1  
450 432-9300  
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation  
**Services:** * Youth centre. * Intervention with young offenders. * Recruitment of foster families and follow-up. * Adoption and international adoption services. * Supervised access.  
**Eligibility:** children and teenagers in difficulty, young offenders, parents, guardians, counsellors  
**Coverage area:** Laurentians  
**Financing:** provincial  
**Legal status:** parapublic organization

**CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - SAINT-JÉRÔME - HEAD OFFICE AND DIRECTION OF YOUTH PROTECTION**  
500 des Laurentides Boulevard, Suite 241, Saint-Jérôme, Laurentides, QC, J7Z 4M2  
450 436-7607  
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation  
**Services:** Administration of Youth Centres. * Direction of youth protection: reception and evaluation of reports of neglect, violence, abuse of a young person or behavioural problems, under the Act on the Protection of youth. * Services for young offenders under the Youth Criminal Justice Act. * Housing: foster families, group homes, rehabilitation centres and intermediate resources. * Adoption, biological background research, reunion. * Psychosocial services, rehabilitation, social integration, guidance, support and social emergency. * Supervised access.  
**Eligibility:** children and teenagers in difficulty, young offenders, parents, guardians, counsellors  
**Coverage area:** Laurentians  
**Financing:** provincial  
**Legal status:** parapublic organization
CENTRE MARIE EVE - BLAINVILLE
2 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 491-1494 ext. 6
Website: www.centremarieeve.ca
Email: stetherese@centremarieeve.ca
Services: * Support to pregnant women through and after the pregnancy. * Workshops, individual accompaniment and emergency 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 16h15
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CENTRE MARIE EVE - SAINT-EUSTACHE
232 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2T8
450 491-1494 ext. 5
Website: www.centremarieeve.ca
Email: info@centremarieeve.ca
Services: * Support to pregnant women through and after the pregnancy. * Workshops, individual accompaniment and emergency material assistance. * Mobile family counter.
Eligibility: pregnant women, mothers with children 0 to 2 years old
Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h15
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CENTRE MARIE EVE - SAINT-JÉRÔME
433, du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1Y2
450 491-1494 ext. 7
Website: www.centremarieeve.ca
Email: stjerome@centremarieeve.ca
Eligibility: pregnant women, mothers with children 0 to 2 years old
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CLSC JEAN-OLIVIER-CHÉNIER
29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6
450 491-1233
Website: sante.gouv.qc.ca/en(repertoireressources/resource/?nofoche=1205&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J7R1K6
Coverage area: Laurentians
**COLOMBE (LA)**

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

**819 326-4779**  **Fax:** 819 326-0233

**Website:** centrelacolombe.ca

**Email:** info@centrelacolombe.ca


**Eligibility:** women

**Coverage area:** MRC Les Laurentides

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

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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

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

**450 431-4419**

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

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

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

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

**Financing:** provincial

**Legal status:** provincial government agency

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**GRANDS-PARENTS TENDRESSE**

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

**450 436-6664**

**Website:** grandsparentstendresse.org

**Email:** administration@grandsparentstendresse.org

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

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

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

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

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

**Financing:** self-financing

**Legal status:** non-profit organization
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: * Respite and accompaniment 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 - LACHUTE
505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6
450 562-2462     Fax: 450 562-1758
Website: www.ccjll.qc.ca
Email: bajlach@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Lachute
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - MONT-LAURIER
555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-2827     Fax: 819 623-4894
Website: www.ccjll.qc.ca
Email: bajml@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Mont-Laurier
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-EUSTACHE
11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3
450 472-0134     Fax: 450 472-0409
Website: ccjll.qc.ca
Email: bajeust@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Reception and processing legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Saint-Eustache
LEGAL AID OFFICE - SAINT-JÉRÔME
460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3
450 436-5712 Fax: 450 436-8004
Website: www.ccjll.qc.ca
Email: bajstje@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially
eligible, and with a legal need that is covered by the Law
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on
their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-AGATHE
118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1
819 326-6111 Fax: 819 326-1767
Website: www.ccjll.qc.ca
Email: bajagathe@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially
eligible, and with a legal need that is covered by the Law
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on
their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE
220 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 individuals. * Reception and processing legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially
eligible and with a legal need that is covered by the Law
Coverage area: 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: provincial government agency
MAISON DE LA FAMILLE DE MIRABEL
15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2
450 414-2121
Website: famillemirabel.com
Email: info@famillemirabel.com
Eligibility: children, families and grandparents
Capacity: variable
Coverage area: Mirabel
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 15h30
Fees: free or at affordable price
Financing: fundraising campaigns, provincial, Centraide Laurentides
Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D’EN-HAUT (LA)
480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5
450 229-3354
Website: maisondelafamille.com
Email: info@maisondelafamille.com
Eligibility: families, children aged 0 to 12 years old
Coverage area: MRC Les Pays-d’en-Haut
Fees: $20 per year
Financing: self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE DU NORD (LA)
155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1
819 425-5407
Website: www.maisondelafamilledu nord.com
Email: cdrouin@mdn.ca
Eligibility: families and children from 0 to 6 years old, students aged 6 to 12 years
Coverage area: MRC Les Laurentides
Hours: Monday to Friday 9h00 to 16h00, drop-in daycare: Tuesday and Thursday, family breakfast: Wednesday 9h00 to 11h00
Financing: self-financing, grants
Legal status: non-profit organization

MAISON DE NAISSANCE DU BOISÉ
15 70th Avenue West, Blainville, Laurentides, QC, J7C 1R4
450 431-8623
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/grossesse-et-accouchement/accouchement
Eligibility: pregnant women
Coverage area: Laurentides
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

MAISON DES PARENTS DU QUÉBEC - SAINT-JÉRÔME
179 St-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8
450 438-7708
Website: www.maisondesparents.com
Email: info@maisondesparents.com
Eligibility: families, social pediatrics clinic: families with children from 0 to 14 years old in a vulnerable situation
Coverage area: Saint-Jérôme and surrounding area
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER
2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7
1 866 623-3009 Fax: 819 623-7040
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca
Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d’Antoine-Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: grants, donations
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE
1475 L’Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-7653 Fax: 819 275-2161
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca
Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d’Antoine-Labelle
Financing: grants, donations
Legal status: non-profit organization

MONTAGNE D’ESPOIR (LA)
2523 1ère Rue, Sainte-Sophie, Laurentides, QC, J5J 2R7
450 436-4747
Email: lamontagnedespoir@bellnet.ca
Eligibility: people in need
Coverage area: Sainte-Sophie
Hours: Monday to Friday 8h00 to 15h00, food assistance: Thursday 9h00 to 12h00 by appointment
Fees: annual membership: $10
Financing: donations
Legal status: non-profit organization

NOURRI-SOURCE - LAURENTIDES
485 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L8
450 990-1031
Website: nourrisourcelaurentides.ca/?lang=en
Email: laurentides@nourri-source.org
Eligibility: families wishing to learn about or practice breastfeeding
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 16h30
Fees: variable for conferences and workshops
Financing: self-financing, donations, provincial
Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES
126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7
819 324 1004  Fax: 819 324-1004
Email: parents.uniques@cgocable.ca
Eligibility: men and women heads of stepfamilies or single-parent families
Coverage area: MRC Les Laurentides
Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00
Fees: membership: $5 for a single parent family, $10 for a blended family
Financing: self-financing
Legal status: non-profit organization

POINTE-CALUMET - MUNICIPALITY
300 Basile-Routhier Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2
450 473-5930  Fax: 450 473-6571
Website: www.pointe-calumet.ca
Email: info@pointe-calumet.ca

Coverage area: Pointe-Calumet
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 à 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

Parenting Education

ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-3828
Email: asshandicaphl@qc.aira.com

Services: * Welcoming, listening, referral and documentation. * Information on available resources. * Information and accompaniment for parents in the steps to obtain services from other organizations. * Varied training for parents. * Family meetings and recreational activities. * Support to welcoming spaces. * Awareness and promotion of social integration and participation.

Eligibility: parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder
Coverage area: MRC Antoine-Labelle
Financing: municipal, dons
Legal status: non-profit organization

ASSOCIATION PANDA BASSES-LAURENTIDES SUD-OUEST

Confidential Address
514 713-5353
Website: www.pandablsa.ca/en
Email: info_en@pandablsa.ca


Eligibility: parents, children and adults with ADHD, counsellors, professionals
Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin
Fees: annual membership: $10 for an individual or family
Financing: provincial
Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES

2 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 979-7263
Website: pandatdb.com
Email: info@pandatdb.com


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 meetings
Fees: membership: $25 per family per year  
Financing: provincial, donations  
Legal status: non-profit organization

**CARREFOUR PÉRINAÏSSANCE ET FAMILIAL**  
509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5  
450 472-2555  
Website: carrefourperinaissance.org  
Email: info@carrefourperinaissance.org  
Services:  
* Individual and group support and accompaniment.  
* Information and referrals.  
* Workshops: prenatal, family health, fitness, child development for children 2 to 12 years old, language development, sensory awareness for infants, cooking.  
* Online group prenatal classes.  
* Coffee meetings and group talk.  
* Daycare.  
* Family thrift shop.  
* Home support.  
* Conferences.  
* Day camp.  
Eligibility: future parents, parents, children 0 to 12 years old  
Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00  
Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free  
Financing: provincial, donations, self-financing  
Legal status: non-profit organization

**CENTRE DE PÉDIATRIE SOCIALE DU CŒUR DES LAURENTIDES**  
10 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2  
819 774-8574  
Website: cpsclaurentides.ca  
Email: info@cpsclaurentides.ca  
Services:  
* Community social pediatrics centre.  
* Reception, clinical assessment and assistance.  
* Early stimulation activities.  
* Skill development activities: arts, sports and cultural activities.  
* Various activities and care that meet the specific needs of each child.  
* Mentoring of families and children in need.  
Eligibility: children aged 0 to 16 and families in a situation of vulnerability  
Coverage area: MRC Les Laurentides  
Fees: none  
Financing: donations  
Legal status: non-profit organization

**CENTRE POUR L’ENFANCE EN SANTÉ MENTALE DEUX-MONTAGNES**  
328 de la Grande Côte Road, Saint-Eustache, Laurentides, QC, J7P 1E7  
450 623-5677  
Fax: 450 623-6488  
Website: www.cesamedeuxmontagnes.com  
Email: infos@cesamedeuxmontagnes.com  
Services:  
* Early stimulation workshops for children 3 to 5 years old.  
* Vive la discipline workshop for parents, with daycare.  
* Homework assistance.  
* Conferences.  
* Community activities.  
* Home visits.  
Eligibility: children aged 0 to 5 years old with behaviour, communication or socialization issues, their parents  
Coverage area: MRC Deux-Montagnes  
Hours: office: Monday to Friday 8h00 to 16h00  
Fees: annual membership: $10  
Financing: federal, provincial, municipal, donations, grants  
Legal status: non-profit organization

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COLOMBE (LA)
9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5
819 326-4779  Fax: 819 326-0233
Website: centrelacolombe.ca
Email: info@centrelacolombe.ca
Eligibility: women
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 16h30
Financing: self-financing, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D’ARGENTEUIL
232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8
450 562-0503
Email: info@familleargenteuil.org
Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old
Coverage area: Laurentides
Hours: Monday to Thursday 8h00 to 16h00
Fees: variable
Financing: Centraide Laurentides, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE DE MIRABEL
15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2
450 414-2121
Website: famillemirabel.com
Email: info@famillemirabel.com
Eligibility: children, families and grandparents
Capacity: variable
Coverage area: Mirabel
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 15h30
Fees: free or at affordable price
Financing: fundraising campaigns, provincial, Centraide Laurentides
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES
238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 478-6537
Website: maisondelafamillesadp.com
Email: mdf.sadp@videotron.ca
Child, Youth and Family


**Eligibility:** single people, families, couples

**Coverage area:** Sainte-Anne-des-Plaines

**Hours:** Monday to Thursday 8h30 to 16h00

**Fees:** variable, daycare: free during activities, respite: $5 for half a day or $10 for an entire day, thrift store: free

**Financing:** self-financing, grants

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE DU NORD (LA)**

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

819 425-5407

Website: www.maisondelafamilledunord.com

Email: cdrouin@mfdn.ca


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

**Coverage area:** MRC Les Laurentides

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

**Financing:** self-financing, grants

**Legal status:** non-profit organization

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

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

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org


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

**Coverage area:** Laurentians

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

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

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

**Legal status:** non-profit organization

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

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

450 438-7708

Website: www.maisondesparents.com

Email: info@maisondesparents.com


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

**Coverage area:** Saint-Jérôme and surrounding area
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER
2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7
1 866 623-3009    Fax: 819 623-7040
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca


Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d'Antoine-Labelle

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

Financing: grants, donations

Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE
1475 L'Annonciation Nord Street, 2nd floor, Rivièr-Rouge, Laurentides, QC, J0T 1T0
819 275-7653    Fax: 819 275-2161
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca


Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d'Antoine-Labelle

Financing: grants, donations

Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES
126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7
819 324 1004    Fax: 819 324-1004
Email: parents.uniques@cgocable.ca


Eligibility: men and women heads of stepfamilies or single-parent families
Coverage area: MRC Les Laurentides
**RESSOURCES OLIVIER**

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3
819 660-2842

Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com


**Eligibility:** fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

**Capacity:** temporary housing: 12 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by apointment

**Fees:** housing: variable

**Financing:** self-financing

**Legal status:** non-profit organization

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**SOCIÉTÉ DE L'AUTISME DES LAURENTIDES**

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9
450 569-1794    Fax: 450 569-6022

Website: autismelaurentides.org
Email: info@autismelaurentides.org


**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

**Financing:** foundations, donations, provincial

**Legal status:** non-profit organization

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**Recreational Activities**

**4KORNERS**

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
1 888 974-3940

Website: 4korners.org
Email: info@4korners.org

**Services:** Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d'Oka Road, Deux-Montagnes; 195 Rue Brissette, local 72, Sainte-Agathe-des-Monts; and 508 Principale Street, Lachute.

**Eligibility:** English-speaking community members

**Coverage area:** Laurentians
Hours: Deux-Montagnes: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, Lachute: Tuesday 9h00 to 15h00, Sainte-Agathe-des-Monts: Monday to Friday 9h00 to 16h00
Fees: annual membership: $10, most programs and services are free for members
Financing: provincial, federal, fundraising campaigns, grants, donations, foundations
Legal status: non-profit organization

BIBLIOTHÈQUE LA SABLÎERE DE POINTE-CALUMET
190 41st Avenue, Pointe-Calumet, QC, J0N 1G0
450 473-5918 ext. 266
Website: www.mabiblioamoi.ca/pointe-calumet.
Email: bibliotheque@pointe-calumet.ca
Coverage area: Pointe-Calumet, South of Laurentides
Hours: Tuesday 9h00 to 17h00, Thursday and Friday 13h00 to 20h00, Saturday 9h00 to 13h00
Fees: variable
Financing: municipal
Legal status: municipal agency

BLAINVILLE - LOISIRS, CULTURE, BIBLIOTHÈQUE ET VIE COMMUNAUTAIRE
1001 du Plan-Bouchard Road, Blainville, QC, J7C 4N4
450 434-5275    Fax: 450 434-5296
Website: blainville.ca
Email: loisirs@blainville.ca
Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse
Hours: Monday to Friday 8h00 to 17h00
Fees: variable
Financing: municipal
Legal status: municipal agency

BLAINVILLE PUBLIC LIBRARY
1003 de la Mairie Street, Blainville, QC, J7C 3C7
450 434-5275
Website: biblio.ville.blainville.qc.ca
Email: bibliothèque@blainville.ca
Coverage area: Blainville
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: free
Financing: municipal
Legal status: municipal agency

BOIS-DES-FISSION - LIBRARY
60 36th Avenue, Bois-des-Filion, QC, J6Z 2G6
450 621-1460    Fax: 450 621-8483
Website: biblio.villebdf.ca
Email: biblio@villebdf.ca

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, fee for non-residents

Financing: municipal

Legal status: municipal agency

BOIS-DES-FIION - LOISIRS ET VIE COMMUNAUTAIRE

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

450 621-1460 ext. 148

Website: villebdf.ca


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


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 LA FAMILLE DES HAUTES-LAURENTIDES

362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7

819 623-7215     Fax: 819 623-9718

Email: ctre.famille@ireseau.com


Eligibility: families

Coverage area: Hautes-Laurentides, MRC Antoine-Labelle

Hours: Monday to Friday 9h00 to 16h30

Fees: $1 per day

Financing: provincial, grants and donations

Legal status: non-profit organization
CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME
200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8
450 431-1239  Fax: 450 431-5543
Website: www.centredelafamille.ca
Email: direction@centredelafamille.ca


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

Coverage area: Grand Saint-Jérôme

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

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

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA
1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2
450 979-7755
Website: www.centreomega.org
Email: info@centreomega.org


Eligibility: youth 18 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville and Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: most services are free

Financing: provincial, donations
Legal status: non-profit organization

DEUX-MONTAGNES PUBLIC LIBRARY
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-2796  Fax: 450 473-2816
Website: bibliotheque.ville.deux-montagnes.qc.ca/page.php?lang=en
Email: biblio@ville.deux-montagnes.qc.ca


Eligibility: children, youth and adults

Coverage area: Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 13h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial
Legal status: municipal agency
ENTRE-NOUS (L’)
605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4
450 504-1001
Website: www.lamieduquartier.com/lentre-nous
Email: lamieduquartier@hotmail.com
Services: Community support in social housing and services to families and children. * Community garden. * Individualized follow-up with a counsellor, help relationship and neighbourhood mediation. * Activities for children 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings. * Homework assistance. * Access to computers.
Eligibility: children 6 to 12 years old, families, residents of the Notre-Dame neighbourhood
Coverage area: Saint-Jérôme: Notre-Dame neighbourhood
Fees: none
Financing: self-financing
Legal status: non-profit organization

FORAINS ABYSSAUX (LES)
51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6
514 892-3271
Website: ecoledecirquelesforains.com
Email: ecoleforains@videotron.ca
Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.
Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants
Coverage area: Province of Québec
Hours: 7 days
Fees: variable, financial assistance program available
Financing: self-financing
Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY
31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9
450 621-1071
Website: www.ville.lorraine.qc.ca
Email: bibliothque@ville.lorraine.qc.ca
Coverage area: Lorraine
Hours: Monday and Wednesday 10h00 to 17h00, Tuesday, Thursday and Friday 10h00 to 19h30, Saturday and Sunday: 10h00 to 16h00, from June 24th: closed on Sunday
Financing: municipal
Legal status: municipal agency

LUDOTHÈQUE ESPACE LUDIKO
1280 Dion Street, Val-David, Laurentides, QC, J0T 2N0
Email: espaceludiko@gmail.com
Eligibility: families, parents, children
Coverage area: Val-David
Hours: Tuesday and Sunday 9h30 to 11h30, Thursday 15h00 to 17h30
Fees: membership card: $65 per family per year, $30 if involvement with the organization
Financing: membership fees, grants
Legal status: non-profit organization
MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D’ARGENTEUIL
232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8
450 562-0503
Email: info@familleargenteuil.org
Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old
Coverage area: Laurentides
Hours: Monday to Thursday 8h00 to 16h00
Fees: variable
Financing: Centraide Laurentides, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE DE BOIS-DÉS-FILOIN
395 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H5
450 965-0666     Fax: 450 621-6400
Website: maisondelafamillebdf.com
Email: info@maisondelafamillebdf.com
Eligibility: families, individuals
Coverage area: Bois-des-Filion and surroundings
Hours: office: Monday to Friday 8h30 to 16h00, information: 13h00 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 MIRABEL
15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2
450 414-2121
Website: famillemirabel.com
Email: info@famillemirabel.com
Eligibility: children, families and grandparents
Capacity: variable
Coverage area: Mirabel
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 15h30
Fees: free or at affordable price
Financing: fundraising campaigns, provincial, Centraide Laurentides
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES
238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 478-6537
Website: maisondelafamillesadp.com
Email: mdf.sadp@videotron.ca

Eligibility: single people, families, couples

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h30 to 16h00

Fees: variable, daycare: free during activities, respite: $5 for half a day or $10 for an entire day, thrift store: free

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D’EN-HAUT (LA)
480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5
450 229-3354
Website: maisondelafamille.com
Email: info@maisondelafamille.com


Eligibility: families, children aged 0 to 12 years old

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

Fees: $20 per year

Financing: self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DU NORD (LA)
155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1
819 425-5407
Website: www.maisondelafamilledu nord.com
Email: cdrouin@mfdn.ca


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

Coverage area: MRC Les Laurentides

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

Financing: self-financing, grants

Legal status: non-profit organization

MAISON OXYGÈNE LAURENTIDES
154 Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 1Y1
438 825-1651
Website: www.maisonoxyneneraurentides.org
Email: maison.oxygene.laurentides@gmail.com


Eligibility: fathers and their children

Capacity: housing: 2 families

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 16h00

Fees: external services: free, housing: minimal fee
MAISON PARENTFANT DES BASSES-LAURENTIDES
310 Montée Sanche, Rosemère, Laurentides, QC, J7A 3R6
450 434-9934  Fax: 450 434-9981
Website: www.maisonparentfant.ca/en
Email: info@maisonparentfant.ca
Eligibility: families (parents, guardians, others) and children 0 to 12 years old
Coverage area: MRC Thérèse-De Blainville
Hours: Monday to Friday 8h30 to 16h00
Fees: yearly membership: $10 per family
Financing: grants, donations, contributions
Legal status: non-profit organization

MANNE DU JOUR
386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2
819 623-6604
Website: www.mannedujour.ca
Email: mannedujour@gmail.com
Eligibility: low income families, the Boutik: general public
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00
Fees: food bank: $5, the Boutik: variable
Financing: donations, grants, self-financing
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER
2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7
1 866 623-3009  Fax: 819 623-7040
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca
Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: grants, donations
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE
1475 L’Annonciation Nord Street, 2nd floor, Rivièr-Rouge, Laurentides, QC, J0T 1T0
819 275-7653     Fax: 819 275-2161
Website: www.lamereveille.ca
Email: direction@lamereveille.ca
Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d’Antoine-Labelle
Financing: grants, donations
Legal status: non-profit organization

MIRABEL PUBLIC LIBRARY - DOMAINE-VERT NORD BRANCH
17530 Jacques-Cartier Street, Mirabel, Laurentides, QC, J7J 2R1
450 475-2059
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-AUGUSTIN BRANCH
15005 des Saules Street, Mirabel, Laurentides, QC, J7N 1Z9
450 475-6558
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency
MIRABEL PUBLIC LIBRARY - SAINT-BENOÎT BRANCH
9020 Dumouchel Street, Mirabel, Laurentides, QC, J7N 2N7
450 475-2073
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca


Coverage area: Mirabel
Hours: Tuesday 10h00 to 12h00 and 13h00 to 17h00, Wednesday and Thursday 13h00 to 17h00 and 18h00 to 20h00
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-CANUT BRANCH
9950 de Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1K1
450 436-7816
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca


Coverage area: Mirabel
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-JANVIER BRANCH
17710 du Val-d'Espoir Street, Mirabel, Laurentides, QC, J7J 1V7
450 475-2011
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca


Coverage area: Mirabel
Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINTE-SCHOLASTIQUE BRANCH
9975 Saint-Vincent Street, Mirabel, Laurentides, QC, J7N 2Y3
450 475-2057
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca

Coverage area: Mirabel

Hours: Monday 13h00 to 20h00, Wednesday 16h00 to 20h00, Saturday 13h00 to 16h30

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

PARENTS UNIQUES DES LAURENTIDES

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

819 324 1004     Fax: 819 324-1004

Email: parents.uniques@cogocable.ca


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

Coverage area: MRC Les Laurentides

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

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

Financing: self-financing

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 974-7556     Fax: 450 974-1960

Email: petitemaison-pointe-calumet@hotmail.com


Eligibility: individuals and families

Coverage area: Pointe-Calumet and surroundings

Hours: Monday to Thursday 8h30 to 17h00, Friday on call

Fees: annual membership: $5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

PHARE DES LUCIOLES (LE)

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

438 502-1044

Email: pharedeslucioles@hotmail.com

Services: Listening through confidential mail in schools for children 5 to 12 years old.

Eligibility: children 5 to 12 years old

Coverage area: Sainte-Anne-des-Plaines

Hours: by appointment

Fees: none

Financing: self-financing, donations, foundations

Legal status: non-profit organization
RÉSEAU BIBLIO DES LAURENTIDES - OKA LIBRARY
15 de L’Annonciation Street, Oka, Laurentides, QC, J0N 1E0
450 479-8333 ext. 228
Website: www.municipalite.oka.qc.ca/bibliotheque
Email: biblio@municipalite.oka.qc.ca
Coverage area: Oka, South of Laurentians
Hours: Tuesday and Thursday 13h00 to 20h00, Wednesday 13h00 to 17h00, Friday 10h00 to 17h00, Saturday 10h00 to 15h00
Financing: municipal
Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES - SAINT-JOSEPH-DU-LAC PUBLIC LIBRARY
70 Montée du Village, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072 ext. 267
Website: www.sjdl.qc.ca/loisirs-et-culture/bibliotheque
Email: biblio@sjdl.qc.ca
Coverage area: Saint-Joseph-du-Lac
Hours: Tuesday and Thursday 13h00 to 20h00, Wednesday and Friday 13h00 to 16h00, Saturday 9h00 to 15h00
Fees: residents: none
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     Fax: 450 621-6131
Website: www.ville.rosemere.qc.ca/library-services
Email: biblio@ville.rosemere.qc.ca
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

SAINT-EUSTACHE PUBLIC LIBRARY
12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2
450 974-5035
Website: www.saint-eustache.ca/citoyens/bibliotheque
Coverage area: Saint-Eustache
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: subscription: free
Financing: municipal
Legal status: municipal agency
SAINT-JOSEPH-DU-LAC PUBLIC LIBRARY
70 Montée du Village, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072 ext. 267
Website: www.sjdl.qc.ca/loisirs-et-culture/bibliotheque
Email: biblio@sjdl.qc.ca
Services: Loan and consultation of printed, digital and audiovisual documents. * Computer stations and
Internet access. * Reading clubs for children and teenagers. * Story time. * Une naissance un livre program:
Coverage area: Saint-Joseph-du-Lac
Hours: Tuesday and Thursday 13h00 to 20h00, Wednesday and Friday 13h00 to 16h00, Saturday 9h00 to
15h00
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
Coverage area: Sainte-Anne-des-Plaines
Hours: Tuesday and Thursday 13h00 to 20h30, Wednesday 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
Financing: municipal
Legal status: municipal agency

SAINTE-MARTHE-SUR-LE-LAC PUBLIC LIBRARY
99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 472-7310 ext. 101
Website: ville.sainte-marthe-sur-le-lac.qc.ca/loisirs-et-culture/bibliotheque
Email: bibliotheque@vsmsll.ca
Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and
Coverage area: Sainte-Marthe-sur-le-Lac
Hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 11h00 to 16h00
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 and audiovisual documents. * Computers, Internet access and
workshops. * Story time. * Book club for children. * Générations@branchées: introduction to computer
technology for seniors by pairing with a teenager-teacher. * 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

SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS
170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-3355
Website: www.notre-dame-du-laus.ca/service-collectif-aux-familles-0
Email: maisondelafamille.ndl@outlook.com
Eligibility: families
Coverage area: Notre-Dame-du-Laus
Hours: Monday to Friday, variable hours
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

Youth Centres and Support

ANTRE-JEUNES (L')
655 9th Street, Saint-Jérôme, Laurentides, QC, J7Z 2Z3
450 436-1547   Fax: 450 436-1816
Website: www.antre-jeunes.org
Email: info@antre-jeunes.org
Services: Community organization for youth that want to change certain of their behaviours. * Varied group activities: manual, sports, expression, self-knowledge, computer, cooking, etc. * Individual encounters for listening and support.
Eligibility: youth 10 to 17 years old living through certain difficulties who are willing to change and ready to engage in the process
Coverage area: MRC La Rivière-du-Nord, North of Mirabel
Hours: Monday to Thursday from September to June
Fees: none
Financing: provincial
Legal status: non-profit organization

AVENUE 12-17 (L')
450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1
450 438-2691
Website: www.avenue1217.wixsite.com/avenue1217
Email: avenue1217@hotmail.com
Eligibility: youth from 12 to 17 years old
Coverage area: Saint-Jérôme
Hours: Thursday and Friday 18h00 to 21h30, Saturday and Sunday 13h00 to 20h00
Fees: variable
Financing: municipal, provincial, grants
Legal status: non-profit organization
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
Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse
Hours: Monday to Friday 8h00 to 17h00
Fees: variable
Financing: municipal
Legal status: municipal agency

BOIS-DES-FISSION - LOISIRS ET VIE COMMUNAUTAIRE
479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9
450 621-1460 ext. 148
Website: villebdf.ca
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 DE LA MRC DEUX-MONTAGNES
2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6
450 974-1635 Fax: 450 974-1077
Website: cjedm.qc.ca
Email: info@cjedm.qc.ca
Eligibility: youth 15 to 35 years old
Coverage area: MRC Deux-Montagnes
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES
763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-1200 Fax: 819 425-1155
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org

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

**Coverage area:** MRC Les Laurentides

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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

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

819 321-1774   Fax: 819 321-3428

Website: www.cjelaurentides.org

Email: info@cjelaurentides.org


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

**Coverage area:** MRC Thérèse-De Blainville

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES**

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Email: info@ccbl Laurentide.ca

Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: $25, some activities: variable

Financing: donations, self-financing, membership fees

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: www.centreomega.org
Email: info@centreomega.org


Eligibility: youth 18 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville and Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: most services are free

Financing: provincial, donations

Legal status: non-profit organization

COMPTOIR D'ENTRAIDE POPULAIRE MIRABEL
8555 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-7609
Email: cepmi@videotron.ca

Services: * Recovery and sale of used clothing, items and furniture. * Food baskets. * Financial assistance for school supplies and day camps.

Eligibility: families, people on a low income

Coverage area: food baskets and assistance for school supplies: Mirabel, collection of used items: Saint-Benoît, Saint-Hermas and Saint-Augustin parishes, cities of Sainte-Thérèse, Blainville, Boisbriand

Hours: thriftstore: Monday and Thursday 13h00 to 17h00, Tuesday and Wednesday 13h00 to 16h00, Saturday 9h00 to 12h00, donations: 7/7, 7h30 to 20h00, food assistance: Tuesday 13h30 to 15h00

Financing: self-financing, donations

Legal status: non-profit organization

FORAINS ABYSSAUX (LES)
51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6
514 892-3271
Website: ecoledecirquelesforains.com
Email: ecoleforains@videotron.ca

Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: 7 days

Fees: variable, financial assistance program available
MAISON DE JEUNES RIVIÈRE DU NORD
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 436-2573
Email: info@mdjrdrn.com
Eligibility: youth from 12 to 17 years old
Coverage area: Saint-Jérôme
Hours: Monday to Friday 16h00 to 21h00
Fees: variable
Financing: municipal, grants, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE BLAINVILLE (LA)
1177 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N3
450 435-8866
Website: www.mdjblainville.com
Email: info@mdjblainville.com
Eligibility: youth 12 to 17 years old
Coverage area: Blainville and surroundings
Hours: variable, see website
Financing: self-financing, provincial
Legal status: non-profit organization

MAISON DES JEUNES DE BROWNSBURG-CHATHAM
385 Principale Street, Brownsburg-Chatham, Laurentides, QC, J8G 2V2
450 533-6948
Website: www.mdjbrownsburgchatham.com
Email: mdjbrownsburgchatham@gmail.com
Eligibility: youth from 11 to 17 years old
Coverage area: Brownsburg-Chatham
Hours: school period: Monday 16h30 to 20h30, Tuesday to Friday 16h30 to 21h00, summer period: Monday to Friday 14h00 to 22h00
Fees: none
Financing: municipal
Legal status: non-profit organization
MAISON DES JEUNES DE DEUX-MONTAGNES
108 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T8
450 491-3958    Fax: 450 491-3445
Website: www.mdjdm.net
Email: mdjdm@videotron.ca
Eligibility: youth 12 to 17 years old
Capacity: 60
Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 15h00 to 22h00, Friday 16h00 to 23h00, Saturday and Sunday according to activities
Fees: $2 per year
Financing: municipal, provincial
Legal status: non-profit organization

MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)
201 Principale Street, Grenville, Laurentides, QC, J0V 1J0
819 242-2126    Fax: 819 242-2126
Email: mdjgrenville@gmail.com
Eligibility: youth from 10 to 16 years old
Coverage area: Grenville, Grenville-sur-la-Rouge
Hours: Monday to Thursday 18h00 to 20h30
Fees: membership card: $2 per year
Financing: self-financing, municipal, grants
Legal status: non-profit organization

MAISON DES JEUNES DE LA VALLÉE DE LA ROUGE
2113 Tour-du-Lac Road, Nominingue, Laurentides, QC, J0W 1R0
819 278-0560
Email: mdj.valleedelarouge@gmail.com
Services: Meeting place for youth from 12 to 17 years old where, in contact with meaningful adults, they can become critical, active and responsible citizens. * Sports, cultural and entertainment activities. * Workshops. * Financing activity through a sorting centre for refundable containers.
Eligibility: youth from 12 to 17 years old
Capacity: 30 young people
Coverage area: L’ascension, La Macaza, Lac-Saguay, Nominingue, Rivière-Rouge and surroundings
Hours: Wednesday and Thursday 15h00 to 20h00, Friday 15h00 to 22h00, Saturday 13h00 to 22h00
Fees: variable
Financing: self-financing, municipal, provincial
Legal status: non-profit organization

MAISON DES JEUNES DE LABELLE
44 de l’Église Street, Labelle, Laurentides, QC, J0T 1H0
819 686-3434
Website: www.mdjlabelle.com
Email: mdjlabelle@hotmail.com
Services: Place of gathering, exchange and meeting for young people. * Prevention and learning workshops. * Sports, cultural, artistic, entertainment and other activities.
Eligibility: youth from 11 to 18 years old
Coverage area: Labelle
Hours: Tuesday to Thursday 17h00 to 21h00, Friday 15h00 to 22h00, Saturday 12h00 to 16h00
Fees: youth member: $12 per year, adult member: $22 per year
Financing: membership fees, provincial, municipal, fundraising campaigns, grants
Legal status: non-profit organization

MAISON DES JEUNES DE MONT-LAURIER
513 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1K8
819 623-2835
Website: www.mdjml.org
Email: admin@mdjml.org
Services: Animated meeting place for young people. * Sports, cultural and entertainment activities. * Prevention, health promotion and wellness activities.
Eligibility: youth from 11 to 17 years old
Coverage area: Mont-Laurier and surrounding areas
Hours: Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00
Fees: free, except for special activities
Financing: self-financing, municipal
Legal status: non-profit organization

MAISON DES JEUNES DE POINTE-CALUMET (LA)
871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0
450 491-6509
Email: mdj.pointe-calumet@hotmail.com
Eligibility: youth 11 to 17 years
Coverage area: Pointe-Calumet
Hours: Tuesday, Wednesday and Friday 16h00 to 21h00, on the platform Zoom: Thursday 18h00 to 19h30
Fees: none
Financing: fundraising campaigns, provincial
Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-JOVITE - TORNADE JEUNESSE
70 du Ruisseau-Clair Street, Mont-Tremblant, Laurentides, QC, J8E 0A6
819 425-8983
Website: www.tornadejeunesse.qc.ca
Email: info@tornadejeunesse.qc.ca
Eligibility: youth from 12 to 17 years old
Capacity: 30 people
Coverage area: Mont-Tremblant, Saint-Faustin-Lac-Carré
Hours: Wednesday to Thursday 16h00 to 20h00, Friday 16h00 to 22h00, time slot for students in 6th grade: Tuesday 15h00 to 19h30
Fees: none
Financing: Centraide Hautes-Laurentides, foundations, provincial
Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-ADÈLE
1215 du Bourg-Joli Street, Sainte-Adèle, Laurentides, QC, J8B 1W8
450 229-7452     Fax: 450 229-7972
Website: www.mdj-ste-adele.org
Email: intervenants@mdj-ste-adele.org

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

Coverage area: Sainte-Adèle

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

Fees: variable, membership: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-AGATHE
19 Saint-André Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1R3
819 326-0804

Website: www.mdjsa.ca
Email: mdjsa@cgocable.ca

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

Eligibility: youth from 12 to 17 years old

Coverage area: Sainte-Agathe-Des-Monts

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

Fees: variable

Financing: self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-SCHOLASTIQUE
9505 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X2
450 412-1144

Website: www.mdjmirabel.ca/mdj-ste-scholastique
Email: mdjsesch@hotmail.com

Services: * Animation and youth intervention. * Homework assistance.

Eligibility: youth 12 to 17 years old

Coverage area: Mirabel

Hours: Monday to Friday 16h00 to 21h00

Financing: fundraising campaigns

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: mdjblbasseslaurentides@hotmail.com


Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Thérèse and surroundings

Hours: Monday to Friday 17h00 to 22h00, 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 LA MINERVE
181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0
819 274-1797
Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes
Email: maisondesjeunes.laminerve@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: La Minerve
Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

MAISON DES JEUNES LA SENSASS ION
4 Principale Street West, L'Ascension, Laurentides, QC, J0T 1W0
819 275-7528
Email: mdj.lasensassion1@gmail.com
Services: Animated meeting place. * Living environment, animation, activities and support for young people.
Eligibility: youth 12 to 17 years old
Coverage area: L'Ascension
Hours: Friday 15h00 to 22h00, Saturday 14h00 to 22h00
Financing: donations
Legal status: non-profit organization

MAISON DES JEUNES LOCO LOCAL
1508 d'Argenteuil Montée, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0
819 327-5021
Website: www.adolphins.com
Email: locolocal@adolphins.com
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Adolphe-D'howard
Hours: summer period: Monday to Friday 8h00 to 17h00, Friday and Saturday 17h00 to 22h00, school period: Friday and Saturday 15h00 to 21h00
Fees: variable
Financing: self-financing, municipal, donations, grants
Legal status: non-profit organization

MAISON DES JEUNES SAINT-SAUVIER - PIEDMONT
57 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 694-2504
Email: mdjssp@gmail.com
Services: Meeting place for young people. * Sports, cultural and entertainment activities.
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Sauveur, Piedmont
Hours: Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 16h30 to 22h00
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization
MAISON DES JEUNES SAINTE-ANNE-DES-PLAINES
225 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 478-1011
Website: mdjsadp.wixsite.com/mdjsadp
Email: mdjsadp@videotron.ca
Eligibility: youth 12 to 17 years old, street work: marginalized people, homeless people
Capacity: 30
Coverage area: Sainte-Anne-des-Plaines
Hours: Monday to Friday 12h00 to 20h00
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: dg.soda@videotron.ca
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 16h30 to 20h30, Saturday 13h00 to 20h00
Fees: none
Financing: provincial, federal, municipal, fundraising campaigns
Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE
3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304     Fax: 450 226-5048
Website: rcsophie.org
Email: ressourcessophie@gmail.com
Eligibility: kids and teenagers, their families, seniors and people on a low income
Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors
Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00
Fees: yearly membership: $10
Financing: provincial, Centraide Laurentides, grants, donations
Legal status: non-profit organization

SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS
170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-3355
Website: www.notre-dame-du-laus.ca/service-collectif-aux-familles-0
Email: maisondelafamille.ndl@outlook.com
Eligibility: families
Coverage area: Notre-Dame-du-Laus
Hours: Monday to Friday, variable hours
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

SPOT (LE) - MAISON DES JEUNES DE SAINT-EUSTACHE
365 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1G7
450 983-4990
Website: mdjstesteustache.com
Email: mdjstesteustache@videotron.ca

Services: Safe and healthy meeting place. * Educational, cultural and recreational activities. * Awareness and prevention.
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Eustache
Hours: Monday to Friday 16h00 to 21h00, group for young adults with special needs: by registration, Saturday 10h00 to 15h00
Fees: none
Financing: provincial, municipal, federal, self-financing, donations
Legal status: non-profit organization

SPOT (LE) - MAISON DES JEUNES DE SAINT-EUSTACHE - RIVIÈRE NORD
706 Primeau Street, Saint-Eustache, Laurentides, QC, J7R 7C6
450 598-6333
Website: mdjstesteustache.com
Email: mdjstesteustache@videotron.ca

Eligibility: youth 11 to 17 years old
Coverage area: Saint-Eustache
Hours: Thursday 16h00 to 20h00, Friday 16h00 to 21h00
Fees: none
Financing: provincial, municipal, federal, self-financing, donations
Legal status: non-profit organization

Youth Employment

ATELIER ÉCLIPSE (L’)
321 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5A2
450 436-7111
Website: ateliereclipse.com
Email: info@ateliereclipse.com

Eligibility: adults who have difficulty finding or maintaining a job
Coverage area: Saint-Jérôme
Hours: Monday, Tuesday, Thursday and Friday 7h30 to 16h00, Wednesday 7h30 to 17h30
Financing: grants, self-financing
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI D'ARGENTEUIL
483 Principale Street, Lachute, Laurentides, QC, J8H 1Y5
450 566-5766
Website: www.cjea.org
Email: info@cjea.org
Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC Argenteuil
Hours: Monday to Thursday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES
2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6
450 974-1635  Fax: 450 974-1077
Website: cjedm.qc.ca
Email: info@cjedm.qc.ca
Eligibility: youth 15 to 35 years old
Coverage area: MRC Deux-Montagnes
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA RIVIÈRE-DU-NORD
420 du Marché Street, Saint-Jérôme, Laurentides, QC, J7Z 2B2
450 431-5253  Fax: 450 431-2821
Website: cjern.qc.ca
Email: info@cjern.qc.ca
Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC La Rivière-du-Nord, except Mirabel
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI DE MIRABEL
13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3
450 420-6262    Fax: 450 420-6464
Website: cjemirabel.ca
Email: info@cjemirabel.ca
Eligibility: youth 16 to 35 years old, employers
Coverage area: Mirabel
Hours: Monday to Thursday 8h30 to 12h00 and 12h30 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT
22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 227-0074
Website: www.cjepdh.ca
Email: info@cjepdh.ca
Eligibility: youth 15 to 35 years old, employers
Coverage area: MRC Les Pays-d'en-Haut
Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES
763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-1200    Fax: 819 425-1155
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org
Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS
97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9
819 321-1774   Fax: 819 321-3428
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org


Eligibility: youth 16 to 35 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

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


Eligibility: youth 16 to 35 years old
Coverage area: MRC Thérèse-De Blainville
Hours: Monday 8h30 to 20h00, Tuesday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL
171 Mary Street, Lachute, Laurentides, QC, J8H 2C1
450 562-5151   Fax: 450 562-0633
Website: www.centreentraideargenteuil.org
Email: centreentraide@videotron.ca


Eligibility: people and families on a low income, people living in difficult conditions
Coverage area: Lachute
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment
Fees: none
Financing: Centraide Laurentides, donations
Legal status: non-profit organization
CENTRE D'INTÉGRATION EN EMPLOI LAURENTIDES
340, Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3
1 800 363-2499 Fax: 450 432-8647
Website: www.cielaurentides.com
Email: info@cielaurentides.com
Services: Job search assistance. * Specialized service to facilitate the transition and integration into employment of newcomers. * Specialized service for young parents and people 45 years and under.
Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment
Coverage area: Laurentians
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CFER DU SOMMET
4, rue Godard, Mont-Laurier, Laurentides, QC, J9L 3T6
819 623-2276
Website: www.reseaucfcr.ca/centre/cfer-du-sommet
Services: Center offering a job-oriented training program based on the recovery of tubing and wood. * Acquisition of the Certificate of Training in Enterprise and Recovery.
Eligibility: young people between 15 and 18 years of age
Coverage area: Mont-Laurier
Financing: self-financing, provincial
Legal status: non-profit organization

JEUNESSE ATOUT
184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7
450 473-0606
Email: jatout2@outlook.com
Services: * Academic motivation and intervention. * Internships in the workplace. * In school workshops.
Eligibility: students at risk of dropping out referred by school principals
Coverage area: French high schools of the MRC Deux-Montagnes
Hours: Monday to Thursday 14h00 to 17h00, by appointment
Financing: fundraising campaigns
Legal status: non-profit organization

MRC DEUX-MONTAGNES - DÉVELOPPEMENT ÉCONOMIQUE
1 Place de la Gare, Suite 301, Saint-Eustache, Laurentides, QC, J7R 0B4
450 491-1818 Fax: 450 491-3040
Website: www.mrc2m.qc.ca
Email: info@mrc2m.qc.ca
Eligibility: young entrepreneurs, businesses
Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: provincial, municipal
Legal status: municipal agency

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
Eligibility: adults 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

RESSOURCES COMMUNAUTAIRES SOPHIE
3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304  Fax: 450 226-5048
Website: rcsophie.org
Email: ressourcesophie@gmail.com
Eligibility: kids and teenagers, their families, seniors and people on a low income
Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors
Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00
Fees: yearly membership: $10
Financing: provincial, Centraide Laurentides, grants, donations
Legal status: non-profit organization

TROUSSO DIRECTION EMPLOI
505 Béthany Street, Suite 300, Lachute, Laurentides, QC, J8H 4A6
450 562-6006
Website: troussso.ca
Email: info@trousso.ca
Eligibility: job seekers
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 16h00
Financing: self-financing, provincial
Legal status: Select Legal Status

ZONE EMPLOI D’ANTOINE-LABELLE
601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8
819 623-5051  Fax: 819 623-5504
Website: zemploi.com
Email: info@zemploi.com
Services: * Job search assistance. * Online job directory. * Entrepreneurship coaching. * Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.
Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Child, Youth and Family

**Hours:** Monday to Wednesday 8h00 to 12h00 and 13h00 to 17h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00

**Fees:** free

**Financing:** municipal

**Legal status:** non-profit organization

**ZONE EMPLOI D’ANTOINE-LABELLE - VALLÉE DE LA ROUGE**

1355 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 623-5051

**Website:** zemploi.com

**Email:** info@zemploi.com

**Services:** * Job search assistance. * Directory of job offers. * Entrepreneurship coaching. * Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.

**Eligibility:** job seekers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Wednesday 8h00 to 12h00 and 13h00 to 17h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**Youth Shelters and Support**

**ACCUEIL COMMUNAUTAIRE JEUNESSE DES BASSES-LAURENTIDES - MAISON D’HÉBERGEMENT**

306 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V2

450 473-1600

**Website:** www.acjbl.org

**Email:** info@acjbl.org

**Services:** Short and medium term mixed housing for youth in difficulty. * 3-month stay. * Accompaniment and support. * Individual, parental or family meetings. * Post-housing follow-up. * Telephone support.

**Eligibility:** young adults 16 to 25 years old in difficult situations, their family

**Capacity:** 9 spots

**Coverage area:** Basses-Laurentides and surroundings

**Hours:** intervention: Monday to Friday 8h00 to 16h00

**Fees:** 25% of income or $2 per day in the absence of income

**Financing:** grants, donations

**Legal status:** non-profit organization

**ACCUEIL COMMUNAUTAIRE JEUNESSE LE LABYRINTHE**

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

450 229-4848

**Website:** www.mdj-ste-adele.org/labyrinthe.html/#verticalTab1

**Email:** acj_laby@hotmail.com

**Services:** Social integration of marginalized youth and adults. * Welcoming and accompaniment. * Temporary housing.

**Eligibility:** marginalized adolescents and young adults

**Capacity:** 10 beds

**Coverage area:** Sainte-Adèle

**Hours:** Wednesday 14h00 to 19h30, Thursday and Friday 16h00 to 22h00, Saturday 14h00 to 22h00, Sunday 14h00 to 21h00
Financing: municipal  
Legal status: non-profit organization

**ANTRE-JEUNES (L')**  
655 9th Street, Saint-Jérôme, Laurentides, QC, J7Z 2Z3  
450 436-1547  Fax: 450 436-1816  
Website: www.antre-jeunes.org  
Email: info@antre-jeunes.org  

**Services:** Community organization for youth that want to change certain of their behaviours. * Varied group activities: manual, sports, expression, self-knowledge, computer, cooking, etc. * Individual encounters for listening and support.  
**Eligibility:** youth 10 to 17 years old living through certain difficulties who are willing to change and ready to engage in the process  
**Coverage area:** MRC La Rivièr du-Nord, North of Mirabel  
**Hours:** Monday to Thursday from September to June  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

**APPARTEMENTS SUPERVISÉS LE TRANSIT (LES)**  
309 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1  
450 473-1600  
Website: www.acjbl.org  
Email: info@acjbl.org

**Services:** Mixed supervised housing. * 1 to 2-year stay. * Accompaniment and support. * Autonomy process.  
**Eligibility:** youth 17 to 25 years old facing a difficult situation who have resided at l'Accueil communautaire jeunesse  
**Capacity:** 3 places  
**Coverage area:** Basses-Laurentides and surroundings  
**Hours:** intervention: Monday to Friday 8h00 to 16h00  
**Financing:** grants, donations  
**Legal status:** non-profit organization

**CENTRE D'HÉBERGEMENT MULTISERVICE DE MIRABEL**  
13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3  
450 951-5551  Fax: 579 477-0230  
Website: www.hebergementmirabel.ca  
Email: info@hebergementmirabel.ca  

**Services:** Mixed shelter. * Social reintegration through accompaniment aiming at autonomy and the establishment of a routine (budget, food security, life hygiene, etc.). * Housing assistance. * Referrals.  
**Eligibility:** young people 17 to 35 years old without a fixed address  
**Capacity:** 8 beds  
**Coverage area:** Mirabel  
**Hours:** customer service for shelter request: 7 days, 8h00 to 23h00, shelter: 24 hours / 7 days  
**Fees:** 12% of the income  
**Financing:** federal, provincial, fundraising campaigns  
**Legal status:** non-profit organization

**ENTRE-NOUS (L')**  
605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4  
450 504-1001  
Website: www.lamieduquartier.com/lentre-nous  
Email: lamieduquartier@hotmail.com
Child, Youth and Family

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

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

Coverage area: Saint-Jérôme: Notre-Dame neighbourhood

Fees: none

Financing: self-financing

Legal status: non-profit organization

GROUPE JAD
1625 du Bourg-du-Lac Street, Suite 421, Sainte-Adèle, Laurentides, QC, J8B 3A2
819 774-1687

Email: info@groupejad.com


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

Coverage area: MRC Laurentides

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

Fees: free

Financing: donations

Legal status: non-profit organization

INSTITUT DE FORMATION D’AIDE COMMUNAUTAIRE À L’ENFANT ET À LA FAMILLE
179 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8
450 438-7708

Website: www.ifacef.com

Email: ifacef@ifacef.com


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

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: $90 per hour

Financing: grants, self-financing

Legal status: non-profit organization

MAISON D’HÉBERGEMENT JEUNESSE LA PARENTHÈSE
582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7
450 565-0958  Fax: 450 565-1648
Website: mhjlaparenthese.org
Email: info@mhjlaparenthese.org

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

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

Capacity: 6 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

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Fees: variable according to income, from $3.50 to $12 per day
Financing: provincial, municipal, donations
Legal status: non-profit organization

MAISON D'HÉBERGEMENT LE PETIT PATRO
48 Desjardins Boulevard East, Sainte-Thérèse, Laurentides, QC, J7E 1C1
450 430-5482
Website: www.petitpatro.ca
Email: petitpatro@videotron.ca
Services: * Shelter for a maximum of 60 days.
Eligibility: boys and girls 12 to 17 years old
Capacity: 9 beds
Coverage area: MRC Thérèse-de-Blainville and the Commission scolaire Seigneurie-des-Mille-Îles sector
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, self-financing, donations
Legal status: non-profit organization

MAISON D'HÉBERGEMENT LE PRÉFIXE DES BASSES-LAURENTIDES
196 Rochon Street, Saint-Eustache, Laurentides, QC, J7R 2V1
450 974-1510
Website: www.acjbl.org
Email: info@acjbl.org
Eligibility: youth 12 to 17 years old, their families
Capacity: 6 places
Coverage area: Basses-Laurentides and surroundings
Hours: 7 days, 8h00 to 23h00
Financing: grants, donations
Legal status: non-profit organization

MAISON DE JEUNES RIVIÈRE DU NORD
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 436-2573
Email: info@mdjrdn.com
Eligibility: youth from 12 to 17 years old
Coverage area: Saint-Jérôme
Hours: Monday to Friday 16h00 to 21h00
Fees: variable
Financing: municipal, grants, self-financing
Legal status: non-profit organization
MAISON DES JEUNES DE BLAINEVILLE (LA)
1177 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N3
450 435-8866
Website: www.mdjblainville.com
Email: info@mdjblainville.com


Eligibility: youth 12 to 17 years old
 Coverage area: Blainville and surroundings
 Hours: variable, see website
Financing: self-financing, provincial
Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-ADÈLE
1215 du Bourg-Joli Street, Sainte-Adèle, Laurentides, QC, J8B 1W8
450 229-7452     Fax: 450 229-7972
Website: www.mdj-ste-adele.org
Email: intervenants@mdj-ste-adele.org


Eligibility: youth from 12 to 17 years old, volunteers, parents who want to get involved in the centre
 Coverage area: Sainte-Adèle
 Hours: youth: Wednesday 15h00 to 19h30 (from September to June, Wednesdays are exclusively for sixth graders), Thursday and Friday 16h00 to 22h00, Saturday 14h00 to 22h00, Sunday 14h00 to 21h00, office: Monday to Wednesday 9h00 to 17h00, Thursday and Friday by appointment
 Fees: variable, membership: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

MAISON DES JEUNES SODARRID DE BOISBRIAND
955 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 1W6
450 434-3104
Email: dg.soda@videotron.ca

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 16h30 to 20h30, Saturday 13h00 to 20h00
 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@rssoleillevant.org

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

Eligibility: people of all ages
 Coverage area: Laurentians
RESSOURCES COMMUNAUTAIRES SOPHIE
3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304  Fax: 450 226-5048
Website: rcsophie.org
Email: ressourcessophie@gmail.com
Eligibility: kids and teenagers, their families, seniors and people on a low income
Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors
Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00
Fees: yearly membership: $10
Financing: provincial, Centraide Laurentides, 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
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 DE RELATION D’AIDE LAVAL-LAURENTIDES
Confidential Address
514 990-2619
Website: srall.ca
Email: info@s rall.ca
Services: Helping relationship therapy. * Counselling for personal, relational or work-related difficulties. * Individual or couple counselling. * Counselling for caregivers. * Counselling for children 6 years and older and for adolescents.
Coverage area: Laval, Laurentians
Hours: Monday to Friday 9h00 and 18h00, by appointment
Fees: registration: $15, session: $40 for the first 3 meetings, then according to the income
Financing: grants, self-financing
Legal status: non-profit organization
Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

SKILLS EXCHANGES

VOLUNTEERING AND VOLUNTEER CENTRES
Advisory and citizen action organizations

**AMIS DE LA RÉSERVE ALFRED-KELLY (LES)**

100 de la Gare Street, Piedmont, Laurentides, QC, J0R 1K0  
**Website:** www.reservealfredkelly.org  
**Email:** amis.reservealfredkelly@gmail.com

**Eligibility:** people invested in protection of the environment  
**Coverage area:** Piedmont  
**Fees:** adult members: $10, members under 17 years old: free  
**Financing:** membership fees  
**Legal status:** non-profit organization

**ASSOCIATION DES MAISONS DE JEUNES DE MIRABEL**

9505 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X2  
**450 412-0799**  
**Website:** mdjmirabel.ca  
**Email:** info@mdjmirabel.ca

**Eligibility:** youth centre and youth job cooperative: 12 to 17 years old and their close ones, 6th grade project: youth 11 or 12 years old in 6th grade, street work: youth from 12 to 35 years and their close ones  
**Coverage area:** Mirabel  
**Hours:** administration: 9h00 to 16h00, youth centre: 16h00 to 21h00, street work: depending on the needs  
**Fees:** none  
**Financing:** provincial, Centraide Laurentides, self-financing, donations  
**Legal status:** non-profit organization

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

300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9  
**450 431-3388**  
**Website:** arlphl.org  
**Email:** info@arlphl.org

**Services:** Promotion of the improvement of health, well-being and social participation of people living with a disability through the development of sport, recreation and physical activity. * Sports and recreational activities. * Information, referral, counselling, training. * Companion Leisure Card (CAL).  
**Eligibility:** people of all ages with all sorts of disabilities  
**Coverage area:** Laurentians  
**Hours:** activities: weekend, adapted day centre: week  
**Fees:** between $150 and $200  
**Financing:** donations, provincial, municipal  
**Legal status:** non-profit organization
BOOK HUMANITAIRE (LE)
215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 436-2665
Website: lebookhumanitaire.com
Email: rlapierre@lebookhumanitaire.com
Eligibility: people in a difficult situation, volunteers
Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis
Hours: Monday to Thursday 9h00 to 17h00, Friday to Sunday 9h00 to 12h00
Fees: none
Financing: donations
Legal status: non-profit organization

CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
1 855 766-6387 ext. 33167
Services: Grouping for consultation between organizations, municipalities and establishments for seniors in order to meet the needs of seniors and persons in loss of autonomy, and to promote home support. * Consultation and representation with deciding authorities. * Directory Services aux personnes aînées: www.cab-laurentides.org/images/publications/mini-bottin-MRC-laurentides.pdf
Eligibility: organizations for seniors or people in loss of autonomy, municipalities
Coverage area: MRC Les Laurentides
Financing: self-financing
Legal status: non-profit organization

CONSEIL RÉGIONAL DE DÉVELOPPEMENT SOCIAL DES LAURENTIDES
Confidential Address
450 848-7263
Website: www.crdsl.com
Email: info@crdsl.com
Eligibility: non-profit organizations, publics and parapublic organizations, elected officials
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MIRABEL
17505 du Val d'Espoir Street, Mirabel, Laurentides, QC, J7J 1M3
450 848-6059
Website: www.ccddemirabel.com
Email: info@ccddemirabel.com
Services: Grouping and consultation of organizations in Mirabel. * Community resources repertory. * Mobilizing projects development and support. * Committees: seniors, youth, food safety, poverty-housing-homelessness, school perseverance. * RAPPID-OR: information and safety program including home visits for elders and providing a safety kit that usually includes a smoke detector, a night light, a bath mat, etc.
Eligibility: individuals and organizations
Capacity: 50
Coverage area: Mirabel
CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DES HAUTES-LAURENTIDES
385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9
819 623-4494  Fax: 819 499-3009
Website: www.cdchl.org
Email: info@cdchl.org
Eligibility: Population, community organizations
Coverage area: MRC Antoine-Labelle
Hours: Monday to Thursday 8h30 to 16h00
Financing: Provincial
Legal status: non-profit organization

CULTIVER POUR NOURRIR
385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9
819 585-3283
Website: securitealimentaireal.weebly.com
Email: cultiverpournourrir@gmail.com
Eligibility: General population, organizations
Coverage area: MRC Antoine-Labelle
Financing: Donations, self-financing, grants
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D’EN-HAUT (L’)
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020  Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com
Eligibility: People with temporary or permanent loss of autonomy, seniors
Coverage area: MRC Les Pays-d’en-Haut
Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d’Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request
Fees: Meals on wheels: $6 per meal, community meal: $6 per meal, light housework: travel expenses, van: low contribution
Financing: Donations, self-financing
Legal status: Non-profit organization
ORGANISME DE BASSINS VERSANTS DES RIVIÈRES ROUGE, PETITE NATION ET SAUMON
645 du Moulin Street, suite 1, Mont-Tremblant, Laurentides, QC, J8E 2V1
819 717-3171
Website: www.rpns.ca
Email: direction@rpns.ca
Services: Organization ensuring the integrated management of water and living environments. * Development and establishment of a master plan for water. * Awareness for conservation of water resources and ecosystems. * Contribution to the development, integration and dissemination of knowledge of the territory. * Valuation and measurement of positive impacts.
Eligibility: general public
Coverage area: MRC Antoine-Labelle, MRC Papineau, MRC les Laurentides and MRC des-Pays-d'en-Haut
Hours: Monday to Friday 8h30 to 16h30
Fees: member fees: variable
Financing: provincial, contributions, donations
Legal status: non-profit organization

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
438 858-3737
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 young people 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 8h30 to 12h00 and 13h00 to 16h30
Financing: donations, provincial, municipal
Legal status: non-profit organization

PROMOTEURS DE BONNE HEURE LAC-DU-CERF (LES)
215 Principale Street, Lac-Du-Cerf, Laurentides, QC, J0W 1S0
819 597-2011
Email: pbldc@gmail.com
Coverage area: Lac-Du-Cerf
Hours: la Principale: variable, le Georgiana: Thursday to Monday 15h00 to 21h00, during the summer
Fees: variable
**Financing:** donations, grants, self-financing  
**Legal status:** non-profit organization

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**REGROUPEMENT DES PARTENAIRES DES PAYS-D’EN-HAUT**  
1014 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3  
450 229-6637 ext. 126  
**Website:** lespaysdenhaut.com/regroupement-partenaires-pays-den-haut/  
**Email:** regroupementpdh@gmail.com  
**Services:** * Citizen mobilization and consultation on social and community development issues. * Development and support for organizations.  
**Eligibility:** community organization, regional issue tables  
**Coverage area:** MRC Les Pays-d’en-Haut  
**Hours:** MRC: Monday to Thursday 8h30 to 12h00 ans 13h00 to 16h30, Friday 8h30 to 13h00  
**Financing:** municipal  
**Legal status:** non-profit organization

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**REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER**  
532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3  
819 623-2948  
**Fax:** 819 623-9381  
**Email:** rdass@videotron.ca  
**Services:** * Grouping and mobilisation of social assistance recipients. * Information on rights. * Exchange and mutual aid to break isolation. * Raising awareness in the general population.  
**Eligibility:** recipients of social assistance and people on a low income  
**Coverage area:** MRC Antoine-Labelle  
**Hours:** Monday and Friday 9h00 to 16h00  
**Financing:** provincial, grants  
**Legal status:** non-profit organization

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**RÉSEAU DES FEMMES DES LAURENTIDES**  
342 Parent Street, Saint-Jérôme, Laurentides, QC, J7Z 2A2  
450 431-1896  
**Website:** www.femmeslaurentides.org  
**Email:** info@femmeslaurentides.org  
**Eligibility:** women’s groups and committees, general public  
**Coverage area:** Laurentians  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** none  
**Financing:** grants  
**Legal status:** non-profit organization

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**SOCIÉTÉ DE DÉVELOPPEMENT DU RÉSERVOIR-KIAMIKA**  
1850 Fernand-Lafontaine Boulevard, Rivière-Rouge, Laurentides, QC, J0T 1T0  
819 278-5402  
**Email:** info@reservoirkiamika.org  
**Eligibility:** general public  
**Coverage area:** Chute-Saint-Philippe, Kiamika, Lac-Saguay, Rivière-Rouge, reservoir and surroundings

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Financing: provincial
Legal status: non-profit organization

SOLIDARITÉ LAURENTIDES - AMÉRIQUE CENTRALE
347 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1X9
450 569-6470
Website: slamlaurentides.org
Email: info@slamlaurentides.org
Services: International solidarity organization. * Conferences, promotion of global citizenship education, fair trade and programming of related activities. * International solidarity internships in Guatemala.
Eligibility: general public
Coverage area: Laurentians
Hours: variable
Fees: internship in Guatemala: $2300
Financing: donations
Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES AÎNÉS DES LAURENTIDES
9 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J2
819 326-5657 ext. 27
Website: tcral.ca
Email: tralaurentides@gmail.com
Services: Place for exchange and dialogue to improve the living conditions of seniors in the Laurentians.
Eligibility: senior community of the Laurentians
Coverage area: Laurentians
Hours: Wednesday and Thursday 9h00 to 15h00
Fees: free
Financing: provincial
Legal status: non-profit organization

TABLE FORÊT LAURENTIDES
Confidential Address
819 951-2647
Website: www.tableforet.ca
Email: communication@tableforet.ca
Services: Forestry education and support for the forestry-wood industry. * School activities: workshops in the woods, workshops to discover the forestry trades, etc. * Educational tools. * Conferences.
Eligibility: general public, schools, municipalities
Coverage area: Laurentides
Financing: municipal
Legal status: non-profit organization

TOUS COMPLICES POUR NOTRE COMMUNAUTÉ
184 Saint-Eustache Street, Suite 319, Saint-Eustache, Laurentides, QC, J7R 2L7
450 974-5001 ext. 5060 Fax: 450 974-5064
Website: www.tous-complices.com
Email: info@tous-complices.com
Services: Social development. * Identification and examination of local issues. * Accompaniment for projects with a social and ecological impact. * Consultation: relay between community organizations and resources (CISSS, municipalities) on the territory.
Eligibility: community organizations, CIUSSS, municipalities, school service centres, businesses
Coverage area: MRC Deux-Montagnes
Fees: none
Charity Organizations

AUXILIAIRES BÉNÉVOLES DE L'HÔPITAL D'ARGENTEUIL (LES)
145 de la Providence Avenue, Lachute, Laurentides, QC, J8H 4C7
450 562-3761 ext. 72100
Services: * Volunteer work. * Fundraising.
Coverage area: Lachute
Financing: donations
Legal status: non-profit organization

CENTRAIDE HAUTES-LAURENTIDES
Confidential Address
819 623-4090
Website: centraide-rcpq.ca/hl
Email: direction@centraidehl.ca
Services: Support to local community organizations through a fundraising campaign and donations collected.
Eligibility: non-profit organizations
Coverage area: MRC Antoine-Labelle, MRC Les Laurentides
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

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 Rivièr-du-Nord, MRC Thérèse-De-Blainville, Mirabel, Terrebonne
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h30, Friday 8h30 to 12h00
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

FONDATION DE L'HÔPITAL RÉGIONAL DE SAINT-JÉRÔME INC.
290 De Montigny Street, Saint-Jérôme, Laurentides, QC, J7Z 5T3
450 431-8484 Fax: 450 431-8336
Website: fondationhopitalsaint- jerome.org
Email: chantale.fortin.cissslau@ssss.gouv.qc.ca
Services: Support to the development of programs or the purchase of medical equipment for the benefit of service centers attached to the regional hospital and located in the greater Saint-Jérôme area (CHSLD, CLSC, etc.). * Fundraising.
Eligibility: hospital users, CHSLD residents, children, teenagers<br />
Coverage area: Saint-Jérôme
Hours: Monday to Thursday 8h00 to 16h30 and Friday 8h00 to 13h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization
FONDATION ÉMILE Z. LAVIOLETTE  
3101 de l'Église Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0  
514 945-2231  
Website: emile-z-laviolette.com  
Email: info@emile-z-laviolette.com  
Services: Financial or material assistance for organizations and projects that support children of families on a low income.  
Eligibility: organizations that support children of families on a low income through food assistance or school perseverance  
Coverage area: MRC Deux-Montagnes  
Hours: Monday to Thursday 8h00 to 13h30  
Fees: none  
Financing: fundraising campaigns, donations  
Legal status: non-profit organization  

FONDATION MÉDICALE DES LAURENTIDES ET DES PAYS-D'EN-HAUT  
50 Corbeil Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1X2  
819 323-4565 Fax: 819 323-4568  
Website: www.fondationmedicale.com  
Email: info@fondationmedicale.com  
Services: Improving and supporting the health and well-being of the population. * Acquisition and modernization of medical equipment in health facilities. * Aux Trésors de la Fondation: sale of used items at low prices.  
Eligibility: population, health facilities, municipalities  
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, Saint-Donat, Notre-Dame-de-la-Merci  
Hours: Tuesday to Saturday 9h30 to 12h00 and 13h00 to 16h30, Aux Trésors de la Fondation: Friday and Saturday 9h00 to 17h00  
Financing: donations  
Legal status: non-profit organization  

FONDATION NOËL AU PRINTEMPS  
Confidential Address Fax: 514 788-4473  
Website: www.fnap.ca  
Email: info@fnap.ca  
Services: * Financial assistance to pay for medical treatment for children living with an illness or disability.  
Eligibility: families on a low income receiving the Canada Child Tax Benefit and receiving benefits for children with disabilities  
Coverage area: Province of Québec  
Fees: none  
Financing: donations  
Legal status: non-profit organization  

FONDATION RICHELIEU ST-JÉRÔME  
Confidential Address  
450 436-8244  
Email: f.chausse@pfdavocats.com  
Eligibility: youth experiencing financial difficulties, non-profit organizations whose main objective is the development of youth  
Coverage area: Saint-Jérôme  
Financing: donations  
Legal status: non-profit organization
FONDATION YVAN LAURIN
1300 des Cerisiers Road, Mont-Laurier, Laurentides, QC, J9L 0Y3
819 623-6229  Fax: 819 440-2579
Email: jassflo@videotron.ca

Services: Assistance to people on a low income with cancer, to ensure them a better quality of life. * Financial assistance for services not covered.
Eligibility: people on a low income with cancer
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization

Community centres

AMIE DU QUARTIER
655 Fillion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 431-1424
Website: www.lamieduquartier.com
Email: lamieduquartier@hotmail.com

Eligibility: individuals and families on a low income
Coverage area: Notre-Dame neighbourhood of Saint-Jérôme
Hours: Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food assistance: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30
Fees: annual contribution: $5
Financing: contributions, self-financing
Legal status: non-profit organization

AVOCA COMMUNITY CENTRE
192 Avoca Road, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0

Services: * Community meals. * Social and recreational activities.
Coverage area: Grenville-sur-la-Rouge
Fees: variable
Financing: donations, self-financing
Legal status: non-profit organization

CAFÉ PARTAGE D’ARGENTEUIL
232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8
450 562-0987
Email: cafepartage@bell.net

Eligibility: people in precarious human, social and economic situations
Coverage area: MRC Argenteuil
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CAMPBELL
2710 Route 148, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0
819 242-3232
Email: ca.cccampbell@gmail.com
Coverage area: Grenville-sur-la-Rouge
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

CENTRE D'ENTRAIDE RACINE-LAVOIE
154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9
450 623-6030 Fax: 450 623-5275
Website: www.entraideracinelavoie.org
Email: info@entraideracinelavoie.org
Eligibility: people and families on a low income
Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 11h00 to 12h000 and 13h00 to 16h30, kitchen: twice a month, lunchbox: Tuesday 17h00 to 19h00
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
Eligibility: people on a low income, friendship meals and collective kitchens: everybody, day camp: youth 6 to 12 years old
Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Cœur-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 12h000, meals: Thursday 11h30 to 13h00
Fees: meals on site or to go: $3.5 and, food assistance: $3, emergency food assistance: free, summer camp: $360
Financing: provincial, Centraide Laurentides
Legal status: non-profit organization

PROMOTEURS DE BONNE HEURE LAC-DU-CERF (LES)
215 Principale Street, Lac-Du-Cerf, Laurentides, QC, J0W 1S0
819 597-2011
Email: pbhldc@gmail.com
Coverage area: Lac-Du-Cerf
Hours: la Principale: variable, le Georgiana: Thursday to Monday 15h00 to 21h00, during the summer
Fees: variable
Financing: donations, grants, self-financing
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


Coverage area: Boisbriand
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15
Financing: municipal
Legal status: municipal agency

CARREFOUR JEUNESSE-EMPLOI D'ARGENTEUIL
483 Principale Street, Lachute, Laurentides, QC, J8H 1Y5
450 566-5766
Website: www.cjea.org
Email: info@cjea.org


Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC Argenteuil
Hours: Monday to Thursday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA RIVIÈRE-DU-NORD
420 du Marché Street, Saint-Jérôme, Laurentides, QC, J7Z 2B2
450 431-5253     Fax: 450 431-2821
Website: cjern.qc.ca
Email: info@cjern.qc.ca


Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC La Rivièrè-du-Nord, except Mirabel
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT
22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 227-0074
Website: www.cjepdh.ca
Email: info@cjepdh.ca


Eligibility: youth 15 to 35 years old, employers
Coverage area: MRC Les Pays-d'en-Haut
Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CAMPBELL
2710 Route 148, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0
819 242-3232
Email: ca.cccampbell@gmail.com

Coverage area: Grenville-sur-la-Rouge
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412     Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org


Eligibility: seniors, caregivers, people wishing to volunteer, community and volunteering organizations
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: Tuesday for Mont-Laurier and Lac-des-Écorces, Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain
Fees: meals on wheels: $5, community lunch: $7, Transport Gérontin: variable
Financing: donations, self-financing, provincial, foundations, Centraide Laurentides
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE MIRABEL
13816 de l’Église Street, Mirabel, Laurentides, QC, J7J 1L3
514 991-9672
Eligibility: people 40 years old and over
Coverage area: Mirabel
Hours: variable
Fees: annual membership: $15
Financing: self-financing, contributions
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DES HAUTES-LAURENTIDES
385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9
819 623-4494     Fax: 819 499-3009
Website: www.cdchl.org
Email: info@cdchl.org
Eligibility: population, community organizations
Coverage area: MRC Antoine-Labelle
Hours: Monday to Thursday 8h30 to 16h00
Financing: provincial
Legal status: non-profit organization

DEUX-MONTAGNES - CITY
803 d’Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L8
450 473-2796     Fax: 450 473-2417
Website: www.ville.deux-montagnes.qc.ca/en
Email: info@ville.deux-montagnes.qc.ca
Coverage area: Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

FONDATION DANIEL LAUZON
Confidential Address
819 425-3735
Email: mleonard@imp-leonard.com
Eligibility: families on a low income and parents with children 5 to 16 years old
Coverage area: Mont-Tremblant
Fees: none
Financing: donations
Legal status: non-profit organization
FONDATION RICHELIEU ST-JÉRÔME
Confidential Address
450 436-8244
Email: f.chausse@pfdavocats.com
Eligibility: youth experiencing financial difficulties, non-profit organizations whose main objective is the development of youth
Coverage area: Saint-Jérôme
Financing: donations
Legal status: non-profit organization

FONDS COMMUNAUTAIRE D’ACCÈS AU MICRO-CRÉDIT
96 Turgeon Street, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 3H9
450 818-4830   Fax: 450 818-4832
Website: www.fondsmicrocredit.qc.ca
Email: fcamc@fondsmicrocredit.qc.ca
Eligibility: people with entrepreneurial projects, excluded from traditional credit
Coverage area: MRC Les Moulins, MRC Thérèse-De Blainville, MRC Deux-Montagnes, MRC Mirabel
Financing: grants, self-financing
Legal status: non-profit organization

GRENVILLE - VILLAGE
21 Tri-Jean Street, Grenville, Laurentides, QC, J0V 1J0
819 242-2146   Fax: 819 242-5891
Website: grenville.ca
Email: info@grenville.ca
Coverage area: Grenville
Hours: Monday to Thursday 8h30 to 12h00 and 12h30 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

MAISON LYSE-BEAUCHAMP - CAFÉ DE LA GARE
700 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B7
819 623-4726
Website: maisonlysebeauchamp.org/la-gare
Email: info@maisonlysebeauchamp.org
Services: * Restaurant and room rentals, caterer and work platform.
Coverage area: Province of Québec
Hours: Wednesday to Friday 11h30 to 13h30, Thursday evening from 17h00, Saturday and Sunday 8h00 to 10h00
Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD
515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 436-6749   Fax: 450 436-1863
Website: www.mavn.ca/en
Email: info@mavn.ca

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

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

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

OKA - LOISIRS ET CULTURE
183 des Anges Street, Kan e satake, Laurentides, QC, J0N 1E0
450 479-6333    Fax: 450 479-1886
Website: www.municipalite.oka.qc.ca/loisirs-et-culture
Email: info@municipalite.oka.qc.ca


Coverage area: Oka

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

Fees: variable

Financing: municipal

Legal status: municipal agency

PROMOTEURS DE BONNE HEURE LAC-DU-CERF (LES)
215 Principale Street, Lac-Du-Cerf, Laurentides, QC, J0W 1S0
819 597-2011
Email: pbhldc@gmail.com


Coverage area: Lac-Du-Cerf

Hours: La Principale: variable, le Georgiana: Thursday to Monday 15h00 to 21h00, during the summer

Fees: variable

Financing: donations, grants, self-financing

Legal status: non-profit organization

REGROUPEMENT DES PARTENAIRES DES PAYS-D'EN-HAUT
1014 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3
450 229-6637 ext. 126
Website: lespaysdenhaut.com/regroupement-partenaires-pays-den-haut/
Email: regroupementpdh@gmail.com

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

Eligibility: community organization, regional issue tables

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

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

Financing: municipal

Legal status: non-profit organization
ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES
325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2
450 621-3500 ext. 7380  Fax: 450 621-0426
Website: www.ville.rosemere.qc.ca/recreation-and-community-life
Email: info@ville.rosemere.qc.ca
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: municipal agency

SAINT-EUSTACHE - LOISIRS
230 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
450 974-5111  Fax: 450 974-5135
Website: www.saint-eustache.ca
Coverage area: Saint-Eustache
Hours: Sport and Outdoor Services counter: Monday to Friday 8h30 to 9h00, Saturday and Sunday 8h00 to 17h00, summer: Monday to Friday 8h30 to 21h00, Saturday 13h00 to 16h00, Culture and Community Animation: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00, summer: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - LOISIRS, CULTURE ET TOURISME
1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072 ext. 229  Fax: 450 623-2889
Website: www.sjdl.qc.ca
Email: vlalonde@sjdl.qc.ca
Coverage area: Saint-Joseph-du-Lac
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Fees: variable
Financing: municipal, auto-financing
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
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-ANNE-DU-LAC - MUNICIPALITY
1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2110  Fax: 819 586-2203
Website: www.steannedulac.ca
Email: municipalite@steannedulac.ca
Coverage area: Sainte-Anne-du-Lac
Hours: Tuesday to Friday 10h00 to 12h00 and 13h00 to 15h00
Financing: municipal
Legal status: municipal agency

SAINTE-MARTHE-SUR-LE-LAC - LOISIRS ET VIE COMMUNAUTAIRE
99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 472-7310 ext. 245
Website: www.ville.sainte-marthe-sur-le-lac.qc.ca/loisirs-et-culture/loisirs-et-vie-communautaire
Coverage area: Sainte-Marthe-sur-le-Lac
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINTE-THÉRÈSE - CULTURE ET LOISIRS
37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H2
450 434-1440 ext. 2540
Website: www.sainte-therese.ca
Email: culturetloisirs@sainte-therese.ca
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

ABL IMMIGRATION
1 Place de la Gare, Suite 103, Saint-Eustache, Laurentides, QC, J7R 0B4
514 570-3313
Website: www.abl-immigration.org
Email: ablimmigration@gmail.com
Community Action

Eligibility: newcomers, immigrants
Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-De Blainville
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

ANTR'AIDANT (L')
205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
579 888-0211
Website: lantraidant.com
Email: information@lantraidant.com

Eligibility: caregivers of adults and seniors living with a physical or cognitive loss, formative awareness workshops: caregivers, workers, community environments
Coverage area: MRC Thérèse-de Blainville, MRC Deux-Montagnes, MRC d'Argenteuil, MRC des Pays-d'en-Haut, MRC des Laurentides, MRC Antoine-Labelle, MRC Rivièreme du Nord, Sud de Mirabel, Nord de Mirabel
Hours: Monday to Sunday 8h30 to 16h30
Fees: none
Financing: federal, provincial, Centraide Laurentides, self-financing, donations
Legal status: non-profit organization

ARC-EN-SOI (L') - CENTRE DE PRÉVENTION ET D'INTERVENTION EN SANTÉ MENTALE
929 L’Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-2060     Fax: 819 275-0527
Email: arcensoi@hotmail.ca

Services: Centre for people with mental health, wandering and homelessness issues. * Accompaniment, support and referral. * Therapeutic and occupational activities: mixed groups, groups of men exclusively or groups of women only. * Coffee and lunch every Wednesday at the Rivière-Rouge station park.
Eligibility: adult women and men with mental health, wandering and homelessness issues
Coverage area: MRC Antoine-Labelle
Hours: Tuesday to Thursday 8h30 to 16h00, Friday 8h30 to 14h00, coffee and lunch at Rivière-Rouge station park: Wednesday
Fees: none
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.qc.ca
Email: bibliotheque@blainville.ca

Coverage area: Blainville
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: free
Financing: municipal
Legal status: municipal agency

CENTRE D’ACTION BÉNÉVOLE D’ARGENTEUIL
212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3
450 562-7447     Fax: 450 562-6184
Website: cabargenteuil.ca
Email: info@cabargenteuil.ca
Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems
Coverage area: MRC Argenteuil
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00
Fees: meals on wheels: $6 per hot meal and $6.50 per frozen meal
Financing: provincial
Legal status: non-profit organization

CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME
200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8
450 431-1239     Fax: 450 431-5543
Website: www.centredelafamille.ca
Email: direction@centredelafamille.ca
Eligibility: persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation
Coverage area: Grand Saint-Jérôme
Hours: office: Monday to Friday 8h30 to 16h30, activities: Monday to Friday 9h00 to 15h00
Financing: self-financing, donations
Legal status: non-profit organization

CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
1 855 766-6387 ext. 33167
Services: Grouping for consultation between organizations, municipalities and establishments for seniors in order to meet the needs of seniors and persons in loss of autonomy, and to promote home support. * Consultation and representation with deciding authorities. * Directory Services aux personnes aînées: www.cab-laurentides.org/images/publications/mini-bottin-MRC-laurentides.pdf
Eligibility: organizations for seniors or people in loss of autonomy, municipalities
Coverage area: MRC Les Laurentides
Financing: self-financing
Legal status: non-profit organization
CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MIRABEL
17505 du Val d’Espoir Street, Mirabel, Laurentides, QC, J7J 1M3
450 848-6059
Website: www.ccdcemirabel.com
Email: info@ccdcemirabel.com

Services: Grouping and consultation of organizations in Mirabel. * Community resources repertory. * Mobilizing projects development and support. * Committees: seniors, youth, food safety, poverty-housing-homelessness, school perseverance. * RAPPID-OR: information and safety program including home visits for elders and providing a safety kit that usually includes a smoke detector, a night light, a bath mat, etc.

Eligibility: individuals and organizations
Capacity: 50
Coverage area: Mirabel
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

ÉCOUTE AGRICOLE DES LAURENTIDES
Confidential Address
514 929-2476
Website: www.ecouteagricole.com
Email: travailleurrang.eal@gmail.com


Eligibility: agricultural producers, agricultural workers, their relatives and people from the agricultural sector
Coverage area: Laurentians, Outaouais
Hours: Monday to Friday 9h00 to 17h00
Fees: services: free, agricultural member: free, individual member: $20, corporate member: $100
Financing: self-financing
Legal status: non-profit organization

INFO-SOCIAL 8-1-1 - LAURENTIANS
Confidential Address
811 option 2
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811

Services: Psychosocial consultation by phone. * Information and referral to assistance resources.
Coverage area: Laurentides
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY
31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9
450 621-1071
Website: www.ville.lorraine.qc.ca
Email: bibliothecaire@ville.lorraine.qc.ca


Coverage area: Lorraine
Hours: Monday and Wednesday 10h00 to 17h00, Tuesday, Thursday and Friday 10h00 to 19h30, Saturday and Sunday: 10h00 to 16h00, from June 24th: closed on Sunday
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  Fax: 450 621-6131
Website: www.ville.rosemere.qc.ca/library-services
Email: biblio@ville.rosemere.qc.ca
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
Coverage area: Sainte-Anne-des-Plaines
Hours: Tuesday and Thursday 13h00 to 20h30, Wednesday 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
Financing: municipal
Legal status: municipal agency

UNITÉ-TOXI DES TROIS-VALLÉES (L’)
1412 Deguire Street, Mont-Tremblant, Laurentides, QC, J8E 3C4
819 425-5666  Email: unitetoxidestroisvallees@yahoo.ca
Eligibility: people with an alcohol, drug or gambling addiction problem, their relatives
Coverage area: MRC Les Laurentides
Hours: 7 days, 8h00 to 18h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization
Skills Exchanges

REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER
532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3
819 623-2948  Fax: 819 623-9381
Email: rdass@videotron.ca


Eligibility: recipients of social assistance and people on a low income

Coverage area: MRC Antoine-Labelle

Hours: Monday and Friday 9h00 to 16h00

Financing: provincial, grants

Legal status: non-profit organization

Volunteering and volunteer centres

AMIE DU QUARTIER
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 431-1424
Website: www.lamieduquartier.com
Email: lamieduquartier@hotmail.com


Eligibility: individuals and families on a low income

Coverage area: Notre-Dame neighbourhood of Saint-Jérôme

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

Fees: annual contribution: $5

Financing: contributions, self-financing

Legal status: non-profit organization

AUXILIAIRES BÉNÉVOLES DE L'HÔPITAL D'ARGENTEUIL (LES)
145 de la Providence Avenue, Lachute, Laurentides, QC, J8H 4C7
450 562-3761 ext. 72100

Services: * Volunteer work. * Fundraising.

Coverage area: Lachute

Financing: donations

Legal status: non-profit organization

BOOK HUMANITAIRE (LE)
215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 436-2665
Website: lebookhumanitaire.com
Email: rlapierre@lebookhumanitaire.com

Eligibility: people in a difficult situation, volunteers

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

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

Fees: none

Financing: donations

Legal status: non-profit organization

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)
310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8
450 562-7122
Website: www.cafela.org
Email: info@cafela.org


Eligibility: women, drop-in day care centre: children 18 months to 5 years old, respite care: children 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership card: $5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE D'ARGENTEUIL
212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3
450 562-7447 Fax: 450 562-6184
Website: cabargenteuil.ca
Email: info@cabargenteuil.ca


Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: $6 per hot meal and $6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412 Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org

Eligibility: seniors, caregivers, people wishing to volunteer, community and volunteering organizations


Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: Tuesday for Mont-Laurier and Lac-des-Écorces, Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

Fees: meals on wheels: $5, community lunch: $7, Transport Gérontin: variable

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

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L’AIDE
184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540 Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org


Eligibility: adults with a loss of autonomy, seniors 65 years and over


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

Fees: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME
225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200 Fax: 450 432-7354
Website: www.cbsj.qc.ca
Email: info@cbsj.qc.ca


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


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

Fees: membership card: $5, meals on wheels: $8, community meals: $8
Financing: donations, membership fees, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP
65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9
450 430-5056     Fax: 450 430-0203
Website: www.cab-solange-beauchamp.com
Email: info@cabsb.org


Eligibility: seniors aged 65 and over, people aged between 55 and 65 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: ceb@bellnet.ca


Eligibility: people on a low income, friendship meals and collective kitchens: everybody, day camp: youth 6 to 12 years old
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: $3.5 and, food assistance: $3, emergency food assistance: free, summer camp: $360
Financing: provincial, Centraide Laurentides
Legal status: non-profit organization

CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)
741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2
450 432-5642     Fax: 450 432-8673
Website: centredefemmeslesunesetlesautres.org
Email: centrelesunes@qc.aira.com


Eligibility: women, daycare and respite care: children 6 months to 5 years old
Capacity: daycare and respite care: limited places
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings
Fees: none
Financing: provincial, donations, membership fees
Legal status: non-profit organization
CENTRE DE PÉDIATRIE SOCIALE DU COEUR DES LAURENTIDES
10 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2
819 774-8574
Website: cpscl Laurentides.ca
Email: info@cpscl Laurentides.ca
Eligibility: children aged 0 to 16 and families in a situation of vulnerability
Coverage area: MRC Les Laurentides
Fees: none
Financing: donations
Legal status: non-profit organization

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE
1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2
450 229-8440
Email: clsm227@gmail.com
Eligibility: people who have lived or are living with mental health problems
Coverage area: Laurentians
Fees: none
Financing: donations, grants
Legal status: non-profit organization

COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC
1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2099
Email: baudrycarmen@gmail.com
Eligibility: people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac
Coverage area: Sainte-Anne-du-Lac
Hours: delivery of prepared meals: once every two weeks
Financing: self-financing, municipal
Legal status: non-profit organization

ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L’) - MONT-LAURIER
Confidential Address
819 623-2624
Website: www.lelan.org
Email: mtlaurier@lelan.org
Eligibility: women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general public
Coverage area: MRC Antoine-Labelle, MRC Les Laurentides
Hours: Monday to Friday, variable hours
Fees: none
Financing: donations, grants
Legal status: non-profit organization

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

Confidential Address
819 326-8484
Website: www.lelan.org
Email: steagathe@lelan.org


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

Coverage area: MRC Antoine-Labelle, MRC Les Laurentides

Hours: Monday to Friday, variable hours

Fees: none
Financing: donations, grants
Legal status: non-profit organization

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

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020     Fax: 450 229-7539
Website: www.entraidebenevoleph.com
Email: info@entraidebenevoleph.com


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

Coverage area: MRC Les Pays-d’en-Haut

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

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

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

GARDE-MANGER DES PAYS-D’EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7
450 227-3757     Fax: 450 745-1811
Website: www.gardemangerph.ca
Email: secretariat@gardemangerph.ca


Eligibility: families and people in need

Coverage area: MRC Les Pays-d’en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday
Fees: food counter: $3, collective kitchen: $18 for 5 meals, food assistance: free
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE LAUREL - WENTWORTH-NORD
3470 Main Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 229-2011
Website: www.gardemangerpdh.ca/comptoireAlimentaire
Email: secretariat@gardemangerpdh.ca
Services: * Food assistance.
Eligibility: families and people in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Thursday 14h30 to 15h00
Fees: $3 per household
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE MORIN-HEIGHTS
567 Village Road, Morin-Heights, Laurentides, QC, J0R 1H0
450 229-2011
Website: www.gardemangerpdh.ca/comptoireAlimentaire
Email: secretariat@gardemangerpdh.ca
Services: * Food assistance.
Eligibility: families and people in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Tuesday 14h15 to 15h00
Fees: $3 per household
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINT-ADOLPHE-D'HOWARD
1672 Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0
450 229-2011
Website: www.gardemangerpdh.ca/comptoireAlimentaire
Email: secretariat@gardemangerpdh.ca
Services: * Food assistance.
Eligibility: families and people in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Tuesday 12h30 to 13h30
Fees: $3 per household
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINT-SAUVIER - PIEDMONT - SAINTE-ANNE-DES-LACS
205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 229-2011
Website: www.gardemangerpdh.ca/comptoireAlimentaire
Email: secretariat@gardemangerpdh.ca
Services: * Food assistance.
Eligibility: families or people in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Wednesday 9h30 to 11h00
Fees: $3 per household
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D’EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINTE-MARGUERITE
2 Masson Road, Estérel, Laurentides, QC, J0T 1L0
450 229-2011
Website: www.gardemangerphd.ca/comptoirAlimentaire
Email: secretariat@gardemangerphd.ca
Services: * Food assistance.
Eligibility: families and people in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Thursday 11h30 to 12h30
Fees: $3 per household
Financing: donations, self-financing
Legal status: non-profit organization

GRANDS-PARENTS TENDRESSE
374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9
450 436-6664
Website: grandsparentstendresse.org
Email: administration@grandsparentstendresse.org
Eligibility: seniors, adults 45 years and over, families and parents of children from 0 to 12 months old
Coverage area: Saint-Jérôme, pairing: MRC La Rivière-du-Nord
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per year
Financing: self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE BROWNSBURG-CHATHAM
385 Principale Street, Brownsburg-Chatham, Laurentides, QC, J8G 2V2
450 533-6948
Website: www.mdjbrownsburgchatham.com
Email: mdjbrownsburgchatham@gmail.com
Eligibility: youth from 11 to 17 years old
Coverage area: Brownsburg-Chatham
Hours: school period: Monday 16h30 to 20h30, Tuesday to Friday 16h30 to 21h00, summer period: Monday to Friday 14h00 to 22h00
Fees: none
Financing: municipal
Legal status: non-profit organization
MAISON EMMANUEL (CENTRE ÉDUCATIF)
1561 Beaulne Road, Val-Morin, Laurentides, QC, J0T 2R0
819 322-7014 Fax: 819 322-6930
Website: maisonemmanuel.org/en
Email: contact@maisonemmanuel.org
Eligibility: adults living with an intellectual or physical disability, volunteers
Capacity: 45 residents
Coverage area: Province of Québec
Financing: self-financing, donations
Legal status: non-profit organization

PALLIACCO
2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8
819 717-9646
Website: www.palliacco.org/en
Email: references@palliacco.org
Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE
35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
819 717-9646 Fax: 819 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org
Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization
PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8
819 717-9646    Fax: 818 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PETIT PEUPLE (LE)
500 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2L5
450 971-2250
Website: www.lepetitpeuple.org
Email: lepetitpeuple.blainville@gmail.com

Eligibility: teenagers, young adults, families
Coverage area: Blainville
Hours: Wednesday 19h00 to 21h00, other days by appointment
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES
Confidential Address
1 844 551-6032
Website: prevoyanceaineslaurentides.org
Email: prevoyance.aines.laurentides@gmail.com

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

Eligibility: seniors
Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: municipal, provincial, donations
Legal status: non-profit organization

PROMOTEURS DE BONNE HEURE LAC-DU-CERF (LES)
215 Principale Street, Lac-Du-Cerf, Laurentides, QC, J0W 1S0
819 597-2011
Email: pbhidc@gmail.com
Community Action


Coverage area: Lac-Du-Cerf

Hours: La Principale: variable, Le Georgiana: Thursday to Monday 15h00 to 21h00, during the summer

Fees: variable

Financing: donations, grants, 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


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

SAMARITAINE DE MONT-TREMBLANT (LA)

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

819 429-5938     Fax: 819 429-5200

Website: www.lasamaritaine.ca

Email: lasamaritaine@bellnet.ca


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

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

Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance: Wednesday 12h30 to 15h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, Bonhomme à lunettes: Thursday 9h30 to 12h00

Fees: food assistance: $5, emergency food assistance: none

Financing: donations, self-financing

Legal status: non-profit organization
SERCAN
50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912  Fax: 450 491-5770
Website: www.maisonsercan.ca
Email: communication@maisonsercan.ca

Eligibility: people with cancer and their caregivers, bereaved adults, adolescents and children
Coverage area: MRC Deux-Montagnes
Hours: office: Monday to Friday 8h30 to 16h30, self-help groups: day and evening
Fees: membership card: $10 per year
Financing: grants, fundraising campaigns, self-financing, donations
Legal status: non-profit organization

UNITÉ-TOXI DES TROIS-VALLÉES (L')
1412 Deguire Street, Mont-Tremblant, Laurentides, QC, J8E 3C4
819 425-5666
Email: unitetoxidestroisvallees@yahoo.ca

Eligibility: people with an alcohol, drug or gambling addiction problem, their relatives
Coverage area: MRC Les Laurentides
Hours: 7 days, 8h00 to 18h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization
Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

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

ATELIER ENSEMBLE ON SE TIENT (L')
185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5
450 623-1561  Fax: 450 623-2692
Email: atelierensemble@videotron.ca


**Eligibility:** adults living with severe and persistent mental health problems or significant emotional distress

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

**Hours:** Monday to Friday 9h30 to 16h00, support group on day and evening

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

CENTRE D’AIDE PROFESSIONNELLE POUR L’EMPLOI - LACHUTE POINT OF SERVICE
505 Béthany Street, Suite 420, Lachute, Laurentides, QC, J8H 4A6
450 562-3469  Fax: 450 562-6390
Website: capemploi.ca
Email: info@capemploi.ca

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

**Eligibility:** adults

**Coverage area:** Laurentians

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

CENTRE D’AIDE PROFESSIONNELLE POUR L’EMPLOI - SAINTE-ADÈLE POINT OF SERVICE
810 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2
450 229-6524  Fax: 450 229-1787
Website: capemploi.ca
Email: info@capemploi.ca

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

**Eligibility:** adults

**Coverage area:** Laurentians

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

CENTRE D’AIDE PROFESSIONNELLE POUR L’EMPLOI - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6
819 321-1773  Fax: 819 774-0668
Website: capemploi.ca
Email: info@capemploi.ca
Disability


Eligibility: adults

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

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

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

450 565-4707     Fax: 450 569-8299

Website: capemploi.ca


Eligibility: adults

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1

450 562-5151     Fax: 450 562-0633

Website: www.centreentraideargenteuil.org

Email: centreentraide@videotron.ca


Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

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

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

450 432-2777

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

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


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

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

CIBLE-EMPLOI
100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6
450 435-5462 Fax: 450 435-2406
Website: cible-emploi.qc.ca
Email: ste-therese@cible-emploi.qc.ca
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

COMITÉ D’AIDE ALIMENTAIRE DES PATRIOTES
1906 d’Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1N4
450 472-9469
Website: www.aidealimentaire.com
Email: caa-patriotes@videotron.ca
Eligibility: social reintegration through employment: people living with intellectual or physical disability, autisme spectrum disorder or with a desire to reinsert the job market, food assistance: food banks, collective kitchens: for all
Capacity: unlimited
Coverage area: MRC Deux-Montagnes, Mirabel-South
Hours: Monday to Thursday 8h00 to 17h00
Fees: none
Financing: Centraide Laurentides, provincial, federal, donations, foundations
Legal status: non-profit organization

FONDS D’EMPRUNT COMMUNAUTAIRE FÉMININ
508 Principale Street, Lachute, Laurentides, QC, J8H 1Y3
1 888 782-3553 Fax: 450 562-1601
Website: felaurentides.org
Email: info@felaurentides.org
Eligibility: women and men, entrepreneurs and future entrepreneurs
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00
Financing: provincial, federal, foundations
Legal status: non-profit organization
GRENIER POPULAIRE DES BASSES-LAURENTIDES
217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4
450 623-5891   Fax: 450 623-3797
Website: www.grenierpopulaire.com
Email: info@grenierpopulaire.com
Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC Mirabel
Hours: Monday to Saturday 9h00 to 17h00
Fees: variable
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES
55 Castonguay Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Y 2H9
450 436-4024   Fax: 450 436-6607
Website: i-tl.org
Email: info@i-tl.org
Eligibility: people living with a physical or intellectual disability, with mental health problems, people with a criminal record, people with addiction problems who are in remission, employers
Coverage area: The Laurentians
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - MIRABEL
13479 Curé-Labelle Boulevard, Suite 205, Mirabel, Laurentides, QC, J7J 1H1
450 436-4024 ext. 226
Website: i-tl.org
Email: info@i-tl.org
Eligibility: people living with a physical or intellectual disability, with mental health problems, people with a criminal record, people with addiction problems who are in remission, employers
Coverage area: MRC Mirabel
Hours: variable, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization
INTÉGRATION - TRAVAIL LAURENTIDES - SAINT-EUSTACHE
112 Saint-Laurent Street, Suite A, Saint-Eustache, Laurentides, QC, J7P 5G1
450 623-0398  Fax: 450 983-5033
Website: i-tl.org
Email: info@i-tl.org
Eligibility: people living with a physical or intellectual disability, with mental health problems, people with a criminal record, people with addiction problems who are in remission, employers
Coverage area: MRC Deux-Montagnes
Hours: Monday to Friday 8h30 to 16h30, by appointment
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: mfredette@i-tl.org
Eligibility: people living with a physical or intellectual disability, with mental health problems, people with a criminal record, people with addiction problems who are in remission, employers
Coverage area: MRC Thérèse-de-Blainville
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

JEUNESSE ATOUT
184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7
450 473-0606
Email: jatout2@outlook.com
Services: * Academic motivation and intervention. * Internships in the workplace. * In school workshops.
Eligibility: students at risk of dropping out referred by school principals
Coverage area: French high schools of the MRC Deux-Montagnes
Hours: Monday to Thursday 14h00 to 17h00, by appointment
Financing: fundraising campaigns
Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - CAFÉ DE LA GARE
700 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B7
819 623-4726
Website: maisonlysebeauchamp.org/la-gare
Email: info@maisonlysebeauchamp.org
Services: * Restaurant and room rentals, caterer and work platform.
Coverage area: Province of Québec
RESSOURCES COMMUNAUTAIRES SOPHIE
3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304   Fax: 450 226-5048
Website: rcsophie.org
Email: ressourcesophie@gmail.com
Eligibility: kids and teenagers, their families, seniors and people on a low income
Coverage area: Lac-des-Seize-Îles South sector, Laurel, Mont福特 and Saint-Michel-de-Wentworth sectors
Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00
Fees: yearly membership: $10
Financing: provincial, Centraide Laurentides, 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
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

SOCIÉTÉ DE L'AUTISME DES LAURENTIDES
1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9
450 569-1794   Fax: 450 569-6022
Website: autismelaurentides.org
Email: info@autismelaurentides.org
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
Financing: foundations, donations, provincial
Legal status: non-profit organization
Advocacy for people with a physical disability

ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES
764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-3828
Email: asshandicaphl@qc.aira.com

Services: * Welcoming, listening, referral and documentation. * Information on available resources. * Information and accompaniment for parents in the steps to obtain services from other organizations. * Varied training for parents. * Family meetings and recreational activities. * Support to welcoming spaces. * Awareness and promotion of social integration and participation.

Eligibility: parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

Coverage area: MRC Antoine-Labelle

Financing: municipal, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL
585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9
819 425-7447     Fax: 819 425-2343
Website: www.association-clairssoleil.com
Email: clairssoleil@cgocable.ca

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

Eligibility: people living with an intellectual or physical disability, their family, day camp: children from 5 to 17 years old

Coverage area: Laurentians

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

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

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES
62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2
819 326-5202     Fax: 819 326-1475
Website: aphil.ca
Email: direction@aphil.ca


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

Coverage area: Laurentians

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

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

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization
ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES
2 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 979-7263
Website: pandatdb.com
Email: info@pandatdb.com
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 meetings
Fees: membership: $25 per family per year
Financing: provincial, donations
Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES
300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9
450 431-3388
Website: arlphl.org
Email: info@arlphl.org
Eligibility: people of all ages with all sorts of disabilities
Coverage area: Laurentians
Hours: activities: weekend, adapted day centre: week
Fees: between $150 and $200
Financing: donations, provincial, municipal
Legal status: non-profit organization

CENTRE D’AIDE PERSONNES TRAUMATISÉES CRÂNIENNES ET HANDICAPÉES PHYSIQUES LAURENTIDES
643 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 5T7
1 888 431-3437 Fax: 450 431-7955
Website: www.captchpl.org
Email: captchpl@videotron.ca
Eligibility: adults with brain injuries and physical disabilities, their relatives
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: donations, provincial, grants
Legal status: non-profit organization
CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
1 855 766-6387 ext. 33167

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

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

Coverage area: MRC Les Laurentides

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)
4 du Ravin Road, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 434-9593     Fax: 450 434-5181     TTY: 450 434-9593
Website: maisondesmots.ca
Email: info@maisondesmots.com


Eligibility: people aged 16 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

MOUVEMENT DES PERSONNES D'ABORD DE LACHUTE
442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3
450 562-5846
Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. Awareness, mobilization and representation actions. Weekly and annual activities. Bazaar: used clothes for the family, books, DVD and others items.

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

Coverage area: Lachute

Hours: Tuesday to Friday 10h00 to 15h00

Fees: membership card: $10

Financing: provincial, self-financing

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE
367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2
450 623-7792
Email: mpdasteustache@gmail.com


Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h00

Fees: membership: $10 per year
MOUVEMENT PERSONNE D'ABORD DE SAINT-JÉRÔME ET SES ENVIRONS
768 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M3
450 438-6256
Email: mpdastjerome@hotmail.ca
Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. * Awareness, mobilization and representation actions. * Weekly and annual activities.
Eligibility: people living or having been labeled with an intellectual disability, their relatives
Coverage area: Saint-Jérôme
Fees: none
Financial status: provincial
Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINTE-THÉRÈSE
12 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6
450 818-1883
Website: www.mpdatherese12.com
Email: mpdatherese@videotron.ca
Eligibility: adults living with an intellectual disability
Coverage area: MRC Thérèse-De Blainville
Hours: Monday, Tuesday, Thursday 8h00 to 15h00, Friday 12h00 to 21h00
Fees: membership: $5
Financial status: provincial
Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS
Confidential Address
Email: mpdasteagathe@bell.net
Services: Defence of the collective rights of people living or having been labelled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.
Eligibility: people living or having been labelled with an intellectual disability, their relatives
Coverage area: Sainte-Agathe-Des-Monts
Financial status: self-financing
Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD
300 Longpré Street, Suite 310, Saint-Jérôme, Laurentides, QC, J7Y 3B9
450 592-1383
Email: rutac-mrc-rdn@hotmail.com
Services: * Representation and advocacy for individual and collective rights and interests. * Development and improvement of the conditions of the collective and adapted transportation service.
Eligibility: people with reduced mobility who use the adapted transportation service
Coverage area: MRC La Rivièrè-du-Nord
Hours: Monday to Friday 9h30 to 17h00
Fees: free
Financial status: grants
Legal status: non-profit organization
REGROUPEMENT POUR LA CONCERTATION DES PERSONNES HANDICAPÉES DES LAURENTIDES
Confidential Address
450 432-2229
Website: www.handicaplaurentides.ca
Email: info@handicaplaurentides.ca
Eligibility: people with disabilities, organizations
Coverage area: Laurentians
Financing: provincial
Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME DES LAURENTIDES
1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9
450 569-1794     Fax: 450 569-6022
Website: autismelaurentides.org
Email: info@autismelaurentides.org
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
Financing: foundations, donations, provincial
Legal status: non-profit organization

Advocacy for people with an intellectual disability

ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES
764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-3828
Email: asshandicaphl@qc.aira.com
Services: * Welcoming, listening, referral and documentation. * Information on available resources. * Information and accompaniment for parents in the steps to obtain services from other organizations. * Varied training for parents. * Family meetings and recreational activities. * Support to welcoming spaces. * Awareness and promotion of social integration and participation.
Eligibility: parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder
Coverage area: MRC Antoine-Labelle
Financing: municipal, dons
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉESCLAIR-SOLEIL
585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9
819 425-7447     Fax: 819 425-2343
Website: www.association-clairssoleil.com
Email: clairssoleil@cgocable.ca
Services: Promotion and advocacy of the rights and interests of people living with an intellectual or physical disability. * Information, referral and awareness. * Events and occasional activities: community meals, barbecue, restaurant, sugar shack, cooking workshop, etc. * Adapted day camp. * Individual and personalized activities at home, outside or on site. * Social, sporting, recreational and artistic activities. * Cultural outings.

Eligibility: people living with an intellectual or physical disability, their family, day camp: children from 5 to 17 years old

Coverage area: Laurentians

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

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

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES

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

819 326-5202 Fax: 819 326-1475

Website: aphil.ca

Email: direction@aphil.ca


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

Coverage area: Laurentians

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

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

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

MOUVEMENT DES PERSONNES D'ABORD DE LACHUTE

442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

450 562-5846

Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. * Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and others items.

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

Coverage area: Lachute

Hours: Tuesday to Friday 10h00 to 15h00

Fees: membership card: $10

Financing: provincial, self-financing

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com


Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h00

Fees: membership: $10 per year

Financing: provincial

Legal status: non-profit organization
MOUVEMENT PERSONNE D’ABORD DE SAINT-JÉRÔME ET SES ENVIRONS
768 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M3
450 438-6256
Email: mpdastjerome@hotmail.ca
Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability.
* Awareness, mobilization and representation actions. * Weekly and annual activities.
Eligibility: people living or having been labeled with an intellectual disability, their relatives
Coverage area: Saint-Jérôme
Fees: none
Financing: provincial
Legal status: non-profit organization

MOUVEMENT PERSONNE D’ABORD DE SAINTE-THÉRÈSE
12 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6
450 818-1883
Website: www.mpdatherese12.com
Email: mpdatherese@videotron.ca
Eligibility: adults living with an intellectual disability
Coverage area: MRC Thérèse-De Blainville
Hours: Monday, Tuesday, Thursday 8h00 to 15h00, Friday 12h00 to 21h00
Fees: membership: $5
Financing: provincial
Legal status: non-profit organization

MOUVEMENT PERSONNE D’ABORD DE STE-AGATHE-DES-MONTS
Confidential Address
Email: mpdasteagathe@bell.net
Services: Defence of the collective rights of people living or having been labelled with an intellectual disability.
* Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.
Eligibility: people living or having been labelled with an intellectual disability, their relatives
Coverage area: Sainte-Agathe-Des-Monts
Financing: self-financing
Legal status: non-profit organization

SOCIÉTÉ DE L’AUTISME DES LAURENTIDES
1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9
450 569-1794  Fax: 450 569-6022
Website: autismelaurentides.org
Email: info@autismelaurentides.org
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
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
Eligibility: deaf, deafened, hard of hearing or deaf blind people, their family
Coverage area: Laurentians
Hours: reception: Monday to Thursday 9h00 to 16h00, support service and activities: Monday to Thursday 9h00 to 16h00, by appointment or reservation
Fees: annual membership: $10
Financing: contributions, provincial, donations
Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES
300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9
450 431-3388
Website: arlphl.org
Email: info@arlphl.org
Eligibility: people of all ages with all sorts of disabilities
Coverage area: Laurentians
Hours: activities: weekend, adapted day centre: week
Fees: between $150 and $200
Financing: donations, provincial, municipal
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE
1300 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N8
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: people of all ages with a visual, language, motor or hearing disability
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE
29 d'Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME

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

811

Website: www.santelaurentides.gouv.qc.ca


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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUTIEN À DOMICILE

Confidential Address

1 833 217-5362

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile

Email: guichet.acces.dpppa.cissslau@ssss.gouv.qc.ca

Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.

Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness

Coverage area: Laurentides

Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30

Financing: provincial

Legal status: parapublic organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

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

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

Website: maisondesmots.ca

Email: info@maisondesmots.com


Eligibility: people aged 16 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

CENTRE CHRIST-ROI
545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2
819 623-1266
Website: www.centrechristroi.qc.ca
Email: sec.ccr@cspn.qc.ca


Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: some registration fees
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


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

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

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE
29 d'Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation


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

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

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME
51 Boyer Street, Saint-Jérôme, Laurentides, QC, J7Z 2K5
811
Website: www.santelaurentides.gouv.qc.ca
Eligibility: people of all ages with a visual, language, motor or hearing disability 
Coverage area: Laurentians 
Financing: provincial 
Legal status: parapublic organization

CENTRE L’IMPACT
1355 l’Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-7880
Website: www.centrechristroi.qc.ca
Email: sec.cim@cspn.qc.ca


Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: some registration fees
Financing: provincial
Legal status: parapublic organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES
1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8
450 974-1888 Fax: 450 974-3757
Website: grpa.ca/en
Email: info@grpa.ca


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: $20 per year
Financing: provincial
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - MONT-LAURIER
SERVICE POINT
411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1
1 866 974-1888 Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca

Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Laurentides
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $20 per year
Financing: provincial
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE
SERVICE POINT
168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5
1 866 974-1888   Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Laurentides
Hours: services: Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Financing: provincial
Legal status: non-profit organization

PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES -
POINT DE SERVICE SAINT-JÉRÔME
651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8
1 866 974-1888
Website: www.grpa.ca
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Saint-Jérôme
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Financing: provincial
Legal status: non-profit organization

Mobility aids

AIDE AUX PERSONNES HANDICAPÉES D'ANTOINE-LABELLE
294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 440-2297   Fax: 819 440-2579
Email: aphal@videotron.ca
Eligibility: people on a low income living with a physical or intellectual disability
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: 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
Eligibility: people of all ages with a visual, language, motor or hearing disability
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE
29 d'Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: people of all ages with a visual, language, motor or hearing disability
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME
51 Boyer Street, Saint-Jérôme, Laurentides, QC, J7Z 2K5
811
Website: www.santelaurentides.gouv.qc.ca
Eligibility: people of all ages with a visual, language, motor or hearing disability
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020     Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com
Eligibility: people with temporary or permanent loss of autonomy, seniors
Coverage area: MRC Les Pays-d'en-Haut
Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request
Fees: meals on wheels: $6 per meal, community meal: $6 per meal, light housework: travel expenses, van: low contribution
Financing: donations, self-financing
Legal status: non-profit organization

FONDATION ROSEMÈRE
325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2
450 621-9841
Website: fondationrosemere.com
Email: aguilbeault@videotron.ca
Services: * Financial assistance for home maintenance up to $2000 per person: medication, mobility aids, home adaptations, etc.
Eligibility: children with learning problems or disabilities and people living with serious conditions, disabilities or with a loss of autonomy
Coverage area: Rosemère
Fees: none
Financing: self-financing
Legal status: non-profit organization

MOUVEMENT DES PERSONNES HANDICAPÉES ST-COLOMBAN ET ST-CANUT
323 Montée de l'Église, Saint-Colomban, Laurentides, QC, J5K 2H8
450 275-3691
Services: * Loan of mobility aid equipment: crutches, wheelchairs, walkers, etc.
Eligibility: people living with a physical disability
Coverage area: Mirabel Saint-Canut area, Saint-Colomban
Hours: Monday, Tuesday, Thursday, Friday 13h00 to 17h00
Fees: none
Financing: municipal
Legal status: non-profit organization

Paratransit

TRANSPORT ADAPTÉ ET COLLECTIF D'ANTOINE-LABELLE
294 Du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 623-5565
Website: tacal.ca
Email: info@tacal.ca
Eligibility: public transportation: residents, paratransit: people with disabilities and mobility limitations, volunteer transportation: people with special transportation needs
Coverage area: MRC Antoine-Labelle and surroundings
Hours: customer service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: public and paratransit: $3 per trip, volunteer transportation: fees according to kilometers travelled
Financing: municipal, self-financing, grants
Legal status: non-profit organization
TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC D’ARGENTEUIL
540, Berry Street, Lachute, Laurentides, QC, J8H 1S5
450 562-5797   Fax: 450 562-6199
Website: argenteuil.qc.ca/services/transport-adapte-et-collectif/transport-adapte
Email: transports@argenteuil.qc.ca

Services: * Public transit: taxibus in the 9 municipalities of Argenteuil, Argenteuil-Saint-Jérôme circuit, free circuit to Le Carrefour shopping centre. * Door to door paratransit: serving the 9 municipalities of Argenteuil.

Eligibility: paratransit: people living with functional limitations in their movements

Coverage area: MRC Argenteuil

Hours: customer service: Monday to Friday 7h30 to 12h00 and 13h00 to 16h30

Fees: variable, shopping centre circuit: free

Financing: municipal, self-financing, grants

Legal status: parapublic organization

TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD
1272 de la Traverse Pré?vost Street, Prévost, Laurentides, QC, J0R 1T0
450 224-8800

Website: www.mrcrdn.qc.ca/tac-rdn
Email: tacmrcrdn@hotmail.com

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

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

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

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

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

Financing: provincial, municipal, grants, self-financing

Legal status: non-profit organization

TRANSPORT ADAPTÉ ET COLLECTIF DES LAURENTIDES
16 Saint-Paul Street East, Suite 102, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3R2
819 774-0467   Fax: 819 774-0473

Website: www.transportlaurentides.ca
Email: info@transportlaurentides.ca


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

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

Hours: offices: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, L'Inter call centre: 7 days, 8h00 to 19h00

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

Financing: self-financing, grants, municipal

Legal status: non-profit organization

Recreation and camps

ACCO LOISIRS
42D Turgeon Street, Suite 4, Sainte-Thérèse, Laurentides, QC, J7E 3H4
450 433-5559   Fax: 450 433-0453

Website: www.accloisirs.com
Email: accloisirs@videotron.ca

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

LEGAL STATUS: non-profit organization

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES

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

1 877 705-7766 Fax: 450 569-7769

WEBSITE: www.fibromyalgie-des-laurentides.ca

EMAIL: afi@videotron.ca


ELIGIBILITY: people living with fibromyalgia, their close ones

COVERAGE AREA: Laurentians

HOURS: administration: Monday to Thursday 9h00 to 12h00 and 13h30 to 17h00

FEES: annual membership: $20

FINANCING: provincial, membership fees, donations

LEGAL STATUS: non-profit organization

ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES

764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-3828

EMAIL: asshandicaphl@qc.aira.com

SERVICES: * Welcoming, listening, referral and documentation. * Information on available resources. * Information and accompaniment for parents in the steps to obtain services from other organizations. * Varied training for parents. * Family meetings and recreational activities. * Support to welcoming spaces. * Awareness and promotion of social integration and participation.

ELIGIBILITY: parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

COVERAGE AREA: MRC Antoine-Labelle

FINANCING: municipal, dons

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


ELIGIBILITY: deaf, deafened, hard of hearing or deaf blind people, their family

COVERAGE AREA: Laurentians

HOURS: reception: Monday to Thursday 9h00 to 16h00, support service and activities: Monday to Thursday 9h00 to 16h00, by appointment or reservation

FEES: annual membership: $10

FINANCING: contributions, provincial, donations

LEGAL STATUS: non-profit organization
ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL
585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9
819 425-7447  Fax: 819 425-2343
Website: www.association-clairssoleil.com
Email: clairssoleil@cgocable.ca

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

Eligibility: people living with an intellectual or physical disability, their family, day camp: children from 5 to 17 years old

Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (block of maximum 3 hours)
Fees: membership card: $5, day camp: variable
Financing: provincial, donations
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES
62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2
819 326-5202  Fax: 819 326-1475
Website: aphil.ca
Email: direction@aphil.ca


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

Coverage area: Laurentians
Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks
Fees: annual subscription: $12, activities: none, outings: variable
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES
2 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 979-7263
Website: pandatdb.com
Email: info@pandatdb.com


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 meetings
Fees: membership: $25 per family per year
Financing: provincial, donations
Legal status: non-profit organization
ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES
300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9
450 431-3388
Website: arlphl.org
Email: info@arlphl.org


Eligibility: people of all ages with all sorts of disabilities

Coverage area: Laurentians

Hours: activities: weekend, adapted day centre: week

Fees: between $150 and $200

Financing: donations, provincial, municipal

Legal status: non-profit organization

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


Eligibility: people living with an intellectual disability

Capacity: 38 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Fees: membership card: $10, plus $3 per day

Financing: membership fees, grants

Legal status: non-profit organization

CHACUNIÈRE (LA)
3419 d'Oka Road, Suite 13, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 323-0248
Email: infos@lachacuniere.org

Services: * Supervised housing for people with an intellectual disability or an autism spectrum disorder (ASD) and severely limited employment capacity.

Eligibility: people living with intellectual disabilities or an autism spectrum disorder (ASD) living with their parents

Capacity: 12 housings

Coverage area: MRC Deux-Montagnes

Financing: provincial, donations, federal

Legal status: non-profit organization

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE
1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2
450 229-8440
Email: clsm227@gmail.com


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

Coverage area: Laurentians
DOMAINE DES PRÉS D’OR
967 Route 309, Saint-Aimé-du-Lac-des-Îles, Laurentides, QC, J0W 1J0
819 597-2499 Fax: 819 597-4009
Website: domainedespresdor.com
Email: domainedespresdor@tlb.sympatico.ca

Services: Summer, winter and fall vacation camp with accommodation for people with special needs.
Eligibility: adults living with an intellectual disability
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: variable, financial assistance available for people with low income
Financing: provincial, Centraide Laurentides
Legal status: non-profit organization

FADOQ - LAURENTIANS REGION
1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5
819 429-5858 Fax: 819 429-6850
Website: www.fadoq.ca/en/laurentides
Email: info@fadoqlaurentides.org

Services: Grouping and representation in instances requiring the defense of seniors’ rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Aîné-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.
Eligibility: people 50 years and over
Coverage area: Laurentians
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $30 per year or $50 for 2 years
Financing: membership fees, grants, self-financing
Legal status: non-profit organization

FIBROMYALGIE SAINT-EUSTACHE ET BASSES-LAURENTIDES
Confidential Address
450 472-3374
Email: fibro.fsebl@videotron.ca

Eligibility: people with fibromyalgia, their close ones
Coverage area: Basses-Laurentides
Hours: variable
Financing: donations, contributions
Legal status: non-profit organization

FORAINS ABYSSAUX (LES)
51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6
514 892-3271
Website: ecoledecirquesforains.com
Email: ecoleforains@videotron.ca

Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.
Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants
Coverage area: Province of Québec
Hours: 7 days
Fees: variable, financial assistance program available
Financing: self-financing
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES
1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8
450 974-1888    Fax: 450 974-3757
Website: grpa.ca/en
Email: info@grpa.ca
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: $20 per year
Financing: provincial
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - MONT-LAURIER
SERVICE POINT
411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1
1 866 974-1888    Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasie, caregivers
Coverage area: Laurentides
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $20 per year
Financing: provincial
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE
SERVICE POINT
168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5
1 866 974-1888    Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Laurentides
Hours: services: Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Disability

Financing: provincial
Legal status: non-profit organization

GYMNO LAURENTIDES
1155 du Parc Avenue, Saint-Jérôme, Laurentides, QC, J7Z 6X6
450 848-3211
Website: www.gymno.org
Email: laurentides@gymno.org
Eligibility: children and teenagers 5 to 15 years old with learning disorders
Capacity: day camp: 25 places per day, Explorateurs: 24 places, Survolteurs: 15 places
Coverage area: Laurentians
Fees: variable according to the program
Financing: donations, grants, fundraising campaigns
Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)
4 du Ravin Road, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 434-9593     Fax: 450 434-5181     TTY: 450 434-9593
Website: maisondesmots.ca
Email: info@maisondesmots.com
Eligibility: people aged 16 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 DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES
909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3
450 431-7428     Fax: 450 431-7916
Website: site.lmdp.org
Email: info@lmdp.org
Eligibility: people with a disability or multiple disabilities (physical or intellectual) 5 to 35 years old and their parents
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Fees: membership: $25 per year
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization
MOUVEMENT DES PERSONNES D'ABORD DE LACHUTE
442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3
450 562-5846
Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. * Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and others items.

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

Coverage area: Lachute
Hours: Tuesday to Friday 10h00 to 15h00
Fees: membership card: $10
Financing: provincial, self-financing
Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE
367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2
450 623-7792
Email: mpdasteustache@gmail.com


Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 8h30 to 16h00
Fees: membership: $10 per year
Financing: provincial
Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-JÉRÔME ET SES ENVIRONS
768 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M3
450 438-6256
Email: mpdastjerome@hotmail.ca

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

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

Coverage area: Saint-Jérôme
Fees: none
Financing: provincial
Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINTE-THÉRÈSE
12 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6
450 818-1883
Website: www.mpdatherese12.com
Email: mpdatherese@videotron.ca


Eligibility: adults living with an intellectual disability

Coverage area: MRC Thérèse-De Blainville
Hours: Monday, Tuesday, Thursday 8h00 to 15h00, Friday 12h00 to 21h00
Fees: membership: $5
Financing: provincial
Legal status: non-profit organization
MOUVEMENT PERSONNE D’ABORD DE STE-AGATHE-DES-MONTS
Confidential Address
Email: mpdasteagathe@bell.net
Services: Defence of the collective rights of people living or having been labelled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.
Eligibility: people living or having been labelled with an intellectual disability, their relatives
Coverage area: Sainte-Agathe-Des-Monts
Financing: self-financing
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION
500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2
1 866 590-4469   Fax: 450 436-3273
Website: mssociety.ca/chapter/section-laurentides
Email: info.laurentides@mssociety.ca
Eligibility: people diagnosed with multiple sclerosis and their relatives
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: fundraising campaigns
Legal status: non-profit organization

PAPILLONS DE NOMININGUE (LES)
2252 Sacré-Coeur Street, Nominingue, Laurentides, QC, J0W 1R0
819 278-4748
Website: www.cdchl.org/les-papillons-de-nominingue
Email: papillonsnominingue@bellnet.ca
Eligibility: disabled people
Coverage area: Vallée de la Rouge
Financing: self-financing
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: 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: Centraide, provincial, fundraising campaigns
Legal status: non-profit organization
PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES -
POINT DE SERVICE SAINT-JÉRÔME
651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8
1 866 974-1888
Website: www.grpa.ca
Email: info@grpa.ca
Services: * Adapted physical exercise. * Art and painting workshops. * Coffee-meetings, language and play
stimulation. * Services for caregivers: respite at home, training and psychosocial follow-up.
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Saint-Jérôme
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES PERSONNES HANDICAPÉES DE LA RÉGION DE MONT-LAURIER
294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 623-5258
Website: le-prisme.com
Email: coordo.le-prisme@hotmail.com
Services: * Living environment and socialization place. * Welcoming, help and mutual aid. * Planning,
Matheriatheque: loan of learning activities adapted for young people. * Respite.
Eligibility: people living with a physical disability, an intellectual disability or an autism spectrum disorder
Coverage area: MRC Antoine-Labelle
Hours: day centre: Monday to Thursday 8h00 to 16h00, day camp: Monday to Thursday 8h00 to 16h00 (8
weeks during summer), respite: Saturday
Fees: variable
Financing: self-financing
Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE
200 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 224-2657
Website: repitbienetre.weebly.com
Email: sore@cgocable.ca
Services: Respite and home help services. * Individual respite at home. * Social respite: community meals,
activities. * Respite camp: 3 days long camp for caregivers and seniors.
Eligibility: seniors with loss of autonomy, caregivers
Coverage area: MRC Les Pays-d'en-Haut
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME DES LAURENTIDES
1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9
450 569-1794 Fax: 450 569-6022
Website: autismelaurentides.org
Email: info@autismelaurentides.org
Eligibility: people with an autism spectrum disorder, their family
Coverage area: Laurentians
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: accoloisirs@videotron.ca
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
Legal status: non-profit organization

ACCUEIL ET PARTAGE POUR HANDICAPÉS DE STE-MARTHE-SUR-LE-LAC
117 25th Avenue, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 473-7538
Email: lyndachevalier@live.ca
Eligibility: people living with an intellectual disability or a mental health issue
Coverage area: North Shore
Fees: variable
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA MRC RIVIÈRE DU NORD
300 Longpré Street, Suite 140, Saint-Jérôme, Laurentides, QC, J7Y 3B9
450 438-4462
Services: Day centre. * Activities.
Eligibility: autonomous people 18 years and over with a physical or intellectual disability
Coverage area: MRC Rivière-du-Nord
Legal status: non-profit organization

ATELIER ALTITUDE
280 Gagnon Montée, Bois-des-Filion, Laurentides, QC, J6Z 2X2
450 437-5053
Website: atelieraltitudeinc.wordpress.com
Email: atelieraltitudeinc@gmail.com
Eligibility: people living with an intellectual disability
Capacity: 38 persons
Coverage area: MRC Thérèse-De Blainville
Hours: Monday to Friday 8h30 to 15h00
Fees: membership card: $10, plus $3 per day
Financing: membership fees, grants
Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUTIEN À DOMICILE
Confidential Address
1 833 217-5362
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile
Email: guichet.acces.dpppa.cissslau@ssss.gouv.qc.ca
Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.
Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30
Financing: provincial
Legal status: parapublic organization

CHACUNIÈRE (LA)
3419 d'Oka Road, Suite 13, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 323-0248
Email: infos@lachacuniere.org
Services: * Supervised housing for people with an intellectual disability or an autism spectrum disorder (ASD) and severely limited employment capacity.
Eligibility: people living with intellectual disabilities or an autism spectrum disorder (ASD) living with their parents
Capacity: 12 housings
Coverage area: MRC Deux-Montagnes
Financing: provincial, donations, federal
Legal status: non-profit organization

LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LE SPECTRE DE L'AUTISME ADULTE ET LEURS PROCHES
865 43rd Street, Pointe-Calumet, Laurentides, QC, J0N 1G2
450 472-4532 Fax: 450 472-0977
Website: lalibellule.org
Email: la.libellule@videotron.ca
Eligibility: people 21 years and over living with an intellectual disability or an autism spectrum disorder, their relatives
Capacity: day centre: 20, respite: 7
Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin
Hours: day centre: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00
Fees: day centre: $15, workshop centre: $10 per day, respite: $150 per weekend
Financing: self-financing, grants
Legal status: non-profit organization
MAISON DE RÉPIT CLAIRE DE LUNE
2598 Sainte-Sophie Boulevard, Sainte-Sophie, Laurentides, QC, J5J 2V3
450 431-3248
Email: cldelune1988@gmail.com
Services: * Respite for youth living with severe and multiple disabilities.
Eligibility: youth living with severe and multiple disabilities
Capacity: 6
Coverage area: Laurentians
Hours: Friday 12h30 to Monday 14h00, one weekend out of two
Financing: self-financing
Legal status: non-profit organization

MAISON DES PARENTS D’ENFANTS HANDICAPÉS DES LAURENTIDES
909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3
450 431-7428 Fax: 450 431-7916
Website: site.lmdp.org
Email: info@lmdp.org
Eligibility: people with a disability or multiple disabilities (physical or intellectual) 5 to 35 years old and their parents
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Fees: membership: $25 per year
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

MAISON EMMANUEL (CENTRE ÉDUCATIF)
1561 Beaulne Road, Val-Morin, Laurentides, QC, J0T 2R0
819 322-7014 Fax: 819 322-6930
Website: maisonemmanuel.org/en
Email: contact@maisonemmanuel.org
Eligibility: adults living with an intellectual or physical disability, volunteers
Capacity: 45 residents
Coverage area: Province of Québec
Financing: self-financing, donations
Legal status: non-profit organization

REGROUPEMENT DES PERSONNES HANDICAPÉES DE LA RÉGION DE MONT-LAURIER
294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 623-5258
Website: le-prisme.com
Email: coordo.le-prisme@hotmail.com
Eligibility: people living with a physical disability, an intellectual disability or an autism spectrum disorder
Coverage area: MRC Antoine-Labelle
Hours: day centre: Monday to Thursday 8h00 to 16h00, day camp: Monday to Thursday 8h00 to 16h00 (8 weeks during summer), respite: Saturday
Fees: variable
Financing: self-financing
Legal status: non-profit organization

**SOCIÉTÉ DE L’AUTISME DES LAURENTIDES**
1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9
450 569-1794 Fax: 450 569-6022
Website: autismelaurentides.org
Email: info@autismelaurentides.org


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

**VIGIL’ANGE**
872-R Sainte-Thérèse Road, Suite 200, Saint-Jérôme, Laurentides, QC, J5L 2L1
450 275-5131
Website: vigilange.org
Email: info@vigilange.org

Services: Identify seniors and caregivers in vulnerable situations in order to guide them towards the resources and assistance services available in the community and adapted to their needs. * Proximity network between volunteers, community workers and support resources and seniors and caregivers in need.

Eligibility: seniors and caregivers
Coverage area: Mirabel, MRC La Rivière-du-Nord
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

**Support Associations**

**ALBATROS MONT-LAURIER (MRC ANTOINE-LABELLE)**
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 449-4540
Website: www.albatrosvgml.ca
Email: albatrosmontlaurier@gmail.com


Eligibility: people 18 years of age and older at the end of life, in mourning, as well as their family and caregivers
Coverage area: MRC Antoine-Labelle
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization
ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES
701 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5C7
1 877 705-7766 Fax: 450 569-7769
Website: www.fibromyalgie-des-laurentides.ca
Email: afl@videotron.ca


Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h30 to 17h00

Fees: annual membership: $20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

ASSOCIATION DES PARENTS D'ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES
764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-3828
Email: aßhandicaphl@qc.aira.com

Services: * Welcoming, listening, referral and documentation. * Information on available resources. * Information and accompaniment for parents in the steps to obtain services from other organizations. * Varied training for parents. * Family meetings and recreational activities. * Support to welcoming spaces. * Awareness and promotion of social integration and participation.

Eligibility: parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

Coverage area: MRC Antoine-Labelle

Financing: municipal, dons

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


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

Coverage area: Laurentians

Hours: reception: Monday to Thursday 9h00 to 16h00, support service and activities: Monday to Thursday 9h00 to 16h00, by appointment or reservation

Fees: annual membership: $10

Financing: contributions, provincial, donations

Legal status: non-profit organization

ASSOCIATION PANDA BASSES-LAURENTIDES SUD-OUEST
Confidential Address
514 713-5353
Website: www.pandablo.ca/en
Email: info_en@pandablo.ca


Eligibility: parents, children, teenagers and adults with ADHD, counsellors, professionals
**Coverage area:** MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

**Fees:** annual membership: $10 for an individual or family

**Financing:** provincial

**Legal status:** non-profit organization

### ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES

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

450 979-7263

**Website:** pandatdb.com

**Email:** info@pandatdb.com


**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 meetings

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

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CARREFOUR PÉRI-NAISSANCE ET FAMILIAL

509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5

450 472-2555

**Website:** carrefourperinaissance.org

**Email:** info@carrefourperinaissance.org


**Eligibility:** future parents, parents, children 0 to 12 years old

**Coverage area:** MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique

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

**Fees:** thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free

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

**Legal status:** non-profit organization

### CENTRE D’AIDE PERSONNES TRAUMATISÉES CRÂNIENNES ET HANDICAPÉES PHYSIQUES LAURENTIDES

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

1 888 431-3437     Fax: 450 431-7955

**Website:** www.captchpl.org

**Email:** captchpl@videotron.ca


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

**Coverage area:** MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivière-du-Nord, MRC Antoine-Labelle, MRC Les Pays-d’en-Haut, MRC Argenteuil, MRC Mirabel
CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - SAINT-JÉRÔME (URFI D’YOUVILLE)
531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8
450 432-2777
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readadaptation
Services: Adaptation and rehabilitation for people with an intellectual disability or an autism spectrum disorder.
Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives
Coverage area: Saint-Jérôme
Financing: provincial
Legal status: parapublic organization

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998 Fax: 450 565-3577
Website: www.lecoffret.ca
Eligibility: newcomers
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: municipal, provincial, federal, Centraide Laurentides
Legal status: non-profit organization

DIABÈTE DES DRAVEURS
Confidential Address
819 438-2139
Website: www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier
Email: diabetemontlaurier@gmail.com
Eligibility: diabetic people, their close ones
Coverage area: MRC Antoine-Labelle et MRC La Vallée-de-la-Gatineau
Fees: $20 per year
Financing: donations, contributions, grants
Legal status: non-profit organization

DIABÈTE MONT-TREMBLANT
522 Vaillancourt Street, Mont-Tremblant, Laurentides, QC, J8E 2S6
819 425-3873
Email: lisefecteau@cgocable.ca
Eligibility: diabetic people, their close ones
Coverage area: Mont-Tremblant
Financing: donations, contributions
Legal status: non-profit organization

DISPENSAIRE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE
527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 431-7432 Fax: 450 431-6536
Website: www.dispensaire.org
Email: info@csalaurentides.com
Eligibility: people living with HIV/AIDS, hepatitis C or an STD, their relatives, people at risk, people who use substances, people from the LGBTQ2S+ community
Coverage area: Laurentians
Hours: centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Fees: free
Financing: donations, provincial, federal
Legal status: non-profit organization

ENVOLÉE (L’) - RESSOURCE ALTERNATIVE EN SANTÉ MENTALE
5 Larocque Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1A1
819 326-5778 Fax: 819 326-9256
Website: lenvoleerasm.com
Email: lenvoleerasm@cgocable.ca
Eligibility: people with mental health issues
Hours: Monday to Thursday 9h00 to 16h00
Fees: free
Financing: provincial, Centraide Hautes-Laurentides, donations
Legal status: non-profit organization

FIBROMYALGIE SAINT-EUSTACHE ET BASSES-LAURENTIDES
Confidential Address
450 472-3374
Email: fibro.fsebl@videotron.ca
Eligibility: people with fibromyalgia, their close ones
Coverage area: Basses-Laurentides
Hours: variable
Financing: donations, contributions
Legal status: non-profit organization
GRANDS-PARENTS TENDRESSE
374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9
450 436-6664
Website: grandsparentstendresse.org
Email: administration@grandsparentstendresse.org
Eligibility: seniors, adults 45 years and over, families and parents of children from 0 to 12 months old
Coverage area: Saint-Jérôme, pairing: MRC La Rivière-du-Nord
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per year
Financing: self-financing
Legal status: non-profit organization

GROUPE JAD
1625 du Bourg-du-Lac Street, Suite 421, Sainte-Adèle, Laurentides, QC, J8B 3A2
819 774-1687
Email: info@groupejad.com
Eligibility: youth with addiction, problems with violence and communication within family, parents experiencing difficulties with their adolescents
Coverage area: MRC Laurentides
Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00
Fees: free
Financing: donations
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES
1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8
450 974-1888   Fax: 450 974-3757
Website: grpa.ca/en
Email: info@grpa.ca
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: $20 per year
Financing: provincial
Legal status: non-profit organization
GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - MONT-LAURIER
SERVICE POINT
411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1
1 866 974-1888 Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Laurentides
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $20 per year
Financing: provincial
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE
SERVICE POINT
168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5
1 866 974-1888 Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Laurentides
Hours: services: Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Financing: provincial
Legal status: non-profit organization

KANESATAKE HEALTH CENTER
12 Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-6000 Fax: 450 479-8313
Website: www.kanesatakehealthcenter.ca
Email: info@kanesatakehealthcenter.ca
Coverage area: Kanesatake
Hours: Monday to Friday 8h00 to 16h00
Financing: federal
Legal status: non-profit organization

LAURENTIAN REGION CANCER SUPPORT GROUP
Confidential Address
450 226-3641
Email: cancer.laurentia@yahoo.ca
Services: * Support group for cancer patients, caregivers and their families.
Eligibility: cancer patients, caregivers, their families
Coverage area: Laurentians
Hours: monthly meetings
LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LE SPECTRE DE L'AUTISME ADULTE ET LEURS PROCHES
865 43rd Street, Pointe-Calumet, Laurentides, QC, J0N 1G2
450 472-4532  Fax: 450 472-0977
Website: lalibellule.org
Email: la.libellule@videotron.ca


Eligibility: people 21 years and over living with an intellectual disability or an autism spectrum disorder, their relatives

Capacity: day centre: 20, respite: 7

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: day centre: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day centre: $15, workshop centre: $10 per day, respite: $150 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

LITTLE BROTHERS - BASSES-LAURENTIDES
136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7
450 598-1888
Website: www.petitsfreres.ca/basseslaurentides
Email: basseslaurentides@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: seniors 75 years and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL
232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8
450 562-0503
Email: info@familleargenteuil.org


Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old

Coverage area: Laurentides

Hours: Monday to Thursday 8h00 to 16h00

Fees: variable

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

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MAISON DE LA FAMILLE DES PAYS-D'EN-HAUT (LA)
480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5
450 229-3354
Website: maisondelafamille.com
Email: info@maisondelafamille.com
Eligibility: families, children aged 0 to 12 years old
Coverage area: MRC Les Pays-d'en-Haut
Fees: $20 per year
Financing: self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE DU NORD (LA)
155 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1
819 425-5407
Website: www.maisondelafamilledunord.com
Email: cdrouin@mfdn.ca
Eligibility: families and children from 0 to 6 years old, students aged 6 to 12 years
Coverage area: MRC Les Laurentides
Hours: Monday to Friday 9h00 to 16h00, drop-in daycare: Tuesday and Thursday, family breakfast: Wednesday 9h00 to 11h00
Financing: self-financing, grants
Legal status: non-profit organization

MAISON DES PARENTS DU QUÉBEC - SAINT-JÉRÔME
179 St-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8
450 438-7708
Website: www.maisondespARENTs.com
Email: info@maisondesparents.com
Eligibility: families, social pediatrics clinic: families with children from 0 to 14 years old in a vulnerable situation
Coverage area: Saint-Jérôme and surrounding area
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER
2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7
1 866 623-3009     Fax: 819 623-7040
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca

Eligibility: pregnant women, new parents, families, children 0 to 5 years old

Coverage area: MRC d'Antoine-Labelle

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

Financing: grants, donations

Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE

1475 L'Annonciation Nord Street, 2nd floor, Rivièer-Rouge, Laurentides, QC, J0T 1T0

819 275-7653  Fax: 819 275-2161

Website: www.lamereveille.ca

Email: directioncrp@lamereveille.ca


Eligibility: pregnant women, new parents, families, children 0 to 5 years old

Coverage area: MRC d'Antoine-Labelle

Financing: grants, donations

Legal status: non-profit organization

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

Confidential Address

Email: mpdasteagathe@bell.net

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

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

Coverage area: Sainte-Agathe-Des-Monts

Financing: self-financing

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

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

1 866 590-4469  Fax: 450 436-3273

Website: mssociety.ca/chapter/section-laurentides

Email: info.laurentides@mssociety.ca


Eligibility: people diagnosed with multiple sclerosis and their relatives


Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: fundraising campaigns
Legal status: non-profit organization

NOURRI-SOURCE - LAURENTIDES
485 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L8
450 990-1031
Website: nourrisourcelaurentides.ca/?lang=en
Email: laurentides@nourri-source.org
Eligibility: families wishing to learn about or practice breastfeeding
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 16h30
Fees: variable for conferences and workshops
Financing: self-financing, donations, provincial
Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS
385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8
450 431-3331 Fax: 450 431-5929
Website: pallia-vie.ca
Email: admin@pallia-vie.ca
Services: * Support for people with cancer or a degenerative disease and their caregivers. * Support for bereaved people, including youth.
Eligibility: people with cancer or a degenerative disease, caregivers, bereaved people, including youth
Coverage area: MRC Les Pays-d'en-Haut, MRC La Rivièreme-du-Nord, MRC Thérèse-De Blainville, MRC Argenteuil and MRC Mirabel
Hours: Monday to Friday 8h00 to 16h30
Fees: membership: one-time fee of $10
Financing: donations
Legal status: non-profit organization

PALLIACCO
2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8
819 717-9646
Website: www.palliacco.org/en
Email: references@palliacco.org
Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivièreme-Rouge
Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization
PALLIACCO - SAINT-SAUVIER POINT OF SERVICE
35 de l’Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
819 717-9646     Fax: 819 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


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

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

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8
819 717-9646     Fax: 818 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


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

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

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES
126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7
819 324 1004     Fax: 819 324-1004
Email: parents.uniques@cogocable.ca


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

Coverage area: MRC Les Laurentides

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

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

Financing: self-financing

Legal status: non-profit organization
PARRAINAGE CIVIQUE BASSES-LAURENTIDES
141 Saint-Charles Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 2A9
450 430-8177     Fax: 450 430-8150
Website: 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: Centraide, provincial, fundraising campaigns
Legal status: non-profit organization

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES
Confidential Address
1 844 551-6032
Website: prevoyanceaineslaurentides.org
Email: prevoyance.aines.laurentides@gmail.com
Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.
Eligibility: seniors
Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: municipal, provincial, donations
Legal status: non-profit organization

PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME
651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8
1 866 974-1888
Website: www.grpa.ca
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Saint-Jérôme
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES PERSONNES HANDICAPÉES DE LA RÉGION DE MONT-LAURIER
294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 623-5258
Website: le-prisme.com
Email: coordo.le-prisme@hotmail.com
Disability


**Eligibility:** people living with a physical disability, an intellectual disability or an autism spectrum disorder

**Coverage area:** MRC Antoine-Labelle

**Hours:** day centre: Monday to Thursday 8h00 to 16h00, day camp: Monday to Thursday 8h00 to 16h00 (8 weeks during summer), respite: Saturday

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

SERCAN
50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912  Fax: 450 491-5770

**Website:** www.maisonsercan.ca


**Eligibility:** people with cancer and their caregivers, bereaved adults, adolescents and children

**Coverage area:** MRC Deux-Montagnes

**Hours:** office: Monday to Friday 8h30 to 16h30, self-help groups: day and evening

**Fees:** membership card: $10 per year

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

**Legal status:** non-profit organization

SOCIÉTÉ ALZHEIMER LAURENTIDES
14 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2
1 800 978-7881  Fax: 819 326-9664

**Website:** www.alzheimerlaurentides.com


**Eligibility:** people living with Alzheimer's disease or other major neurocognitive disorders, their relatives, caregivers, counsellors, general public

**Capacity:** support groups: 10 to 20 people

**Coverage area:** Laurentians

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

**Fees:** variable

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

**Legal status:** non-profit organization

Support and integration organizations

ASSOCIATION DES PARENTS D’ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES
764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-3828
Email: asshandicaphl@qc.aira.com
ASSOCIATION PANDA BASSES-LAURENTIDES SUD-OUEST

Confidential Address
514 713-5353
Website: www.pandablso.ca/en
Email: info_en@pandablso.ca


Eligibility: parents, children, teenagers and adults with ADHD, counsellors, professionals

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

Fees: annual membership: $10 for an individual or family

Financing: provincial

Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES

2 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 979-7263
Website: pandatdb.com
Email: info@pandatdb.com


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 meetings

Fees: membership: $25 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
Website: atelieraltitudeinc.wordpress.com
Email: atelieraltitudeinc@gmail.com


Eligibility: people living with an intellectual disability

Capacity: 38 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Fees: membership card: $10, plus $3 per day
Financing: membership fees, grants
Legal status: non-profit organization

CENTRE CHRIST-ROI
545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2
819 623-1266
Website: www.centrechristroi.qc.ca
Email: sec.ccr@cspn.qc.ca


Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: some registration fees
Financing: provincial

Legal status: parapublic organization

CENTRE D’ALPHABÉTISATION POPULAIRE DES PATRIOTES
52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7
450 473-2277 Fax: 450 473-2277
Website: alphabetisationdespatriotes.com
Email: alpha.patriote@videotron.ca


Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability

Capacity: 8 students per group
Coverage area: Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel
Hours: Monday to Friday 8h30 to 16h00
Financing: provincial

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - DEUX-MONTAGNES - MIRABEL
333 Antonin-Campeau Street, Suite 102, Deux-Montagnes, Laurentides, QC, J7R 0A2
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation


Eligibility: people with intellectual disabilities or an autism spectrum disorder, their close ones

Coverage area: MRC Deux-Montagnes, Mirabel
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial

Legal status: parapublic organization
CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - MARLYNE LA P'TITE GIRAFE
18110 Lapointe Street, Mirabel, Laurentides, QC, J7J 1K8
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation


Eligibility: people with intellectual disabilities or an autism spectrum disorder, their close ones

Coverage area: Mirabel

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

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SAINT-JÉRÔME (URFI D'YOUVILLE)
531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8
450 432-2777
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

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

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

Coverage area: Saint-Jérôme

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE 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


Eligibility: people with intellectual disabilities or an autism spectrum disorder, 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 L'IMPACT
1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-7880
Website: www.centrechristroi.qc.ca
Email: sec.cim@cspn.qc.ca


Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability
Disability

Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: some registration fees
Financing: provincial
Legal status: parapublic organization

MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS
Confidential Address
Email: mpdasteagathe@bell.net
Services: Defence of the collective rights of people living or having been labelled with an intellectual disability.
* Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.
Eligibility: people living or having been labelled with an intellectual disability, their relatives
Coverage area: Sainte-Agathe-Des-Monts
Financing: self-financing
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: 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: Centraide, provincial, fundraising campaigns
Legal status: non-profit organization

REGROUPEMENT DES PERSONNES HANDICAPÉES DE LA RÉGION DE MONT-LAURIER
294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 623-5258
Website: le-prisme.com
Email: coordo.le-prisme@hotmail.com
Eligibility: people living with a physical disability, an intellectual disability or an autism spectrum disorder
Coverage area: MRC Antoine-Labelle
Hours: day centre: Monday to Thursday 8h00 to 16h00, day camp: Monday to Thursday 8h00 to 16h00 (8 weeks during summer), respite: Saturday
Fees: variable
Financing: self-financing
Legal status: non-profit organization
The Blind

AIDE AUX PERSONNES HANDICAPÉES D’ANTOINE-LABELLE
294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 440-2297 Fax: 819 440-2579
Email: aphal@videotron.ca

Eligibility: people on a low income living with a physical or intellectual disability
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES
300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9
450 431-3388
Website: arlphl.org
Email: info@arlphl.org

Eligibility: people of all ages with all sorts of disabilities
Coverage area: Laurentians
Hours: activities: weekend, adapted day centre: week
Fees: between $150 and $200
Financing: donations, provincial, municipal
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE
1300 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N8
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Eligibility: people of all ages with a visual, language, motor or hearing disability
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE
29 d’Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Eligibility: people of all ages with a visual, language, motor or hearing disability
Coverage area: Laurentians
Disability

Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME
51 Boyer Street, Saint-Jérôme, Laurentides, QC, J7Z 2K5
811
Website: www.santelaurentides.gouv.qc.ca
Eligibility: people of all ages with a visual, language, motor or hearing disability
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUTIEN À DOMICILE
Confidential Address
1 833 217-5362
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile
Email: guichet.acces.dpppa.cissslau@ssss.gouv.qc.ca
Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.
Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30
Financing: provincial
Legal status: parapublic organization

MOUVEMENT DES PERSONNES HANDICAPÉES ST-COLOMBAN ET ST-CANUT
323 Montée de l'Église, Saint-Colomban, Laurentides, QC, J5K 2H8
450 275-3691
Services: * Loan of mobility aid equipment: crutches, wheelchairs, walkers, etc.
Eligibility: people living with a physical disability
Coverage area: Mirabel Saint-Canut area, Saint-Colomban
Hours: Monday, Tuesday, Thursday, Friday 13h00 to 17h00
Fees: none
Financing: municipal
Legal status: non-profit organization

Therapy and rehabilitation centres

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES
701 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5C7
1 877 705-7766 Fax: 450 569-7769
Website: www.fibromyalgie-des-laurentides.ca
Email: afl@videotron.ca
Services: Advocacy and promotion of the interests of people living with fibromyalgia. * Information on the available resources and support. * Awareness activities. * Adapted sports and recreational activities. * Helpline.
* Mutual aid and support groups. * Social meetings.
Eligibility: people living with fibromyalgia, their close ones
Coverage area: Laurentians
Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h30 to 17h00
Fees: annual membership: $20
Financing: provincial, membership fees, donations
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - DEUX-MONTAGNES - MIRABEL
333 Antonin-Campeau Street, Suite 102, Deux-Montagnes, Laurentides, QC, J7R 0A2
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: people with intellectual disabilities or an autism spectrum disorder, their close ones
Coverage area: MRC Deux-Montagnes, Mirabel
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - MARLYNE LA P’TITE GIRAFE
18110 Lapointe Street, Mirabel, Laurentides, QC, J7J 1K8
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: people with intellectual disabilities or an autism spectrum disorder, their close ones
Coverage area: Mirabel
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - SAINT-JÉRÔME (URFI D’YOUVILLE)
531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8
450 432-2777
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives
Coverage area: Saint-Jérôme
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - THÉRÈSE-DE BLAINEVILLE
140 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H3
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: people with intellectual disabilities or an autism spectrum disorder, their close ones
Coverage area: MRC Thérèse-De Blainville
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
Eligibility: people of all ages with a visual, language, motor or hearing disability
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE
29 d’Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: people of all ages with a visual, language, motor or hearing disability
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME
51 Boyer Street, Saint-Jérôme, Laurentides, QC, J7Z 2K5
811
Website: www.santelaurentides.gouv.qc.ca
Eligibility: people of all ages with a visual, language, motor or hearing disability
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUTIEN À DOMICILE
Confidential Address
1 833 217-5362
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile
Email: guichet.acces.dpppa.cissslau@ssss.gouv.qc.ca
Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.
Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30
**Financing**: provincial

**Legal status**: parapublic organization

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**COOPÉRATIVE DE SOLIDARITÉ SANTÉ BELLEFEUILLE**

1000 Nadon Street, Saint-Jérôme, Laurentides, QC, J5L 2B1
**450 504-6001**  **Fax**: 450 504-6003

Website: coopsantebellefeuille.org

Email: coopsantebellefeuille@videotron.ca


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

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

**Fees**: annual subscription: $95

**Financing**: self-financing, contributions

**Legal status**: cooperative

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**GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES**

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8
**450 974-1888**  **Fax**: 450 974-3757

Website: grpa.ca/en

Email: info@grpa.ca


**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: $20 per year

**Financing**: provincial

**Legal status**: non-profit organization

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**GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - MONT-LAURIER**

SERVICE POINT

411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1
**1 866 974-1888**  **Fax**: 450 974-3757

Website: grpa.ca/fr/home

Email: info@grpa.ca


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

**Coverage area**: Laurentides

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

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

**Financing**: provincial

**Legal status**: non-profit organization
PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME
651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8
1 866 974-1888
Website: www.grpa.ca
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Saint-Jérôme
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Financing: provincial
Legal status: non-profit organization
Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

SCHOOL SERVICE CENTERS
Academic and vocational guidance

CARREFOUR JEUNESSE-EMPLOI D’ARGENTEUIL
483 Principale Street, Lachute, Laurentides, QC, J8H 1Y5
450 566-5766
Website: www.cjea.org
Email: info@cjea.org


Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC Argenteuil
Hours: Monday to Thursday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES
2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6
450 974-1635    Fax: 450 974-1077
Website: cjedm.qc.ca
Email: info@cjedm.qc.ca


Eligibility: youth 15 to 35 years old
Coverage area: MRC Deux-Montagnes
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA RIVIÈRE-DU-NORD
420 du Marché Street, Saint-Jérôme, Laurentides, QC, J7Z 2B2
450 431-5253    Fax: 450 431-2821
Website: cjern.qc.ca
Email: info@cjern.qc.ca


Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC La Rivière-du-Nord, except Mirabel
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

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CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT
22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 227-0074
Website: www.cjepdh.ca
Email: info@cjepdh.ca
Eligibility: youth 15 to 35 years old, employers
Coverage area: MRC Les Pays-d'en-Haut
Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES
763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-1200     Fax: 819 425-1155
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org
Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS
97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9
819 321-1774     Fax: 819 321-3428
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org
Eligibility: youth 16 to 35 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: free
**CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)**

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

450 432-5642    Fax: 450 432-8673

Website: centredefemmeslesunesetlesautres.org

Email: centrelesunes@qc.aira.com


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

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

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

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

**Fees:** none

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

**Legal status:** non-profit organization

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**CIBLE-EMPLOI**

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

450 435-5462    Fax: 450 435-2406

Website: cible-emploi.qc.ca

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


**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

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**CIBLE-EMPLOI - SAINT-EUSTACHE**

477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1

450 473-1842    Fax: 450 491-2586

Website: cible-emploi.qc.ca

Email: st-eustache@cible-emploi.qc.ca


**Eligibility:** adults

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

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

**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.laportedelemploi.com/fr
Email: info@laportedelemploi.com

Services: Accompaniment 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.

Eligibility: people seeking employment, including those outside of the job market
Coverage area: MRC Thérèse-De Blainville, Mirabel, MRC Deux-Montagnes
Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

PORTE DE L'EMPLOI (LA) - SAINT-EUSTACHE
460 du Parc Street, Suite 302, Saint-Eustache, Laurentides, QC, J7R 0C9
450 435-4565
Website: www.laportedelemploi.com/fr
Email: info@laportedelemploi.com

Services: Accompaniment 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.

Eligibility: people seeking employment, including those outside of the job market
Coverage area: MRC Deux-Montagnes, Mirabel
Hours: Monday to Thursday 8h15 to 16h15
Fees: none
Financing: provincial
Legal status: non-profit organization

ZONE EMPLOI D'ANTOINE-LABELLE
601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8
819 623-5051 Fax: 819 623-5504
Website: zemploi.com
Email: info@zemploi.com

Services: * Job search assistance. * Online job directory. * Entrepreneurship coaching. * Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.

Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Monday to Wednesday 8h00 to 12h00 and 13h00 to 17h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Fees: free
Financing: municipal
Legal status: non-profit organization
ZONE EMPLOI D’ANTOINE-LABELLE - VALLÉE DE LA ROUGE
1355 L’Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 623-5051
Website: zemploi.com
Email: info@zemploi.com
Services: * Job search assistance. * Directory of job offers. * Entrepreneurship coaching. * Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.
Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Wednesday 8h00 to 12h00 and 13h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

Computer workshops

ASSOCIATION ALPHA-LAURENTIDES
21 Saint-Henri Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3C6
819 324-9400
Email: alpha-laurentides@hotmail.com
Services: Literacy and basic adult education. * Literacy in French and francization. * Basic arithmetic. * Basic computer use.
Eligibility: adults 16 years and over
Capacity: 4 people per group
Coverage area: MRC Les Laurentides, MRC Les Pays d’en Haut
Hours: Monday to Friday 9h00 to 15h00
Fees: registration: $40
Financing: donations
Legal status: non-profit organization

BLAINVILLE PUBLIC LIBRARY
1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7
450 434-5275
Website: biblio.ville.blainville.qc.ca
Email: bibliotheque@blainville.ca
Coverage area: Blainville
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: free
Financing: municipal
Legal status: municipal agency
BOIS-DES-FILION - LIBRARY
60 36th Avenue, Bois-des-Filion, Laurentides, QC, J6Z 2G6
450 621-1460 ext. 160   Fax: 450 621-8483
Website: biblio.villebdf.ca
Email: biblio@villebdf.ca
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, fee for non-residents
Financing: municipal
Legal status: municipal agency

CENTRE D’ACCÈS COMMUNAUTAIRE INFORMATIQUE
33 de l’Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 227-0000
Website: www.caci.saint-sauveur.qc.ca
Email: info.caci.saint.sauveur@gmail.com
Eligibility: people of 55 years old and over
Coverage area: Laurentians
Hours: clinic: by appointment, workshops: first Tuesday of each month 9h30 to 11h30
Fees: membership: $10 per year for residents of Saint-Sauveur and Piedmont, $15 for non-residents, workshops: free for members, $10 for non-members, emergency clinic: $10
Financing: membership fees, self-financing
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D’EN-HAUT (L’)
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020   Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com
Eligibility: people with temporary or permanent loss of autonomy, seniors
Coverage area: MRC Les Pays-d’en-Haut
Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d’Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request
Fees: meals on wheels: $6 per meal, community meal: $6 per meal, light housework: travel expenses, van: low contribution
Financing: donations, self-financing
Legal status: non-profit organization
JOYEUX AÎNÉS THÉRÉSIENS (LES)
37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4
450 434-1440 ext. 2551
Website: www.fadoqsth.com

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

LAURENTIAN LITERACY CENTRE
505 Bethany Avenue, Suite 302, Lachute, Laurentides, QC, J8H 4A6
450 562-3719
Website: laurentianliteracy.ca
Email: literacycentre@bellnet.ca

Services: English literacy centre. * Private tutoring: reading, writing, numeracy, digital assistance. * Youth literacy programs: after school tutoring, individual summer tutoring to prepare students for the upcoming academic year. * Assistance with reading, understanding and filling out forms or paperwork.
Eligibility: English-speaking people of all ages who want to improve their literacy skills
Coverage area: Laurentians
Hours: Monday to Thursday 9h00 to 19h30, Friday 13h00 to 18h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)
4 du Ravin Road, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 434-9593 Fax: 450 434-5181 TTY: 450 434-9593
Website: maisondesmots.ca
Email: info@maisondesmots.com

Eligibility: people aged 16 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

RÉSEAU BIBLIO DES LAURENTIDES - OKA LIBRARY
15 de L'Annonciation Street, Oka, Laurentides, QC, J0N 1E0
450 479-8333 ext. 228
Website: www.municipalite.oka.qc.ca/bibliotheque
Email: biblio@municipalite.oka.qc.ca

Coverage area: Oka, South of Laurentians
Hours: Tuesday and Thursday 13h00 to 20h00, Wednesday 13h00 to 17h00, Friday 10h00 to 17h00, Saturday 10h00 to 15h00
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

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

CENTRE CHRIST-ROI
545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2
819 623-1266
Website: www.centrechristroi.qc.ca
Email: sec.ccr@cspn.qc.ca
Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability
Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: some registration fees
Financing: provincial
Legal status: parapublic organization

CENTRE D’ALPHABÉTISATION POPULAIRE DES PATRIOTES
52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7
450 473-2277     Fax: 450 473-2277
Website: alphabetisationdespatriotes.com
Email: alpha.patriote@videotron.ca
Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability
**Capacity:** 8 students per group  
**Coverage area:** Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel  
**Hours:** Monday to Friday 8h30 to 16h00  
**Financing:** provincial  
**Legal status:** non-profit organization

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**CENTRE L’IMPACT**

1355 l’Annonciation Street South, Rivièr-Rouge, Laurentides, QC, J0T 1T0  
819 275-7880  
**Website:** www.centrechristroi.qc.ca  
**Email:** sec.cim@cspn.qc.ca

**Services:** Centre for adult education, full time, part time, evening classes or distance learning.  
* General course: secondary education classes from grades 7 to 11 and review of primary school.  
* Literacy, francization and preparation for the Canadian citizenship test.  
* Test de développement général (TDG).  
* Test d’équivalence de niveau de scolarité (TENS).  
* Distance learning, with the assistance of a tutor.  
* Service de formation à l’integration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability.  
* Academic and professional orientation.  
* Access to the regular transportation service of the Commission scolaire Pierre-Neveu.  
* Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

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**GYMNO LAURENTIDES**

1155 du Parc Avenue, Saint-Jérôme, Laurentides, QC, J7Z 6X6  
450 848-3211  
**Website:** www.gymno.org  
**Email:** laurentides@gymno.org

**Services:** Recreational activities for children and teenagers with learning disorders.  
* Summer day camp: for children 5 to 15 years old.  
* Les Explorateurs: weekly sessions of gymnastic and swimming pool games aimed at developing motor skills for children 5 to 10 years old.  
* Les Survoltateurs: weekly sessions of recreational and sports activities and outings for teenagers 10 to 15 years old.

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

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**MAISON DES MOTS DES BASSES-LAURENTIDES (LA)**

4 du Ravin Road, Sainte-Thérèse, Laurentides, QC, J7E 2T2  
450 434-9593  **Fax:** 450 434-5181  **TTY:** 450 434-9593  
**Website:** maisondesmots.ca  
**Email:** info@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.  
* Assistance to fill out forms.  
* Journal of participants.

**Eligibility:** people aged 16 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

AVENUE 12-17 (L’)
450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1
450 438-2691
Website: www.avenue1217.wixsite.com/avenue1217
Email: avenue1217@hotmail.com
Eligibility: youth from 12 to 17 years old
Coverage area: Saint-Jérôme
Hours: Thursday and Friday 18h00 to 21h30, Saturday and Sunday 13h00 to 20h00
Fees: variable
Financing: municipal, provincial, grants
Legal status: non-profit organization

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA
1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2
450 979-7755
Website: www.centreomega.org
Email: info@centreomega.org
Eligibility: youth 18 years old and under presenting dropout risk factors
Coverage area: MRC Thérèse-De Blainville and Lower Laurentians
Hours: Monday to Thursday 9h00 to 16h30
Fees: most services are free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE POUR L’ENFANCE EN SANTÉ MENTALE DEUX-MONTAGNES
328 de la Grande Côte Road, Saint-Eustache, Laurentides, QC, J7P 1E7
450 623-5677     Fax: 450 623-6488
Website: www.cesamedeuxmontagnes.com
Email: infos@cesamedeuxmontagnes.com
Eligibility: children aged 0 to 5 years old with behaviour, communication or socialization issues, their parents
Coverage area: MRC Deux-Montagnes
Hours: office: Monday to Friday 8h00 to 16h00
Fees: annual membership: $10
Financing: federal, provincial, municipal, donations, grants
Legal status: non-profit organization

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998  Fax: 450 565-3577
Website: www.lecoffret.ca
Eligibility: newcomers
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: municipal, provincial, federal, Centraide Laurentides
Legal status: non-profit organization

ENTRE-NOUS (L’)
605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4
450 504-1001
Website: www.lamieduquartier.com/lentre-nous
Email: lamieduquartier@hotmail.com
Services: Community support in social housing and services to families and children. * Community garden. * Individualized follow-up with a counsellor, help relationship and neighbourhood mediation. * Activities for children 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings. * Homework assistance. * Access to computers.
Eligibility: children 6 to 12 years old, families, residents of the Notre-Dame neighbourhood
Coverage area: Saint-Jérôme: Notre-Dame neighbourhood
Fees: none
Financing: self-financing
Legal status: non-profit organization

LAURENTIAN LITERACY CENTRE
505 Bethany Avenue, Suite 302, Lachute, Laurentides, QC, J8H 4A6
450 562-3719
Website: laurentianliteracy.ca
Email: literacycentre@bellnet.ca
Services: English literacy centre. * Private tutoring: reading, writing, numeracy, digital assistance. * Youth literacy programs: after school tutoring, individual summer tutoring to prepare students for the upcoming academic year. * Assistance with reading, understanding and filling out forms or paperwork.
Eligibility: English-speaking people of all ages who want to improve their literacy skills
Coverage area: Laurentians
Hours: Monday to Thursday 9h00 to 19h30, Friday 13h00 to 18h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization
MAISON DE JEUNES RIVIÈRE DU NORD
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 436-2573
Email: info@mdjrdn.com


Eligibility: youth from 12 to 17 years old
Coverage area: Saint-Jérôme
Hours: Monday to Friday 16h00 to 21h00
Fees: variable
Financing: municipal, grants, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D’EN-HAUT (LA)
480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5
450 229-3354
Website: maisondelafamille.com
Email: info@maisondelafamille.com


Eligibility: families, children aged 0 to 12 years old
Coverage area: MRC Les Pays-d’en-Haut
Fees: $20 per year
Financing: self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE POINTE-CALUMET (LA)
871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0
450 491-6509
Email: mdj.pointe-calumet@hotmail.com


Eligibility: youth 11 to 17 years
Coverage area: Pointe-Calumet
Hours: Tuesday, Wednesday and Friday 16h00 to 21h00, on the platform Zoom: Thursday 18h00 to 19h30
Fees: none
Financing: fundraising campaigns, provincial
Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-SCHOLASTIQUE
9505 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X2
450 412-1144
Website: www.mdjmirabel.ca/mdj-ste-scholastique
Email: mdjstescho@hotmail.com

Services: * Animation and youth intervention. * Homework assistance.

Eligibility: youth 12 to 17 years old
Coverage area: Mirabel
Education and Literacy

**MANNE DU JOUR**

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

819 623-6604

**Website:** www.mannedujour.ca

**Email:** mannedujour@gmail.com


**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food bank: $5, the Boutik: variable

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

**Legal status:** non-profit organization

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**Language courses**

**CENTRE CHRIST-ROI**

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2

819 623-1266

**Website:** www.centrechristroi.qc.ca

**Email:** sec.ccr@cspn.qc.ca

**Services:** Centre for adult education, full time, part time, evening classes or distance learning. * General course in French: secondary education classes from grades 7 to 11 and review of primary school. * Literacy, francization and preparation for the Canadian citizenship test. * Test de développement général (TDG). * Test d'équivalence de niveau de scolarité (TENS). * Distance learning, with the assistance of a tutor. * Service de formation à l'intégration sociale (SFIS): adapted classes for adults living with an intellectual, social or physical disability. * Academic and professional orientation. * Access to the regular transportation service of the Commission scolaire Pierre-Neveu. * Access to the daycare of the Centre de la petite enfance la Fourmilière de Mont-Laurier for the student's children.

**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d'Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES**

52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7

450 473-2277  **Fax:** 450 473-2277

**Website:** alphabetisationdespatriotes.com

**Email:** alpha.patriote@videotron.ca
Education and Literacy

**Services:** * Literacy, mathematics and French-learning activities. * Alpha-créativité workshops: another way to learn how to read and write through art. * Permanent library. * Help with forms.

**Eligibility:** people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability

**Capacity:** 8 students per group

**Coverage area:** Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel

**Hours:** Monday to Friday 8h30 to 16h00

**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:** www.centreomega.org

**Email:** info@centreomega.org


**Eligibility:** youth 18 years old and under presenting dropout risk factors

**Coverage area:** MRC Thérèse-De Blainville and Lower Laurentians

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

**Fees:** most services are free

**Financing:** provincial, donations

**Legal status:** non-profit organization

**CENTRE L’IMPACT**

1355 l’Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-7880

**Website:** www.centrechristroi.qc.ca

**Email:** sec.cim@cspn.qc.ca


**Eligibility:** adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

**Coverage area:** MRC d’Antoine-Labelle

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

**Fees:** some registration fees

**Financing:** provincial

**Legal status:** parapublic organization

**COFFRET (LE)**

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

450 565-2998 ** Fax:** 450 565-3577

**Website:** www.lecoffret.ca
Education and Literacy


**Eligibility:** newcomers

**Coverage area:** Laurentians

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

**Fees:** free

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

**Legal status:** non-profit organization

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**ORGANISME KINA8AT (L')**

Confidential Address

**Website:** www.kina8at.ca/en

**Email:** info@kina8at.ca


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

**Coverage area:** Province of Québec

**Hours:** variable

**Fees:** variable

**Financing:** federal, donations

**Legal status:** non-profit organization

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**Literacy**

**ASSOCIATION ALPHA-LAURENTIDES**

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

819 324-9400

**Email:** alpha-laurentides@hotmail.com

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

**Eligibility:** adults 16 years and over

**Capacity:** 4 people per group

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

**Hours:** Monday to Friday 9h00 to 15h00

**Fees:** registration: $40

**Financing:** donations

**Legal status:** non-profit organization

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**ATELIER ALTITUDE**

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

450 437-5053

**Website:** atelieraltitudeinc.wordpress.com

**Email:** atelieraltitudeinc@gmail.com

Eligibility: people living with an intellectual disability
Capacity: 38 persons
Coverage area: MRC Thérèse-De Blainville
Hours: Monday to Friday 8h30 to 15h00
Fees: membership card: $10, plus $3 per day
Financing: membership fees, grants
Legal status: non-profit organization

CENTRE CHRIST-ROI
545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2
819 623-1266
Website: www.centrechristroi.qc.ca
Email: sec.ccr@cspn.qc.ca


Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability
Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: some registration fees
Financing: provincial
Legal status: parapublic organization

CENTRE D’ALPHABÉTISATION POPULAIRE DES PATRIOTES
52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7
450 473-2277     Fax: 450 473-2277
Website: alphabetisationdespatriotes.com
Email: alpha.patriote@videotron.ca

Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability
Capacity: 8 students per group
Coverage area: Kananskatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel
Hours: Monday to Friday 8h30 to 16h00
Financing: provincial
Legal status: non-profit organization

CENTRE L’IMPACT
1355 l’Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-7880
Website: www.centrechristroi.qc.ca
Email: sec.cim@cspn.qc.ca

Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

Coverage area: MRC d'Antoine-Labelle

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

Fees: some registration fees

Financing: provincial

Legal status: parapublic organization

DEUX-MONTAGNES PUBLIC LIBRARY

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-2796  Fax: 450 473-2816

Website: bibliothèque.ville.deux-montagnes.qc.ca/page.php?lang=en

Email: biblio@ville.deux-montagnes.qc.ca


Eligibility: children, youth and adults

Coverage area: Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 13h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

LAURENTIAN LITERACY CENTRE

505 Bethany Avenue, Suite 302, Lachute, Laurentides, QC, J8H 4A6

450 562-3719

Website: laurentianliteracy.ca

Email: literacycentre@bellnet.ca

Services: English literacy centre. * Private tutoring: reading, writing, numeracy, digital assistance. * Youth literacy programs: after school tutoring, individual summer tutoring to prepare students for the upcoming academic year. * Assistance with reading, understanding and filling out forms or paperwork.

Eligibility: English-speaking people of all ages who want to improve their literacy skills

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 19h30, Friday 13h00 to 18h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

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

450 621-1071

Website: www.ville.lorraine.qc.ca

Email: bibliotheque@ville.lorraine.qc.ca

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**MAISON DE LA FAMILLE DE MIRABEL**

15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2

450 414-2121

Website: famillemirabel.com

Email: info@famillemirabel.com


**Eligibility:** children, families and grandparents

**Capacity:** variable

**Coverage area:** Mirabel

**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 15h30

**Fees:** free or at affordable price

**Financing:** fundraising campaigns, provincial, Centraide Laurentides

**Legal status:** non-profit organization

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**MAISON DES MOTS DES BASSES-LAURENTIDES (LA)**

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

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

Website: maisondesmots.ca

Email: info@maisondesmots.com


**Eligibility:** people aged 16 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

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**MAISON POPULAIRE D’ARGENTEUIL**

335 Principale Street, Lachute, Laurentides, QC, J8H 2Z7

450 562-1996

Email: maisonpopulairearg@videotron.ca


**Eligibility:** adults

**Coverage area:** MRC Argenteuil

**Hours:** Monday to Friday 9h30 to 12h00 and 13h30 to 16h00
Financing: self-financing
Legal status: non-profit organization

MIRABEL PUBLIC LIBRARY - DOMAINE-VERT NORD BRANCH
17530 Jacques-Cartier Street, Mirabel, Laurentides, QC, J7J 2R1
450 475-2059
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-AUGUSTIN BRANCH
15005 des Saules Street, Mirabel, Laurentides, QC, J7N 1Z9
450 475-6558
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-BENOÎT BRANCH
9020 Dumouchel Street, Mirabel, Laurentides, QC, J7N 2N7
450 475-2073
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Tuesday 10h00 to 12h00 and 13h00 to 17h00, Wednesday and Thursday 13h00 to 17h00 and 18h00 to 20h00
Fees: subscription: free
Financing: municipal
Legal status: municipal agency
MIRABEL PUBLIC LIBRARY - SAINT-CANUT BRANCH
9950 de Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1K1
450 436-7816
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-JANVIER BRANCH
17710 du Val-d'Espoir Street, Mirabel, Laurentides, QC, J7J 1V7
450 475-2011
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINTE-SCHOLASTIQUE BRANCH
9975 Saint-Vincent Street, Mirabel, Laurentides, QC, J7N 2Y3
450 475-2057
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday 13h00 to 20h00, Wednesday 16h00 to 20h00, Saturday 13h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER
532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3
819 623-2948     Fax: 819 623-9381
Email: rdass@videotron.ca
Eligibility: recipients of social assistance and people on a low income
Coverage area: MRC Antoine-Labelle
Hours: Monday and Friday 9h00 to 16h00
Financing: provincial, grants
Legal status: non-profit organization

SAINT-EUSTACHE PUBLIC LIBRARY
12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2
450 974-5035
Website: www.saint-eustache.ca/citoyens/bibliotheque
Coverage area: Saint-Eustache
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: subscription: free
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
Coverage area: Sainte-Anne-des-Plaines
Hours: Tuesday and Thursday 13h00 to 20h30, Wednesday 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
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
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

ASSOCIATION ALPHA-LAURENTIDES
21 Saint-Henri Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3C6
819 324-9400
Email: alpha-laurentides@hotmail.com
Services: Literacy and basic adult education. * Literacy in French and francization. * Basic arithmetic. * Basic computer use.
Eligibility: adults 16 years and over
Capacity: 4 people per group
Coverage area: MRC Les Laurentides, MRC Les Pays d'en Haut
Hours: Monday to Friday 9h00 to 15h00
Fees: registration: $40
Financing: donations
Legal status: non-profit organization

BEACON OF THE FREED
Confidential Address
450 990-9595
Website: en.affranchies.ca
Email: intervention@affranchies.ca
Services: Organization working against human trafficking. * Education and public awareness. * Contribution to the improvement of existing services and the creation of new services and programs. * Assistance relationship for people living with the consequences of a situation of exploitation or exchange of sexual services. * Program for tourist accommodation and transportation companies.
Eligibility: victims or close ones of victims of human trafficking of all forms, from sexual exploitation to labor exploitation, both locally and internationally, workers working on the issue or likely to be in contact with victims
Coverage area: Laurentides, with few exceptions
Hours: Monday to Friday 8h00 to 17h00
Fees: direct services: none, workshops and public awareness: variable
Financing: provincial
Legal status: non-profit organization

CAFÉ PARTAGE D'ARGENTEUIL
232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8
450 562-0987
Email: cafepartage@bell.net
Eligibility: people in precarious human, social and economic situations
Coverage area: MRC Argenteuil
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: non-profit organization

CENTRE CHRIST-ROI
545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2
819 623-1266
Website: www.centrechristroi.qc.ca
Email: sec.ccr@cspn.qc.ca

Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

Coverage area: MRC d'Antoine-Labelle

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

Fees: some registration fees

Financing: provincial

Legal status: parapublic organization

CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES

52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7

450 473-2277     Fax: 450 473-2277

Website: alphabetisationdespatriotes.com

Email: alpha.patriote@videotron.ca


Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability

Capacity: 8 students per group

Coverage area: Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

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

450 432-5642     Fax: 450 432-8673

Website: centredefemmeslesunesetlesautres.org

Email: centrelesunes@qc.aira.com


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

Capacity: daycare and respite care: limited places

Coverage area: MRC La Rivière-du-Nord

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

Fees: none

Financing: provincial, donations, membership fees

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DE LA RIVIÈRE-DU-NORD

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

450 438-3131

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

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

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

Financing: self-financing
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES LAURENTIDES
13 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C3
819 326-0333     Fax: 819 326-2121
Website: www.cslaurentides.qc.ca
Email: info@cslaurentides.qc.ca

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

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, Saint-Donat (MRC Matawinie)
Financing: provincial
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES MILLE-ÎLES
430 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 6V6
450 974-7000     Fax: 450 974-6977
Website: www.cssmi.qc.ca
Email: info@cssmi.qc.ca

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


Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00
Financing: self-financing, provincial
Legal status: parapublic organization

CENTRE L'IMPACT
1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-7880
Website: www.centrechristroi.qc.ca
Email: sec.cim@cspn.qc.ca
Education and Literacy


Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

Coverage area: MRC d'Antoine-Labelle

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

Fees: some registration fees

Financing: provincial

Legal status: parapublic organization

CIBLE-EMPLOI

100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6
450 435-5462   Fax: 450 435-2406
Website: cible-emploi.qc.ca
Email: ste-therese@cible-emploi.qc.ca


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

CIBLE-EMPLOI - SAINT-EUSTACHE

477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1
450 473-1842   Fax: 450 491-2586
Website: cible-emploi.qc.ca
Email: st-eustache@cible-emploi.qc.ca


Eligibility: adults

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

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

ÉCLUSE DES LAURENTIDES (L')

22A Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 744-1393   Fax: 450 744-1335
Website: www.ecluse.org
Email: eclusedeslaurentides@bellnet.ca

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

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

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

Fees: none

Financing: provincial, municipal, federal, donations

Legal status: non-profit organization

MAISON DES PARENTS DU QUÉBEC - SAINT-JÉRÔME
179 St-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8
450 438-7708
Website: www.maisondesparents.com
Email: info@maisondesparents.com


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

Coverage area: Saint-Jérôme and surrounding area

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

MAISON POPULAIRE D’ARGENTEUIL
335 Principale Street, Lachute, Laurentides, QC, J8H 2Z7
450 562-1996
Email: maisonpopulairearg@videotron.ca


Eligibility: adults

Coverage area: MRC Argenteuil

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

Financing: self-financing

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.entrainelerelais.org
Email: info@entrainelerelais.org


Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 8h30 to 16h00, food distribution: Friday

Fees: food assistance: $1 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization
School perseverance

CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES
2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6
450 974-1635 Fax: 450 974-1077
Website: cjedm.qc.ca
Email: info@cjedm.qc.ca


Eligibility: youth 15 to 35 years old
Coverage area: MRC Deux-Montagnes
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT
22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 227-0074
Website: www.cjepdh.ca
Email: info@cjepdh.ca


Eligibility: youth 15 to 35 years old, employers
Coverage area: MRC Les Pays-d'en-Haut
Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization
Education and Literacy

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES
763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-1200 Fax: 819 425-1155
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org


Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHEDES-MONTS
97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9
819 321-1774 Fax: 819 321-3428
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org


Eligibility: youth 16 to 35 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

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


Eligibility: youth 16 to 35 years old
Coverage area: MRC Thérèse-De Blainville
Hours: Monday 8h30 to 20h00, Tuesday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES
2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
514 712-3075
Email: info@ccblaurentide.ca
Eligibility: Muslim community, municipal activities: general public
Coverage area: Lower Laurentians
Hours: variable, 7 days between 9h00 and 21h00
Fees: annual membership: $25, some activities: variable
Financing: donations, self-financing, membership fees
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: www.centreomega.org
Email: info@centreomega.org
Eligibility: youth 18 years old and under presenting dropout risk factors
Coverage area: MRC Thérèse-De Blainville and Lower Laurentians
Hours: Monday to Thursday 9h00 to 16h30
Fees: most services are free
Financing: provincial, donations
Legal status: non-profit organization

JEUNESSE ATOUT
184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7
450 473-0606
Email: jatout2@outlook.com
Services: * Academic motivation and intervention. * Internships in the workplace. * In school workshops.
Eligibility: students at risk of dropping out referred by school principals
Coverage area: French high schools of the MRC Deux-Montagnes
Hours: Monday to Thursday 14h00 to 17h00, by appointment
Financing: fundraising campaigns
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  
438 858-3737  
Website: perseveronensemble.com  
Email: info@perseveronensemble.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 young people 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 8h30 to 12h00 and 13h00 to 16h30  
Funding: donations, provincial, municipal  
Legal status: non-profit organization

**RESSOURCES COMMUNAUTAIRES SOPHIE**

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0  
450 226-1304 Fax: 450 226-5048  
Website: rcsophie.org  
Email: ressourcesophie@gmail.com

Eligibility: kids and teenagers, their families, seniors and people on a low income  
Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors  
Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00  
Fees: yearly membership: $10  
Funding: provincial, Centraide Laurentides, grants, donations  
Legal status: non-profit organization

**School service centers**

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

Centre administratif II, 795 Melançon Street, Saint-Jérôme, Laurentides, QC, J7Z 4L1  
450 438-3131  
Website: cssrdn.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and orientation. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * School transportation coordination.  
Coverage area: MRC Argenteuil, MRC La Rivière-du-Nord, MRC Mirabel  
Hours: Administrative Office 1: Monday to Friday 8h00 to 12h00 and 13h00 to 15h45, Administrative Office 2: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00  
Funding: self-financing  
Legal status: parapublic organization
CENTRE DE SERVICES SCOLAIRE DES LAURENTIDES
13 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C3
819 326-0333     Fax: 819 326-2121
Website: www.cslaurentides.qc.ca
Email: info@cslaurentides.qc.ca
Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * General adult education. * Vocational training and adult education: help and orientation. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * School transportation coordination.
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, Saint-Donat (MRC Matawinie)
Financing: provincial
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES MILLE-ÎLES
430 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 6V6
450 974-7000     Fax: 450 974-6977
Website: www.cssmi.qc.ca
Email: info@cssmi.qc.ca
Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and orientation. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Services to companies. * School transportation coordination.
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: self-financing, provincial
Legal status: parapublic 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
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.
Coverage area: Laurentians, Lanaudière, Laval
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 SENIORS

EMPLOYMENT SUPPORT FOR WOMEN

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT
Advocacy for workers and unemployed

CARREFOUR D’ACTIONS POPULAIRES DE SAINT-JÉRÔME
227 Saint-Georges Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Z 5A1
450 432-8696
Website: carrefouractionspopulaires.org
Email: info@carrefouractionspopulaires.org

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

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

Coverage area: MRC La Rivièr-du-Nord

Hours: Monday to Thursday 9h30 to 16h00

Financial: provincial, donations, self-financing

Legal status: non-profit organization

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 Quebec or forced to remain in Quebec, 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

Financial: provincial

Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - LAURENTIDES
275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

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

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

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial  
Legal status: provincial government agency

**COMMISSION DES NORMES DU TRAVAIL - LAURENTIDES**

275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7  
1 844 838-0808  
Website: www.cnesst.gouv.qc.ca/en  
Services: * Information on labor standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.  
Eligibility: public, employers, employees  
Coverage area: Laurentians  
Hours: office: by appointment for investigation and mediation  
Financing: provincial  
Legal status: provincial government agency

**LEGAL AID OFFICE - LACHUTE**

505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6  
450 562-2462 Fax: 450 562-1758  
Website: www.ccjll.qc.ca  
Email: bajlach@ccjll.qc.ca  
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.  
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law  
Coverage area: Lachute  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency  
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website  
Financing: provincial  
Legal status: parapublic organization

**LEGAL AID OFFICE - MONT-LAURIER**

555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4  
819 623-2827 Fax: 819 623-4894  
Website: www.ccjll.qc.ca  
Email: bajml@ccjll.qc.ca  
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.  
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law  
Coverage area: Mont-Laurier  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency  
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website  
Financing: provincial  
Legal status: parapublic organization

**LEGAL AID OFFICE - SAINT-EUSTACHE**

11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3  
450 472-0134 Fax: 450 472-0409  
Website: ccjll.qc.ca  
Email: bajeust@ccjll.qc.ca  
Services: Free or low cost legal services to eligible individuals. * Reception and processing legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Saint-Eustache

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

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

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-JÉRÔME
460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3
450 436-5712  Fax: 450 436-8004
Website: www.ccjll.qc.ca
Email: bajstje@ccjll.qc.ca

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

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

Coverage area: Saint-Jérôme

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

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

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-AGATHE
118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1
819 326-6111  Fax: 819 326-1767
Website: www.ccjll.qc.ca
Email: bajagathe@ccjll.qc.ca

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

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

Coverage area: Sainte-Agathe-des-Monts

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

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

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE
220 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 individuals. * Reception and processing legal aid requests.

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

Coverage area: 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: provincial government agency
MESURES ALTERNATIVES DES VALLÉES DU NORD
515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 436-6749 Fax: 450 436-1863
Website: www.mavn.ca/en
Email: info@mavn.ca


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


Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER
532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3
819 623-2948 Fax: 819 623-9381
Email: rdass@videotron.ca


Eligibility: recipients of social assistance and people on a low income

Coverage area: MRC Antoine-Labelle

Hours: Monday and Friday 9h00 to 16h00

Financing: provincial, grants

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: acefbbl.org
Email: acefbbl@consommateur.qc.ca


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: non-profit organization
BOOK HUMANAIRE (LE)
215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 436-2665
Website: lebookhumanitaire.com
Email: rlapierre@lebookhumanitaire.com
Eligibility: people in a difficult situation, volunteers
Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis
Hours: Monday to Thursday 9h00 to 17h00, Friday to Sunday 9h00 to 12h00
Fees: none
Financing: donations
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES
2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6
450 974-1635 Fax: 450 974-1077
Website: cjedm.qc.ca
Email: info@cjedm.qc.ca
Eligibility: youth 15 to 35 years old
Coverage area: MRC Deux-Montagnes
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES
763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-1200 Fax: 819 425-1155
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org
Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS

97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9
819 321-1774   Fax: 819 321-3428
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org


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

Coverage area: MRC Les Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1
450 562-5151   Fax: 450 562-0633
Website: www.centreentraideargenteuil.org
Email: centreentraide@videotron.ca


Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

CENTRE DE DÉPANNAGE LE VISAGE

374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7
450 473-3200 ext. 5   Fax: 450 473-5055
Website: paroissest-eustache.com
Email: gpineault@st-eustache.qc.ca


Eligibility: families, people in need

Coverage area: Saint-Eustache

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

Financing: self-financing

Legal status: non-profit organization
COMPTOIR D'ENTRAIDE POPULAIRE MIRABEL
8555 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-7609
Email: cepmi@videotron.ca

Services: * Recovery and sale of used clothing, items and furniture. * Food baskets. * Financial assistance for school supplies and day camps.

Eligibility: families, people on a low income

Coverage area: food baskets and assistance for school supplies: Mirabel, collection of used items: Saint-Benoît, Saint-Hermas and Saint-Augustin parishes, cities of Sainte-Thérèse, Blainville, Boisbriand

Hours: thriftstore: Monday and Thursday 13h00 to 17h00, Tuesday and Wednesday 13h00 to 16h00, Saturday 9h00 to 12h00, donations: 7/7, 7h30 to 20h00, food assistance: Tuesday 13h30 to 15h00

Financing: self-financing, donations

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINT-EUSTACHE (LA) - AIDE AUX PERSONNES EN DIFFICULTÉ
374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7
450 473-3200 ext. 5     Fax: 450 473-5055
Website: paroissest-eustache.com
Email: gpineault@st-eustache.qc.ca


Eligibility: families, individuals in need

Coverage area: Saint-Eustache

Hours: food assistance: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, community lunches: Wednesday 11h00 to 13h00, ouvroir: Monday to Friday 13h00 to 16h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

FONDATION MARTIN PAQUETTE
Confidential Address
819 660-9771
Email: fondation.martin-paquette@hotmail.com


Eligibility: children with leukemia, cancer or rare diseases, their families


Hours: variable

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

FONDATION NOËL AU PRINTEMPS
Confidential Address     Fax: 514 788-4473
Website: www.fnap.ca
Email: info@fnap.ca

Services: * Financial assistance to pay for medical treatment for children living with an illness or disability.

Eligibility: families on a low income receiving the Canada Child Tax Benefit and receiving benefits for children with disabilities

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Coverage area: Province of Québec
Fees: none
Financing: donations
Legal status: non-profit organization

FONDATION RICHELIEU ST-JÉRÔME
Confidential Address
450 436-8244
Email: f.chausse@pfdavocats.com
Eligibility: youth experiencing financial difficulties, non-profit organizations whose main objective is the
development of youth
Coverage area: Saint-Jérôme
Financing: donations
Legal status: non-profit organization

FONDATION ROSEMÈRE
325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2
450 621-9841
Website: fondationrosemere.com
Email: aguilbeault@videotron.ca
Services: * Financial assistance for home maintenance up to $2000 per person: medication, mobility aids, home adaptations, etc.
Eligibility: children with learning problems or disabilities and people living with serious conditions, disabilities or with a loss of autonomy
Coverage area: Rosemère
Fees: none
Financing: self-financing
Legal status: non-profit organization

FONDATION YVAN LAURIN
1300 des Cerisiers Road, Mont-Laurier, Laurentides, QC, J9L 0Y3
819 623-6229   Fax: 819 440-2579
Email: jassflo@videotron.ca
Services: Assistance to people on a low income with cancer, to ensure them a better quality of life. * Financial assistance for services not covered.
Eligibility: people on a low income with cancer
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)
4 du Ravin Road, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 434-9593   Fax: 450 434-5181   TTY: 450 434-9593
Website: maisondesmots.ca
Email: info@maisondesmots.com
Eligibility: people aged 16 and over who have difficulty reading and writing, deaf people
MOUVANCE, CENTRE DE FEMMES (LA)
83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9
450 472-7245
Website: www.lamouvance.ca
Email: info@lamouvance.ca
Eligibility: women
Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: workshops: variable
Financing: provincial
Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES
126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7
819 324 1004     Fax: 819 324-1004
Email: parents.uniques@cgocable.ca
Eligibility: men and women heads of stepfamilies or single-parent families
Coverage area: MRC Les Laurentides
Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00
Fees: membership: $5 for a single parent family, $10 for a blended family
Financing: self-financing
Legal status: non-profit organization

SAMARITAINE DE MONT-TREMBLANT (LA)
120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1
819 429-5938     Fax: 819 429-5200
Website: www.lasamaritaine.ca
Email: lasamaritaine@bellnet.ca

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

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

Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance: Wednesday 12h30 to 15h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, Bonhomme à lunettes: Thursday 9h30 to 12h00

Fees: food assistance: $5, emergency food assistance: none

Financing: donations, self-financing

Legal status: non-profit organization

Business development

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES
290 De Montigny Street, Saint-Jérôme, Laurentides, QC, J7Z 5T3
1 866 963-2777
Website: www.santelaurentides.gouv.qc.ca/english

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE LOCAL L'EMPLOI DE LACHUTE
505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6
450 562-8533 Fax: 450 562-1664
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Lachute

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday to Friday 9h00 to 16h30

Financing: provincial

Legal status: provincial government agency
CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE DE LA MRC DES LAURENTIDES
1255 des Lacs Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2
819 681-3373
Website: cdemrclaurentides.org
Email: info@cdemrclaurentides.org
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday: by appointment only
Financing: provincial, self-financing
Legal status: non-profit organization

EVOL - LAURENTIDES
17660 Charles Street, Suite 101, Mirabel, Laurentides, QC, J7J 0C3
1 844 523-7767
Website: evol.ca/en
Email: info@evol.ca
Eligibility: businesses owned at least by 25% by people from diverse backgrounds
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

FONDS COMMUNAUTAIRE D’ACCÈS AU MICRO-CRÉDIT
96 Turgeon Street, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 3H9
450 818-4830 Fax: 450 818-4832
Website: www.fondsmicrocredit.qc.ca
Email: fcamc@fondsmicrocredit.qc.ca
Eligibility: people with entrepreneurial projects, excluded from traditional credit
Coverage area: MRC Les Moulins, MRC Thérèse-De Blainville, MRC Deux-Montagnes, MRC Mirabel
Financing: grants, self-financing
Legal status: non-profit organization

FONDS D’EMPRUNT COMMUNAUTAIRE FÉMININ
508 Principale Street, Lachute, Laurentides, QC, J8H 1Y3
1 888 782-3553 Fax: 450 562-1601
Website: felaurentides.org
Email: info@felaurentides.org
Eligibility: women and men, entrepreneurs and future entrepreneurs
Employment and Income Support

**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00  
**Financing:** provincial, federal, foundations  
**Legal status:** non-profit organization

**MESURES ALTERNATIVES DES VALLÉES DU NORD**  
515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6  
450 436-6749     Fax: 450 436-1863  
Website: www.mavn.ca/en  
Email: info@mavn.ca  
**Services:** Organization of citizen mediation and alternative justice.  
Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice.  
* Legal education workshops in primary and secondary schools.  
* Citizen Mediation  
* Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors.  
* Work environment  
* Accompaniment and mediation.  
* Awareness and training.  
* Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations)  
* Support and accompaniment in difficult situations.  
* Intervention in the community: conflict resolution and prevention, awareness.  
* Social entrepreneurship  
* Support for social initiatives: accompaniment, administration and financial management.  
**Eligibility:** people living in conflict, teenagers aged 12 to 17, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses  
**Coverage area:** MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivièr-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides  
**Hours:** Monday to Friday 8h30 to 17h00  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

**MIRABEL ÉCONOMIQUE**  
17690 du Val-d'Espoir Street, Mirabel, Laurentides, QC, J7J 1A1  
450 475-2110     Fax: 450 435-3177  
Website: www.mirabel.ca  
Email: info@mirabelconomique.ca  
**Services:**  
* Assistance to individual or collective business start up.  
* Financial and technical support.  
* Business mentoring.  
* Support to autonomous work.  
* Carrefour Capital/Mirabel: database likely to meet capital needs or business project research.  
**Eligibility:** entrepreneurs, businesses, NPOs  
**Coverage area:** Mirabel  
**Hours:** Monday to Friday 9h00 to 16h30  
**Fees:** none  
**Financing:** municipal  
**Legal status:** municipal agency

**MRC ARGENTEUIL**  
430 Grace Street, Lachute, Laurentides, QC, J8H 1M6  
450 562-2474     Fax: 450 562-1911  
Website: www.argenteuil.qc.ca  
Email: info@argenteuil.qc.ca  
**Services:** Administration of regional services with supra-local character.  
* Land management and development.  
* Urban planning regulations.  
* Management of public services: watercourses, waste management, property assessment, civil, fire and public security.  
* Participation in socio-economic development.  
* Promotion of heritage, culture and tourism.  
**Coverage area:** MRC Argenteuil  
**Hours:** Monday to Wednesday 8h30 à 12h00 et 13h00 à 16h30, Friday 8h30 à 13h00  
**Financing:** municipal, self-financing, provincial  
**Legal status:** municipal agency
MRC DEUX-MONTAGNES - DÉVELOPPEMENT ÉCONOMIQUE
1 Place de la Gare, Suite 301, Saint-Eustache, Laurentides, QC, J7R 0B4
450 491-1818     Fax: 450 491-3040
Website: www.mrc2m.qc.ca
Email: info@mrc2m.qc.ca
Eligibility: young entrepreneurs, businesses
Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: provincial, municipal
Legal status: municipal agency

MRC LA RIVIÈRE-DU-NORD
349 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L2
450 436-9321     Fax: 450 436-1977
Website: mrcrdn.qc.ca
Email: info@mrcrdn.qc.ca
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Wednesday 8h00 à 12h00 et 13h00 à 16h00, Friday 8h00 à 12h30
Financing: municipal, self-financing, provincial
Legal status: municipal agency

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
Eligibility: residents and businesses
Coverage area: MRC Thérèse-De Blainville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 13h30
Fees: annual membership: $85 plus tax for corporate members, $20 plus tax for community members
Financing: municipal, self-financing, provincial
Legal status: municipal agency

SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURENTIDES
275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-7575     Fax: 450 436-4934
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp

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

Coverage area: Laurentians

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - MONT-LAURIER
585 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-4610  Fax: 819 623-3801
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Mont-Laurier

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-EUSTACHE
367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1
450 472-2311  Fax: 450 974-3315
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, registre foncier: Monday to Friday 9h00 to 16h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-JÉRÔME
275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-3075 Fax: 450 569-7458
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 (12h00 to 13h00 with appointment)
Legal status: provincial government agency

SERVICES QUÉBEC - SAINTE-AGATHE-DES-MONTS
1 Raymond Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X2
819 326-5861 Fax: 819 326-4234
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINTE-THÉRÈSE
100 Ducharme Boulevard, Suite 120, Sainte-Thérèse, Laurentides, QC, J7E 4R6
450 435-3667 Fax: 450 430-0128
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Employment and Income Support

**Coverage area:** Sainte-Thérèse
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** provincial
**Legal status:** provincial government agency

**SOCIÉTÉ D’AIDE AU DÉVELOPPEMENT DES COLLECTIVITÉS DES LAURENTIDES**

1332 Sainte-Adèle Boulevard, Suite 230, Sainte-Adèle, Laurentides, QC, J8B 0J7
450 229-3001  Fax: 450 229-6928
Website: www.sadclaurentides.org
Email: info@sadclaurentides.org


**Eligibility:** entrepreneurs

**Coverage area:** MRC Les Pays-d’en-Haut, MRC Les Laurentides
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** federal
**Legal status:** non-profit organization

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**Employment support and training**

**ATELIER ÉCLIPSE (L’)**

321 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5A2
450 436-7111
Website: ateliereclipse.com
Email: info@ateliereclipse.com

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

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

**Coverage area:** Saint-Jérôme
**Hours:** Monday, Tuesday, Thursday and Friday 7h30 to 16h00, Wednesday 7h30 to 17h30
**Financing:** grants, self-financing
**Legal status:** non-profit organization

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**ATTITUDE RESOURCE CENTER**

19 de la Gare Street, Suite i, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 240-0404  Fax: 450 240-0340
Website: centreattitude.com
Email: info@centreattitude.com

**Services:** * Individual counselling in a helping relationship. * 5-day intensive in-patient workshops on addiction issues, based on the 12 steps of remission (various issues, non-exclusive) every two weeks (Wednesday to Sunday). * 3-day intensive in-patien workshops for couples or teens every two months (Friday to Sunday). * Weekly addiction support groups based on the 12 stages of remission (various issues, non-exclusive).

**Eligibility:** adults, teenagers 12 to 17 years old and couples struggling with addiction (alcohol, drugs, gambling, cyberaddiction) or on a journey, support groups: 16 years old and over

**Coverage area:** Province of Québec
**Hours:** Monday to Friday 9h00 to 17h00
**Fees:** individual consultations and intensive sessions: variable, support groups: voluntary contribution
**Financing:** donations, self-financing, fundraising campaigns
**Legal status:** non-profit organization

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CARREFOUR JEUNESSE-EMPLOI LAURENTIDES
763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-1200    Fax: 819 425-1155
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org
Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS
97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9
819 321-1774    Fax: 819 321-3428
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org
Eligibility: youth 16 to 35 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE D’AIDE PROFESSIONNELLE POUR L’EMPLOI - LACHUTE POINT OF SERVICE
505 Béthany Street, Suite 420, Lachute, Laurentides, QC, J8H 4A6
450 562-3469    Fax: 450 562-6390
Website: capemploi.ca
Email: info@capemploi.ca
Eligibility: adults
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization
CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SAINTE-ADÈLE POINT OF SERVICE
810 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2
450 229-6524   Fax: 450 229-1787
Website: capemploi.ca
Email: info@capemploi.ca
Eligibility: adults
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6
819 321-1773   Fax: 819 774-0668
Website: capemploi.ca
Email: info@capemploi.ca
Eligibility: adults
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SIÈGE SOCIAL
338 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3
450 565-4707   Fax: 450 569-8299
Website: capemploi.ca
Email: info@capemploi.ca
Eligibility: adults
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL
171 Mary Street, Lachute, Laurentides, QC, J8H 2C1
450 562-5151   Fax: 450 562-0633
Website: www.centreentraideargenteuil.org
Email: centreentraide@videotron.ca

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment

Financing: none

Legal status: non-profit organization

CENTRE D'INTÉGRATION EN EMPLOI LAURENTIDES

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

1 800 363-2499     Fax: 450 432-8647

Website: www.cielaurentides.com

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

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

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: non-profit organization

CENTRE LOCAL L'EMPLOI DE LACHUTE

505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6

450 562-8533     Fax: 450 562-1664

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


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

Coverage area: Lachute

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday to Friday 9h00 to 16h30

Financing: provincial

Legal status: provincial government agency

CIBLE-EMPLOI

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

450 435-5462     Fax: 450 435-2406

Website: cible-emploi.qc.ca

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

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

CIBLE-EMPLOI - SAINT-EUSTACHE
477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1
450 473-1842 Fax: 450 491-2586
Website: cible-emploi.qc.ca
Email: st-eustache@cible-emploi.qc.ca
Eligibility: adults
Coverage area: MRC Thérèse-De Blainville, MRC Deux-Montagnes and MRC Mirabel
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES
217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4
450 623-5891 Fax: 450 623-3797
Website: www.grenierpopulaire.com
Email: info@grenierpopulaire.com
Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC Mirabel
Hours: Monday to Saturday 9h00 to 17h00
Fees: variable
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

MAISON DE JEUNES RIVIÈRE DU NORD
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 436-2573
Email: info@mdjrdn.com
Eligibility: youth from 12 to 17 years old
Coverage area: Saint-Jérôme
Hours: Monday to Friday 16h00 to 21h00
Fees: variable
Financing: municipal, grants, self-financing
Legal status: non-profit organization
MAISON LYSE-BEAUCHAMP - CAFÉ DE LA GARE
700 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B7
819 623-4726
Website: maisonlysebeauchamp.org/la-gare
Email: info@maisonlysebeauchamp.org
Services: * Restaurant and room rentals, caterer and work platform.
Coverage area: Province of Québec
Hours: Wednesday to Friday 11h30 to 13h30, Thursday evening from 17h00, Saturday and Sunday 8h00 to 10h00
Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - LA BOUTIQUE À BOIS
770 Olivier-Guimond Street, Mont-Laurier, Laurentides, QC, J9L 2Y6
819 623-3719 ext. 221
Website: maisonlysebeauchamp.org/boutique-a-bois
Email: info@maisonlysebeauchamp.org
Services: Workshop-boutique for repairs and furniture making * Reinsertion via woodworking.
Eligibility: people referred by the Centre Local d’Emploi or having to complete community service, people registered in socio-professional projects
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 8h00 to 15h00, Friday 8h00 to 12h00
Legal status: non-profit organization

MRC LES LAURENTIDES - CARAVANE DE L'EMPLOI
1255 des Lacs Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2
819 681-3373 ext. 1409
Website: mrclaurentides.qc.ca/caravane-de-lemploi
Email: caravane@mrclaurentides.qc.ca
Eligibility: job seekers, businesses
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday by appointment only
Fees: none
Financing: municipal
Legal status: municipal agency

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
Eligibility: adults 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
PORTÉ DE L’EMPLOI (LA)
100 Ducharme Boulevard, Suite 250, Sainte-Thérèse, Laurentides, QC, J7E 4R6
450 435-4565  Fax: 450 435-5586
Website: www.laportedelemploi.com/fr
Email: info@laportedelemploi.com

Services: Accompaniment 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.

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

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

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

Fees: none

Financing: provincial

Legal status: non-profit organization

PORTÉ DE L’EMPLOI (LA) - SAINT-EUSTACHE
460 du Parc Street, Suite 302, Saint-Eustache, Laurentides, QC, J7R 0C9
450 435-4565
Website: www.laportedelemploi.com/fr
Email: info@laportedelemploi.com

Services: Accompaniment 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.

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

Coverage area: MRC Deux-Montagnes, Mirabel

Hours: Monday to Thursday 8h15 to 16h15

Fees: none

Financing: provincial

Legal status: non-profit organization

RECYPRO
70 Simon Street, Lachute, Laurentides, QC, J8H 3R8
450 562-7740  Fax: 450 562-7918
Website: www.recypro.com
Email: info@recypro.com


Eligibility: employment: adults with difficulties obtaining or maintaining a job

Coverage area: Laurentides

Hours: store: Monday to Wednesday 12h00 to 17h00, Thursday and Friday 12h00 to 19h00

Financing: grants, self-financing

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE
3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304  Fax: 450 226-5048
Website: rcsophie.org
Email: ressourcessophie@gmail.com

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

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

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

Fees: yearly membership: $10

Financing: provincial, Centraide Laurentides, 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


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

SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURENTIDES
275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-7575     Fax: 450 436-4934
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp


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

Coverage area: Laurantians

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

Financing: provincial

Legal status: provincial government agency
SERVICES QUÉBEC - MONT-LAURIER
585 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-4610     Fax: 819 623-3801
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Mont-Laurier

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-EUSTACHE
367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1
450 472-2311     Fax: 450 974-3315
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, registre foncier: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-JÉRÔME
275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-3075     Fax: 450 569-7458
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Saint-Jérôme

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 (12h00 to 13h00 with appointment)
**SERVICES QUÉBEC - SAINTE-ADÈLE**

390 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-6560     Fax: 450 229-9347

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

**Services:** * Information and accompaniment in the administrative procedures with ministries and organizations. * Employment assistance. * Social assistance. * Self-service computer stations. * Information about government programs and services.

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

**Coverage area:** Sainte-Adèle

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

**Financing:** provincial

**Legal status:** provincial government agency

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**SERVICES QUÉBEC - SAINTE-AGATHE-DES-MONTS**

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

819 326-5861     Fax: 819 326-4234

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


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

**Coverage area:** Sainte-Agathe-des-Monts

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

**Financing:** provincial

**Legal status:** provincial government agency

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**SERVICES QUÉBEC - SAINTE-THÉRÈSE**

100 Ducharme Boulevard, Suite 120, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-3667     Fax: 450 430-0128

**Website:** www.localisateur.servicesquebec.gouv.qc.ca/en

**Services:** Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oaths.

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

**Coverage area:** Sainte-Thérèse

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

TROUSSO DIRECTION EMPLOI
505 Béthany Street, Suite 300, Lachute, Laurentides, QC, J8H 4A6
450 562-6006
Website: trouso.ca
Email: info@trousso.ca

Eligibility: job seekers
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 16h00
Financing: self-financing, provincial
Legal status: Select Legal Status

ZONE EMPLOI D’ANTOINE-LABELLE
601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8
819 623-5051     Fax: 819 623-5504
Website: zemploi.com
Email: info@zemploi.com

Services: * Job search assistance. * Online job directory. * Entrepreneurship coaching. * Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.
Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Monday to Wednesday 8h00 to 12h00 and 13h00 to 17h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Fees: free
Financing: municipal
Legal status: non-profit organization

ZONE EMPLOI D’ANTOINE-LABELLE - VALLÉE DE LA ROUGE
1355 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 623-5051
Website: zemploi.com
Email: info@zemploi.com

Services: * Job search assistance. * Directory of job offers. * Entrepreneurship coaching. * Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.
Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Wednesday 8h00 to 12h00 and 13h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization
Employment support for immigrants

CENTRE D'INTÉGRATION EN EMPLOI LAURENTIDES
340, Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3
1 800 363-2499 Fax: 450 432-8647
Website: www.cielaurentides.com
Email: info@cielaurentides.com

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

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

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998 Fax: 450 565-3577
Website: www.lecoffret.ca


Eligibility: newcomers

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINT-EUSTACHE
250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fSCO/sc-dSP.jsp?lang=eng&rc=2358


Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency
SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS
118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5
1 800 622-6232    TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Sainte-Agathe-Des-Monts
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE
100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 3G7
1 800 622-6232    TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2471


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

ZONE EMPLOI D'ANTOINE-LABELLE
601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8
819 623-5051     Fax: 819 623-5504
Website: zemploi.com
Email: info@zemploi.com

Services: * Job search assistance. * Online job directory. * Entrepreneurship coaching. * Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.

Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Monday to Wednesday 8h00 to 12h00 and 13h00 to 17h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Fees: free
Financing: municipal
Legal status: non-profit organization
Employment and Income Support

ZONE EMPLOI D’ANTOINE-LABELLE - VALLÉE DE LA ROUGE
1355 L’Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 623-5051
Website: zemploi.com
Email: info@zemploi.com

Services: * Job search assistance. * Directory of job offers. * Entrepreneurship coaching. * Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.

Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Wednesday 8h00 to 12h00 and 13h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

Employment support for seniors

CENTRE D’INTÉGRATION EN EMPLOI LAURENTIDES
340, Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3
1 800 363-2499 Fax: 450 432-8647
Website: www.cielaurantisides.com
Email: info@cielaurantisides.com

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

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment
Coverage area: Laurentians
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CIBLE-EMPLOI
100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6
450 435-5462 Fax: 450 435-2406
Website: cible-emploi.qc.ca
Email: ste-therese@cible-emploi.qc.ca


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
CIBLE-EMPLOI - SAINT-EUSTACHE
477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1
450 473-1842   Fax: 450 491-2586
Website: cible-emploi.qc.ca
Email: st-eustache@cible-emploi.qc.ca
Eligibility: adults
Coverage area: MRC Thérèse-De Blainville, MRC Deux-Montagnes and MRC Mirabel
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

ZONE EMPLOI D’ANTOINE-LABELLE
601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8
819 623-5051   Fax: 819 623-5504
Website: zemploi.com
Email: info@zemploi.com
Services: * Job search assistance. * Online job directory. * Entrepreneurship coaching. * Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.
Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Monday to Wednesday 8h00 to 12h00 and 13h00 to 17h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Fees: free
Financing: municipal
Legal status: non-profit organization

ZONE EMPLOI D’ANTOINE-LABELLE - VALLÉE DE LA ROUGE
1355 L’Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 623-5051
Website: zemploi.com
Email: info@zemploi.com
Services: * Job search assistance. * Directory of job offers. * Entrepreneurship coaching. * Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.
Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Wednesday 8h00 to 12h00 and 13h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization
Employment support for women

FONDS D'EMPRUNT COMMUNAUTAIRE FÉMININ
508 Principale Street, Lachute, Laurentides, QC, J8H 1Y3
1 888 782-3553     Fax: 450 562-1601
Website: felaurentides.org
Email: info@felaurentides.org


Eligibility: women and men, entrepreneurs and future entrepreneurs


Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00

Financing: provincial, federal, foundations

Legal status: non-profit organization

Employment support for youth

ATELIER ÉCLIPSE (L')
321 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5A2
450 436-7111
Website: ateliereclipse.com
Email: info@ateliereclipse.com


Eligibility: adults who have difficulty finding or maintaining a job

Coverage area: Saint-Jérôme

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

Financing: grants, self-financing

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI D'ARGENTEUIL
483 Principale Street, Lachute, Laurentides, QC, J8H 1Y5
450 566-5766
Website: www.cjea.org
Email: info@cjea.org


Eligibility: youth 16 to 35 years old, employers

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES
2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6
450 974-1635   Fax: 450 974-1077
Website: cjedm.qc.ca
Email: info@cjedm.qc.ca
Eligibility: youth 15 to 35 years old
Coverage area: MRC Deux-Montagnes
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA RIVIÈRE-DU-NORD
420 du Marché Street, Saint-Jérôme, Laurentides, QC, J7Z 2B2
450 431-5253   Fax: 450 431-2821
Website: cjern.qc.ca
Email: info@cjern.qc.ca
Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC La Rivière-du-Nord, except Mirabel
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE MIRABEL
13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3
450 420-6262   Fax: 450 420-6464
Website: cjemirabel.ca
Email: info@cjemirabel.ca
Eligibility: youth 16 to 35 years old, employers
Coverage area: Mirabel
Hours: Monday to Thursday 8h30 to 12h00 and 12h30 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT
22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 227-0074
Website: www.cjepdh.ca
Email: info@cjepdh.ca


Eligibility: youth 15 to 35 years old, employers
Coverage area: MRC Les Pays-d'en-Haut
Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES
763 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-1200     Fax: 819 425-1155
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org


Eligibility: youth from 16 to 35 years old, Créneau Carrefour Jeunesse: youth from 15 to 35 years old
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI LAURENTIDES - POINT DE SERVICE SAINTE-AGATHE-DES-MONTS
97 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J9
819 321-1774     Fax: 819 321-3428
Website: www.cjelaurentides.org
Email: info@cjelaurentides.org


Eligibility: youth 16 to 35 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: free
Financing: provincial  
Legal status: non-profit organization

**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  
Eligibility: youth 16 to 35 years old  
Coverage area: MRC Thérèse-De Blainville  
Hours: Monday 8h30 to 20h00, Tuesday to Friday 8h30 to 16h30  
Fees: free  
Financing: provincial  
Legal status: non-profit organization

**CENTRE D'ENTRAIDE D'ARGENTEUIL**  
171 Mary Street, Lachute, Laurentides, QC, J8H 2C1  
450 562-5151 Fax: 450 562-0633  
Website: www.centreentraideargenteuil.org  
Email: centreentraide@videotron.ca  
Eligibility: people and families on a low income, people living in difficult conditions  
Coverage area: Lachute  
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment  
Fees: none  
Financing: Centraide Laurentides, donations  
Legal status: non-profit organization

**CENTRE D'INTÉGRATION EN EMPLOI LAURENTIDES**  
340, Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3  
1 800 363-2499 Fax: 450 432-8647  
Website: www.cielaurontides.com  
Email: info@cielaurontides.com  
Services: Job search assistance. * Specialized service to facilitate the transition and integration into employment of newcomers. * Specialized service for young parents and people 45 years and under.  
Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment  
Coverage area: Laurentians  
Hours: Monday to Friday 8h00 to 16h00  
Fees: none  
Financing: provincial  
Legal status: non-profit organization
CFER DU SOMMET
4, rue Godard, Mont-Laurier, Laurentides, QC, J9L 3T6
819 623-2276
Website: www.reseaucfer.ca/centre/cfer-du-sommet
Services: Center offering a job-oriented training program based on the recovery of tubing and wood. * Acquisition of the Certificate of Training in Enterprise and Recovery.
Eligibility: young people between 15 and 18 years of age
Coverage area: Mont-Laurier
Financing: self-financing, provincial
Legal status: non-profit organization

JEUNESSE ATOUT
184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7
450 473-0606
Email: jatout2@outlook.com
Services: * Academic motivation and intervention. * Internships in the workplace. * In school workshops.
Eligibility: students at risk of dropping out referred by school principals
Coverage area: French high schools of the MRC Deux-Montagnes
Hours: Monday to Thursday 14h00 to 17h00, by appointment
Financing: fundraising campaigns
Legal status: non-profit organization

MRC DEUX-MONTAGNES - DÉVELOPPEMENT ÉCONOMIQUE
1 Place de la Gare, Suite 301, Saint-Eustache, Laurentides, QC, J7R 0B4
450 491-1818   Fax: 450 491-3040
Website: www.mrc2m.qc.ca
Email: info@mrc2m.qc.ca
Eligibility: young entrepreneurs, businesses
Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: provincial, municipal
Legal status: municipal agency

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
Eligibility: adults 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
RESSOURCES COMMUNAUTAIRES SOPHIE
3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304 Fax: 450 226-5048
Website: rcsophie.org
Email: ressourcessophie@gmail.com
Eligibility: kids and teenagers, their families, seniors and people on a low income
Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors
Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00
Fees: yearly membership: $10
Financing: provincial, Centraide Laurentides, grants, donations
Legal status: non-profit organization

TROUSSO DIRECTION EMPLOI
505 Béthany Street, Suite 300, Lachute, Laurentides, QC, J8H 4A6
450 562-6006
Website: troussso.ca
Email: info@trousso.ca
Eligibility: job seekers
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 16h00
Financing: self-financing, provincial
Legal status: Select Legal Status

ZONE EMPLOI D’ANTOINE-LABELLE
601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8
819 623-5051 Fax: 819 623-5504
Website: zemploi.com
Email: info@zemploi.com
Services: * Job search assistance. * Online job directory. * Entrepreneurship coaching. * Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.
Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Monday to Wednesday 8h00 to 12h00 and 13h00 to 17h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Fees: free
Financing: municipal
Legal status: non-profit organization

ZONE EMPLOI D’ANTOINE-LABELLE - VALLÉE DE LA ROUGE
1355 L’Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 623-5051
Website: zemploi.com
Email: info@zemploi.com
Employment and Income Support

Services: * Job search assistance. * Directory of job offers. * Entrepreneurship coaching. * Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.

Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Wednesday 8h00 to 12h00 and 13h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

Tax clinics

CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER - TAX CLINIC
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412 Fax: 819 623-3081
Website: www.cableonie-belanger.org/impots
Email: info@cableonie-belanger.org
Services: Year-long tax clinic, by appointment.
Eligibility: people aged 60 years and over on a low income
Coverage area: Mont-Laurier
Hours: Monday to Thursday 8h30 to 11h30 and 13h00 to 15h30
Fees: single people: $15, couple: $28
Financing: self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME - TAX CLINIC
225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200 ext. 221 Fax: 450 432-7354
Website: www.cbsj.qc.ca
Email: info@cbsj.qc.ca
Services: * Volunteer tax clinic by deposit during March and April. * Year-round tax clinic.
Eligibility: people on a low income with a simple tax situation
Hours: 2022 clinic: by deposit only from March 1 to April 30, other times of the year: one Tuesday per month before noon
Fees: none
Financing: donations, membership fees, self-financing
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D’EN-HAUT (L’) - CLINIQUE D’IMPÔTS
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020 Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com
Services: Walk-in tax clinic.
Eligibility: people on a low income
Coverage area: MRC Les Pays-d’en-Haut
Hours: Monday to Friday 8h30 to 16h30, during the tax period
Fees: free, donations welcome
MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE - TAX CLINIC
1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7
450 431-5757 Fax: 450 431-4615
Website: www.mouvementdentreai.de.org
Email: mouventraide@videotron.ca
Services: Tax clinic by deposit.
Eligibility: single person with a maximum income of $20,000, couple with a maximum income of $25,000
Coverage area: Mille-Isles, Mirabel, Prévost, Saint-Colomban, Saint-Hippolyte, Saint-Jérôme, Saint-Sauveur, Sainte-Adèle, Val-Morin
Hours: 2022 clinic: during the tax season
Fees: none
Financing: provincial, municipal, donations, self-financing
Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

ATELIER ÉCLIPSE (L')
321 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5A2
450 436-7111
Website: ateliereclipse.com
Email: info@ateliereclipse.com
Eligibility: adults who have difficulty finding or maintaining a job
Coverage area: Saint-Jérôme
Hours: Monday, Tuesday, Thursday and Friday 7h30 to 16h00, Wednesday 7h30 to 17h30
Financing: grants, self-financing
Legal status: non-profit organization

ATELIER ENSEMBLE ON SE TIENT (L')
185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5
450 623-1561 Fax: 450 623-2692
Email: atelierensemble@videotron.ca
Eligibility: adults living with severe and persistent mental health problems or significant emotional distress
Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin
Hours: Monday to Friday 9h30 to 16h00, support group on day and evening
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - LACHUTE POINT OF SERVICE
505 Béthany Street, Suite 420, Lachute, Laurentides, QC, J8H 4A6
450 562-3469 Fax: 450 562-6390
Website: capemploi.ca
Email: info@capemploi.ca

Eligibility: adults
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SAINTE-ADÈLE POINT OF SERVICE
810 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2
450 229-6524 Fax: 450 229-1787
Website: capemploi.ca
Email: info@capemploi.ca


Eligibility: adults
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
38 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A6
819 321-1773 Fax: 819 774-0668
Website: capemploi.ca
Email: info@capemploi.ca


Eligibility: adults
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SIÈGE SOCIAL
338 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3
450 565-4707 Fax: 450 569-8299
Website: capemploi.ca
Email: info@capemploi.ca


Eligibility: adults
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial  
Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL  
171 Mary Street, Lachute, Laurentides, QC, J8H 2C1  
450 562-5151  Fax: 450 562-0633  
Website: www.centreentraideargenteuil.org  
Email: centreentraide@videotron.ca  
Services:  
* Food distribution and emergency assistance.  
* Collective kitchens.  
* Community meals.  
* Nourrissons notre autonomie: collective kitchens for seniors.  
* Dîner OLO: recipes to promote healthy lifestyle and eating habits for pregnant or breastfeeding people.  
* Counselling with or without an appointment with a psychotherapist.  
* Training workshop: employability, budget, housing.  
* Bonhomme à lunettes point of service: moderate price glasses.  
* Social integration, compensatory and community work opportunity.  
* Community action development.  
* Babysitting courses.  
* Christmas baskets.  
* Tax clinic.  
Eligibility: people and families on a low income, people living in difficult conditions  
Coverage area: Lachute  
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment  
Fees: none  
Financing: Centraide Laurentides, donations  
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SAINT-JÉRÔME (URFI D'YOUVILLE)  
531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8  
450 432-2777  
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation  
Services: Adaptation and rehabilitation for people with an intellectual disability or an autism spectrum disorder.  
* Early stimulation.  
* Support for community, employment and housing integration.  
Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives  
Coverage area: Saint-Jérôme  
Financial: provincial  
Legal status: parapublic organization

CENTRE LOCAL L'EMPLOI DE LACHUTE  
505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6  
450 562-8533  Fax: 450 562-1664  
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp  
Services:  
* Information and accompaniment in the administrative procedures with ministries and organizations.  
* Employment assistance.  
* Business support.  
* Social assistance.  
* Administration of oath.  
* Self-service computer stations.  
* Québec land register.  
* Information about government programs and services.  
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)  
Coverage area: Lachute  
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday to Friday 9h00 to 16h30  
Financial: provincial  
Legal status: provincial government agency
CENTRE RÉSIDENTIEL COMMUNAUTAIRE CURÉ LABELLE
612 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J5L 1Z6
450 431-9060 Fax: 450 431-9062
Website: www.crccurelabelle.com
Email: crccl@crccurelabelle.com
Eligibility: men on an active correctional measure
Capacity: 46 persons
Coverage area: Laurentians
Hours: 24 hours / 7 days
Fees: 25% of net salary, maximum $60 per week
Financing: provincial, federal
Legal status: non-profit organization

CIBLE-EMPLOI
100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6
450 435-5462 Fax: 450 435-2406
Website: cible-emploi.qc.ca
Email: ste-therese@cible-emploi.qc.ca
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

COMITÉ D’AIDE ALIMENTAIRE DES PATRIOTES
1906 d’Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1N4
450 472-9469
Website: www.aidealimentaire.com
Email: caa-patriotes@videotron.ca
Eligibility: social reintegration through employment: people living with intellectual or physical disability, autism spectrum disorder or with a desire to reinsert the job market, food assistance: food banks, collective kitchens: for all
Capacity: unlimited
Coverage area: MRC Deux-Montagnes, Mirabel-South
Hours: Monday to Thursday 8h00 to 17h00
Fees: none
Financing: Centraide Laurentides, provincial, federal, donations, foundations
Legal status: non-profit organization
FONDS D’EMPRUNT COMMUNAUTAIRE FÉMININ
508 Principale Street, Lachute, Laurentides, QC, J8H 1Y3
1 888 782-3553     Fax: 450 562-1601
Website: felaurentides.org
Email: info@felaurentides.org
Eligibility: women and men, entrepreneurs and future entrepreneurs
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00
Financing: provincial, federal, foundations
Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES
217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4
450 623-5891     Fax: 450 623-3797
Website: www.grenierpopulaire.com
Email: info@grenierpopulaire.com
Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC Mirabel
Hours: Monday to Saturday 9h00 to 17h00
Fees: variable
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES
55 Castonguay Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Y 2H9
450 436-4024     Fax: 450 436-6607
Website: i-tl.org
Email: info@i-tl.org
Eligibility: people living with a physical or intellectual disability, with mental health problems, people with a criminal record, people with addiction problems who are in remission, employers
Coverage area: The Laurentians
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - MIRABEL
13479 Curé-Labelle Boulevard, Suite 205, Mirabel, Laurentides, QC, J7J 1H1
450 436-4024 ext. 226
Website: i-tl.org
Email: info@i-tl.org

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

Coverage area: MRC Mirabel

Hours: variable, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - SAINT-EUSTACHE

112 Saint-Laurent Street, Suite A, Saint-Eustache, Laurentides, QC, J7P 5G1
450 623-0398 Fax: 450 983-5033
Website: i-tl.org
Email: info@i-tl.org


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

Coverage area: MRC Deux-Montagnes

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

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: mfredette@i-tl.org


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

Coverage area: MRC Thérèse-de-Blainville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7
450 473-0606
Email: jatout2@outlook.com

Services: * Academic motivation and intervention. * Internships in the workplace. * In school workshops.
Eligibility: students at risk of dropping out referred by school principals
Coverage area: French high schools of the MRC Deux-Montagnes
Hours: Monday to Thursday 14h00 to 17h00, by appointment
Financing: fundraising campaigns
Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - CAFÉ DE LA GARE
700 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B7
819 623-4726
Website: maisonlysebeauchamp.org/la-gare
Email: info@maisonlysebeauchamp.org
Services: * Restaurant and room rentals, caterer and work platform.
Coverage area: Province of Québec
Hours: Wednesday to Friday 11h30 to 13h30, Thursday evening from 17h00, Saturday and Sunday 8h00 to 10h00
Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - LA BOUTIQUE À BOIS
770 Olivier-Guimond Street, Mont-Laurier, Laurentides, QC, J9L 2Y6
819 623-3719 ext. 221
Website: maisonlysebeauchamp.org/boutique-a-bois
Email: info@maisonlysebeauchamp.org
Services: Workshop-boutique for repairs and furniture making * Reinsertion via woodworking.
Eligibility: people referred by the Centre Local d’Emploi or having to complete community service, people registered in socio-professional projects
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 8h00 to 15h00, Friday 8h00 to 12h00
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
Eligibility: adults 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.laportedelemploi.com/fr
Email: info@laportedelemploi.com
Services: Accompaniment 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.
Eligibility: people seeking employment, including those outside of the job market
Coverage area: MRC Thérèse-De Blainville, Mirabel, MRC Deux-Montagnes
Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

PORTE DE L’EMPLOI (LA) - SAINT-EUSTACHE
460 du Parc Street, Suite 302, Saint-Eustache, Laurentides, QC, J7R 0C9
450 435-4565
Website: www.laportedelemploi.com/fr
Email: info@laportedelemploi.com
Services: Accompaniment 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.
Eligibility: people seeking employment, including those outside of the job market
Coverage area: MRC Deux-Montagnes, Mirabel
Hours: Monday to Thursday 8h15 to 16h15
Fees: none
Financing: provincial
Legal status: non-profit organization

RECYPRO
70 Simon Street, Lachute, Laurentides, QC, J8H 3R8
450 562-7740   Fax: 450 562-7918
Website: www.recypro.com
Email: info@recypro.com
Eligibility: employment: adults with difficulties obtaining or maintaining a job
Coverage area: Laurentides
Hours: store: Monday to Wednesday 12h00 to 17h00, Thursday and Friday 12h00 to 19h00
Financing: grants, self-financing
Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE
3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304   Fax: 450 226-5048
Website: rcsophie.org
Email: ressourcessophie@gmail.com
Eligibility: kids and teenagers, their families, seniors and people on a low income
Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors
Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00
Fees: yearly membership: $10
Financing: provincial, Centraide Laurentides, 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


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

SERVICE CANADA CENTRE - SAINT-EUSTACHE
250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
1 800 622-6232   TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2358


Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 16h00
Financing: federal

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS
118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5
1 800 622-6232   TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Sainte-Agathe-Des-Monts
Hours: Monday to Friday 8h30 to 16h00
Financing: federal

Legal status: non-profit organization

Legal status: federal government agency
SERVICES QUEBEC - DIRECTION REGIONALE DES LAURENTIDES

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

450 569-7575    Fax: 450 436-4934

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp


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

Coverage area: Laurentians

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

Financing: provincial

Legal status: provincial government agency
SERVICES QUÉBEC - SAINT-EUSTACHE
367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1
450 472-2311 Fax: 450 974-3315
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, registre foncier: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-JÉRÔME
275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-3075 Fax: 450 569-7458
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Saint-Jérôme

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

Legal status: provincial government agency

SERVICES QUÉBEC - SAINTE-ADÈLE
1390 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2
450 229-6560 Fax: 450 229-9347
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
SERVICES QUÉBEC - SAINTE-AGATHE-DES-MONTS
1 Raymond Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X2
819 326-5861    Fax: 819 326-4234
Website: www.miteq.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINTE-THÉRÈSE
100 Ducharme Boulevard, Suite 120, Sainte-Thérèse, Laurentides, QC, J7E 4R6
450 435-3667    Fax: 450 430-0128
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Sainte-Thérèse
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SOCIÉTÉ DE L'AUTISME DES LAURENTIDES
1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9
450 569-1794    Fax: 450 569-6022
Website: autismelaurentides.org
Email: info@autismelaurentides.org
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
Financing: foundations, donations, provincial
Legal status: non-profit organization
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

ACTION BÉNÉVOLE DE LA ROUGE (L')
284 L’Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-1241 Fax: 819 275-1700
Website: www.actionbenevoledelarouge.com
Email: directionabr@gmail.com


Eligibility: people and families on a low income, seniors, Par’Aînés: seniors 55 years and older living in a precarious situation or socially isolated

Coverage area: Rivière-Rouge

Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 16h30, Saturday 9h00 to 15h30, meals on wheels: Tuesday and Thursday 12h00

Fees: food aid: variable, Par’Aînés: free

Financing: federal, donations, self-financing

Legal status: non-profit organization

ACTION SOURCE DE VIE
445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8
450 504-8775
Website: www.actionsourcedevie.com
Email: info@actionsourcedevie.com


Eligibility: food aid, moving service and Christmas baskets: families on a low income, other services: general public

Coverage area: Saint-Jérôme

Hours: Tuesday to Friday 10h00 to 14h00, moving service: July 1st only

Fees: moving service: free

Financing: donations, self-financing

Legal status: non-profit organization

BOOK HUMANITAIRE (LE)
215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 436-2665
Website: lebookhumanitaire.com
Email: rlapiere@lebookhumanitaire.com


Eligibility: people in a difficult situation, volunteers

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

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

Fees: none

Financing: donations

Legal status: non-profit organization
BOUFFE DÉPANNAGE DE SAINTE-AGATHE-DES-MONTS

80 Sainte-Agathe Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2J9
819 326-1324
Email: ml.fg44@gmail.com

Services: * Regular and emergency food assistance. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Sainte-Agathe-des-Monts
Hours: Thursday 11h30 to 12h00 and 13h00 to 14h30, emergency food assistance: 7 days, by appointment
Fees: $2 per assistance
Financing: donations, self-financing
Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE L’ENTRE-GENS

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

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless
Coverage area: Sainte-Adèle and surroundings
Hours: Monday to Friday 9h00 to 16h00
Fees: full meal: $5
Financing: self-financing
Legal status: non-profit organization

CARREFOUR ALIMENTER L’ESPOIR DE BLAINVILLE

1015A Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2
438 801-2976
Email: info@caleblainville.org

Eligibility: families in need
Coverage area: Blainville
Hours: thrift store: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h00, Saturday 9h00 to 12h00, food assistance: Tuesday
Financing: self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE D’ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1
450 562-5151     Fax: 450 562-0633
Website: www.centreentraideargenteuil.org
Email: centreentraide@videotron.ca
Food


Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

CENTRE DE DÉPANNAGE ST-CANUT

9615 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2

450 530-7094


Eligibility: families on a low income, people in need, clothing depot: general public

Coverage area: Saint-Canut

Hours: food assistance: Thursday afternoon, clothing depot: Monday to Friday 13h00 to 15h45, Saturday 9h00 to 11h45

Fees: food assistance: free

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE DE JOUR DE SAINT-JÉRÔME

Confidential Address

450 675-2412

Email: centredejourstj@gmail.com

Services: * Food assistance. * Christmas baskets.

Eligibility: isolated, marginalized, vulnerable or homeless people, food assistance delivery: people with reduced mobility and people aged 70 and over

Coverage area: downtown Saint-Jérôme

Hours: food assistance: Monday to Thursday 8h00 to 14h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

COMITÉ D’ACTION SOCIALE ST-JOSEPH-DU-LAC

1028A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 473-2440

Website: www.comiteactionsociale.org

Email: info@comiteactionsociale.org


Eligibility: people in precarious situations

Coverage area: Saint-Joseph-du-Lac

Hours: distribution of baskets: Tuesday 10h00 to 12h00, sale of second-hand items: Thursday 15h00 to 19h00, Friday 10h00 to 15h00

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization
COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC
1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2099
Email: baudrycarmen@gmail.com
Eligibility: people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac
Coverage area: Sainte-Anne-du-Lac
Hours: delivery of prepared meals: once every two weeks
Financing: self-financing, municipal
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE VAL-DAVID
2492 de l'Église Street, Val-David, Laurentides, QC, J0T 2N0
514 616-6457
Email: denisbourrelle@icloud.com
Services: * Food counter. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Val-David
Hours: Thursday 10h00 to 12h00
Fees: $5
Financing: donations
Legal status: non-profit organization

COMPTOIR D’ENTRAIDE DE LABELLE
127 du Collège Street, Labelle, Laurentides, QC, J0T 1H0
819 686-1878 Fax: 873 284-3888
Email: c.entraide.labelle@outlook.com
Services: Food and clothing assistance counter. * Weekly food distribution. * Sale at low prices of clothing, household items, small and large appliances, toys, board games, books, sports items, furniture, etc.
Eligibility: people on a low income or in need
Coverage area: Labelle, La Minerve
Hours: Monday to Friday 9h00 to 16h00, 1st Saturday of the month 10h00 to 12h00food assistance: Thursday 9h30 to 15h00
Fees: food assistance: $5
Financing: donations
Legal status: non-profit organization

DÉPANNAGE ST-AGAPIT
202 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-7450
Website: www.depannage-st-agapit.org/EN-Index.html
Email: info@depannage-st-agapit.org
Eligibility: families and people in need
Coverage area: Deux-Montagnes
Hours: food assistance: Monday, Wednesday, Friday 9h00 to 11h30
Fees: free
Financing: fundraising campaigns, municipal
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
Eligibility: families and people in need
Coverage area: Rosemère
Hours: on appointment
Financing: municipal
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D’EN-HAUT (LE)
100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7
450 227-3757 Fax: 450 745-1811
Website: www.gardemangerpdh.ca
Email: secretariat@gardemangerpdh.ca
Eligibility: families and people in need
Coverage area: MRC Les Pays-d’en-Haut
Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday
Fees: food counter: $3, collective kitchen: $18 for 5 meals, food assistance: free
Financing: donations, self-financing
Legal status: non-profit organization

HAVRE D’ESPOIR
705 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M6
450 432-4728
Email: paroissestantoine@videotron.ca
Services: * Clothing counter. * Christmas baskets.
Coverage area: Saint-Antoine sector of Saint-Jérôme
Hours: closed on Tuesdays during the summer period
Legal status: non-profit organization

MAISON D’ENTRAIDE DE PRÉVOST
788 Shaw Street, Prévost, Laurentides, QC, J0R 1T0
450 224-2507
Website: maisonentraideprevost.org
Email: maisonentraideprevost@videotron.ca
Eligibility: people on a low income, general population
Coverage area: Prévost
Hours: Monday to Friday 9h00 to 11h45 and 13h00 to 15h45, food distribution: Thursday 10h00 to 11h30, family counter, donations storage and thrift store: Monday 13h00 to 15h45, Tuesday and Friday 9h00 to 11h45 and 13h00 to 15h45, donations of furniture and other items: Monday to Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization
MANNE DU JOUR
386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2
819 623-6604
Website: www.mannedujour.ca
Email: mannedujour@gmail.com
Eligibility: low income families, the Boutik: general public
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00
Fees: food bank: $5, the Boutik: variable
Financing: donations, grants, self-financing
Legal status: non-profit organization

MONTAGNE D’ESPOIR (LA)
2523 1ère Rue, Sainte-Sophie, Laurentides, QC, J5J 2R7
450 436-4747
Email: lamontagnedespoir@bellnet.ca
Eligibility: people in need
Coverage area: Sainte-Sophie
Hours: Monday to Friday 8h00 to 15h00, food assistance: Thursday 9h00 to 12h00 by appointment
Fees: annual membership: $10
Financing: donations
Legal status: non-profit organization

PAROISSE SAINT-PIERRE (LA) - ACCUEIL GABRIEL RAMIER
520 Bourassa Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1X9
450 438-7249
Services: * Food assistance. * Christmas baskets.
Eligibility: people and families on a low income
Capacity: about 60
Coverage area: Saint-Jérôme, mainly the Saint-Pierre Parish area
Hours: Monday 10h00 to 13h00, on appointment
Fees: none, occasional delivery in case of illness: $3
Financing: donations, grants, fundraising campaigns
Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)
2 Masson Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0
450 228-8606
Email: larencontre@qc.aira.com
Eligibility: residents
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Thursday 8h30 to 14h30, meal delivery: Tuesday to Thursday, food counter: Thursday
Fees: meals on wheels: $6, community dinner: $5
Financing: Centraide Laurentides, provincial
Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE
Confidential Address
819 324-8240
Email: ressourcescommunautaires@adolphins.com
Coverage area: Saint-Adolphe-d'Howard
Fees: none
Financing: provincial, self-financing, donations, foundations
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  Fax: 450 621-0426
Website: www.ville.rosemere.qc.ca/recreation-and-community-life
Email: info@ville.rosemere.qc.ca
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: municipal agency

SAMARITAINE DE MONT-TREMBLANT (LA)
120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1
819 429-5938  Fax: 819 429-5200
Website: www.lasamaritaine.ca
Email: lasamaritaine@bellnet.ca
Eligibility: people and families on a low income, people in vulnerable situations
Coverage area: Amherst, Arundel, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Mont-Tremblant, Montcalm, Saint-Faustin-Lac-Carré, food assistance: Brébeuf, La Conception, Saint-Faustin-Lac-Carré, Mont-Tremblant
Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance: Wednesday 12h30 to 15h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, Bonhomme à lunettes: Thursday 9h30 to 12h00
Fees: food assistance: $5, emergency food assistance: none
Financing: donations, self-financing
Legal status: non-profit organization
SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS
170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-3355
Website: www.notre-dame-du-laus.ca/service-collectif-aux-familles-0
Email: maisondelafamille.ndl@outlook.com
Eligibility: families
Coverage area: Notre-Dame-du-Laus
Hours: Monday to Friday, variable hours
Fees: variable
Financing: self-financing, municipal
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
Email: aidealimentaire@paroissestluc.org
Eligibility: people on a low income
Coverage area: Bois-des-Filion, Lorraine, Rosemère
Hours: every second Thursday 13h00
Fees: $2
Financing: Centraide Laurentides, foundations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MONT-LAURIER
656 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-6499
Website: csvp-mont-laurier.org
Email: info@csvp-mont-laurier.org
Eligibility: people on a low income
Coverage area: Mont-Laurier
Hours: Tuesday and Wednesday 13h00 to 17h00, Thursday 13h00 to 20h00, Friday 13h00 to 17h00
Financing: donations
Legal status: non-profit organization

Collective kitchens and cooking workshops

AMIE DU QUARTIER
655 Fillion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 431-1424
Website: www.lamieduquartier.com
Email: lamieduquartier@hotmail.com

Eligibility: individuals and families on a low income

Coverage area: Notre-Dame neighbourhood of Saint-Jérôme

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

Fees: annual contribution: $5

Financing: contributions, self-financing

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES

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

819 326-5202 Fax: 819 326-1475

Website: aphil.ca

Email: direction@aphil.ca


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

Coverage area: Laurentians

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

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

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE L’ENTRE-GENS

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

450 229-2211

Website: lentregens.org

Email: cafe@lentregens.org


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

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: full meal: $5

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE FERME-NEUVE

130 13th Street, Ferme-Neuve, Laurentides, QC, J0W 1C0

819 587-4189

Email: centre.fn@gmail.com

Eligibility: single people and families on a low income

Coverage area: Ferme-Neuve, Lac-Saint-Paul, Mont-Saint-Michel and Sainte-Anne-du-Lac

Hours: Monday to Thursday 8h00 to 16h00, thrift store: Monday to Thursday 10h00 to 16h00

Financing: 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


Eligibility: primarily seniors, people with a loss of autonomy, caregivers, food bank: people on a low income

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community meals: Thursday once a month, soup kitchens: Thursdays three times a month

Fees: annual membership: $10, activities, collective kitchen, respite, food bank and community meals: free

Financing: provincial

Legal status: non-profit organization

CENTRE D’ENTRAIDE D’ARGENTEUIL
171 Mary Street, Lachute, Laurentides, QC, J8H 2C1
450 562-5151     Fax: 450 562-0633
Website: www.centreentraideargenteuil.org
Email: centreentraide@videotron.ca


Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

CENTRE D’ENTRAIDE RACINE-LAVOIE
154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9
450 623-6030     Fax: 450 623-5275
Website: www.entraileracinelavoie.org
Email: info@entraileracinelavoie.org


Eligibility: people and families on a low income
Food

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

**Hours:** office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 11h00 to 12h00 and 13h15 to 15h00, kitchen: twice a month, lunchbox: Tuesday 17h00 to 19h00

**Fees:** variable

**Financing:** grants, donations

**Legal status:** non-profit organization

**CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINEVILLE**

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

450 435-0199  Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca


**Eligibility:** people on a low income, friendship meals and collective kitchens: everybody, day camp: youth 6 to 12 years old

**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: $3.5 and, food assistance: $3, emergency food assistance: free, summer camp: $360

**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@centreragaindevie.ca


**Eligibility:** individuals, families on a low income

**Coverage area:** MRC Thérèse-De Blainville

**Hours:** office: Monday to Wednesday 8h00 to 16h00, Thursday 11h00 to 16h00, Friday 16h30 to 20h00, food distribution for individuals: Wednesday 8h30 to 11h30, food distribution for families: Wednesday 13h30 to 14h30, popular evenings: Friday 16h30 to 20h00, daycare: Monday to Friday 8h00 to 16h00, collective kitchen: Wednesday and Thursday

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

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

**Legal status:** non-profit organization

**COFFRET (LE)**

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

450 565-2998  Fax: 450 565-3577

Website: www.lecoffret.ca

Eligibility: newcomers

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

COLOMBE (LA)

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

819 326-4779    Fax: 819 326-0233

Website: centrelacolombe.ca

Email: info@centrelacolombe.ca


Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

COMITÉ D’AIDE ALIMENTAIRE DES PATRIOTES

1906 d’Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1N4

450 472-9469

Website: www.aidealimentaire.com

Email: caa-patriotes@videotron.ca


Eligibility: social reintegration through employment: people living with intellectual or physical disability, autism spectrum disorder or with a desire to reinsert the job market, food assistance: food banks, collective kitchens: for all

Capacity: unlimited

Coverage area: MRC Deux-Montagnes, Mirabel-South

Hours: Monday to Thursday 8h00 to 17h00

Fees: none

Financing: Centraide Laurentides, provincial, federal, donations, foundations

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE DEUX-MONTAGNES

1002 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L7

450 473-9877 ext. 1007

Email: sophie.lescarbeau@maparoisse.info


Eligibility: people on a low income

Coverage area: Deux-Montagnes

Food
Food

Hours: food assistance: Tuesday 11h00 to 13h00, clothing counter: Wednesday and Friday 9h30 to 16h00, collective kitchen: Wednesday by appointment, emergency food assistance: upon request

Fees: food assistance: $2 per week

Financing: donations

Legal status: non-profit organization

CULTIVER POUR NOURRIR
385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9
819 585-3283
Website: securitealimentaireal.weebly.com
Email: cultiverpournourrir@gmail.com


Eligibility: general population, organizations

Coverage area: MRC Antoine-Labelle

Financing: donations, self-financing, grants

Legal status: non-profit organization

DIABÈTE DES DRAVEURS
Confidential Address
819 438-2139
Website: www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier
Email: diabitemontlaurier@gmail.com


Eligibility: diabetic people, their close ones

Coverage area: MRC Antoine-Labelle et MRC La Vallée-de-la-Gatineau

Fees: $20 per year

Financing: donations, contributions, grants

Legal status: non-profit organization

ÉCHELON DES PAYS-D'EN-HAUT (L')
168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5
450 745-0133     Fax: 450 745-0176
Website: www.echelonpaysdenhaut.com
Email: echelon.pdh@cgocable.ca


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

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

Hours: Monday to Thursday 9h00 to 15h30

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

Financing: grants, donations

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)
100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7
450 227-3757     Fax: 450 745-1811
Website: www.gardemangerpdh.ca
Email: secretariat@gardemangerpdh.ca

Eligibility: families and people in need

Coverage area: MRC Les Pays-d’en-Haut

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

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

Financing: donations, self-financing

Legal status: non-profit organization

MAISON D'ENTRAIDE DE PRÉVOST

788 Shaw Street, Prévost, Laurentides, QC, J0R 1T0

450 224-2507

Website: maisonentraideprevost.org

Email: maisonentraideprevost@videotron.ca


Eligibility: people on a low income, general population

Coverage area: Prévost

Hours: Monday to Friday 9h00 to 11h45 and 13h00 to 15h45, food distribution: Thursday 10h00 to 11h30, family counter, donations storage and thrift store: Monday 13h00 to 15h45, Tuesday and Friday 9h00 to 11h45 and 13h00 to 15h45, donations of furniture and other items: Monday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE BOIS-DES-FILOIN

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

450 965-0666     Fax: 450 621-6400

Website: maisondelafamillebdf.com

Email: info@maisondelafamillebdf.com


Eligibility: families, individuals

Coverage area: Bois-des-Filion and surroundings

Hours: office: Monday to Friday 8h30 to 16h00, information: 13h00 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 MIRABEL

15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2

450 414-2121

Website: famillemirabel.com

Email: info@famillemirabel.com


Eligibility: children, families and grandparents

Capacity: variable
Food

Coverage area: Mirabel
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 15h30
Fees: free or at affordable price
Financing: fundraising campaigns, provincial, Centraide Laurentides
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES
238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 478-6537
Website: maisondelafamillesadp.com
Email: mdf.sadp@videotron.ca
Eligibility: single people, families, couples
Coverage area: Sainte-Anne-des-Plaines
Hours: Monday to Thursday 8h30 to 16h00
Fees: variable, daycare: free during activities, respite: $5 for half a day or $10 for an entire day, thrift store: free
Financing: self-financing, grants
Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D’EN-HAUT (LA)
480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5
450 229-3354
Website: maisondelafamille.com
Email: info@maisondelafamille.com
Eligibility: families, children aged 0 to 12 years old
Coverage area: MRC Les Pays-d’en-Haut
Fees: $20 per year
Financing: self-financing
Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)
4 du Ravin Road, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 434-9593     Fax: 450 434-5181     TTY: 450 434-9593
Website: maisondesmots.ca
Email: info@maisondesmots.com
Eligibility: people aged 16 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
MANNE DU JOUR
386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2
819 623-6604
Website: www.mannedujour.ca
Email: mannedujour@gmail.com
Eligibility: low income families, the Boutik: general public
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00
Fees: food bank: $5, the Boutik: variable
Financing: donations, grants, self-financing
Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE
367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2
450 623-7792
Email: mpdasteustache@gmail.com
Eligibility: adults 18 years and over living with an intellectual disability
Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 8h30 to 16h00
Fees: membership: $10 per year
Financing: provincial
Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES
126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7
819 324 1004     Fax: 819 324-1004
Email: parents.uniques@cgocable.ca
Eligibility: men and women heads of stepfamilies or single-parent families
Coverage area: MRC Les Laurentides
Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00
Fees: membership: $5 for a single parent family, $10 for a blended family
Financing: self-financing
Legal status: non-profit organization
PASSE-R-ELLE DES HAUTES-LAURENTIDES (LA)
Confidential Address
819 623-1523 Fax: 819 623-6747
Website: www.maisonpasserelle.com
Email: intervention@maisonpasserelle.com
Eligibility: women victims of domestic violence and their children
Coverage area: MRC Antoine-Labelle
Hours: 24 hours / 7 days
Fees: none
Financing: donations, grants
Legal status: non-profit organization

SERRES DE CLARA (LES)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998 ext. 121
Website: en.serresdeclara.org
Email: serresdeclara@yahoo.ca
Eligibility: families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 16h00
Fees: collective garden: none, community gardens: $20 or $30 per year depending on the size of the plot
Financing: donations, contributions, grants
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
Eligibility: individuals and families in financial need
Coverage area: Boisbriand
Hours: Monday to Friday 8h30 to 16h00, food distribution: Friday
Fees: food assistance: $1 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     Fax: 450 434-8295
Website: blainville.ca
Email: accueil@blainville.ca


Coverage area: Blainville
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency

CAFÉ COMMUNAUTAIRE L’ENTRE-GENS
1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3
450 229-2211
Website: lentregens.org
Email: cafe@lentregens.org


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

Coverage area: Sainte-Adèle and surroundings
Hours: Monday to Friday 9h00 to 16h00
Fees: full meal: $5
Financing: self-financing
Legal status: non-profit organization

CULTIVER POUR NOURRIR
385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9
819 585-3283
Website: securitealimentaireal.weebly.com
Email: cultiverpournourrir@gmail.com


Eligibility: general population, organizations

Coverage area: MRC Antoine-Labelle
Financing: donations, self-financing, grants
Legal status: non-profit organization

ENTRE-NOUS (L’)
605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4
450 504-1001
Website: www.lamieduquartier.com/lentre-nous
Email: lamieduquartier@hotmail.com
**Services:** Community support in social housing and services to families and children. *Community garden.* Individualized follow-up with a counsellor, help relationship and neighbourhood mediation. *Activities for children 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings.* *Homework assistance.* *Access to computers.*

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

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

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

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**MONT-TREMBLANT - CITY**

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

819 681-6409  Fax: 819 425-2528

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

Email: info@villedemont-tremblant.qc.ca


Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Mont-Tremblant

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

**Financing:** municipal

**Legal status:** municipal agency

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**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

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**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
Food

**Fees:** variable  
**Financing:** municipal  
**Legal status:** municipal agency

**SAINTE-THÉRÈSE - CULTURE ET LOISIRS**  
37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H2  
**450 434-1440 ext. 2540**  
**Website:** www.sainte-therese.ca  
**Email:** cultureloisirs@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

**SERRES DE CLARA (LES)**  
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7  
**450 565-2998 ext. 121**  
**Website:** en.serresdeclara.org  
**Email:** serresdeclara@yahoo.ca  
**Eligibility:** families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders  
**Coverage area:** Saint-Jérôme  
**Hours:** Monday to Friday 8h30 to 16h00  
**Fees:** collective garden: none, community gardens: $20 or $30 per year depending on the size of the plot  
**Financing:** donations, contributions, grants  
**Legal status:** non-profit organization

**Food Assistance**

**ACTION BÉNÉVOLE DE LA ROUGE (L')**  
284 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0  
**819 275-1241**  
**Fax:** 819 275-1700  
**Website:** www.actionbenevoledelarouge.com  
**Email:** directionabr@gmail.com  
**Eligibility:** people and families on a low income, seniors, Par'Aînés: seniors 55 years and older living in a precarious situation or socially isolated  
**Coverage area:** Rivière-Rouge  
**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 16h30, Saturday 9h00 to 15h30, meals on wheels: Tuesday and Thursday 12h00  
**Fees:** food aid: variable, Par'Aînés: free  
**Financing:** federal, donations, self-financing  
**Legal status:** non-profit organization
**ACTION SOURCE DE VIE**
445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8
450 504-8775
Website: www.actionsourcedevie.com
Email: info@actionsourcedevie.com

**Services:** * Food aid of last resort. * Mutual aid store: used clothing, furniture and household items. * At-home collection of used furniture and appliances. * Moving service for families on a low income on July 1st. * Christmas baskets. * Distribution of school supplies.

**Eligibility:** food aid, moving service and Christmas baskets: families on a low income, other services: general public

**Coverage area:** Saint-Jérôme

**Hours:** Tuesday to Friday 10h00 to 14h00, moving service: July 1st only

**Fees:** moving service: free

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**AMIE DU QUARTIER**
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 431-1424
Website: www.lamieduquartier.com
Email: lamieduquartier@hotmail.com


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

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

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

**Fees:** annual contribution: $5

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

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**ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS**
15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-2112
Email: abeillesactives.ndl@gmail.com


**Eligibility:** seniors

**Coverage area:** Notre-Dame-du-Laus

**Financing:** grants

**Legal status:** non-profit organization

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**BOOK HUMANITAIRE (LE)**
215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 436-2665
Website: lebookhumanitaire.com
Email: rlapierre@lebookhumanitaire.com

Eligibility: people in a difficult situation, volunteers

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

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

Fees: none

Financing: donations

Legal status: non-profit organization

BOUFFE DÉPANNAGE DE SAINTE-AGATHE-DES-MONTS
80 Sainte-Agathe Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2J9
819 326-1324
Email: ml.fg44@gmail.com

Services: * Regular and emergency food assistance. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Sainte-Agathe-des-Monts

Hours: Thursday 11h30 to 12h00 and 13h00 to 14h30, emergency food assistance: 7 days, by appointment

Fees: $2 per assistance

Financing: donations, self-financing

Legal status: non-profit organization

BOUFFE LAURENTIENNE
195 Brissette Street, Door 72, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3S4
819 430-6083

Email: bouffelaurentienne@cgocable.ca


Eligibility: people and families on a low income

Coverage area: MRC Les Laurentides

Hours: Monday to Friday 8h00 to 17h00

Fees: food assistance: $5

Financing: donations, self-financing

Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE COUP DE COEUR
12 Préfontaine Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1C2
819 217-5728

Email: cafecoupdecoeur@hotmail.com


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

Coverage area: Sainte-Agathe-des-Monts

Hours: Thursday and Friday 12h00 to 15h00

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

Financing: donations, membership fees, self-financing

Legal status: non-profit organization
CAFÉ COMMUNAUTAIRE L'ENTRE-GENS
1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3
450 229-2211
Website: lentregens.org
Email: cafe@lentregens.org
Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless
Coverage area: Sainte-Adèle and surroundings
Hours: Monday to Friday 9h00 to 16h00
Fees: full meal: $5
Financing: self-financing
Legal status: non-profit organization

CARREFOUR ALIMENTER L'ESPOIR DE BLAIVILLE
1015A Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2
438 801-2976
Email: info@caleblainville.org
Eligibility: families in need
Coverage area: Blainville
Hours: thrift store: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h00, Saturday 9h00 to 12h00, food assistance: Tuesday
Financing: self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE FERME-NEUVE
130 13th Street, Ferme-Neuve, Laurentides, QC, J0W 1C0
819 587-4189
Email: centre.fn@gmail.com
Eligibility: single people and families on a low income
Coverage area: Ferme-Neuve, Lac-Saint-Paul, Mont-Saint-Michel and Sainte-Anne-du-Lac
Hours: Monday to Thursday 8h00 to 16h00, thrift store: Monday to Thursday 10h00 to 16h00
Financing: 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
Eligibility: primarily seniors, people with a loss of autonomy, caregivers, food bank: people on a low income
Coverage area: MRC Thérèse-De Blainville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community meals: Thursday once a month, soup kitchens: Thursdays three times a month
Fees: annual membership: $10, activities, collective kitchen, respite, food bank and community meals: free
Financing: provincial
Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL
171 Mary Street, Lachute, Laurentides, QC, J8H 2C1
450 562-5151    Fax: 450 562-0633
Website: www.centreentraideargenteuil.org
Email: centreentraide@videotron.ca


Eligibility: people and families on a low income, people living in difficult conditions
Coverage area: Lachute
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment
Fees: none
Financing: Centraide Laurentides, donations
Legal status: non-profit organization

CENTRE D'ENTRAIDE DE SAINT-COLOMBAN
326 de l'Église Montée, Saint-Colomban, Laurentides, QC, J5K 0M4
450 504-4605
Email: entraidesaintcolomban@yahoo.ca

Services: * Food assistance. * Thrift store and sale of various utility items. * On-site recovery of clothes, toys, CDs, decorative or useful items, etc.

Eligibility: people on a low income
Coverage area: Saint-Colomban
Hours: thrift store: Monday, Tuesday and Thursday 13h00 to 15h45, Saturday 9h00 to 11h45, food assistance: every other Thursday 13h30 to 15h00
Fees: food assistance: $5
Financing: donations
Legal status: non-profit organization

CENTRE D'ENTRAIDE RACINE-LAVOIE
154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9
450 623-6030    Fax: 450 623-5275
Website: www.entraideracinelavoie.org
Email: info@entraideracinelavoie.org


Eligibility: people and families on a low income
Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 11h00 to 12h00 and 13h00 to 15h00, kitchen: twice a month, lunchbox: Tuesday 17h00 to 19h00
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  
**Eligibility:** people on a low income, friendship meals and collective kitchens: everybody, day camp: youth 6 to 12 years old  
**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: $3.5 and, food assistance: $3, emergency food assistance: free, summer camp: $360  
**Financing:** provincial, Centraide Laurentides  
**Legal status:** non-profit organization

**CENTRE DE DÉPANNAGE LE VISAGE**  
374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7  
**450 473-3200 ext. 5**  
**Fax:** 450 473-5055  
**Website:** paroissest-eustache.com  
**Email:** gpineault@st-eustache.qc.ca  
**Services:** * Food aid. * Financial assistance. * School supplies. * Recovery of used items on site and at home.  
**Eligibility:** families, people in need  
**Coverage area:** Saint-Eustache  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  
**Financing:** self-financing  
**Legal status:** non-profit organization

**CENTRE DE DÉPANNAGE ST-CANUT**  
9615 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2  
**450 530-7094**  
**Services:** * Food assistance, emergency assistance. * Clothing depot: sale of used items and furniture. * Christmas baskets.  
**Eligibility:** families on a low income, people in need, clothing depot: general public  
**Coverage area:** Saint-Canut  
**Hours:** food assistance: Thursday afternoon, clothing depot: Monday to Friday 13h00 to 15h45, Saturday 9h00 to 11h45  
**Fees:** food assistance: free  
**Financing:** self-financing, donations  
**Legal status:** non-profit organization

**CENTRE DE DÉPANNAGE ST-JANVIER DE MIRABEL**  
17599 Victor Street, Mirabel, Laurentides, QC, J7J 1A9  
**450 434-4037**  
**Website:** www.centrededepannage-st-janvier.ca  
**Email:** centre@videotron.ca  
**Services:** * Food bank. * Recovery and sale of used material goods.  
**Eligibility:** families on a low income, store open to all
Food

Coverage area: Saint-Janvier
Hours: centre: Monday to Wednesday 13h00 to 16h00, food bank: Thursday 13h30 to 15h30
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE DE JOUR DE SAINT-JÉRÔME
Confidential Address
450 675-2412  
Email: centredejourstj@gmail.com
Services: * Food assistance. * Christmas baskets.
Eligibility: isolated, marginalized, vulnerable or homeless people, food assistance delivery: people with reduced mobility and people aged 70 and over
Coverage area: downtown Saint-Jérôme
Hours: food assistance: Monday to Thursday 8h00 to 14h00
Fees: none
Financing: donations, grants
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
Eligibility: individuals, families on a low income
Coverage area: MRC Thérèse-De Blainville
Hours: office: Monday to Wednesday 8h00 to 16h00, Thursday 11h00 to 16h00, Friday 16h30 to 20h00, food distribution for individuals: Wednesday 8h30 to 11h30, food distribution for families: Wednesday 13h30 to 14h30, popular evenings: Friday 16h30 to 20h00, daycare: Monday to Friday 8h00 to 16h00, collective kitchen: Wednesday and Thursday
Fees: annual membership: $5, food assistance: $2 per week, collective kitchen: $5 for 6 meals, daycare: $4 per child per day or $2 for half a day per child
Financing: Centraide, provincial, membership fees, self-financing
Legal status: non-profit organization

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998    Fax: 450 565-3577
Website: www.lecoffret.ca
Eligibility: newcomers
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: municipal, provincial, federal, Centraide Laurentides
Legal status: non-profit organization

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COMITÉ D’ACTION SOCIALE DE POINTE-CALUMET
810 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0
450 473-9877
Services: * Food assistance. * Clothing bank.
Eligibility: families and individuals on a low income, newcomers
Coverage area: Pointe-Calumet
Hours: clothing bank: Monday and Wednesday from 11h00 to 15h00, food assistance: by appointment
Financing: self-financing
Legal status: non-profit organization

COMITÉ D’ACTION SOCIALE ST-JOSEPH-DU-LAC
1028A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 473-2440
Website: www.comiteactionsociale.org
Email: info@comiteactionsociale.org
Eligibility: people in precarious situations
Coverage area: Saint-Joseph-du-Lac
Hours: distribution of baskets: Tuesday 10h00 to 12h00, sale of second-hand items: Thursday 15h00 to 19h00, Friday 10h00 to 15h00
Fees: none
Financing: fundraising campaigns, donations, self-financing
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE D’OKA
174 Saint-Jean-Baptiste Street, Oka, Laurentides, QC, J0N 1E0
450 473-9877 ext. 1007
Email: sophie.lescarbeau@maparoisse.info
Services: * Food assistance and emergency food assistance. * Clothing counter.
Eligibility: people on a low income
Coverage area: Oka
Hours: food assistance: Thursday 10h00 to 12h00 clothing counter: Saturday 9h30 to 15h00
Financing: donations
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE DEUX-MONTAGNES
1002 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L7
450 473-9877 ext. 1007
Email: sophie.lescarbeau@maparoisse.info
Eligibility: people on a low income
Coverage area: Deux-Montagnes
Hours: food assistance: Tuesday 11h00 to 13h00, clothing counter: Wednesday and Friday 9h30 to 16h00, collective kitchen: Wednesday by appointment, emergency food assistance: upon request
Fees: food assistance: $2 per week
Financing: donations
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE SAINTE-MARTHE
3101 de l’Église Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 473-9877 ext. 1007
Email: sophie.lescarbeau@maparoisse.info
Services: * Food assistance and emergency food assistance. * Thrift store.
Eligibility: people on a low income
Coverage area: Sainte-Marthe-sur-le-Lac
Hours: food assistance: Tuesday 11h00 to 12h30, thrift store: Thursday 9h30 to 16h00
Fees: food assistance: $2 per week
Financing: donations
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE SAINT-HIPPOLYTE
15 67th Avenue, Saint-Hippolyte, Laurentides, QC, J8A 1P7
450 563-2505 ext. 2231
Email: municipalite@saint-hippolyte.ca
Services: * Food assistance. * Delivery for people 70 years old and over.
Eligibility: Saint-Hippolyte residents
Coverage area: Saint-Hippolyte
Hours: distribution: Thursday 13h00 to 15h00
Fees: none
Financing: donations
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE SAINTE-LUCIE-DES-LAURENTIDES (LE)
2121 des Hauteurs Road, Sainte-Lucie-des-Laurentides, Laurentides, QC, J0T 2J0
819 324-5674
Email: comptoir.alimentaire.ste.lucie@gmail.com
Services: * Food assistance.
Eligibility: people in need
Coverage area: Sainte-Lucie-des-Laurentides
Hours: Thursday 13h30 to 15h00
Fees: $5 per week
Financing: donations
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE VAL-DAVID
2492 de l’Église Street, Val-David, Laurentides, QC, J0T 2N0
514 616-6457
Email: denisbourrelle@icloud.com
Services: * Food counter. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Val-David
Hours: Thursday 10h00 to 12h00
Fees: $5
Financing: donations
Legal status: non-profit organization

COMPTOIR D’ENTRAIDE DE LABELLE
127 du Collège Street, Labelle, Laurentides, QC, J0T 1H0
819 686-1878    Fax: 873 284-3888
Email: c.entraide.labelle@outlook.com
Services: Food and clothing assistance counter. * Weekly food distribution. * Sale at low prices of clothing, household items, small and large appliances, toys, board games, books, sports items, furniture, etc.
Eligibility: people on a low income or in need
Coverage area: Labelle, La Minerve
COMPTOIR D'ENTRAIDE POPULAIRE MIRABEL
8555 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-7609
Email: cepmi@videotron.ca
Services: * Recovery and sale of used clothing, items and furniture. * Food baskets. * Financial assistance for school supplies and day camps.
Eligibility: families, people on a low income
Coverage area: food baskets and assistance for school supplies: Mirabel, collection of used items: Saint-Benoît, Saint-Hermas and Saint-Augustin parishes, cities of Sainte-Thérèse, Blainville, Boisbriand
Hours: thriftstore: Monday and Thursday 13h00 to 17h00, Tuesday and Wednesday 13h00 to 16h00, Saturday 9h00 to 12h00, donations: 7/7, 7h30 to 20h00, food assistance: Tuesday 13h30 to 15h00
Financing: self-financing, donations
Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ - CAFÉ O' MARGUERITES
12 Sainte-Marguerite Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0
450 228-4888
Website: www.cafeomarguerites.com
Email: suzanne-claude@hotmail.com
Eligibility: general public
Capacity: 16 clients
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Sunday to Thursday 9h00 to 16h00, Friday and Saturday 9h00 to 17h00
Financing: grants, self-financing
Legal status: cooperative

COUP DE POUCE
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998 Fax: 450-565-3577
Website: www.lecoffret.ca/alimentation
Email: message@lecoffret.ca
Services: * Food distribution.
Eligibility: residents of the Sainte-Marcelle district
Coverage area: Saint-Jérôme, Sainte-Marcelle district
Hours: Wednesday morning
Fees: $1
Financing: donations
Legal status: non-profit organization

COUP DE POUCE ALIMENTAIRE DE VAL-DES-LACS
350 Val-des-Lacs Road, Val-des-Lacs, Laurentides, QC, J0T 2P0
819 326-5624 ext. 3622
Email: melanpayette@hotmail.com
Services: Food counter.
Eligibility: residents of Val-des-Lacs and Lantier
Coverage area: Val-des-Lacs et Lantier
Financing: donations
Legal status: non-profit organization

CULTIVER POUR NOURRIR
385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9
819 585-3283
Website: securitealimentaireal.weebly.com
Email: cultiverpournourrir@gmail.com
Eligibility: general population, organizations
Coverage area: MRC Antoine-Labelle
Financing: donations, self-financing, grants
Legal status: non-profit organization

DÉPANNAGE ALIMENTAIRE NOTRE-DAME-DE-LA-SALETTE - SECTEUR BELLEFEUILLE
999 de l'Église Street, Saint-Jérôme, Laurentides, QC, J5L 1L8
450 438-9588
Services: * Food bank. * Christmas baskets.
Eligibility: people on a low income
Coverage area: Saint-Jérôme, Bellefeuille area
Hours: distribution on Monday twice a month
Fees: $4 for the year
Financing: donations, grants
Legal status: non-profit organization

DÉPANNAGE ALIMENTAIRE SAINTE-ANNE-DES-PLAINES
154-C Sainte-Anne-des-Plaines Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 838-7044
Services: * Food bank.
Eligibility: residents
Coverage area: Sainte-Anne-des-Plaines
Hours: Friday starting at 10h00, by appointment
Fees: none
Financing: fundraising campaigns
Legal status: non-profit organization

DÉPANNAGE ST-AGAPIT
202 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-7450
Website: www.depannage-st-agapit.org/EN-Index.html
Email: info@depannage-st-agapit.org
Eligibility: families and people in need
Coverage area: Deux-Montagnes
Hours: food assistance: Monday, Wednesday, Friday 9h00 to 11h30
Fees: free
Financing: fundraising campaigns, municipal
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
Eligibility: families and people in need
Coverage area: Rosemère
Hours: on appointment
Financing: municipal
Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINT-EUSTACHE (LA) - AIDE AUX PERSONNES EN DIFFICULTÉ
374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7
450 473-3200 ext. 5     Fax: 450 473-5055
Website: paroissest-eustache.com
Email: gpineault@st-eustache.qc.ca
Eligibility: families, individuals in need
Coverage area: Saint-Eustache
Hours: food assistance: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, community lunches: Wednesday 11h00 to 13h00, ouvroir: Monday to Friday 13h00 to 16h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINT-JÉRÔME
920 du Curé-Labelle Boulevard, Saint-Jérôme, Laurentides, QC, J7C 2L2
450 432-9742
Email: gervaisp@ecdl.ca
Eligibility: people on a low income, people experiencing homelessness
Capacity: 200
Coverage area: Saint-Jérôme, Sainte-Paule sector
Hours: food: Monday 11h00 to 13h00clothing: Tuesday 9h30 to 14h30
Fees: free for resident of Sainte Paule
Financing: donations
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D’EN-HAUT (LE)
100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7
450 227-3757     Fax: 450 745-1811
Website: www.gardemangerpdh.ca
Email: secretariat@gardemangerpdh.ca
Eligibility: families and people in need
Coverage area: MRC Les Pays-d’en-Haut
Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday
Fees: food counter: $3, collective kitchen: $18 for 5 meals, food assistance: free
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE LAUREL -
WENTWORTH-NORD
3470 Main Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 229-2011
Website: www.gardemangerpdh.ca/comptoireAlimentaire
Email: secretariat@gardemangerpdh.ca
Services: * Food assistance.
Eligibility: families and people in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Thursday 14h30 to 15h00
Fees: $3 per household
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE MORIN-
HEIGHTS
567 Village Road, Morin-Heights, Laurentides, QC, J0R 1H0
450 229-2011
Website: www.gardemangerpdh.ca/comptoireAlimentaire
Email: secretariat@gardemangerpdh.ca
Services: * Food assistance.
Eligibility: families and people in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Tuesday 14h15 to 15h00
Fees: $3 per household
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINT-
ADOLPHE-D'HOWARD
1672 Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0
450 229-2011
Website: www.gardemangerpdh.ca/comptoireAlimentaire
Email: secretariat@gardemangerpdh.ca
Services: * Food assistance.
Eligibility: families and people in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Tuesday 12h30 to 13h30
Fees: $3 per household
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINT-
SAUVEUR - PIEDMONT - SAINTE-ANNE-DES-LACS
205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 229-2011
Website: www.gardemangerpdh.ca/comptoireAlimentaire
Email: secretariat@gardemangerpdh.ca
Services: * Food assistance.
Eligibility: families or people in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Wednesday 9h30 to 11h00
Fees: $3 per household
Financing: donations, self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINTE-MARGUERITE
2 Masson Road, Estérel, Laurentides, QC, J0T 1L0
450 229-2011
Website: www.gardemangerpdh.ca/comptoirAlimentaire
Email: secretariat@gardemangerpdh.ca

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

HALTE ALIMENTAIRE DE VAL-MORIN
4350 du Lac-Fortier Road, Val-Morin, Laurentides, QC, J0T 2R0
819 322-7041
Email: pierre@osinc.ca

Services: * Food bank.
Eligibility: people and families on a low income
Coverage area: Val-Morin
Hours: Thursday 11h00
Fees: variable
Financing: donations
Legal status: non-profit organization

L'ENTRE-AMIS
367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2
450 473-3200 ext. 5   Fax: 450 473-5055
Website: www.paroisses-eustache.com
Email: gpineault@st-eustache.qc.ca

Eligibility: families, people in need
Coverage area: Saint-Eustache
Hours: community meals: Wednesday 11h00 to 13h00
Fees: lunch: free
Financing: self-financing
Legal status: non-profit organization

MAISON D'ENTRAIDE DE PRÉVOST
788 Shaw Street, Prévost, Laurentides, QC, J0R 1T0
450 224-2507
Website: maisonentraideprevost.org
Email: maisonentraideprevost@videotron.ca

Eligibility: people on a low income, general population

Coverage area: Prévost

Hours: Monday to Friday 9h00 to 11h45 and 13h00 to 15h45, food distribution: Thursday 10h00 to 11h30, family counter, donations storage and thrift store: Monday 13h00 to 15h45, Tuesday and Friday 9h00 to 11h45 and 13h00 to 15h45, donations of furniture and other items: Monday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

**MAISON DE JEUNES RIVIÈRE DU NORD**

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

450 436-2573

Email: info@mdjrdn.com


Eligibility: youth from 12 to 17 years old

Coverage area: Saint-Jérôme

Hours: Monday to Friday 16h00 to 21h00

Fees: variable

Financing: municipal, grants, self-financing

Legal status: non-profit organization

**MAISON DE LA FAMILLE DU NORD (LA)**

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

819 425-5407

Website: www.maisondelafamilledunord.com

Email: cdrouin@mfdn.ca


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

Coverage area: MRC Les Laurentides

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

Financing: self-financing, grants

Legal status: non-profit organization

**MANNE DU JOUR**

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

819 623-6604

Website: www.mannedujour.ca

Email: mannedujour@gmail.com

Eligibility: low income families, the Boutik: general public

Coverage area: MRC Antoine-Labelle

Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

Fees: food bank: $5, the Boutik: variable

Financing: donations, grants, self-financing

Legal status: non-profit organization

MONTAGNE D’ESPOIR (LA)
2523 1ère Rue, Sainte-Sophie, Laurentides, QC, J5J 2R7
450 436-4747
Email: lamontagnedespoir@bellnet.ca


Eligibility: people in need

Coverage area: Sainte-Sophie

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

Fees: annual membership: $10

Financing: donations

Legal status: non-profit organization

PAROISSE SAINT-PIERRE (LA) - ACCUEIL GABRIEL RAMIER
520 Bourassa Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1X9
450 438-7249

Services: * Food assistance. * Christmas baskets.

Eligibility: people and families on a low income

Capacity: about 60

Coverage area: Saint-Jérôme, mainly the Saint-Pierre Parish area

Hours: Monday 10h00 to 13h00, on appointment

Fees: none, occasional delivery in case of illness: $3

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

PARTAGE & SOLIDARITÉ LAURENTIDES
6121 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0
819 320-0871
Email: pslaurentides@gmail.com

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

Eligibility: general population

Coverage area: Laurentians

Hours: Thursday 16h00 to 17h30

Fees: voluntary contribution

Financing: donations

Legal status: non-profit organization
RÉSEAU DE DÉPANNAGE ALIMENTAIRE SECTEUR OUEST DE LA MRC D’ARGENTEUIL
289 Principale Street, Grenville, Laurentides, QC, J0V 1J0
450 612-7380
Email: reseaudepannage2020@gmail.com
Services: * Food assistance.
Eligibility: people on a low income
Coverage area: Grenville, Grenville-sur-la-Rouge
Hours: Thursday 7h30 to 11h30
Fees: $5 per week
Financing: self-financing, municipal, Centraide Laurentians
Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE
Confidential Address
819 324-8240
Email: ressourcescommunautaires@adolphins.com
Coverage area: Saint-Adolphe-d'Howard
Fees: none
Financing: provincial, self-financing, donations, foundations
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   Fax: 450 621-0426
Website: www.ville.rosemere.qc.ca/recreation-and-community-life
Email: info@ville.rosemere.qc.ca
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: municipal agency

SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - SAINT-JÉRÔME
241 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3B1
450 432-9191
Website: salvationarmy.ca/quebec/home/locations/saint-jerome
Eligibility: people and families on a low income
Coverage area: Saint-Jérôme
Hours: Monday to Saturday 9h30 to 16h30
Fees: none
Financing: donations
Legal status: non-profit organization
SAMARITAINE DE MONT-TREMBLANT (LA)

120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1
819 429-5938     Fax: 819 429-5200
Website: www.lasamaritaine.ca
Email: lasamaritaine@bellnet.ca


Eligibility: people and families on a low income, people in vulnerable situations
Coverage area: Amherst, Arundel, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Mont-Tremblant, Montcalm, Saint-Faustin-Lac-Carré, food assistance: Brébeuf, La Conception, Saint-Faustin-Lac-Carré, Mont-Tremblant

Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance: Wednesday 12h30 to 15h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, Bonhomme à lunettes: Thursday 9h30 to 12h00
Fees: food assistance: $5, emergency food assistance: none
Financing: donations, self-financing
Legal status: non-profit organization

SERRES DE CLARA (LES)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998 ext. 121
Website: en.serresdeclara.org
Email: serresdeclara@yahoo.ca


Eligibility: families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders
Coverage area: Saint-Jérôme

Hours: Monday to Friday 8h30 to 16h00
Fees: collective garden: none, community gardens: $20 or $30 per year depending on the size of the plot
Financing: donations, contributions, grants
Legal status: non-profit organization

SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS

170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-3355
Website: www.notre-dame-du-laus.ca/service-collectif-aux-familles-0
Email: maisondelafamille.ndl@outlook.com


Eligibility: families
Coverage area: Notre-Dame-du-Laus
Hours: Monday to Friday, variable hours
Fees: variable
Financing: self-financing, municipal
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
Email: aidealimentaire@paroissestluc.org
Eligibility: people on a low income
Coverage area: Bois-des-Filion, Lorraine, Rosemère
Hours: every second Thursday 13h00
Fees: $2
Financing: Centraide Laurentides, foundations
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
Eligibility: individuals and families in financial need
Coverage area: Boisbriand
Hours: Monday to Friday 8h30 to 16h00, food distribution: Friday
Fees: food assistance: $1 per visit
Financing: Centraide Laurentides, grants, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MONT-LAURIER
656 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-6499
Website: csvp-mont-laurier.org
Email: info@csvp-mont-laurier.org
Eligibility: people on a low income
Coverage area: Mont-Laurier
Hours: Tuesday and Wednesday 13h00 to 17h00, Thursday 13h00 to 20h00, Friday 13h00 to 17h00
Financing: donations
Legal status: non-profit organization

Food aid for pregnant women and children

COLOMBE (LA)
9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5
819 326-4779 Fax: 819 326-0233
Website: centrelacolombe.ca
Email: info@centrelacolombe.ca

Eligibility: women

Coverage area: MRC Les Laurentides

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, 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: * Respite and accompaniment 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 DU NORD (LA)

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

819 425-5407

Website: www.maisondelafamilledunord.com

Email: cdrouin@mfdn.ca


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

Coverage area: MRC Les Laurentides

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

Financing: self-financing, grants

Legal status: non-profit organization

SERRES DE CLARA (LES)

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

450 565-2998 ext. 121

Website: en.serresdeclara.org

Email: serresdeclara@yahoo.ca

Eligibility: families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 16h00
Fees: collective garden: none, community gardens: $20 or $30 per year depending on the size of the plot
Financing: donations, contributions, grants
Legal status: non-profit organization

Food assistance coordination

BOUFFE LAURENTIENNE
195 Brissette Street, Door 72, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3S4
819 430-6083
Email: bouffelaurentienne@cogocable.ca
Eligibility: people and families on a low income
Coverage area: MRC Les Laurentides
Hours: Monday to Friday 8h00 to 17h00
Fees: food assistance: $5
Financing: donations, self-financing
Legal status: non-profit organization

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
Eligibility: people on a low income, friendship meals and collective kitchens: everybody, day camp: youth 6 to 12 years old
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: $3.5 and, food assistance: $3, emergency food assistance: free, summer camp: $360
Financing: provincial, Centraide Laurentides
Legal status: non-profit organization

CENTRE DE DÉPANNAGE LE VISAGE - USED ITEMS RECOVERY
374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7
450 473-3200 ext. 5     Fax: 450 473-5055
Website: paroissest-eustache.com
Email: gpineault@st-eustache.qc.ca
Services: Used items recovery: food, clothes, furniture, appliances. * Home pick-up.
Coverage area: Saint-Eustache
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: self-financing
Legal status: non-profit organization
CENTRE DE DÉPANNAGE ST-CANUT
9615 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2
450 530-7094
Eligibility: families on a low income, people in need, clothing depot: general public
Coverage area: Saint-Canut
Hours: food assistance: Thursday afternoon, clothing depot: Monday to Friday 13h00 to 15h45, Saturday 9h00 to 11h45
Fees: food assistance: free
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE DE DÉPANNAGE ST-JANVIER DE MIRABEL
17599 Victor Street, Mirabel, Laurentides, QC, J7J 1A9
450 434-4037
Website: www.centrededepannage-st-janvier.ca
Email: centre@videotron.ca
Eligibility: families on a low income, store open to all
Coverage area: Saint-Janvier
Hours: centre: Monday to Wednesday 13h00 to 16h00, food bank: Thursday 13h30 to 15h30
Financing: self-financing, 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
Eligibility: individuals, families on a low income
Coverage area: MRC Thérèse-De Blainville
Hours: office: Monday to Wednesday 8h00 to 16h00, Thursday 11h00 to 16h00, Friday 16h30 to 20h00, food distribution for individuals: Wednesday 8h30 to 11h30, food distribution for families: Wednesday 13h30 to 14h30, popular evenings: Friday 16h30 to 20h00, daycare: Monday to Friday 8h00 to 16h00, collective kitchen: Wednesday and Thursday
Fees: annual membership: $5, food assistance: $2 per week, collective kitchen: $5 for 6 meals, daycare: $4 per child per day or $2 for half a day per child
Financing: Centraide, provincial, membership fees, self-financing
Legal status: non-profit organization

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998     Fax: 450 565-3577
Website: www.lecoffret.ca
Eligibility: newcomers
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: municipal, provincial, federal, Centraide Laurentides
Legal status: non-profit organization

COMITÉ D’ACTION SOCIALE ST-JOSEPH-DU-LAC
1028A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 473-2440
Website: www.comiteactionsociale.org
Email: info@comiteactionsociale.org
Eligibility: people in precarious situations
Coverage area: Saint-Joseph-du-Lac
Hours: distribution of baskets: Tuesday 10h00 to 12h00, sale of second-hand items: Thursday 15h00 to 19h00, Friday 10h00 to 15h00
Fees: none
Financing: fundraising campaigns, donations, self-financing
Legal status: non-profit organization

COMITÉ D’AIDE ALIMENTAIRE DES PATRIOTES
1906 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1N4
450 472-9469
Website: www.aidealimentaire.com
Email: caa-patriotes@videotron.ca
Eligibility: social reintegration through employment: people living with intellectual or physical disability, autism spectrum disorder or with a desire to reinsert the job market, food assistance: food banks, collective kitchens: for all
Capacity: unlimited
Coverage area: MRC Deux-Montagnes, Mirabel-South
Hours: Monday to Thursday 8h00 to 17h00
Fees: none
Financing: Centraide Laurentides, provincial, federal, donations, foundations
Legal status: non-profit organization

COMPTOIR D'ENTRAIDE POPULAIRE MIRABEL
8555 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-7609
Email: cepmi@videotron.ca
Services: * Recovery and sale of used clothing, items and furniture. * Food baskets. * Financial assistance for school supplies and day camps.
Eligibility: families, people on a low income
Coverage area: food baskets and assistance for school supplies: Mirabel, collection of used items: Saint-Benoît, Saint-Hermas and Saint-Augustin parishes, cities of Sainte-Thérèse, Blainville, Boisbriand
Hours: thriftstore: Monday and Thursday 13h00 to 17h00, Tuesday and Wednesday 13h00 to 16h00, Saturday 9h00 to 12h00, donations: 7/7, 7h30 to 20h00, food assistance: Tuesday 13h30 to 15h00
Financing: self-financing, donations
Legal status: non-profit organization
CULTIVER POUR NOURRIR
385 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 3G9
819 585-3283
Website: securitealimentaireal.weebly.com
Email: cultiverpournourrir@gmail.com
Eligibility: general population, organizations
Coverage area: MRC Antoine-Labelle
Financing: donations, self-financing, grants
Legal status: non-profit organization

L'ENTRE-AMIS
367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2
450 473-3200 ext. 5    Fax: 450 473-5055
Website: www.paroissest-eustache.com
Email: gpineault@st-eustache.qc.ca
Eligibility: families, people in need
Coverage area: Saint-Eustache
Hours: community meals: Wednesday 11h00 to 13h00
Fees: lunch: free
Financing: self-financing
Legal status: non-profit organization

MAISON D'ENTRAIDE DE PRÉVOST
788 Shaw Street, Prévost, Laurentides, QC, J0R 1T0
450 224-2507
Website: maisonentraideprevost.org
Email: maisonentraideprevost@videotron.ca
Eligibility: people on a low income, general population
Coverage area: Prévost
Hours: Monday to Friday 9h00 to 11h45 and 13h00 to 15h45, food distribution: Thursday 10h00 to 11h30, family counter, donations storage and thrift store: Monday 13h00 to 15h45, Tuesday and Friday 9h00 to 11h45 and 13h00 to 15h45, donations of furniture and other items: Monday to Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

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: free
PARTAGE & SOLIDARITÉ LAURENTIDES
6121 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0
819 320-0871
Email: pslaurentides@gmail.com
Services: * Weekly collecting, processing and distribution of perishable and non-perishable food.
Eligibility: general population
Coverage area: Laurentians
Hours: Thursday 16h00 to 17h30
Fees: voluntary contribution
Financing: donations
Legal status: non-profit organization

RESSOURCES OLIVIER
2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3
819 660-2842
Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com
Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people
Capacity: temporary housing: 12 families
Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau
Hours: 7 days, 9h00 to 19h00, by appointment
Fees: housing: variable
Financing: 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
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
SOUPE ET COMPAGNIE DES PAYS-D’EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 744-0207
Website: www.soupeetcompagnie.com/en
Email: info@soupeetcompagnie.com


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

Coverage area: MRC Les Pays-d’en-Haut

Hours: distribution and delivery of frozen meals: Tuesday 9h30 to 11h30, Thursday 9h30 to 11h30, community dinner: Tuesday and Thursday 12h00 to 13h00

Fees: minimum contribution: $3

Financing: donations

Legal status: non-profit organization

Centres d'aide et de référence

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


Eligibility: primarily seniors, people with a loss of autonomy, caregivers, food bank: people on a low income

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community meals: Thursday once a month, soup kitchens: Thursdays three times a month

Fees: annual membership: $10, activities, collective kitchen, respite, food bank and community meals: free

Financing: provincial

Legal status: non-profit organization

CENTRE D’ENTRAIDE RACINE-LAVOIE
154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9
450 623-6030     Fax: 450 623-5275
Website: www.entraideracinelavoie.org
Email: info@entraideracinelavoie.org


Eligibility: people and families on a low income

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

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 11h00 to 12h00 and 13h15 to 15h00, kitchen: twice a month, lunchbox: Tuesday 17h00 to 19h00

Fees: variable

Financing: grants, donations

Legal status: non-profit organization
GARDE-MANGER DES PAYS-D’EN-HAUT (LE)
100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7
450 227-3757 Fax: 450 745-1811
Website: www.gardemangerpdh.ca
Email: secretariat@gardemangerpdh.ca
Eligibility: families and people in need
Coverage area: MRC Les Pays-d’en-Haut
Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday
Fees: food counter: $3, collective kitchen: $18 for 5 meals, food assistance: free
Financing: donations, self-financing
Legal status: non-profit organization

MANNE DU JOUR
386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2
819 623-6604
Website: www.mannedujour.ca
Email: mannedujour@gmail.com
Eligibility: low income families, the Boutik: general public
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00
Fees: food bank: $5, the Boutik: variable
Financing: donations, grants, 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
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

AMIE DU QUARTIER
655 Fillion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 431-1424
Website: www.lamieduquartier.com
Email: lamieduquartier@hotmail.com


Eligibility: individuals and families on a low income
Coverage area: Notre-Dame neighbourhood of Saint-Jérôme
Hours: Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food assistance: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30
Fees: annual contribution: $5
Financing: contributions, self-financing
Legal status: non-profit organization

ARC-EN-SOI (L') - CENTRE DE PRÉVENTION ET D'INTERVENTION EN SANTÉ MENTALE
929 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-2060 Fax: 819 275-0527
Email: arcensoi@hotmail.ca

Services: Centre for people with mental health, wandering and homelessness issues. * Accompaniment, support and referral. * Therapeutic and occupational activities: mixed groups, groups of men exclusively or groups of women only. * Coffee and lunch every Wednesday at the Rivière-Rouge station park.

Eligibility: adult women and men with mental health, wandering and homelessness issues
Coverage area: MRC Antoine-Labelle
Hours: Tuesday to Thursday 8h30 to 16h00, Friday 8h30 to 14h00, coffee and lunch at Rivière-Rouge station park: Wednesday
Fees: none
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DE L’ÂGE D’OR DE BOIS-DES-FILOIN
30 Gagnon Montée, Rosemère, Laurentides, QC, J6Z 4N9
450 420-3448
Website: www.agedorbdf.com
Email: g.flanagan@videotron.ca


Eligibility: people 50 years old and over
Coverage area: Bois-des-Filion
Hours: Tuesday and Thursday 9h00 to 16h00
Financing: self-financing
Legal status: non-profit organization
ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL
585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9
819 425-7447  Fax: 819 425-2343
Website: www.association-clairsoleil.com
Email: clairssoleil@cgocable.ca

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

Eligibility: people living with an intellectual or physical disability, their family, day camp: children from 5 to 17 years old

Coverage area: Laurentians

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

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

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION HORIZON ROSEMÈRE (L’)
202 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H4
450 621-3500 ext. 7390
Email: info@associationhorizonrosemere.com


Eligibility: people 50 years old and over

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: $10 for people of Rosemère, $15 for the others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

AVENUE 12-17 (L’)
450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1
450 438-2691
Website: www.avenue1217.wixsite.com/avenue1217
Email: avenue1217@hotmail.com


Eligibility: youth from 12 to 17 years old

Coverage area: Saint-Jérôme

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

Fees: variable

Financing: municipal, provincial, grants

Legal status: non-profit organization

AVOCA COMMUNITY CENTRE
192 Avoca Road, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0

Services: * Community meals. * Social and recreational activities.

Coverage area: Grenville-sur-la-Rouge

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization
BONHEUR DE VIVRE SAINT-CANUT (LE)
9950 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1K1
450 436-3286
Email: bonheurdevivrestcanut@hotmail.com
Eligibility: people 50 years old and over
Coverage area: Mirabel
Hours: variable
Fees: membership card: $25
Financing: self-financing, membership fees
Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE COUP DE COEUR
12 Préfontaine Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1C2
819 217-5728
Email: cafecoupdecoeur@hotmail.com
Eligibility: people on a low income, people living in difficult situations, people living in social isolation
Coverage area: Sainte-Agathe-des-Monts
Hours: Thursday and Friday 12h00 to 15h00
Fees: annual membership fee: $12, meals: $4 for members, $5 for non-members
Financing: donations, membership fees, self-financing
Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE L’ENTRE-GENS
1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3
450 229-2211
Website: lentregens.org
Email: cafe@lentregens.org
Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless
Coverage area: Sainte-Adèle and surroundings
Hours: Monday to Friday 9h00 to 16h00
Fees: full meal: $5
Financing: self-financing
Legal status: non-profit organization

CAFÉ PARENTHÈSE
221 Hémond Street, Saint-Eustache, Laurentides, QC, J7P 2C3
450 623-1561
Website: cafeparenthese.wordpress.com
Email: cafeparenthese@gmail.com
Eligibility: people in situations of social disorganization and emotional distress
Coverage area: mainly Saint-Eustache, MRC Deux-Montagnes
CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)
310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8
450 562-7122
Website: www.cafela.org
Email: info@cafela.org
Eligibility: women, drop-in day care centre: children 18 months to 5 years old, respite care: children 0 to 5 years old
Coverage area: Lachute
Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00
Fees: membership card: $5 per year, clothing counter: free for women and children
Financing: contributions
Legal status: non-profit organization

CENTRE AUX SOURCES D'ARGENTEUIL
546 Sidney Street, Lachute, Laurentides, QC, J8H 1L1
450 562-0673
Email: ctauxsources@videotron.ca
Eligibility: adults living with or who haved lived with mental health issues
Coverage area: MRC Argenteuil
Hours: Monday 9h00 to 12h00, Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 14h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819-326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE
682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-8433
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE
1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819 326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412     Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org
Eligibility: seniors, caregivers, people wishing to volunteer, community and volunteering organizations
CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L’AIDE
184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540 Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org
Eligibility: adults with a loss of autonomy, seniors 65 years and over
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME
225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200 Fax: 450 432-7354
Website: www.cbsj.qc.ca
Email: info@cbsj.qc.ca
Eligibility: seniors, people wanting to volunteer, community and volunteer organizations
Hours: Monday to Friday 8h00 to 16h00, meals on wheels: Tuesday and Thursday
Fees: membership card: $5, meals on wheels: $8, community meals: $8
Financing: donations, membership fees, self-financing
Legal status: non-profit organization

CENTRE 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
Eligibility: primarily seniors, people with a loss of autonomy, caregivers, food bank: people on a low income
Coverage area: MRC Thérèse-De Blainville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community meals: Thursday once a month, soup kitchens: Thursdays three times a month
Fees: annual membership: $10, activities, collective kitchen, respite, food bank and community meals: free
Financing: provincial
Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL
171 Mary Street, Lachute, Laurentides, QC, J8H 2C1
450 562-5151 Fax: 450 562-0633
Website: www.centreentraideargenteuil.org
Email: centreentraide@videotron.ca


Eligibility: people and families on a low income, people living in difficult conditions
Coverage area: Lachute
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment
Fees: none
Financing: Centraide Laurentides, 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


Eligibility: people on a low income, friendship meals and collective kitchens: everybody, day camp: youth 6 to 12 years old
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: $3.5 and, food assistance: $3, emergency food assistance: free, summer camp: $360
Financing: provincial, Centraide Laurentides
Legal status: non-profit organization

CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME
200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8
450 431-1239 Fax: 450 431-5543
Website: www.centredelafamille.ca
Email: direction@centredelafamille.ca

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

Coverage area: Grand Saint-Jérôme

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

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE DES FEMMES LIBER’ELLES

9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4
450 594-0556

Website: www.liberelles.org
Email: liberelles@videotron.ca


Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Financing: Centraide Laurentides, provincial, federal, donations, membership fees

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: centregaindevie.ca
Email: info@centregaindevie.ca


Eligibility: individuals, families on a low income

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Wednesday 8h00 to 16h00, Thursday 11h00 to 16h00, Friday 16h30 to 20h00, food distribution for individuals: Wednesday 8h30 to 11h30, food distribution for families: Wednesday 13h30 to 14h30, popular evenings: Friday 16h30 to 20h00, daycare: Monday to Friday 8h00 to 16h00, collective kitchen: Wednesday and Thursday

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

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

Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE DEUX-MONTAGNES

141 Grand-Moulin Street, Deux-Montagnes, Laurentides, QC, J7R 3C8
450 974-7960


Eligibility: seniors

Coverage area: Deux-Montagnes

Hours: Monday 13h00 to 16h00
Fees: membership card: $15 per year
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE MIRABEL
13816 de l’Église Street, Mirabel, Laurentides, QC, J7J 1L3
514 991-9672
Eligibility: people 40 years old and over
Coverage area: Mirabel
Hours: variable
Fees: annual membership: $15
Financing: self-financing, contributions
Legal status: non-profit organization

COLOMBE (LA)
9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5
819 326-4779 Fax: 819 326-0233
Website: centrelacolombe.ca
Email: info@centrelacolombe.ca

Eligibility: women
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 16h30
Financing: self-financing, donations
Legal status: non-profit organization

DÎNERS DE L’AMITIÉ (LES) - BLAINVILLE
1000 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 3S9
514 943-3708
Email: louiselavoie47@gmail.com

Services: * Community meals.
Eligibility: people 65 years and over
Coverage area: Blainville
Hours: two Thursdays a month, from September to April included
Fees: membership card: $10, meal for members: $10
Financing: municipal
Legal status: non-profit organization

ÉCHELON DES PAYS-D’EN-HAUT (L’)
168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5
450 745-0133 Fax: 450 745-0176
Website: www.echelonpaysdenhaut.com
Email: echelon.pdh@cgocable.ca

Eligibility: people 18 years old and over living with a mental health issue
Coverage area: MRC Les Pays-d’en-Haut
Hours: Monday to Thursday 9h00 to 15h30
Fees: regular services: free, outdoor activities (sugar shack, apple picking): variable but L’Échelon pays half the cost
Financing: grants, donations
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D’EN-HAUT (L’)
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020     Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com


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

Coverage area: MRC Les Pays-d’en-Haut
Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Montfort and Saint-Adolphe-d’Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request
Fees: meals on wheels: $6 per meal, community meal: $6 per meal, light housework: travel expenses, van: low contribution
Financing: donations, self-financing
Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINT-EUSTACHE (LA) - AIDE AUX PERSONNES EN DIFFICULTÉ
374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7
450 473-3200 ext. 5     Fax: 450 473-5055
Website: paroissest-eustache.com
Email: gpineault@st-eustache.qc.ca


Eligibility: families, individuals in need

Coverage area: Saint-Eustache

Hours: food assistance: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, community lunches: Wednesday 11h00 to 13h00, ouvroir: Monday to Friday 13h00 to 16h00
Fees: none

Financing: self-financing

Legal status: non-profit organization

FADOQ - CLUB DE L’ÂGE D’OR LORR’AINÉS
4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1
450 965-2247
Website: www.clublorraines.com
Email: clublorraine@outlook.com


Eligibility: people 50 years and over
**GRANDS-PARENTS TENDRESSE**

374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9  
450 436-6664  
Website: grandsparentstendresse.org  
Email: administration@grandsparentstendresse.org  
**Services:** Organization promoting intergenerational links to break the isolation of autonomous seniors. * Supervision of seniors who wish to volunteer. * Pairing with parents of a newborn to provide them respite care. * Intergénération: bi-annual intergenerational meetings in schools. * Social activities: talks, conferences, physical exercises, knitting group, outings. * Classes on different subjects. * Possibility of getting involved in different committees: knitting committee, kitchen committee, library committee, etc. * Library for members.  
**Eligibility:** seniors, adults 45 years and over, families and parents of children from 0 to 12 months old  
**Coverage area:** Saint-Jérôme, pairing: MRC La Rivièr...du-Nord  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  
**Fees:** membership card: $20 per year  
**Financing:** self-financing  
**Legal status:** non-profit organization

**JOYEUX AÎNÉS THÉRÉSIENS (LES)**

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4  
450 434-1440 ext. 2551  
Website: www.fadoqsth.com  
**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

**L’ENTRE-AMIS**

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2  
450 473-3200 ext. 5  
Fax: 450 473-5055  
Website: www.paroissest-eustache.com  
Email: gpineault@st-eustache.qc.ca  
**Services:** * Food aid. * Community lunches. * Clothing bank and other used items.  
**Eligibility:** families, people in need  
**Coverage area:** Saint-Eustache  
**Hours:** community meals: Wednesday 11h00 to 13h00  
**Fees:** lunch: free  
**Financing:** self-financing  
**Legal status:** non-profit organization
MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES
238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 478-6537
Website: maisondelafamillesadp.com
Email: mdf.sadp@videotron.ca
Eligibility: single people, families, couples
Coverage area: Sainte-Anne-des-Plaines
Hours: Monday to Thursday 8h30 to 16h00
Fees: variable, daycare: free during activities, respite: $5 for half a day or $10 for an entire day, thrift store: free
Financing: self-financing, grants
Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE
181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0
819 274-1797
Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes
Email: maisondesjeunes.laminerve@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: La Minerve
Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - SHELTER
765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8
819 623-3719 ext. 232     Fax: 819 623-1243
Website: maisonlysebeauchamp.org/itinerance
Email: info@maisonlysebeauchamp.org
Eligibility: men and women 18 and over that find themselves in social emergency, homeless or vagrant situations
Capacity: 2
Coverage area: MRC d’Antoine-Labelle
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

MANNE DU JOUR
386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2
819 623-6604
Website: www.mannedujour.ca
Email: mannedujour@gmail.com
Food


Eligibility: low income families, the Boutik: general public

Coverage area: MRC Antoine-Labelle

Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

Fees: food bank: $5, the Boutik: variable

Financing: donations, grants, self-financing

Legal status: non-profit organization

MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE

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

450 431-5757   Fax: 450 431-4615

Website: www.mouvementdentraide.org

Email: mouventraide@videotron.ca


Eligibility: general public, seniors

Capacity: 50 people

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

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

Fees: annual membership card: $10

Financing: provincial, municipal, donations, self-financing

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: lepetitpeupleblainville@gmail.com


Eligibility: teenagers, young adults, families

Coverage area: Blainville

Hours: Wednesday 19h00 to 21h00, other days by appointment

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

POPOTE À ROLAND (LA)

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

450 435-9707

Website: www.popotearoland.com

Email: info@popotearoland.com

Services: Meals and activities to break the isolation of seniors.

Eligibility: seniors

Capacity: 40 people
Coverage area: Blainville
Hours: early September to mid-May, Wednesday 10h00 to 15h00
Fees: day of activities including meal: $6
Financing: municipal, provincial, donations, self-financing
Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)
2 Masson Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0
450 228-8606
Email: larencontre@qc.aira.com
Eligibility: residents
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Thursday 8h30 to 14h30, meal delivery: Tuesday to Thursday, food counter: Thursday
Fees: meals on wheels: $6, community dinner: $5
Financing: Centraide Laurentides, provincial
Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE
200 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 224-2657
Website: repitbienetre.weebly.com
Email: sore@cgocable.ca
Eligibility: seniors with loss of autonomy, caregivers
Coverage area: MRC Les Pays-d’en-Haut
Fees: free
Financing: donations
Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE
3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304    Fax: 450 226-5048
Website: rcsophie.org
Email: ressourcesophie@gmail.com
Eligibility: kids and teenagers, their families, seniors and people on a low income
Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors
Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00
Fees: yearly membership: $10
Financing: provincial, Centraide Laurentides, 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
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

SÉNIORS DE BLAINVILLE (LES)
1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9
450 625-4892
Email: clubblainville@fadoqlaurentides.org
Eligibility: seniors 50 years and over
Coverage area: Blainville
Fees: membership card: $25 per year
Financing: self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MONT-LAURIER
656 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-6499
Website: csvp-mont-laurier.org
Email: info@csvp-mont-laurier.org
Eligibility: people on a low income
Coverage area: Mont-Laurier
Hours: Tuesday and Wednesday 13h00 to 17h00, Thursday 13h00 to 20h00, Friday 13h00 to 17h00
Financing: donations
Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D’EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR
205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 744-0207
Website: www.soupeetcompagnie.com/en
Email: info@soupeetcompagnie.com
Eligibility: people in vulnerable situations and people with low income, delivery: people with reduced mobility
Coverage area: MRC Les Pays-d’en-Haut
Food

**Hours:** distribution and delivery of frozen meals: Tuesday 9h30 to 11h30, Thursday 9h30 to 11h30, community dinner: Tuesday and Thursday 12h00 to 13h00

**Fees:** minimum contribution: $3

**Financing:** donations

**Legal status:** non-profit organization

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**Prepared meals and Meals-on-wheels**

**ACTION BÉNÉVOLE DE LA ROUGE (L')**

284 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-1241     Fax: 819 275-1700

Website: www.actionbenevoledelarouge.com

Email: directionabr@gmail.com


**Eligibility:** people and families on a low income, seniors, Par'Aînés: seniors 55 years and older living in a precarious situation or socially isolated

**Coverage area:** Rivière-Rouge

**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 16h30, Saturday 9h00 to 15h30, meals on wheels: Tuesday and Thursday 12h00

**Fees:** food aid: variable, Par’Aînés: free

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

**Legal status:** non-profit organization

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**ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS**

15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

819 767-2112

Email: abeillesactives.ndl@gmail.com


**Eligibility:** seniors

**Coverage area:** Notre-Dame-du-Laus

**Financing:** grants

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE D’ARGENTEUIL**

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3

450 562-7447     Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca


**Eligibility:** seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

**Coverage area:** MRC Argenteuil

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

**Fees:** meals on wheels: $6 per hot meal and $6.50 per frozen meal
CENTRE D’ACTION BÉNÉVOLE LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819-326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE
682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-8433
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE
1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819 326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412    Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org


Eligibility: seniors, caregivers, people wishing to volunteer, community and volunteering organizations


Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: Tuesday for Mont-Laurier and Lac-des-Écorces, Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

Fees: meals on wheels: $5, community lunch: $7, Transport Gérontin: variable

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

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE
184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540    Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org


Eligibility: adults with a loss of autonomy, seniors 65 years and over


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

Fees: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME
225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200    Fax: 450 432-7354
Website: www.cbsj.qc.ca
Email: info@cbsj.qc.ca

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


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

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

Financing: donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP
65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9
450 430-5056   Fax: 450 430-0203
Website: www.cab-solange-beauchamp.com
Email: info@cab-sb.org


Eligibility: seniors aged 65 and over, people aged between 55 and 65 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

CHEFS À LA RESCOUSSE
Confidential Address
819 429-6595
Website: chefsalarescousse.com
Email: info@chefsalarescousse.com

Services: Distribution of meals to families in need.

Eligibility: families in need

Coverage area: MRC Les Laurentides

Financing: municipal, Centraide Hautes-Laurentides

Legal status: non-profit organization

COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC
1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2099
Email: baudrycarmen@gmail.com


Eligibility: people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac

Coverage area: Sainte-Anne-du-Lac

Hours: delivery of prepared meals: once every two weeks
Financing: self-financing, municipal
Legal status: non-profit organization

**ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')**
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020 Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com


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

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

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

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

Financing: donations, self-financing

Legal status: non-profit organization

**GARDE-MANGER DES PAYS-D'EN-HAUT (LE)**
100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7
450 227-3757 Fax: 450 745-1811
Website: www.gardemangerpdh.ca
Email: secretariat@gardemangerpdh.ca


Eligibility: families and people in need

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

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

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

Financing: donations, self-financing

Legal status: non-profit organization

**MEALS ON WHEELS**
Confidential Address
450 472-3713

Services: Home delivery of meals.

Eligibility: seniors

Coverage area: Deux-Montagnes

Hours: delivery: Tuesday and Thursday

Fees: meal: $5

Financing: municipal, self-financing

Legal status: non-profit organization
MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE
1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7
450 431-5757  Fax: 450 431-4615
Website: www.mouvementdентаide.org
Email: mouventraide@videotron.ca
Eligibility: general public, seniors
Capacity: 50 people
Coverage area: Mille-Isles, Mirabel, Prévost, Saint-Colomban, Saint-Hippolyte, Saint-Jérôme, Saint-Sauveur, Sainte-Adèle, Val-Morin
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: annual membership card: $10
Financing: provincial, municipal, donations, self-financing
Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)
2 Masson Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0
450 228-8606
Email: larencontre@qc.aira.com
Eligibility: residents
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Thursday 8h30 to 14h30, meal delivery: Tuesday to Thursday, food counter: Thursday
Fees: meals on wheels: $6, community dinner: $5
Financing: Centraide Laurentides, provincial
Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE
Confidential Address
819 324-8240
Email: ressourcescommunautaires@adolphins.com
Coverage area: Saint-Adolphe-d'Howard
Fees: none
Financing: provincial, self-financing, donations, foundations
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
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

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

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 744-0207
Website: www.soupeetcompagnie.com/en
Email: info@soupeetcompagnie.com


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

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

Hours: distribution and delivery of frozen meals: Tuesday 9h30 to 11h30, Thursday 9h30 to 11h30, community dinner: Tuesday and Thursday 12h00 to 13h00

Fees: minimum contribution: $3

Financing: donations

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 - SAINT-EUSTACHE
250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2358


Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS
118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5
1 800 622-6232      TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Sainte-Agathe-Des-Monts
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE
100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 3G7
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2471


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

ARUNDEL - MUNICIPALITY
2 du Village Street, Arundel, Laurentides, QC, J0T 1A0
819 681-3390  Fax: 819 687-8760
Website: www.arundel.ca
Email: info@arundel.ca
Coverage area: Arundel
Financing: municipal
Legal status: municipal agency

BARKMERE - MUNICIPALITY
199 Barkmere Road, Barkmere, Laurentides, QC, J0T 1A0
819 681-3474  Fax: 819 681-3475
Website: www.barkmere.ca
Email: dg@barkmere.ca
Coverage area: Barkmere
Financing: municipal
Legal status: municipal agency

BLAINVILLE - CITY
1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9
450 434-5200  Fax: 450 434-8295
Website: blainville.ca
Email: accueil@blainville.ca
Coverage area: Blainville
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency

BOIS-DES-FILION - CITY
375 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H1
450 621-1460 ext. 136
Website: villebdf.ca
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
BROWNSBURG-CHATHAM - CITY
300 de l'Hôtel-de-Ville Street, Brownsburg-Chatham, Laurentides, QC, J8G 3B3
450 533-6687  Fax: 450 533-5795
Website: www.brownsburgchatham.ca
Email: info@brownsburgchatham.ca


Coverage area: Brownsburg-Chatham
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

CENTRE LOCAL L'EMPLOI DE LACHUTE
505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6
450 562-8533  Fax: 450 562-1664
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp

Services: * Information and accompaniment in the administrative procedures with ministries and organizations.

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

Coverage area: Lachute
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday to Friday 9h00 to 16h30
Financing: provincial
Legal status: provincial government agency

DEUX-MONTAGNES - CITY
803 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L8
450 473-2796  Fax: 450 473-2417
Website: www.ville.deux-montagnes.qc.ca/en
Email: info@ville.deux-montagnes.qc.ca


Coverage area: Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

ESTÉREL - MUNICIPALITY
115 Dupuis Road, Estérel, Laurentides, QC, J0T 1E0
450 228-3232  Fax: 450 228-3737
Website: www.villedesterel.com
Email: info@villedesterel.com


Coverage area: Estérel
Financing: municipal
Legal status: municipal agency
FERME-NEUVE - MUNICIPALITY
125 12th Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1C0
819 587-3400
Website: www.municipalite.ferme-neuve.qc.ca
Email: reception@munfn.ca
Coverage area: Ferme-Neuve
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

GORE - MUNICIPALITY
9, Cambria Road, Gore, Laurentides, QC, J0V 1K0
450 562-2025
Website: www.cantondegore.qc.ca
Email: info@cantondegore.qc.ca
Coverage area: Gore
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

GRENVILLE - VILLAGE
21 Tri-Jean Street, Grenville, Laurentides, QC, J0V 1J0
819 242-2146     Fax: 819 242-5891
Website: grenville.ca
Email: info@grenville.ca
Coverage area: Grenville
Hours: Monday to Thursday 8h30 to 12h00 and 12h30 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

GRENVILLE-SUR-LA-ROUGE - MUNICIPALITY
88 des Érables Street, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0
819 242-8762     Fax: 819 242-9341
Website: www.grenvillesurlarouge.ca/en
Email: info@gslr.ca
Coverage area: Grenville-sur-La-Rouge
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

IVRY-SUR-LE-LAC - MUNICIPALITY
601 de la Gare Road, Ivry-Sur-Le-Lac, Laurentides, QC, J8C 2Z8
819 321-2332 Fax: 819 321-3089
Website: www.ivry-sur-le-lac.qc.ca
Email: info@ivry-sur-le-lac.qc.ca
Coverage area: Ivry-sur-le-Lac
Financing: municipal
Legal status: municipal agency

KIAMIKA - MUNICIPALITY
3 Valiquette Road, Kiamika, Laurentides, QC, J0W 1G0
819 585-3225 ext. 0
Website: www.kimakia.ca
Email: info@kiamika.ca
Coverage area: Kiamika
Financing: municipal
Legal status: municipal agency

LABELLE - MUNICIPALITY
1 du Pont Street, Labelle, Laurentides, QC, J0T 1H0
819 681-3371 Fax: 819 686-3820
Website: www.municipalite.labelle.qc.ca/contacts/english
Email: info@municipalite.labelle.qc.ca
Coverage area: Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

LAC-DES-ÉCORCES - MUNICIPALITY
672 Saint-François Boulevard, Lac-des-Écorces, Laurentides, QC, J0W 1H0
819 585-4600 Fax: 819 585-4610
Website: www.lacdesecorces.ca
Email: adm@lacdesecorces.ca
Coverage area: Lac-des-Écorces
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
LAC-DES-SEIZES-ÎLES - MUNICIPALITY
47 de l’Église Street, Lac-des-Seize-Îles, Laurentides, QC, J0T 2M0
450 226-3117  Fax: 450 226-3337
Website: www.lac-des-seizes-iles.com
Email: info@lac-des-seizes-iles.com
Coverage area: Lac-Des-Seizes-Îles
Financing: municipal
Legal status: municipal agency

LAC-DU-CERF - MUNICIPALITY
19 de l’Église Road, Lac-Du-Cerf, Laurentides, QC, J0W 1S1
819 597-2424  Fax: 819 597-4036
Website: www.lacducerf.ca
Email: taxation@lacducerf.ca
Coverage area: Lac-Du-Cerf
Financing: municipal
Legal status: municipal agency

LAC-SAGUAY - MUNICIPALITY
257A Route 117, Lac-Saguay, Laurentides, QC, J0W 1L0
819 278-3972  Fax: 819 278-0260
Website: www.lacsaguay.qc.ca
Email: info@lacsaguay.qc.ca
Coverage area: Lac-Saguay
Financing: municipal
Legal status: municipal agency

LAC-SUPÉRIEUR - MUNICIPALITY
1281 du Lac-Supérieur Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J0
819 681-3370  Fax: 819 688-3010
Website: www.muni.lacsuperieur.qc.ca
Email: info@muni.lacsuperieur.qc.ca
Coverage area: Lac-Supérieur
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

LAC-TREMBLANT-NORD - MUNICIPALITY
1984 du Village Road, Lac-Tremblant-Nord, Laurentides, QC, J8E 1K4
819 425-8154  Fax: 819 425-9208
Website: www.lac-tremblant-nord.qc.ca
Email: mairie@lac-tremblant-nord.qc.ca
Coverage area: Lac-Tremblant-Nord
Financing: municipal
Legal status: municipal agency
LACHUTE - CITY
380 Principale Street, Lachute, Laurentides, QC, J8H 1Y2
450 562-3781  Fax: 450 562-1431
Website: www.ville.lachute.qc.ca/en
Email: lachute@ville.lachute.qc.ca
Coverage area: Lachute
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 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: reception@ville.lorraine.qc.ca
Coverage area: Lorraine
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h15 to 12h00
Financing: municipal
Legal status: municipal agency

MILLE-ISLES - MUNICIPALITY
1262 de Mille-Isles Road, Mille-Isles, Laurentides, QC, J0R 1A0
450 438-2958  Fax: 450 438-6157
Website: mille-isles.ca
Coverage area: Mille-Isles
Hours: Monday to Friday 7h45 to 16h30
Financing: municipal
Legal status: municipal agency

MIRABEL - CITY
14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y3
450 475-8653
Website: mirabel.ca
Email: communications@mirabel.ca
Coverage area: Mirabel
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
MONT-LAURIER - CITY
300 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1J9
819 623-1221
Website: www.villemontlaurier.qc.ca
Email: info@villemontlaurier.qc.ca
Coverage area: Mont-Laurier
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

MONT-SAINT-MICHEL - MUNICIPALITY
94 de l'Église Street, Mont-Saint-Michel, Laurentides, QC, J0W 1P0
819 587-3093 Fax: 819 587-3781
Website: www.montsaintmichel.ca
Email: info@montsaintmichel.ca
Coverage area: Mont-Saint-Michel
Financing: municipal
Legal status: municipal agency

MONT-TREMBLANT - CITY
1145 Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 1V1
819 681-6409 Fax: 819 425-2528
Website: www.villedemont-tremblant.qc.ca/en
Email: info@villedemont-tremblant.qc.ca
Coverage area: Mont-Tremblant
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency

MONTCALM - MUNICIPALITY
10 Hotel de Ville Street, Montcalm, Laurentides, QC, J0T 2V0
819 681-3383
Website: www.municipalite.montcalm.qc.ca
Coverage area: Montcalm
Financing: municipal
Legal status: municipal agency
MORIN-HEIGHTS - MUNICIPALITY
567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0
450 226-3232    Fax: 450 226-8786
Website: morinheights.com/?lang=en
Email: municipalite@morinheights.com
Services: Management of municipal services. * Municipal counter: information on permits, subsidies and
taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on the management
Québec.
Coverage area: Morin-Heights
Hours: Monday to Thursday 8h30 to 12h00 and 12h45 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

NOMININGUE - MUNICIPALITY
2110 du Tour-du-Lac Road, Nominingue, Laurentides, QC, J0W 1R0
819 278-3384    Fax: 819 278-4967
Website: www.municipalitenominingue.qc.ca
Email: reception@municipalitenominingue.qc.ca
Services: Management of municipal services. * Municipal counter: information on permits, subsidies and
taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste
management: www.municipalitenominingue.qc.ca/affaires-municipales/communications-aux-citoyens/collectes/
* Public safety: fire safety service, Sûreté du Québec.
Coverage area: Nominingue
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

NOTRE-DAME-DE-PONTMAIN - MUNICIPALITY
5 de l'Église Street, Notre-Dame-de-Pontmain, Laurentides, QC, J0W 1S0
819 597-2382    Fax: 819 597-2231
Website: www.munpontmain.qc.ca
Email: info@munpontmain.qc.ca
Services: Municipal services management. * Waste management. * Fire department. * Planning services and
permits issuance.
Coverage area: Notre-Dame-de-Pontmain
Financing: municipal
Legal status: municipal agency

NOTRE-DAME-DU-LAUS - MUNICIPALITY
66 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-2247    Fax: 819 767-3102
Website: www.notre-dame-du-laus.ca
Email: reception@mun-ndl.ca
Services: Management of municipal services. * Municipal counter: information on permits, subsidies and
taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste
Coverage area: Notre-Dame-du-Laus
Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
OKA - MUNICIPALITY
183 des Anges Street, Kanesatake, Laurentides, QC, J0N 1E0
450 479-8333    Fax: 450 479-1886
Website: municipalite.oka.qc.ca
Email: info@municipalite.oka.qc.ca
Coverage area: Oka
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

PIEDMONT - MUNICIPALITY
670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0
450 227-1888    Fax: 450-227-6716
Website: www.piedmont.ca
Email: info@piedmont.ca
Coverage area: Piedmont
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

POINTE-CALUMET - MUNICIPALITY
300 Basile-Routhier Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2
450 473-5930    Fax: 450 473-6571
Website: www.pointe-calumet.ca
Email: info@pointe-calumet.ca
Coverage area: Pointe-Calumet
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 à 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

PRÉVOST - CITY
2870 Curé-Labelle Boulevard, Prévost, Laurentides, QC, J0R 1T0
450 224-8888 ext. 0
Website: www.ville.prevost.qc.ca
Email: servicecitoyen@ville.prevost.qc.ca
Coverage area: Prévost
Hours: Monday to Thursday 8h15 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
RIVIÈRE-ROUGE - CITY
25 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-2929  Fax: 819 275-3676
Website: www.riviere-rouge.ca
Email: greffe@riviere-rouge.ca


Coverage area: Rivière-Rouge
Hours: Monday to Friday 8h30 to 16h30
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


Coverage area: Rosemère
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-ADOLPHE-D'HOWARD - MUNICIPALITY
1881 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0
819 327-2044  Fax: 819 327-2282
Website: www.stadolphedhoward.qc.ca
Email: info@stah.ca


Coverage area: Saint-Adolphe-d'Howard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-ANDRÉ-D'ARGENTEUIL - MUNICIPALITY
10 de la Mairie Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0
450 537-3527  Fax: 450 537-3070
Website: stada.ca
Email: info@stada.ca


Coverage area: Saint-André-d'Argenteuil
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency
SAINT-COLOMBAN - CITY
330 Montée de l'Église, Saint-Colomban, Laurentides, QC, J5K 1A1
450 436-1453 Fax: 450 436-5955
Website: st-colomban.qc.ca
Email: info@st-colomban.qc.ca
Coverage area: Saint-Colomban
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 7h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-EUSTACHE - CITY
145 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9
450 974-5000
Website: www.saint-eustache.ca
Email: sem@saint-eustache.ca
Coverage area: Saint-Eustache
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00, telephone and chat service: Monday to Friday 7h30 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-FAUSTIN-LAC-CARRÉ - MUNICIPALITY
100 Place de la Mairie, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2
819 688-2161 Fax: 819 688-6791
Website: sflc.ca
Email: info@sflc.ca
Coverage area: Saint-Faustin-Lac-Carré
Hours: Monday to Thursday 8h15 to 16h45, Friday 8h15 to 12h15
Financing: municipal
Legal status: municipal agency

SAINT-HIPPOLYTE- MUNICIPALITY
2253 des Hauteurs Road, Saint-Hippolyte, Laurentides, QC, J8A 1A1
450 563-2505
Website: saint-hippolyte.ca
Email: municipalite@saint-hippolyte.ca
Coverage area: Saint-Hippolyte
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency
SAINT-JOSEPH-DU-LAC - MUNICIPALITY
1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072   Fax: 450 623-2889
Website: www.sjdl.qc.ca
Email: info@sjdl.qc.ca

Coverage area: Saint-Joseph-du-Lac
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-SAUVEUR - CITY
1 Place de la Mairie, Saint-Sauveur, Laurentides, QC, J0R 1R6
450 227-4633   Fax: 1 866 313-6267
Website: www.ville.saint-sauveur.qc.ca
Email: administration@ville.saint-sauveur.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and
taxes, payment of taxes. * Information on waste management: www.ville.saint-sauveur.qc.ca/services-aux-
citoyens/environnement/info-collecte.html * Public safety: fire safety service, Sûreté du Québec.
Coverage area: Saint-Sauveur
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-AGATHE-DES-MONTS - CITY
50 Saint-Joseph Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1M9
819 326-4595
Website: ville.sainte-agathe-des-monts.qc.ca
Email: info@ville.sainte-agathe-des-monts.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and
taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on residual materials
management: ville.sainte-agathe-des-monts.qc.ca/citoyens/services-aux-citoyens/matieres-residuelles/ * Public
safety: fire safety service, Sûreté du Québec.
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency

SAINTE-ANNE-DES-LACS - MUNICIPALITY
773 Sainte-Anne-des-Lacs Road, Sainte-Anne-des-Lacs, Laurentides, QC, J0R 1B0
450 224-2675   Fax: 450 224-8672
Website: www.sadl.qc.ca
Email: info@sadl.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and
taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste
service, Sûreté du Québec.
Coverage area: Sainte-Anne-des-Lacs
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency
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
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-DU-LAC - MUNICIPALITY
1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2110     Fax: 819 586-2203
Website: www.steannedulac.ca
Email: municipalite@steannedulac.ca
Coverage area: Sainte-Anne-du-Lac
Hours: Tuesday to Friday 10h00 to 12h00 and 13h00 to 15h00
Financing: municipal
Legal status: municipal agency

SAINTE-MARGUERITE-DU-LAC-MASSON - CITY
88 Masson Road, Lac-Masson, Laurentides, QC, J0T 1L0
450 228-2543
Website: lacmasson.com
Email: commloisirs@lacmasson.com
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINTE-MARTHE-SUR-LE-LAC - CITY
3000 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 472-7310
Website: ville.sainte-marthe-sur-le-lac.qc.ca
Email: info@vsmssl.ca
Coverage area: Sainte-Marthe-sur-le-Lac
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
SAINTE-SOPHIE - MUNICIPALITY
2199 Sainte-Sophie Boulevard, Sainte-Sophie, Laurentides, QC, J5J 1A1
450 438-7784     Fax: 450 438-1080
Website: www.stesophie.ca
Email: courrier@stesophie.ca
Coverage area: Sainte-Sophie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, Fire department: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

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
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

SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURANTIDES
275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-7575     Fax: 450 436-4934
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years old and over living with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors
Coverage area: Laurantians
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - MONT-LAURIER
585 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-4610  Fax: 819 623-3801
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp

Services: * Information and accompaniment in the administrative procedures with ministries and organizations.

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

Coverage area: Mont-Laurier
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-JÉRÔME
275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-3075  Fax: 450 569-7458
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp

Services: * Information and accompaniment in the administrative procedures with ministries and organizations.

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

Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 (12h00 to 13h00 with appointment)

Legal status: provincial government agency

VAL-DAVID - MUNICIPALITY
2579 de l'Église Street, Val-David, Laurentides, QC, J0T 2N0
819 324-5678
Website: www.valdavid.com
Email: communications@valdavid.com


Coverage area: Val-David
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

VAL-DES-LACS - MUNICIPALITY
349 Val-des-Lacs Road, Val-des-Lacs, Laurentides, QC, J0T 2P0
819 326-5624  Fax: 819 326-7065
Website: www.municipalite.val-des-lacs.qc.ca
Email: info@municipalite.val-des-lacs.qc.ca
Coverage area: Arundel
Financing: municipal
Legal status: municipal agency

BARKMERE - MUNICIPALITY
199 Barkmere Road, Barkmere, Laurentides, QC, J0T 1A0
819 681-3474 Fax: 819 681-3475
Website: www.barkmere.ca
Email: dg@barkmere.ca
Coverage area: Barkmere
Financing: municipal
Legal status: municipal agency
BLAINVILLE - CITY
1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9
450 434-5200 Fax: 450 434-8295
Website: blainville.ca
Email: accueil@blainville.ca


Coverage area: Blainville
Hours: Monday to Friday 8h00 to 17h00
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


Eligibility: residents
Coverage area: Blainville
Hours: mid-April to mid-November: Monday to Friday 8h00 to 16h45, closed on Wednesday, mid-November to Mid-April: Saturday 8h00 to 16h45
Fees: free
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


Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse
Hours: Monday to Friday 8h00 to 17h00
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 ext. 136
Website: villebdf.ca


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. 162**  
**Website:** villebdf.ca/ecocentre  
**Coverage area:** Bois-des-Filion  
**Hours:** April to October: Sunday to Friday 12h00 to 17h00, Saturday 9h00 to 17h00, November to March: Monday to Friday 12h00 to 17h00, Saturday 9h00 to 17h00

### BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9  
**450 621-1460 ext. 148**  
**Website:** 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

### 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  
**Coverage area:** Boisbriand  
**Hours:** Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15

### 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  
**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:** Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15  
**Fees:** variable
Financing: municipal
Legal status: municipal agency

**BRÉBEUF - MUNICIPALITY**
217 Route 323, Brébeuf, Laurentides, QC, J0T 1B0
819 425-9833   Fax: 819 425-6611
Website: brebeuf.ca
Email: secretariat@brebeuf.ca


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

Financing: municipal
Legal status: municipal agency

**BROWNSBURG-CHATHAM - CITY**
300 de l'Hôtel-de-Ville Street, Brownsburg-Chatham, Laurentides, QC, J8G 3B3
450 533-6687   Fax: 450 533-5795
Website: www.brownsburgchatham.ca
Email: info@brownsburgchatham.ca


Coverage area: Brownsburg-Chatham
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Financing: municipal
Legal status: municipal agency

**CHUTE-SAINT-PHILIPPE - MUNICIPALITY**
560 des Voyageurs Road, Chute-Saint-Philippe, Laurentides, QC, J0W 1A0
819 585-3397   Fax: 819 585-4949
Website: www.chute-saint-philippe.ca
Email: reception@chute-saint-philippe.ca


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

Financing: municipal
Legal status: municipal agency

**DEUX-MONTAGNES - CITY**
803 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L8
450 473-2796   Fax: 450 473-2417
Website: www.ville.deux-montagnes.qc.ca/en
Email: info@ville.deux-montagnes.qc.ca


Coverage area: Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

Financing: municipal
Legal status: municipal agency
DEUX-MONTAGNES - LEISURE AND COMMUNITY SERVICES
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-2796 ext. 4     Fax: 450 473-4225
Email: loisirs@ville.deux-montagnes.qc.ca
Services: * Community, cultural and sporting activities. * Community centre, swimming pool, ice rink, parks, sports fields and playgrounds. * Coordination with community organizations. * Summer day camp.
Coverage area: Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

ESTÉREL - MUNICIPALITY
115 Dupuis Road, Estérel, Laurentides, QC, J0T 1E0
450 228-3232     Fax: 450 228-3737
Website: www.villedesterel.com
Email: info@villedesterel.com
Coverage area: Estérel
Financing: municipal
Legal status: municipal agency

FERME-NEUVE - MUNICIPALITY
125 12th Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1C0
819 587-3400
Website: www.municipalite.ferme-neuve.qc.ca
Email: reception@munfn.ca
Coverage area: Ferme-Neuve
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

GORE - MUNICIPALITY
9, Cambria Road, Gore, Laurentides, QC, J0V 1K0
450 562-2025
Website: www.cantondegore.qc.ca
Email: info@cantondegore.qc.ca
Coverage area: Gore
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency
GRENVILLE - VILLAGE
21 Tri-Jean Street, Grenville, Laurentides, QC, J0V 1J0
819 242-2146   Fax: 819 242-5891
Website: grenville.ca
Email: info@grenville.ca


Coverage area: Grenville
Hours: Monday to Thursday 8h30 to 12h00 and 12h30 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

GRENVILLE-SUR-LA-ROUGE - MUNICIPALITY
88 des Érables Street, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0
819 242-8762   Fax: 819 242-9341
Website: www.grenvillesurlarouge.ca/en
Email: info@gslr.ca


Coverage area: Grenville-sur-la-Rouge
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

IVRY-SUR-LE-LAC - MUNICIPALITY
601 de la Gare Road, Ivry-Sur-Le-Lac, Laurentides, QC, J8C 2Z8
819 321-2332   Fax: 819 321-3089
Website: www.ivry-sur-le-lac.qc.ca
Email: info@ivry-sur-le-lac.qc.ca


Coverage area: Ivry-sur-le-Lac
Financing: municipal
Legal status: municipal agency

KIAMIKA - MUNICIPALITY
3 Valiquette Road, Kiamika, Laurentides, QC, J0W 1G0
819 585-3225 ext. 0
Website: www.kimakia.ca
Email: info@kiamika.ca


Coverage area: Kiamika
Financing: municipal
Legal status: municipal agency
LA CONCEPTION - MUNICIPALITY
1371 du Centenaire Street, La Conception, Laurentides, QC, J0T 1M0
819 681-3016 Fax: 819 681-5808
Website: www.municipalite.laconception.qc.ca
Email: info@municipalite.laconception.qc.ca
Coverage area: La Conception
Financing: municipal
Legal status: municipal agency

LA MINERVE - MUNICIPALITY
6 Mailloux Street, La Minerve, Laurentides, QC, J0T 1S0
819 681-3380 Fax: 819 274-2031
Website: www.municipalite.laminerve.qc.ca
Email: info@municipalite.laminerve.qc.ca
Coverage area: La Minerve
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: non-profit organization

LABELLE - MUNICIPALITY
1 du Pont Street, Labelle, Laurentides, QC, J0T 1H0
819 681-3371 Fax: 819 686-3820
Website: www.municipalite.labelle.qc.ca/contacts/english
Email: info@municipalite.labelle.qc.ca
Coverage area: Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

LAC-DES-ÉCORCES - MUNICIPALITY
672 Saint-François Boulevard, Lac-des-Écorces, Laurentides, QC, J0W 1H0
819 585-4600 Fax: 819 585-4610
Website: www.lacdesecorces.ca
Email: adm@lacdesecorces.ca
Coverage area: Lac-des-Écorces
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
**LAC-DES-SEIZES-ÎLES - MUNICIPALITY**

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

450 226-3117  Fax: 450 226-3337

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

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


Coverage area: Lac-Des-Seizes-Îles

Financing: municipal

Legal status: municipal agency

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**LAC-DU-CERF - MUNICIPALITY**

19 de l’Église Road, Lac-Du-Cerf, Laurentides, QC, J0W 1S1

819 597-2424  Fax: 819 597-4036

Website: www.lacducerf.ca

Email: taxation@lacducerf.ca


Coverage area: Lac-Du-Cerf

Financing: municipal

Legal status: municipal agency

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**LAC-SAGUAY - MUNICIPALITY**

257A Route 117, Lac-Saguay, Laurentides, QC, J0W 1L0

819 278-3972  Fax: 819 278-0260

Website: www.lacsaguay.qc.ca

Email: info@lacsaguay.qc.ca


Coverage area: Lac-Saguay

Financing: municipal

Legal status: municipal agency

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**LAC-SUPÉRIEUR - MUNICIPALITY**

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

819 681-3370  Fax: 819 688-3010

Website: www.muni.lacsuperieur.qc.ca

Email: info@muni.lacsuperieur.qc.ca


Coverage area: Lac-Supérieur

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

Financing: municipal

Legal status: municipal agency

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**LAC-TREMBLANT-NORD - MUNICIPALITY**

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

819 425-8154  Fax: 819 425-9208

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

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


Coverage area: Lac-Tremblant-Nord

Financing: municipal

Legal status: municipal agency
LACHUTE - CITY
380 Principale Street, Lachute, Laurentides, QC, J8H 1Y2
450 562-3781 Fax: 450 562-1431
Website: www.ville.lachute.qc.ca/en
Email: lachute@ville.lachute.qc.ca
Services: Management of municipal services. * Municipal counter: information on permits, subsidies and
taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste
management: http://www.ville.lachute.qc.ca/citoyens/gestion-des-matieres-residuelles/collectes/ * Here it is:
mobile application allowing to report an incident requiring the intervention of the road service. * Public safety:
fire safety service, Sûreté du Québec.
Coverage area: Lachute
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 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: reception@ville.lorraine.qc.ca
calendar: www.ville.lorraine.qc.ca/client_file/upload/document/calendriers-des-
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
33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9
450 621-8550
Website: www.ville.lorraine.qc.ca
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

MILLE-ISLES - MUNICIPALITY
1262 de Mille-Isles Road, Mille-Isles, Laurentides, QC, J0R 1A0
450 438-2958 Fax: 450 438-6157
Website: mille-isles.ca
Services: Municipal service management. * Municipal counter: information on permits, grants and taxes,
payment of taxes. * Calendar of recyclable and garbage collections and information on waste
service, Sûreté du Québec, automated alert system. * Dog control: dog tag, canine patrol.
Coverage area: Mille-Isles
Hours: Monday to Friday 7h45 to 16h30
Financing: municipal
Legal status: municipal agency
MIRABEL - CITY
14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y3
450 475-8653
Website: mirabel.ca
Email: communications@mirabel.ca
Coverage area: Mirabel
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

MIRABEL - ÉCOCENTRE SECTEUR DE SAINT-AUGUSTIN
15020 Louis-M.-Taillon Street, Mirabel, Laurentides, QC, J7N 2K4
450 475-2006
Website: ville.mirabel.qc.ca/services/services-aux-citoyens/collectes-et-ecocentres
Email: infocollecte@ville.mirabel.qc.ca
Eligibility: citizens
Coverage area: Mirabel
Hours: September 15 to April 30: Tuesday to Saturday 9h00 to 16h30, May 1st to September 15: Tuesday, Wednesday, Friday and Saturday 9h00 to 16h30, Thursday 11h30 to 19h00
Fees: free
Financing: municipal
Legal status: municipal agency

MIRABEL - ÉCOCENTRE SECTEUR DE SAINT-CANUT
6000 Sir-Wilfrid-Laurier Road, Mirabel, Laurentides, QC, J7N 2Z8
450 475-2006
Website: ville.mirabel.qc.ca/services/services-aux-citoyens/collectes-et-ecocentres
Email: infocollecte@ville.mirabel.qc.ca
Eligibility: citizens
Coverage area: Mirabel
Hours: Monday to Friday 8h00 to 12h00 and 12h30 to 17h00, Saturday 8h00 to 15h00
Fees: free
Financing: municipal
Legal status: municipal agency

MIRABEL - ÉCOCENTRE SECTEUR DE SAINT-JANVIER
14645 Joseph-Marc-Vermette Street, Mirabel, Laurentides, QC, J7J 1X2
450 475-2006
Website: ville.mirabel.qc.ca/services/services-aux-citoyens/collectes-et-ecocentres
Email: infocollecte@ville.mirabel.qc.ca
Eligibility: citizens
Coverage area: Mirabel
MIRABEL - ÉCOCENTRE SECTEUR DE SAINTE-SCHOLASTIQUE
9825 Saint-Vincent Street, Mirabel, Laurentides, QC, J7N 2Y5
450 475-2006
Website: ville.mirabel.qc.ca/services/services-aux-citoyens/collectes-et-ecocentres
Email: infocollecte@ville.mirabel.qc.ca
Eligibility: citizens
Coverage area: Mirabel
Hours: Saturday 9h00 to 16h30
Fees: free
Financing: municipal
Legal status: municipal agency

MIRABEL - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-8656
Website: ville.mirabel.qc.ca/culture-et-loisirs/sports-et-loisirs/programmation-de-loisirs
Email: communications@mirabel.ca
Services: * Community, sociocultural and sporting activities. * Supervision of several sports clubs. * Parks, cultural centre, ice rinks, arenas and sports fields. * Coordination with community organizations. * Summer day camp.
Coverage area: Mirabel
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

MOHAWK COUNCIL OF KANESATAKE
681 Sainte-Philomène Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-8373 Fax: 450 479-1622
Website: www.kanesatake.ca
Email: communications@kanesatake.ca
Coverage area: Kanesatake
Hours: Monday to Friday 9h00 to 17h00
Financing: federal
Legal status: municipal agency
MONT-LAURIER - CITY
300 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1J9
819 623-1221
Website: www.villemontlaurier.qc.ca
Email: info@villemontlaurier.qc.ca
Coverage area: Mont-Laurier
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

MONT-SAINT-MICHEL - MUNICIPALITY
94 de l'Église Street, Mont-Saint-Michel, Laurentides, QC, J0W 1P0
819 587-3093 Fax: 819 587-3781
Website: www.montsaintmichel.ca
Email: info@montsaintmichel.ca
Coverage area: Mont-Saint-Michel
Financing: municipal
Legal status: municipal agency

MONT-TREMBLANT - CITY
1145 Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 1V1
819 681-6409 Fax: 819 425-2528
Website: www.villedeumont-tremblant.qc.ca/en
Email: info@villedeumont-tremblant.qc.ca
Coverage area: Mont-Tremblant
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency

MONTCALM - MUNICIPALITY
10 Hotel de Ville Street, Montcalm, Laurentides, QC, J0T 2V0
819 681-3383
Website: www.municipalite.montcalm.qc.ca
Coverage area: Montcalm
Financing: municipal
Legal status: municipal agency
MORIN-HEIGHTS - MUNICIPALITY
567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0
450 226-3232    Fax: 450 226-8786
Website: morinheights.com/?lang=en
Email: municipalite@morinheights.com
Services: Management of municipal services. * Municipal counter: information on permits, subsidies and
taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on the management
Québec.
Coverage area: Morin-Heights
Hours: Monday to Thursday 8h30 to 12h00 and 12h45 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

NOMININGUE - MUNICIPALITY
2110 du Tour-du-Lac Road, Nominingue, Laurentides, QC, J0W 1R0
819 278-3384    Fax: 819 278-4967
Website: www.municipalitenominingue.qc.ca
Email: reception@municipalitenominingue.qc.ca
Services: Management of municipal services. * Municipal counter: information on permits, subsidies and
taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste
management: www.municipalitenominingue.qc.ca/affaires-municipales/communications-aux-citoyens/collectes/
* Public safety: fire safety service, Sûreté du Québec.
Coverage area: Nominingue
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

NOTRE-DAME-DE-PONTMAIN - MUNICIPALITY
5 de l'Église Street, Notre-Dame-de-Pontmain, Laurentides, QC, J0W 1S0
819 597-2382    Fax: 819 597-2231
Website: www.munpontmain.qc.ca
Email: info@munpontmain.qc.ca
Services: Municipal services management. * Waste management. * Fire departement. * Planning services and
permits issuance.
Coverage area: Notre-Dame-de-Pontmain
Financing: municipal
Legal status: municipal agency

NOTRE-DAME-DU-LAUS - MUNICIPALITY
66 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-2247    Fax: 819 767-3102
Website: www.notre-dame-du-laus.ca
Email: reception@mun-ndl.ca
Services: Management of municipal services. * Municipal counter: information on permits, subsidies and
taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste
Coverage area: Notre-Dame-du-Laus
Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
OKA - LOISIRS ET CULTURE
183 des Anges Street, Kanesatake, Laurentides, QC, J0N 1E0
450 479-8333 Fax: 450 479-1886
Website: www.municipalite.oka.qc.ca/loisirs-et-culture
Email: info@municipalite.oka.qc.ca
Coverage area: Oka
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Fees: variable
Financing: municipal
Legal status: municipal agency

OKA - MUNICIPALITY
183 des Anges Street, Kanesatake, Laurentides, QC, J0N 1E0
450 479-8333 Fax: 450 479-1886
Website: municipalite.oka.qc.ca
Email: info@municipalite.oka.qc.ca
Coverage area: Oka
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

PIEDMONT - MUNICIPALITY
670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0
450 227-1888 Fax: 450-227-6716
Website: www.piedmont.ca
Email: info@piedmont.ca
Coverage area: Piedmont
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

POINTE-CALUMET - MUNICIPALITY
300 Basile-Routhier Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2
450 473-5930 Fax: 450 473-6571
Website: www.pointe-calumet.ca
Email: info@pointe-calumet.ca
Coverage area: Pointe-Calumet
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 à 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
POINTE-CALUMET - RECREATION, CULTURE AND COMMUNITY LIFE
190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2
450 473-5930
Website: www.pointe-calumet.ca
Email: j.rivest@pointe-calumet.ca
Coverage area: Pointe-Calumet
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 à 16h30, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

PRÉVOST - CITY
2870 Curé-Labelle Boulevard, Prévost, Laurentides, QC, J0R 1T0
450 224-8888 ext. 0
Website: www.ville.prevost.qc.ca
Email: servicecitoyen@ville.prevost.qc.ca
* Public safety: fire safety service, Sûreté du Québec.
Coverage area: Prévost
Hours: Monday to Thursday 8h15 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

RECYPRO
70 Simon Street, Lachute, Laurentides, QC, J8H 3R8
450 562-7740 Fax: 450 562-7918
Website: www.recypro.com
Email: info@recypro.com
Eligibility: employment: adults with difficulties obtaining or maintaining a job
Coverage area: Laurentides
Hours: store: Monday to Wednesday 12h00 to 17h00, Thursday and Friday 12h00 to 19h00
Financing: grants, self-financing
Legal status: non-profit organization

RÉGIE DE POLICE DU LAC DES DEUX-MONTAGNES
615 20th Avenue, Deux-Montagnes, Laurentides, QC, J7R 6B2
450 473-4686 Fax: 450 473-3189
Website: www.rpldm.ca/en
Hours: Monday to Friday 8h00 to 16h30
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


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

Financing: municipal
Legal status: municipal agency

RIVIÈRE-ROUGE - CITY

25 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-2929     Fax: 819 275-3676
Website: www.riviere-rouge.ca
Email: greffe@riviere-rouge.ca


Coverage area: Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30

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


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     Fax: 450 621-0426
Website: www.ville.rosemere.qc.ca/recreation-and-community-life
Email: info@ville.rosemere.qc.ca


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: municipal agency
SAINT-ADOLPHE-D’HOWARD - MUNICIPALITY
1881 du Village Road, Saint-Adolphe-d’Howard, Laurentides, QC, J0T 2B0
819 327-2044     Fax: 819 327-2282
Website: www.stadolphedhoward.qc.ca
Email: info@stah.ca
Coverage area: Saint-Adolphe-d’Howard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-ANDRÉ-D’ARGENTEUIL - MUNICIPALITY
10 de la Mairie Street, Saint-André-d’Argenteuil, Laurentides, QC, J0V 1X0
450 537-3527     Fax: 450 537-3070
Website: stada.ca
Email: info@stada.ca
Coverage area: Saint-André-d’Argenteuil
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-COLOMBAN - CITY
330 Montée de l’Église, Saint-Colomban, Laurentides, QC, J5K 1A1
450 436-1453     Fax: 450 436-5955
Website: st-colomban.qc.ca
Email: info@st-colomban.qc.ca
Coverage area: Saint-Colomban
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 7h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-EUSTACHE - CITY
145 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9
450 974-5000
Website: www.saint-eustache.ca
Email: sem@saint-eustache.ca
Coverage area: Saint-Eustache
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00, telephone and chat service: Monday to Friday 7h30 to 16h30
Financing: municipal
Legal status: municipal agency
SAINT-EUSTACHE - LOISIRS
230 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
450 974-5111 Fax: 450 974-5135
Website: www.saint-eustache.ca
Coverage area: Saint-Eustache
Hours: Sport and Outdoor Services counter: Monday to Friday 8h30 to 9h00, Saturday and Sunday 8h00 to 17h00, summer: Monday to Friday 8h30 to 21h00, Saturday 13h00 to 16h00, Culture and Community Animation: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00, summer: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-FAUSTIN-LAC-CARRÉ - MUNICIPALITY
100 Place de la Mairie, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2
819 688-2161 Fax: 819 688-6791
Website: sflc.ca
Email: info@sflc.ca
Coverage area: Saint-Faustin-Lac-Carré
Hours: Monday to Thursday 8h15 to 16h45, Friday 8h15 to 12h15
Financing: municipal
Legal status: municipal agency

SAINT-HIPPOLYTE - MUNICIPALITY
2253 des Hauteurs Road, Saint-Hippolyte, Laurentides, QC, J8A 1A1
450 563-2505
Website: saint-hippolyte.ca
Email: municipalite@saint-hippolyte.ca
Coverage area: Saint-Hippolyte
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

SAINT-JÉRÔME - CITY
10 Saint-Joseph Street, Suite 103, Saint-Jérôme, Laurentides, QC, J7Z 7G7
450 569-5000
Website: www.vsj.ca
Services: Municipal service management. * Municipal counter: information on permits, subsidies and taxes, payment of taxes, regulations, etc. * Calendar of recyclable and garbage collections and information on waste management: www.vsj.ca/collectes * Public safety: fire safety service, police service.
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency
SAINT-JOSEPH-DU-LAC - ÉCOCENTRE
4085 d'Oka Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072     Fax: 450 623-2889
Website: www.sjdl.qc.ca/services-municipaux/environnement/ecocentre


Eligibility: citizens
Coverage area: Saint-Joseph-du-Lac

Hours: January to March: Saturday 9h00 to 14h00, April to October: Wednesday 15h00 to 19h00, Saturday 9h00 to 16h00 November and December: Wednesday 13h00 to 17h00, Saturday 9h00 to 16h00

Fees: building materials: variable, charges apply for quantities exceeding 2 cubic meters, other materials: free

Financing: municipal
Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - LOISIRS, CULTURE ET TOURISME
1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072 ext. 229     Fax: 450 623-2889
Website: www.sjdl.qc.ca
Email: vialonde@sjdl.qc.ca


Coverage area: Saint-Joseph-du-Lac

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

Fees: variable

Financing: municipal, auto-financing
Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - MUNICIPALITY
1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072     Fax: 450 623-2889
Website: www.sjdl.qc.ca
Email: info@sjdl.qc.ca


Coverage area: Saint-Joseph-du-Lac

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

Financing: municipal
Legal status: municipal agency

SAINT-SAUVEUR - CITY
1 Place de la Mairie, Saint-Sauveur, Laurentides, QC, J0R 1R6
450 227-4633     Fax: 1 866 313-6267
Website: www.ville.saint-sauveur.qc.ca
Email: administration@ville.saint-sauveur.qc.ca


Coverage area: Saint-Sauveur

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

Financing: municipal
Legal status: municipal agency
SAINTE-ADÈLE - CITY
1381 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A3
450 229-2921   Fax: 450 229-4179
Website: www.ville.sainte-adele.qc.ca
Email: info@ville.sainte-adele.qc.ca
Coverage area: Sainte-Adèle
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-AGATHE-DES-MONTS - CITY
50 Saint-Joseph Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1M9
819 326-4595
Website: ville.sainte-agathe-des-monts.qc.ca
Email: info@ville.sainte-agathe-des-monts.qc.ca
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency

SAINTE-ANNE-DES-LACS - MUNICIPALITY
773 Sainte-Anne-des-Lacs Road, Sainte-Anne-des-Lacs, Laurentides, QC, J0R 1B0
450 224-2675   Fax: 450 224-8672
Website: www.sadl.qc.ca
Email: info@sadl.qc.ca
Coverage area: Sainte-Anne-des-Lacs
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
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
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
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-ANNE-DU-LAC - MUNICIPALITY
1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2110 Fax: 819 586-2203
Website: www.steannedulac.ca
Email: municipalite@steannedulac.ca
Coverage area: Sainte-Anne-du-Lac
Hours: Tuesday to Friday 10h00 to 12h00 and 13h00 to 15h00
Financing: municipal
Legal status: municipal agency

SAINTE-LUCIE-DES-LAURENTIDES - MUNICIPALITY
2121 des Hauteurs Road, Sainte-Lucie-des-Laurentides, Laurentides, QC, J0T 2J0
819 326-3198 Fax: 819 326-0592
Website: msldl.ca
Email: info@msldl.ca
Coverage area: Sainte-Lucie-Des-Laurentides
Hours: city hall: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h00, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-MARGUERITE-DU-LAC-MASSON - CITY
88 Masson Road, Lac-Masson, Laurentides, QC, J0T 1L0
450 228-2543
Website: lacmasson.com
Email: commloisirs@lacmasson.com
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency
Government services

SAINTE-MARTHE-SUR-LE-LAC - CITY
3000 d’Oké Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 472-7310
Website: ville.sainte-marthe-sur-le-lac.qc.ca
Email: info@vsmsll.ca
Coverage area: Sainte-Marthe-sur-le-Lac
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-MARTHE-SUR-LE-LAC - LOISIRS ET VIE COMMUNAUTAIRE
99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 472-7310 ext. 245
Website: www.ville.sainte-marthe-sur-le-lac.qc.ca/loisirs-et-culture/loisirs-et-vie-communautaire
Coverage area: Sainte-Marthe-sur-le-Lac
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINTE-SOPHIE - MUNICIPALITY
2199 Sainte-Sophie Boulevard, Sainte-Sophie, Laurentides, QC, J5J 1A1
450 438-7784 Fax: 450 438-1080
Website: www.stesophie.ca
Email: courrier@stesophie.ca
Coverage area: Sainte-Sophie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, Fire department: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINTE-THÉRÈSE - CENTRE DE MULTIRECYCLAGE
105 Blanchard Street, Sainte-Thérèse, Laurentides, QC, J7E 4N4
450 434-1440 ext. 2100
Website: www.sainte-therese.ca/environnement/centre-de-multirecyclage
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 - 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
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
37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H2
450 434-1440 ext. 2540
Website: www.sainte-therese.ca
Email: cultureetloisirs@sainte-therese.ca
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 - 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
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
Coverage area: Blainville
Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MIRABEL
14113 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y4
450 475-7708 TTY: 911
Website: mirabel.ca/police
Coverage area: Mirabel, Saint-Colomban
Financing: municipal
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE SAINT-EUSTACHE
144 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7
450 974-5300 TTY: 911
Website: www.saint-eustache.ca/police
Coverage area: Saint-Eustache
Financing: municipal
Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC D’ANTOINE-LABELLE
100 Godard Street, Mont-Laurier, Laurentides, QC, J9L 3T6
819 623-2211 Fax: 819 623-2558
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Antoine-Labelle
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC D’ARGENTEUIL
350 Béthany Avenue, Lachute, Laurentides, QC, J8H 4G8
450 562-2442 Fax: 450 562-7465
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Argenteuil
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DE DEUX-MONTAGNES
2029 Oka Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-1313 Fax: 450 479-1303
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Deux-Montagnes
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency
Government services

SÛRETÉ DU QUÉBEC - POSTE MRC DE LA RIVIÈRE-DU-NORD
3044 Labelle Boulevard, Prévote, Laurentides, QC, J0R 1T0
450 224-8922 Fax: 450 224-2300
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/


Coverage area: MRC La Rivière-du-Nord

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

Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES LAURENTIDES
501 Léonard Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 0B5
819 326-3131 Fax: 819 326-7944
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/


Coverage area: MRC Les Laurentides

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

Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES PAYS-D'EN-HAUT
2141 Jean Adam Road, Saint-Sauveur, Laurentides, QC, J0R 1R2
450 227-6848 Fax: 450 227-1505
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/


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

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

Financing: provincial
Legal status: provincial government agency

VAL-DAVID - MUNICIPALITY
2579 de l’Église Street, Val-David, Laurentides, QC, J0T 2N0
819 324-5678
Website: www.valdavid.com
Email: communications@valdavid.com

s-val-david-2021-5volets.pdf * Public safety: fire safety service, Sûreté du Québec.

Coverage area: Val-David

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

Financing: municipal
Legal status: municipal agency

VAL-DES-LACS - MUNICIPALITY
349 Val-des-Lacs Road, Val-des-Lacs, Laurentides, QC, J0T 2P0
819 326-5624 Fax: 819 326-7065
Website: www.municipalite.val-des-lacs.qc.ca
Email: info@municipalite.val-des-lacs.qc.ca

Coverage area: Val-des-Lacs
Financing: municipal
Legal status: municipal agency

VAL-MORIN - MUNICIPALITY
6120 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0
819 324-5670 Fax: 819 322-3923
Website: www.val-morin.ca
Coverage area: Val-Morin
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

WENTWORTH - MUNICIPALITY
175 Louisa Road, Wentworth, Laurentides, QC, J8H 0C7
450 562-0701 Fax: 450 562-0703
Website: www.wentworth.ca
Email: info@wentworth.ca
Coverage area: Wentworth
Hours: Monday to Friday 9h00 to 16h30
Financing: municipal
Legal status: municipal agency

WENTWORTH-NORD - MUNICIPALITY
3488 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-2416 Fax: 450 226-2109
Website: wentworth-nord.ca
Email: info@wentworth-nord.ca
Coverage area: Wentworth-Nord
Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 16h30
Financing: municipal
Legal status: non-profit organization

Municipalité régionale de comté (MRC)

MRC ARGENTEUIL
430 Grace Street, Lachute, Laurentides, QC, J8H 1M6
450 562-2474 Fax: 450 562-1911
Website: www.argenteuil.qc.ca
Email: info@argenteuil.qc.ca
Government services


Coverage area: MRC Argenteuil
Hours: Monday to Wednesday 8h30 à 12h00 et 13h00 à 16h30, Friday 8h30 à 13h00
Financing: municipal, self-financing, provincial
Legal status: municipal agency

MRC DEUX-MONTAGNES
1 de la Gare Place, Suite 301, Saint-Eustache, Laurentides, QC, J7R 0B4
450 491-1818    Fax: 450 491-3040
Website: mrc2m.qc.ca
Email: info@mrc2m.qc.ca


Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal, self-financing, provincial
Legal status: municipal agency

MRC LA RIVIÈRE-DU-NORD
349 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L2
450 436-9321    Fax: 450 436-1977
Website: mrcrdn.qc.ca
Email: info@mrcrdn.qc.ca


Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Wednesday 8h00 à 12h00 et 13h00 à 16h00, Friday 8h00 à 12h30
Financing: municipal, self-financing, provincial
Legal status: municipal agency

MRC LES LAURENTIDES
1255 des Lacs Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2
819 326-0666    Fax: 819 688-6590
Website: en.mrclaurentides.qc.ca
Email: adm@mrclaurentides.qc.ca


Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h00 to 12h15 and 13h00 to 17h00
Financing: municipal, provincial
Legal status: municipal agency
**MRC LES PAYS-D’EN-HAUT**
1014 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3
450 229-6637 ext. 126  Fax: 450 229-5203
Website: lespaysdenhaut.com
Email: info@mrcpdh.org


**Coverage area:** MRC Les Pays-d’en-Haut
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
**Financing:** municipal, provincial

**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


**Eligibility:** residents and businesses
**Coverage area:** MRC Thérèse-De Blainville
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 13h30
**Fees:** annual membership: $85 plus tax for corporate members, $20 plus tax for community members
**Financing:** municipal, self-financing, provincial

**Official documents**

**CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D’ADAPTATION - SAINT-JÉRÔME (RUE LAVIOLETTE)**
358 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T1
450 432-9300
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

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

**Eligibility:** children and teenagers in difficulty, young offenders, parents, guardians, counsellors
**Coverage area:** Laurentians
**Financing:** provincial
**Legal status:** parapublic organization

**CENTRE DE PROTECTION ET DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D’ADAPTATION - SAINT-JÉRÔME - HEAD OFFICE AND DIRECTION OF YOUTH PROTECTION**
500 des Laurentides Boulevard, Suite 241, Saint-Jérôme, Laurentides, QC, J7Z 4M2
450 436-7607
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE LOCAL L'EMPLOI DE LACHUTE
505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6
450 562-8533   Fax: 450 562-1664
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Lachute

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday to Friday 9h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998   Fax: 450 565-3577
Website: www.lecoffret.ca


Eligibility: newcomers

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

FERME-NEUVE - MUNICIPALITY
125 12th Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1C0
819 587-3400
Website: www.municipalite.ferme-neuve.qc.ca
Email: reception@munfn.ca

Coverage area: Ferme-Neuve
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

GORE - MUNICIPALITY
9. Cambria Road, Gore, Laurentides, QC, J0V 1K0
450 562-2025
Website: www.cantondegore.qc.ca
Email: info@cantondegore.qc.ca
Coverage area: Gore
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

GRENVILLE-SUR-LA-ROUGE - MUNICIPALITY
88 des Érables Street, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0
819 242-8762     Fax: 819 242-9341
Website: www.grenvillesurlarouge.ca/en
Email: info@gslr.ca
Coverage area: Grenville-sur-La-Rouge
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

LABELLE - MUNICIPALITY
1 du Pont Street, Labelle, Laurentides, QC, J0T 1H0
819 681-3371     Fax: 819 686-3820
Website: www.municipalite.labelle.qc.ca/contacts/english
Email: info@municipalite.labelle.qc.ca
Coverage area: Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

LAC-DES-ÉCORCES - MUNICIPALITY
672 Saint-François Boulevard, Lac-des-Écorces, Laurentides, QC, J0W 1H0
819 585-4600     Fax: 819 585-4610
Website: www.lacdesecorces.ca
Email: adm@lacdesecorces.ca
Government services


Coverage area: Lac-des-Écorces

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

Financing: municipal

Legal status: municipal agency

LACHUTE - CITY

380 Principale Street, Lachute, Laurentides, QC, J8H 1Y2

450 562-3781     Fax: 450 562-1431

Website: www.ville.lachute.qc.ca/en

Email: lachute@ville.lachute.qc.ca


Coverage area: Lachute

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

MIRABEL - CITY

14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y3

450 475-8653

Website: mirabel.ca

Email: communications@mirabel.ca


Coverage area: Mirabel

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

MONT-LAURIER - CITY

300 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1J9

819 623-1221

Website: www.villemontlaurier.qc.ca

Email: info@villemontlaurier.qc.ca


Coverage area: Mont-Laurier

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

Financing: municipal

Legal status: municipal agency
MONT-LAURIER COURTHOUSE
645 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1T1
819 623-9666 Fax: 819 623-6859
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/mont-laurier-courthouse

Services: Administration of court services of Mont-Laurier. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: civil wedding and partnership, family mediation, support payments.
Coverage area: Labelle judicial district
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

MONT-TREMBLANT - CITY
1145 Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 1V1
819 681-6409 Fax: 819 425-2528
Website: www.villedemont-tremblant.qc.ca/en
Email: info@villedemont-tremblant.qc.ca

Coverage area: Mont-Tremblant
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency

MORIN-HEIGHTS - MUNICIPALITY
567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0
450 226-3232 Fax: 450 226-8786
Website: morinheights.com/?lang=en
Email: municipalite@morinheights.com

Coverage area: Morin-Heights
Hours: Monday to Thursday 8h30 to 12h00 and 12h45 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

NOMININGUE - MUNICIPALITY
2110 du Tour-du-Lac Road, Nominingue, Laurentides, QC, J0W 1R0
819 278-3384 Fax: 819 278-4967
Website: www.municipalitenominingue.qc.ca
Email: reception@municipalitenominingue.qc.ca

Coverage area: Nominingue
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
PIEDMONT - MUNICIPALITY
670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0
450 227-1888  Fax: 450-227-6716
Website: www.piedmont.ca
Email: info@piedmont.ca

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

Coverage area: Piedmont
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

PRÉVOST - CITY
2870 Curé-Labelle Boulevard, Prévost, Laurentides, QC, J0R 1T0
450 224-8888 ext. 0
Website: www.ville.prevost.qc.ca
Email: servicecitoyen@ville.prevost.qc.ca

Services: Management of municipal services.  * Municipal counter: information on permits, subsidies and
taxes, payment of taxes.  * Calendar of recyclable and garbage collections and information on waste
management: http://www.ville.prevost.qc.ca/guichet-citoyen/services/collectes-et-dechets#collecte-des-ordures
* Public safety: fire safety service, Sûreté du Québec.

Coverage area: Prévost
Hours: Monday to Thursday 8h15 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

RÉGIE DE POLICE DU LAC DES DEUX-MONTAGNES
615 20th Avenue, Deux-Montagnes, Laurentides, QC, J7R 6B2
450 473-4686  Fax: 450-473-3189
Website: www.rpldm.ca/en

Services: Peacekeeping, law enforcement and public security.  * Prevention and repression of crime and

Hours: Monday to Friday 8h00 to 16h30
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

Coverage area: Boisbriand, Lorraine, Rosemère, Sainte-Thérèse
Financing: municipal
Legal status: municipal agency
REGROUPEMENT POUR L'AMÉLIORATION FAUNIQUE D'AMHERST
1750 des Rapides Road, Saint-Remi-d'Amherst, Laurentides, QC, J0T 2L0
514 972-8869
Email: lafrafamherst@gmail.com


Coverage area: Amherst

Financing: self-financing

Legal status: non-profit organization

RIVIÈRE-ROUGE - CITY
25 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-2929     Fax: 819 275-3676
Website: www.riviere-rouge.ca
Email: greffe@riviere-rouge.ca


Coverage area: Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: municipal agency

SAINT-ADOLPHE-D'HOWARD - MUNICIPALITY
1881 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0
819 327-2044     Fax: 819 327-2282
Website: www.stadolphedhoward.qc.ca
Email: info@stah.ca


Coverage area: Saint-Adolphe-d'Howard

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

Financing: municipal

Legal status: municipal agency

SAINT-ANDRÉ-D'ARJENTEUFL - MUNICIPALITY
10 de la Mairie Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0
450 537-3527     Fax: 450 537-3070
Website: stada.ca
Email: info@stada.ca


Coverage area: Saint-André-d'Argenteuil

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

Financing: municipal

Legal status: municipal agency
SAINT-EUSTACHE - CITY
145 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9
450 974-5000
Website: www.saint-eustache.ca
Email: sem@saint-eustache.ca
Coverage area: Saint-Eustache
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00, telephone and chat service: Monday to Friday 7h30 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-FAUSTIN-LAC-CARRÉ - MUNICIPALITY
100 Place de la Mairie, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2
819 688-2161     Fax: 819 688-6791
Website: sflc.ca
Email: info@sflc.ca
Coverage area: Saint-Faustin-Lac-Carré
Hours: Monday to Thursday 8h15 to 16h45, Friday 8h15 to 12h15
Financing: municipal
Legal status: municipal agency

SAINT-HIPPOLYTE- MUNICIPALITY
2253 des Hauteurs Road, Saint-Hippolyte, Laurentides, QC, J8A 1A1
450 563-2505
Website: saint-hippolyte.ca
Email: municipalite@saint-hippolyte.ca
Coverage area: Saint-Hippolyte
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

SAINT-JÉRÔME - CITY
10 Saint-Joseph Street, Suite 103, Saint-Jérôme, Laurentides, QC, J7Z 7G7
450 569-5000
Website: www.vsj.ca
Services: Municipal service management. * Municipal counter: information on permits, subsidies and taxes, payment of taxes, regulations, etc. * Calendar of recyclable and garbage collections and information on waste management: www.vsj.ca/collectes * Public safety: fire safety service, police service.
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency
SAINT-JÉRÔME COURTHOUSE
25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1
450 431-4407
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Services: Administration or court services of Saint-Jérôme. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

Coverage area: Laurentians: Terrebonne judicial district
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SAINT-SAUVEUR - CITY
1 Place de la Mairie, Saint-Sauveur, Laurentides, QC, J0R 1R6
450 227-4633  Fax: 1 866 313-6267
Website: www.ville.saint-sauveur.qc.ca
Email: administration@ville.saint-sauveur.qc.ca


Coverage area: Saint-Sauveur
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-ADÈLE - CITY
1381 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A3
450 229-2921  Fax: 450 229-4179
Website: www.ville.sainte-adele.qc.ca
Email: info@ville.sainte-adele.qc.ca


Coverage area: Sainte-Adèle
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-AGATHE-DES-MONTS - CITY
50 Saint-Joseph Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1M9
819 326-4595
Website: ville.sainte-agathe-des-monts.qc.ca
Email: info@ville.sainte-agathe-des-monts.qc.ca


Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency
SAINTE-MARGUERITE-DU-LAC-MASSON - CITY
88 Masson Road, Lac-Masson, Laurentides, QC, J0T 1L0
450 228-2543
Website: lacmasson.com
Email: commloisirs@lacmasson.com
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINTE-SOPHIE - MUNICIPALITY
2199 Sainte-Sophie Boulevard, Sainte-Sophie, Laurentides, QC, J5J 1A1
450 438-7784     Fax: 450 438-1080
Website: www.stesophie.ca
Email: courrier@stesophie.ca
Coverage area: Sainte-Sophie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, Fire department: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SERVICE CANADA CENTRE - SAINT-EUSTACHE
250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
1 800 622-6232     TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/lbsc-fsco/sc-dsp.jsp?lang=eng&rc=2358
Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS
118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5
1 800 622-6232     TTY: 1 800 926-9105
Website: www.canada.ca

Coverage area: Sainte-Thérèse
Hours: Monday to Friday 8h30 to 16h00
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


Coverage area: Blainville
Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MIRABEL
14113 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y4
450 475-7708 TTY: 911
Website: mirabel.ca/police


Coverage area: Mirabel, Saint-Colomban
Financing: municipal
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE SAINT-EUSTACHE
144 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7
450 974-5300    TTY: 911
Website: www.saint-eustache.ca/police

Coverage area: Saint-Eustache
Financing: municipal
Legal status: municipal agency

SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURENTIDES
275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-7575    Fax: 450 436-4934
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years old and over living with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - MONT-LAURIER
585 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-4610    Fax: 819 623-3801
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years old and over living with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Mont-Laurier
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - SAINT-EUSTACHE
367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1
450 472-2311 Fax: 450 974-3315
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, registre foncier: Monday to Friday 9h00 to 16h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-JÉRÔME
275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-3075 Fax: 450 569-7458
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 (12h00 to 13h00 with appointment)
Legal status: provincial government agency

SERVICES QUÉBEC - SAINTE-AGATHE-DES-MONTS
1 Raymond Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X2
819 326-5861 Fax: 819 326-4234
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - SAINTE-THÉRÈSE
100 Ducharme Boulevard, Suite 120, Sainte-Thérèse, Laurentides, QC, J7E 4R6
450 435-3667  Fax: 450 430-0128
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: Sainte-Thérèse
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC D’ANTOINE-LABELLE
100 Godard Street, Mont-Laurier, Laurentides, QC, J9L 3T6
819 623-2211  Fax: 819 623-2558
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/


Coverage area: MRC Antoine-Labelle
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC D’ARGENTEUIL
350 Béthany Avenue, Lachute, Laurentides, QC, J8H 4G8
450 562-2442  Fax: 450 562-7465
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/


Coverage area: MRC Argenteuil
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DE DEUX-MONTAGNES
2029 Oka Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-1313  Fax: 450 479-1303
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec


Coverage area: MRC Deux-Montagnes
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency
SÛRETÉ DU QUÉBEC - POSTE MRC DE LA RIVIÈRE-DU-NORD
3044 Labelle Boulevard, Prévoist, Laurentides, QC, J0R 1T0
450 224-8922   Fax: 450 224-2300
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC La Rivière-du-Nord
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES LAURENTIDES
501 Léonard Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 0B5
819 326-3131   Fax: 819 326-7944
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Les Laurentides
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES PAYS-D'EN-HAUT
2141 Jean Adam Road, Saint-Sauveur, Laurentides, QC, J0R 1R2
450 227-6848   Fax: 450 227-1505
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Les Pays-d'en-Haut
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

VAL-DAVID - MUNICIPALITY
2579 de l’Église Street, Val-David, Laurentides, QC, J0T 2N0
819 324-5678
Website: www.valdavid.com
Email: communications@valdavid.com
Coverage area: Val-David
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

VAL-MORIN - MUNICIPALITY
6120 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0
819 324-5670   Fax: 819 322-3923
Website: www.val-morin.ca
Government services

**Services:** Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.val-morin.ca/services_municipaux/ordures-et-recyclage.php * Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Val-Morin
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** municipal
**Legal status:** municipal agency

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**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 Quebec or forced to remain in Quebec, 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

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**CENTRE LOCAL L’EMPLOI DE LACHUTE**

505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6
**450 562-8533**  **Fax:** 450 562-1664
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

**Coverage area:** Lachute
**Hours:** Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday to Friday 9h00 to 16h30

**Financing:** provincial
**Legal status:** provincial government agency

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**COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LAURENTIDES**

275 Latour Street, 3rd Floor, Saint-Jérôme, Laurentides, QC, J7Z 0J7
**1 844 838-0808**  **Fax:** 1 855 722-8081?
Website: www.cnssst.gouv.qc.ca/en
Government services

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

Eligibility: employers and workers
Coverage area: Laurentians
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except holidays
Financing: membership fees, self-financing
Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - LAURENTIDES

275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7
1 844 838-0808
Website: www.cnesst.gouv.qc.ca/en

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

Eligibility: public, employers, employees
Coverage area: Laurentians
Hours: office: by appointment for investigation and mediation
Financing: provincial
Legal status: provincial government agency

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

222 Saint-Georges Street, Suite 315, Saint-Jérôme, Laurentides, QC, J7Z 5K8
450 569-3240
Website: www.curateur.gouv.qc.ca/cura/en

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

Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters the mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators
Coverage area: Laval, Lanaudière, Laurentians, Outaouais, Abitibi-Témiscamingue
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

LEGAL AID OFFICE - LACHUTE

505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6
450 562-2462  Fax: 450 562-1758
Website: www.ccjll.qc.ca
Email: bajlach@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Lachute
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - MONT-LAURIER
555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-2827   Fax: 819 623-4894
Website: www.ccjll.qc.ca
Email: bajml@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Mont-Laurier
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-EUSTACHE
11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3
450 472-0134   Fax: 450 472-0409
Website: ccjll.qc.ca
Email: bajeust@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Reception and processing legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-JÉRÔME
460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3
450 436-5712   Fax: 450 436-8004
Website: www.ccjll.qc.ca
Email: bajstje@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-AGATHE
118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1
819 326-6111   Fax: 819 326-1767
Website: www.ccjll.qc.ca
Email: bajagathe@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE
220 Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7
450 435-6509   Fax: 450 435-3439
Website: www.ccjl2.qc.ca
Email: bajther@ccjl2.qc.ca

SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURENTIDES
275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-7575   Fax: 450 436-4934
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp

SERVICES QUÉBEC - MONT-LAURIER
585 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-4610   Fax: 819 623-3801
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
SERVICES QUÉBEC - SAINT-EUSTACHE
367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1
450 472-2311     Fax: 450 974-3315
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, registre foncier: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-JÉRÔME
275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-3075     Fax: 450 569-7458
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Saint-Jérôme

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

Legal status: provincial government agency
SERVICES QUÉBEC - SAINTE-ADÈLE
1390 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2
450 229-6560     Fax: 450 229-9347
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Sainte-Adèle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINTE-AGATHE-DES-MONTS
1 Raymond Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X2
819 326-5861     Fax: 819 326-4234
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINTE-THÉRÈSE
100 Ducharme Boulevard, Suite 120, Sainte-Thérèse, Laurentides, QC, J7E 4R6
450 435-3667     Fax: 450 430-0128
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: Sainte-Thérèse
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
SÛRETÉ DU QUÉBEC - POSTE MRC D’ANTOINE-LABELLE
100 Godard Street, Mont-Laurier, Laurentides, QC, J9L 3T6
819 623-2211    Fax: 819 623-2558
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Antoine-Labelle
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC D’ARGENTEUIL
350 Béthany Avenue, Lachute, Laurentides, QC, J8H 4G8
450 562-2442    Fax: 450 562-7465
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Argenteuil
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DE DEUX-MONTAGNES
2029 Oka Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-1313    Fax: 450 479-1303
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec
Coverage area: MRC Deux-Montagnes
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DE LA RIVIÈRE-DU-NORD
3044 Labelle Boulevard, Prévost, Laurentides, QC, J0R 1T0
450 224-8922    Fax: 450 224-2300
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC La Rivière-du-Nord
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES LAURENTIDES
501 Léonard Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 0B5
819 326-3131    Fax: 819 326-7944
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Les Laurentides
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES PAYS-D’EN-HAUT
2141 Jean Adam Road, Saint-Sauveur, Laurentides, QC, J0R 1R2
450 227-6848 Fax: 450 227-1505
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Les Pays-d’en-Haut
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JÉRÔME
500 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M2
1 800 683-2245 Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en
Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul
Eligibility: tenants, landlords
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency
Health

EMERGENCY

EYE CARE

FAMILY PLANNING

FUNERAL COOPERATIVES

HOME CARE

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH
Emergency

PREMIERS RÉPONDANTS LAURENTIDES
85 Maurice-Aveline Street, Suite 102, Sainte-Adèle, Laurentides, QC, J8B 2M8
438 992-2700
Email: premiersrepondantslaurentides@gmail.com
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: municipal, provincial, donations
Legal status: non-profit organization

SAUVETAGE A.G.
11020 du Beaujolais Street, Saint-Colomban, Laurentides, QC, J7N 3P9
514 238-0686
Website: www.sauvetageag.com
Email: sauvetageag@hotmail.com
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: self-financing
Legal status: non-profit organization

Eye care

AMIE DU QUARTIER
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 431-1424
Website: www.lamieduquartier.com
Email: lamieduquartier@hotmail.com
Eligibility: individuals and families on a low income
Coverage area: Notre-Dame neighbourhood of Saint-Jérôme
Hours: Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food assistance: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30
Fees: annual contribution: $5
Financing: contributions, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL
171 Mary Street, Lachute, Laurentides, QC, J8H 2C1
450 562-5151 Fax: 450 562-0633
Website: www.centreentraideargenteuil.org
Email: centreentraide@videotron.ca

Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE RACINE-LAVOIE
154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9
450 623-6030 Fax: 450 623-5275
Website: www.entraineracinelavoie.org
Email: info@entraineracinelavoie.org


Eligibility: people and families on a low income

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

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 11h00 to 12h00 and 13h00 to 16h30, kitchen: twice a month, lunchbox: Tuesday 17h00 to 19h00

Fees: variable

Financing: grants, 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


Eligibility: individuals, families on a low income

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Wednesday 8h00 to 16h00, Thursday 11h00 to 16h00, Friday 16h30 to 20h00, food distribution for individuals: Wednesday 8h30 to 11h30, food distribution for families: Wednesday 13h30 to 14h30, popular evenings: Friday 16h30 to 20h00, daycare: Monday to Friday 8h00 to 16h00, collective kitchen: Wednesday and Thursday

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

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

Legal status: non-profit organization

MAISON DE LA FAMILLE DE MIRABEL
15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2
450 414-2121
Website: famillemirabel.com
Email: info@famillemirabel.com
Health


**Eligibility:** children, families and grandparents

**Capacity:** variable

**Coverage area:** Mirabel

**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 15h30

**Fees:** free or at affordable price

**Financing:** fundraising campaigns, provincial, Centraide Laurentides

**Legal status:** non-profit organization

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**PETITE MAISON DE POINTE-CALUMET**

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 974-7556   Fax: 450 974-1960

Email: petitemaison-pointe-calumet@hotmail.com


**Eligibility:** individuals and families

**Coverage area:** Pointe-Calumet and surroundings

**Hours:** Monday to Thursday 8h30 to 17h00, Friday on call

**Fees:** annual membership: $5 per family

**Financing:** Centraide Laurentides, provincial, donations

**Legal status:** non-profit organization

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**SAMARITAINE DE MONT-TREMBLANT (LA)**

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

819 429-5938   Fax: 819 429-5200

Website: www.lasamaritaine.ca

Email: lasamaritaine@bellnet.ca


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

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

**Hours:** Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance: Wednesday 12h30 to 15h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, Bonhomme à lunettes: Thursday 9h30 to 12h00

**Fees:** food assistance: $5, emergency food assistance: none

**Financing:** donations, self-financing

**Legal status:** non-profit organization
Family planning

CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)
741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2
450 432-5642   Fax: 450 432-8673
Website: centredefemmeslesunesetlesautres.org
Email: centrelesunes@qc.aira.com


Eligibility: women, daycare and respite care: children 6 months to 5 years old
Capacity: daycare and respite care: limited places
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings
Fees: none
Financing: provincial, donations, membership fees
Legal status: non-profit organization

CENTRE 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


Coverage area: Laurentians
Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 8h15 to 16h15
Financing: provincial
Legal status: non-profit organization

DISPENSAIRE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE
527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 431-7432   Fax: 450 431-6536
Website: www.dispensaire.org
Email: info@csalaurentides.com


Eligibility: people living with HIV/AIDS, hepatitis C or an STD, their relatives, people at risk, people who use substances, people from the LGBTQ2S+ community
Coverage area: Laurentians
Hours: centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Fees: free
Financing: donations, provincial, federal
Legal status: non-profit organization
Funeral cooperatives

COOPÉRATIVE FUNÉRAIRE BRUNET
632 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-6232 Fax: 819 623-2132
Website: coopfbrunet.com
Email: direction@coopfbrunet.com
Services: Funeral services cooperative.
Coverage area: Laurentians
Hours: Monday to Friday 9h30 to 16h30
Fees: membership fee: $20
Financing: self-financing
Legal status: cooperative

COOPÉRATIVE FUNÉRAIRE DES LAURENTIDES
328 De Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4C9
450 504-9771
Website: www.coopfunerairelaurentides.org
Email: abouchard@coopfunerairelaurentides.org
Services: Funeral cooperative. * Funeral services and prearrangements.
Eligibility: general public
Coverage area: Laurentians
Hours: Monday and Friday 8h30 to 16h00, Tuesday to Thursday 8h30 to 19h00
Financing: self-financing
Legal status: cooperative

Home care

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUTIEN À DOMICILE
Confidential Address
1 833 217-5362
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile
Email: guichet acces.dpppa.cissslau@ssss.gouv.qc.ca
Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.
Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30
Financing: provincial
Legal status: parapublic 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
Health

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, Saint-Benoît, Saint-Hermas, Sainte-Scholastique and 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: $7 per hour

Financing: self-financing, grants, provincial

Legal status: cooperative

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

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020 Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com


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

Coverage area: MRC Les Pays-d’en-Haut

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

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

Financing: donations, self-financing

Legal status: non-profit organization

KANESATAKE HEALTH CENTER

12 Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-6000 Fax: 450 479-8313
Website: www.kanesatakehealthcenter.ca
Email: info@kanesatakehealthcenter.ca


Coverage area: Kanesatake

Hours: Monday to Friday 8h00 to 16h00

Financing: federal

Legal status: non-profit organization
Palliative care

ALBATROS MONT-LAURIER (MRC ANTOINE-LABELLE)
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 449-4540
Website: www.albatrosvgml.ca
Email: albatrosmontlaurier@gmail.com


Eligibility: people 18 years of age and older at the end of life, in mourning, as well as their family and caregivers

Coverage area: MRC Antoine-Labelle
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUTIEN À DOMICILE

Confidential Address
1 833 217-5362
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile
Email: guichet.acces.dpppa.cisslau@ssss.gouv.qc.ca

Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.

Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness

Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30
Financing: provincial
Legal status: parapublic organization

LITTLE BROTHERS - BASSES-LAURENTIDES
136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7
450 598-1888
Website: www.petitsfreres.ca/basseslaurentides
Email: basseslaurentides@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: seniors 75 years and over without a present family or significant social contact

Coverage area: Basses-Laurentides
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization
MAISON DE SOINS PALLIATIFS DE LA RIVIÈRE-DU-NORD
385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8
450 431-0488    Fax: 450 431-5929
Website: pallia-vie.ca/maison-de-soins-palliatifs-de-riviere-nord-2
Email: admin@pallia-vie.ca
Services: Palliative care house.
Eligibility: people with a life prognosis of under 3 months
Capacity: 12 rooms
Coverage area: Laurentides
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

MAISON DE SOINS PALLIATIFS SERCAN
50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912
Website: www.maisonsercan.ca/en/palliative-care-home
Email: communication@maisonsercan.ca
Services: Palliative care home for people at end of life. * 7 private rooms. * 24/7 surveillance.
Eligibility: sick people at the end of life
Capacity: 7 patients
Coverage area: Province of Québec
Hours: visits: 24 hours / 7 days
Fees: free
Financing: donations, grants, fundraising campaigns
Legal status: Select Legal Status

MAISON LA TRAVERSEE
5100 Ryan Montée, Mont-Tremblant, Laurentides, QC, J8E 1S4
819 421-2585
Website: fondationlatraversee.com/en
Email: info@fondationlatraversee.com
Eligibility: people 18 years and over whose survival is evaluated at less than 3 months and have a decreased level of autonomy
Capacity: 4 beds
Coverage area: MRC Les Pays-d'en-Haut, MRC des Laurentides, MRC Antoine-Labelle
Hours: 24 hours / 7 days
Fees: none
Financing: fundraising campaigns
Legal status: non-profit organization

PALLIA-VIE - SERVICES D’ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS
385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8
450 431-3331    Fax: 450 431-5929
Website: pallia-vie.ca
Email: admin@pallia-vie.ca
Services: * Support for people with cancer or a degenerative disease and their caregivers. * Support for bereaved people, including youth.
Eligibility: people with cancer or a degenerative disease, caregivers, bereaved people, including youth
Patient support associations

AIDE AUX PERSONNES HANDICAPÉES D’ANTOINE-LABELLE
294 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 440-2297  Fax: 819 440-2579
Email: aphal@videotron.ca

Eligibility: people on a low income living with a physical or intellectual disability
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization

ALBATROS MONT-LAURIER (MRC ANTOINE-LABELLE)
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 449-4540
Website: www.albatrosgml.ca
Email: albatrosmontlaurier@gmail.com

Eligibility: people 18 years of age and older at the end of life, in mourning, as well as their family and caregivers
Coverage area: MRC Antoine-Labelle
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES
701 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5C7
1 877 705-7766  Fax: 450 569-7769
Website: www.fibromyalgie-des-laurentides.ca
Email: afl@videotron.ca

Eligibility: people living with fibromyalgia, their close ones
Coverage area: Laurentians
Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h30 to 17h00
Fees: annual membership: $20
Financing: provincial, membership fees, donations
Legal status: non-profit organization
ASSOCIATION DES PARENTS D’ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES
764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-3828
Email: asshandicaphl@qc.aira.com

Services: * Welcoming, listening, referral and documentation. * Information on available resources. * Information and accompaniment for parents in the steps to obtain services from other organizations. * Varied training for parents. * Family meetings and recreational activities. * Support to welcoming spaces. * Awareness and promotion of social integration and participation.

Eligibility: parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder
Coverage area: MRC Antoine-Labelle
Financing: municipal, dons
Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES
2 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 979-7263
Website: pandatdb.com
Email: info@pandatdb.com


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 meetings
Fees: membership: $25 per family per year
Financing: provincial, donations
Legal status: non-profit organization

BOOK HUMANITAIRE (LE)
215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 436-2665
Website: lebookhumanitaire.com
Email: rlapiere@lebookhumanitaire.com


Eligibility: people in a difficult situation, volunteers
Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis
Hours: Monday to Thursday 9h00 to 17h00, Friday to Sunday 9h00 to 12h00
Fees: none
Financing: donations
Legal status: non-profit organization
CENTRE D’AIDE PERSONNES TRAUMATISÉES CRÂNIENNES ET HANDICAPÉES PHYSIQUES
LAURENTIDES
643 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 5T7
1 888 431-3437     Fax: 450 431-7955
Website: www.captchpl.org
Email: captchpl@videotron.ca

Services: Promotion of interests and advocacy accompaniment. * Reception and referrals. * Individual and
   group intervention. * Psychosocial intervention, if required. * Therapeutic relationship and active listening. *
   centre.
Eligibility: adults with brain injuries and physical disabilities, their relatives
Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivi ère-du-Nord, MRC Antoine-
   Labelle, MRC Les Pays-d’en-Haut, MRC Argenteuil, MRC Mirabel
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: donations, provincial, grants
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE
DE L’AUTISME - SAINT-JÉRÔME (URFI D’YOUVILLE)
531 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8
450 432-2777
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Adaptation and rehabilitation for people with an intellectual disability or an autism spectrum disorder.
Eligibility: people with an intellectual disability or an autism spectrum disorder, their relatives
Coverage area: Saint-Jérôme
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE 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
   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

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE
29 d’Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6
811
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Adaptation, rehabilitation and social integration. * Support to relatives. * Driving assessment and
   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
CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-JÉRÔME
51 Boyer Street, Saint-Jérôme, Laurentides, QC, J7Z 2K5
811
Website: www.santelaurentides.gouv.qc.ca
Eligibility: people of all ages with a visual, language, motor or hearing disability
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUVENT À DOMICILE
Confidential Address
1 833 217-5362
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile
Email: guichet.acces.dpppa.cissslau@ssss.gouv.qc.ca
Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.
Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30
Financing: provincial
Legal status: parapublic organization

DIABÈTE DES DRAVEURS
Confidential Address
819 438-2139
Website: www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier
Email: diabetemontlaurier@gmail.com
Eligibility: diabetic people, their close ones
Coverage area: MRC Antoine-Labelle et MRC La Vallée-de-la-Gatineau
Fees: $20 per year
Financing: donations, contributions, grants
Legal status: non-profit organization

DIABÈTE MONT-TREMBLANT
522 Vaillancourt Street, Mont-Tremblant, Laurentides, QC, J8E 2S6
819 425-3873
Email: lisefecteau@cgocable.ca
Eligibility: diabetic people, their close ones
Coverage area: Mont-Tremblant
Financing: donations, contributions
Legal status: non-profit organization
DISPENSaire (LE) - CENTRE DE SANTé COMMUNAUTAIRE
527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 431-7432     Fax: 450 431-6536
Website: www.dispensaire.org
Email: info@cslaurentides.com


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

Coverage area: Laurentians

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

Fees: free

Financing: donations, provincial, federal

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020     Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com


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

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

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

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

Financing: donations, self-financing

Legal status: non-profit organization

FIBROMYALGIE SAINT-EUSTACHE ET BASSES-LAURENTIDES
Confidential Address
450 472-3374
Email: fibro.fsebl@videotron.ca


Eligibility: people with fibromyalgia, their close ones

Coverage area: Basses-Laurentides

Hours: variable

Financing: donations, contributions

Legal status: non-profit organization
FONDATION MARTIN PAQUETTE
Confidential Address
819 660-9771
Email: fondation.martin-paquette@hotmail.com
Eligibility: children with leukemia, cancer or rare diseases, their families
Hours: variable
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FONDATION NOËL AU PRINTEMPS
Confidential Address Fax: 514 788-4473
Website: www.fnap.ca
Email: info@fnap.ca
Services: * Financial assistance to pay for medical treatment for children living with an illness or disability.
Eligibility: families on a low income receiving the Canada Child Tax Benefit and receiving benefits for children with disabilities
Coverage area: Province of Québec
Fees: none
Financing: donations
Legal status: non-profit organization

FONDATION ROSEMÈRE
325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2
450 621-9841
Website: fondationrosemere.com
Email: aguildebeault@videotron.ca
Services: * Financial assistance for home maintenance up to $2000 per person: medication, mobility aids, home adaptations, etc.
Eligibility: children with learning problems or disabilities and people living with serious conditions, disabilities or with a loss of autonomy
Coverage area: Rosemère
Fees: none
Financing: self-financing
Legal status: non-profit organization

FONDATION YVAN LAURIN
1300 des Cerisiers Road, Mont-Laurier, Laurentides, QC, J9L 0Y3
819 623-6229 Fax: 819 440-2579
Email: jassflo@videotron.ca
Services: Assistance to people on a low income with cancer, to ensure them a better quality of life. * Financial assistance for services not covered.
Eligibility: people on a low income with cancer
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization
GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES
1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8
450 974-1888  Fax: 450 974-3757
Website: grpa.ca/en
Email: info@grpa.ca
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: $20 per year
Financing: provincial
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - MONT-LAURIER SERVICE POINT
411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1
1 866 974-1888  Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Laurentides
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $20 per year
Financing: provincial
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE SERVICE POINT
168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5
1 866 974-1888  Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Laurentides
Hours: services: Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Financing: provincial
Legal status: non-profit organization

KANESATAKE HEALTH CENTER
12 Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-6000  Fax: 450 479-8313
Website: www.kanesatakehealthcenter.ca
Email: info@kanesatakehealthcenter.ca

Coverage area: Kanesatake
Hours: Monday to Friday 8h00 to 16h00
Financing: federal
Legal status: non-profit organization

LAURENTIAN REGION CANCER SUPPORT GROUP
Confidential Address
450 226-3641
Email: cancer.laurentia@yahoo.ca
Services: * Support group for cancer patients, caregivers and their families.
Eligibility: cancer patients, caregivers, their families
Coverage area: Laurentians
Hours: monthly meetings
Fees: none
Financing: donations
Legal status: non-profit organization

LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LE SPECTRE DE L'AUTISME ADULTE ET LEURS PROCHES
865 43rd Street, Pointe-Calumet, Laurentides, QC, J0N 1G2
450 472-4532 Fax: 450 472-0977
Website: lalibellule.org
Email: la.libellule@videotron.ca
Eligibility: people 21 years and over living with an intellectual disability or an autism spectrum disorder, their relatives
Capacity: day centre: 20, respite: 7
Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin
Hours: day centre: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00
Fees: day centre: $15, workshop centre: $10 per day, respite: $150 per weekend
Financing: self-financing, grants
Legal status: non-profit organization

MAISON ALOÏS ALZHEIMER
651 5th Street, Saint-Jérôme, Laurentides, QC, J7Z 2W8
450 660-6225
Website: maisonalois.org
Email: info@maisonalois.org
Eligibility: individuals with Alzheimer's and other neurocognitive disorders, their caregivers
Coverage area: Laurentians, at-home respite: city of Mirabel, MRC de La Rivièrè-Du-Nord, MRC Thérèse-De Blainville, MRC des Pays-d'en-Haut
Hours: Monday to Friday 8h00 to 16h30, at-home respite: 8h00 to 12h00 and 13h00 to 17h00
Fees: group respite: $25 per day, at-home respite: 25$ per 4 hour period
Financing: donations, grants
Legal status: non-profit organization
MOUVEMENT DES PERSONNES HANDICAPÉES ST-COLOMBAN ET ST-CANUT
323 Montée de l'Église, Saint-Colomban, Laurentides, QC, J5K 2H8
450 275-3691
Services: * Loan of mobility aid equipment: crutches, wheelchairs, walkers, etc.
Eligibility: people living with a physical disability
Coverage area: Mirabel Saint-Canut area, Saint-Colomban
Hours: Monday, Tuesday, Thursday, Friday 13h00 to 17h00
Fees: none
Financing: municipal
Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE STE-AGATHE-DES-MONTS
Confidential Address
Email: mpdasteagathe@bell.net
Services: Defence of the collective rights of people living or having been labelled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.
Eligibility: people living or having been labelled with an intellectual disability, their relatives
Coverage area: Sainte-Agathe-Des-Monts
Financing: self-financing
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION
500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2
1 866 590-4469     Fax: 450 436-3273
Website: mssociety.ca/chapter/section-laurentides
Email: info.laurentides@mssociety.ca
Eligibility: people diagnosed with multiple sclerosis and their relatives
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: fundraising campaigns
Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS
385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8
450 431-3331     Fax: 450 431-5929
Website: pallia-vie.ca
Email: admin@pallia-vie.ca
Services: * Support for people with cancer or a degenerative disease and their caregivers. * Support for bereaved people, including youth.
Eligibility: people with cancer or a degenerative disease, caregivers, bereaved people, including youth
Coverage area: MRC Les Pays-d’en-Haut, MRC La Rivièrè-du-Nord, MRC Thérèse-De Blainville, MRC Argenteuil and MRC Mirabel
Hours: Monday to Friday 8h00 to 16h30
Fees: membership: one-time fee of $10
Financing: donations
Legal status: non-profit organization
PALLIACCO
2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8
819 717-9646
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE
35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
819 717-9646     Fax: 819 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8
819 717-9646     Fax: 818 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES -
POINT DE SERVICE SAINT-JÉRÔME
651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8
1 866 974-1888
Website: www.grpa.ca
Email: info@grpa.ca
Services: * Adapted physical exercise. * Art and painting workshops. * Coffee-meetings, language and play
stimulation. * Services for caregivers: respite at home, training and psychosocial follow-up.
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Saint-Jérôme
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Financing: provincial
Legal status: non-profit organization

QUÉBEC ASSOCIATION OF LODGING CONSULTANTS FOR SENIORS
Confidential Address
514 949-7234
Website: www.achq.quebec/?page_id=22&lang=en
Email: rene@horizon43.com
Services: Accompaniment to find a private residence responding to the level of autonomy. * Personal visit at
home, at the hospital or in a rehabilitation centre to evaluate the needs. * Consultation with professionals and
immediate family. * Research and recommendation of certified residences. * Accompaniment and referral to
residences with short-term stays for convalescence. * Accompaniment for visits to selected residences. *
Continuous support until admission to the residence. * Follow-up after the procedures are completed. *
Information on government financial assistance programs.
Eligibility: seniors and their family
Coverage area: Montréal Island, Capitale-Nationale region, North Shore
Hours: Monday to Sunday 8h00 to 17h00
Fees: none
Financing: membership fees
Legal status: non-profit organization

SAMARITAIN DE MONT-TREMBLANT (LA)
120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1
819 429-5938 Fax: 819 429-5200
Website: www.lasamaritaine.ca
Email: lasamaritaine@bellnet.ca
Services: Support * Reception and referrals. * Volunteer support: reception, supervision and training. Food *
Food assistance. * Emergency food assistance. Material assistance * Second hand store: used clothing,
furniture, toys and miscellaneous items. * Christmas baskets. * On-site recovery of clothing, furniture, toys and
recovery and selling of used construction and renovation materials. Financial assistance * Financial assistance
for health care. * Marc Richer Fund: fund for sick children under 18 years of age requiring medical treatment
outside the region. * Financial assistance for the purchase of mandatory books for students at the Campus
primaire Mont-Tremblant.
Eligibility: people and families on a low income, people in vulnerable situations
Coverage area: Amherst, Arundel, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Mont-Tremblant,
Montcalm, Saint-Faustin-Lac-Carré, food assistance: Brébeuf, La Conception, Saint-Faustin-Lac-Carré, Mont-
Tremblant
Health

**SERCAN**

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1  
450 491-1912  Fax: 450 491-5770  
Website: www.maisonsercan.ca  
Email: communication@maisonsercan.ca


**Eligibility:** people with cancer and their caregivers, bereaved adults, adolescents and children  
**Coverage area:** MRC Deux-Montagnes  
**Hours:** office: Monday to Friday 8h30 to 16h30, self-help groups: day and evening  
**Fees:** membership card: $10 per year  
**Financing:** grants, fundraising campaigns, self-financing, donations  
**Legal status:** non-profit organization

**SOCIÉTÉ ALZHEIMER LAURENTIDES**

14 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2  
1 800 978-7881  Fax: 819 326-9664  
Website: www.alzheimerlaurentides.com  
Email: admin@salaurentides.ca


**Eligibility:** people living with Alzheimer's disease or other major neurocognitive disorders, their relatives, caregivers, counsellors, general public  
**Capacity:** support groups: 10 to 20 people  
**Coverage area:** Laurentians  
**Hours:** Monday to Friday 8h30 to 16h30, support groups: day and evening  
**Fees:** variable  
**Financing:** provincial, fundraising campaigns, donations  
**Legal status:** non-profit organization

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

300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9  
450 431-3388  
Website: arlphl.org  
Email: info@arlphl.org

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

**Eligibility:** people of all ages with all sorts of disabilities
Coverage area: Laurentians
Hours: activities: weekend, adapted day centre: week
Fees: between $150 and $200
Financing: donations, provincial, municipal
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP
65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9
450 430-5056   Fax: 450 430-0203
Website: www.cab-solange-beauchamp.com
Email: info@cabsb.org
Eligibility: seniors aged 65 and over, people aged between 55 and 65 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 INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES
290 De Montigny Street, Saint-Jérôme, Laurentides, QC, J7Z 5T3
1 866 963-2777
Website: www.santelaurentides.gouv.qc.ca/english
Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - VACCINATION CONTRE LA GRIPPE
Confidential Address
811
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/vaccination/vaccination-contre-la-grippe-influenza
Services: Vaccination campaign against seasonal influenza. * Online appointment system: portal3.clicsante.ca
Coverage area: Laurentides
Hours: from October, schedule available on the website
Fees: free for people who are at risk of complications due to their age or health status: children 6 to 23 months old, pregnant women in the 2nd and 3rd trimesters of pregnancy, people 2 to 60 years old with chronic illnesses, seniors 60 years and over, relatives of these people or of children under 6 months old, health workers
Legal status: provincial government agency
**CLSC JEAN-OLIVIER-CHÉNIER**  
29 D'Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6  
450 491-1233  
**Website:** sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1205&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J7R1K6  
**Coverage area:** Laurentians  
**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30  
**Financing:** provincial  
**Legal status:** parapublic organization

**COLOMBE (LA)**  
9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5  
819 326-4779  
**Website:** centrelacolombe.ca  
**Email:** info@centrelacolombe.ca  
**Eligibility:** women  
**Coverage area:** MRC Les Laurentides  
**Hours:** Monday to Thursday 8h30 to 16h30  
**Financing:** self-financing, donations  
**Legal status:** non-profit organization

**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MIRABEL**  
17505 du Val d’Espoir Street, Mirabel, Laurentides, QC, J7J 1M3  
450 848-6059  
**Website:** www.ccdemirabel.com  
**Email:** info@ccdemirabel.com  
**Services:** Grouping and consultation of organizations in Mirabel. * Community resources repertory. * Mobilizing projects development and support. * Committees: seniors, youth, food safety, poverty-housing-homelessness, school perseverance. * RAPPID-OR: information and safety program including home visits for elders and providing a safety kit that usually includes a smoke detector, a night light, a bath mat, etc.  
**Eligibility:** individuals and organizations  
**Capacity:** 50  
**Coverage area:** Mirabel  
**Hours:** Monday to Friday 9h00 to 16h00  
**Fees:** free  
**Financing:** municipal, provincial  
**Legal status:** non-profit organization

**DISPENSAIRE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE**  
527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6  
450 431-7432  
**Website:** www.dispensaire.org  
**Email:** info@csalaurentides.com

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

Coverage area: Laurentians

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

Fees: free

Financing: donations, provincial, federal

Legal status: non-profit organization

MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)

201 Principale Street, Grenville, Laurentides, QC, J0V 1J0

819 242-2126     Fax: 819 242-2126

Email: mdgrenville@gmail.com


Eligibility: youth from 10 to 16 years old

Coverage area: Grenville, Grenville-sur-la-Rouge

Hours: Monday to Thursday 18h00 to 20h30

Fees: membership card: $2 per year

Financing: self-financing, municipal, grants

Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE

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

819 274-1797

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

Email: maisondesjeunes.laminerve@gmail.com


Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

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

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

SERRES DE CLARA (LES)

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

450 565-2998 ext. 121

Website: en.serresdeclara.org

Email: serresdeclara@yahoo.ca


Eligibility: families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 16h00
Fees: collective garden: none, community gardens: $20 or $30 per year depending on the size of the plot
Financing: donations, contributions, grants
Legal status: non-profit organization
Homelessness

DAY AND EVENING CENTRES

HOUSING FOR PREGNANT WOMEN AND FAMILIES

MOBILE UNITS AND STREET WORK

SHELTERS

SUPPORTIVE HOUSING

TRANSITIONAL HOUSING

YOUTH SHELTERS
Day and evening centres

ACCUEIL COMMUNAUTAIRE JEUNESSE DES Basses-Laurentides - LE RÉPIT DE LA RUE
303 and 305 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1
450 472-3135
Website: www.acjbl.org
Email: lerepit@acjbl.org
Eligibility: people 18 years and over, homeless or at risk of homelessness
Capacity: 6 places
Coverage area: Basses-Laurentides and surroundings
Hours: night shelter: 7 days 17h30 to 4h00, day centre: Monday to Friday 9h30 to 13h00, accompaniment: Monday to Thursday 13h00 to 15h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

ARC-EN-SOI (L') - CENTRE DE PRÉVENTION ET D'INTERVENTION EN SANTÉ MENTALE
929 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-2060     Fax: 819 275-0527
Email: arcensoi@hotmail.ca
Services: Centre for people with mental health, wandering and homelessness issues. * Accompaniment, support and referral. * Therapeutic and occupational activities: mixed groups, groups of men exclusively or groups of women only. * Coffee and lunch every Wednesday at the Rivière-Rouge station park.
Eligibility: adult women and men with mental health, wandering and homelessness issues
Coverage area: MRC Antoine-Labelle
Hours: Tuesday to Thursday 8h30 to 16h00, Friday 8h30 to 14h00, coffee and lunch at Rivière-Rouge station park: Wednesday
Fees: none
Financing: provincial
Legal status: non-profit organization

CAFÉ PARENTHÈSE
221 Hémond Street, Saint-Eustache, Laurentides, QC, J7P 2C3
450 623-1561
Website: cafeparenthese.wordpress.com
Email: cafelaparenthese@gmail.com
Eligibility: people in situations of social disorganization and emotional distress
Coverage area: mainly Saint-Eustache, MRC Deux-Montagnes
Hours: Monday 11h00 to 17h00, Tuesday to Friday 10h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

L'ENTRE-AMIS
367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2
450 473-3200 ext. 5     Fax: 450 473-5055
Website: www.paroissest-eustache.com
Email: gpineault@st-eustache.qc.ca
**MAISON LYSE-BEAUCHAMP - SHELTER**

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

819 623-3719 ext. 232  Fax: 819 623-1243
Website: maisonlysebeauchamp.org/itinerance
Email: info@maisonlysebeauchamp.org


**Eligibility:** men and women 18 and over that find themselves in social emergency, homeless or vagrant situations

**Capacity:** 2

**Coverage area:** MRC d'Antoine-Labelle

**Hours:** 24 hours / 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**MANNE DU JOUR**

386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2

819 623-6604

Website: www.mannedujour.ca
Email: mannedujour@gmail.com


**Eligibility:** low income families, the Boutik: general public

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00

**Fees:** food bank: $5, the Boutik: variable

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

**Legal status:** non-profit organization

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**RESSOURCES COMMUNAUTAIRES ACJ+**

311 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

450 974-1510

Website: www.acjbl.org
Email: info@acjbl.org

**Services:** Community housing for youth. * Accompaniment and support for families.

**Eligibility:** youth 12 to 25 years old living in a context of temporary instability, their family, homeless people 18 years and over

**Capacity:** 27 spots
Coverage area: Basses-Laurentides and surroundings
Hours: Monday to Thursday 8h00 to 17h00
Fees: $1 to $10 according to 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
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

Housing for pregnant women and families

CONCERTATION HÉBERGEMENT ARGENTEUIL
Confidential Address
Email: chargenteuil6@gmail.com
Eligibility: people on a low income, people who are homeless or at risk of homelessness
Coverage area: MRC Argenteuil
Hours: by appointment
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

RESSOURCES OLIVIER
2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3
819 660-2842
Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com
Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people
Capacity: temporary housing: 12 families
Homelessness

Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau
Hours: 7 days, 9h00 to 19h00, by appointment
Fees: housing: variable
Financing: self-financing
Legal status: non-profit organization

RESSOURCES OLIVIER - APPARTEMENTS SUPERVISÉS
Confidential Address
819 660-2842
Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com
Services: Supervised apartments for fathers in vulnerable situations and their children.
Eligibility: fathers with or without their children who are vulnerable, homeless or at risk of homelessness
Capacity: 2 families
Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau
Fees: variable
Financing: self-financing
Legal status: non-profit organization

Mobile units and street work

ASSOCIATION DES MAISONS DE JEUNES DE MIRABEL
9505 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X2
450 412-0799
Website: mdjmirabel.ca
Email: info@mdjmirabel.ca
Services: Youth organization offering various projects and approaches promoting health and global well-being.
Eligibility: youth centre and youth job cooperative: 12 to 17 years old and their close ones, 6th grade project: youth 11 or 12 years old in 6th grade, street work: youth from 12 to 35 years and their close ones
Coverage area: Mirabel
Hours: administration: 9h00 to 16h00, youth centre: 16h00 to 21h00, street work: depending on the needs
Fees: none
Financing: provincial, Centraide Laurentides, self-financing, donations
Legal status: non-profit organization

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
Coverage area: Laurentians
Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 8h15 to 16h15
Financing: provincial
Legal status: non-profit organization
CLSC JEAN-OLIVIER-CHÉNIER
29 D’Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6
450 491-1233
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1205&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J7R1K6
Coverage area: Laurentians
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

CLSC MIRABEL
8467 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-7938
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=281708&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J7N2A3
Coverage area: Laurentians
Hours: Monday, Wednesday and Friday 12h30 to 16h00, Tuesday and Thursday 8h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

DISPENSAIRE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE
527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 431-7432     Fax: 450 431-6536
Website: www.dispensaire.org
Email: info@csalaurentides.com
Eligibility: people living with HIV/AIDS, hepatitis C or an STD, their relatives, people at risk, people who use substances, people from the LGBTQ2S+ community
Coverage area: Laurentians
Hours: centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Fees: free
Financing: donations, provincial, federal
Legal status: non-profit organization

ÉCLUSE DES LAURENTIDES (L’)
22A Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 744-1393     Fax: 450 744-1335
Website: www.ecluse.org
Email: eclusedeslaurentides@bellnet.ca

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

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC La Rivièredu-Nord, MRC Les Laurentides, MRC Les Pays-d’en-Haut, MRC Thérèse-de-Blainville

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

Fees: none

Financing: provincial, municipal, federal, donations

Legal status: non-profit organization

HÔPITAL DE MONT-LAURIER
2561 de la Lièvre Sud Road, Mont-Laurier, Laurentides, QC, J9L 3G3
819 623-1234
Website: www.santelaurentides.gouv.qc.ca


Coverage area: Laurentians

Hours: 24 hours / 7 days, test centre: Monday to Friday 7h00 to 15h00

Financing: provincial

Legal status: parapublic organization

HÔPITAL LAURENTIEN
234 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2B8
819 324-4000
Website: www.santelaurentides.gouv.qc.ca/english


Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic 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


Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Thérèse and surroundings

Hours: Monday to Friday 17h00 to 22h00, 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, J0N 1H0
450 478-1011
Website: mdjsadp.wixsite.com/mdjsadp
Email: mdjsadp@videotron.ca
Eligibility: youth 12 to 17 years old, street work: marginalized people, homeless people
Capacity: 30
Coverage area: Sainte-Anne-des-Plaines
Hours: Monday to Friday 12h00 to 20h00
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - SHELTER
765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8
819 623-3719 ext. 232     Fax: 819 623-1243
Website: maisonlysebeauchamp.org/itinerance
Email: info@maisonlysebeauchamp.org
Eligibility: men and women 18 and over that find themselves in social emergency, homeless or vagrant situations
Capacity: 2
Coverage area: MRC d'Antoine-Labelle
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

Shelters

ACCUEIL COMMUNAUTAIRE JEUNESSE DES BASSES-LAURENTIDES - LE RÉPIT DE LA RUE
303 and 305 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1
450 472-3135
Website: www.acjbl.org
Email: lerepit@acjbl.org
Eligibility: people 18 years and over, homeless or at risk of homelessness
Capacity: 6 places
Coverage area: Basses-Laurentides and surroundings
Hours: night shelter: 7 days 17h30 to 4h00, day centre: Monday to Friday 9h30 to 13h00, accompaniment: Monday to Thursday 13h00 to 15h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CONCERTATION HÉBERGEMENT ARGENTEUIL
Confidential Address
Email: chargenteuil6@gmail.com
Homelessness

**Services:** Temporary housing for people in extreme poverty, homeless or at risk of becoming homeless. * Listening and support. * Referral. * Accompaniment related to housing retention.

**Eligibility:** people on a low income, people who are homeless or at risk of homelessness

**Coverage area:** MRC Argenteuil

**Hours:** by appointment

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

**HÉBERGEMENT FLEUR DE MACADAM**

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

450 848-4816  Fax: 450 504-0702

**Email:** admin@fleurdemacadam.ca

**Services:** Emergency and temporary shelter for adults who are homeless or at risk of homelessness. * Up to 30 days stay. * Support, assistance and referral to specialized resources. * Accompaniment in steps towards social reintegration: identity documents, income, etc. * Assistance with finding rooms or housing.

**Eligibility:** people 18 years and over who are homeless or at risk of becoming homeless

**Capacity:** 25 beds

**Coverage area:** Laurentians

**Hours:** housing: 17h00 to 8h00, 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**MAISON LYSE-BEAUCHAMP - SHELTER**

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

819 623-3719 ext. 232  Fax: 819 623-1243

**Website:** maisonlysebeauchamp.org/itinerance

**Email:** info@maisonlysebeauchamp.org


**Eligibility:** men and women 18 and over that find themselves in social emergency, homeless or vagrant situations

**Capacity:** 2

**Coverage area:** MRC d'Antoine-Labelle

**Hours:** 24 hours / 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**MAISON OXYGÈNE LAURENTIDES**

154 Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 1Y1

438 825-1651

**Website:** www.maisonoxegenelaurentides.org

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


**Eligibility:** fathers and their children

**Capacity:** housing: 2 families

**Coverage area:** Laurentians

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

**Fees:** external services: free, housing: minimal fee
Homelessness

Financing: grants, donations
Legal status: non-profit organization

RESSOURCES OLIVIER
2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3
819 660-2842
Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com
Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people
Capacity: temporary housing: 12 families
Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau
Hours: 7 days, 9h00 to 19h00, by appointment
Fees: housing: variable
Financing: self-financing
Legal status: non-profit organization

Supportive housing

RESSOURCES OLIVIER - APPARTEMENTS SUPERVISÉS
Confidential Address
819 660-2842
Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com
Services: Supervised apartments for fathers in vulnerable situations and their children.
Eligibility: fathers with or without their children who are vulnerable, homeless or at risk of homelessness
Capacity: 2 families
Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau
Fees: variable
Financing: self-financing
Legal status: non-profit organization

Transitional housing

ACCUEIL COMMUNAUTAIRE JEUNESSE DES BASSES-LAURENTIDES - MAISON D'HÉBERGEMENT
306 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V2
450 473-1600
Website: www.acjbl.org
Email: info@acjbl.org
Eligibility: young adults 16 to 25 years old in difficult situations, their family
Capacity: 9 spots
Coverage area: Basses-Laurentides and surroundings
Hours: intervention: Monday to Friday 8h00 to 16h00
Fees: 25% of income or $2 per day in the absence of income
Financing: grants, donations  
Legal status: non-profit organization

**ACCUEIL COMMUNAUTAIRE JEUNESSE LE LABYRINTHE**  
1215 du Bourg-Joli Street, Sainte-Adèle, Laurentides, QC, J8B 1W8  
450 229-4848  
Website: www.mdj-ste-adele.org/labyrinthe.html/#verticalTab1  
Email: acj_laby@hotmail.com  
Eligibility: marginalized adolescents and young adults  
Capacity: 10 beds  
Coverage area: Sainte-Adèle  
Hours: Wednesday 14h00 to 19h30, Thursday and Friday 16h00 to 22h00, Saturday 14h00 to 22h00, Sunday 14h00 to 21h00  
Financing: municipal  
Legal status: non-profit organization

**APPARTEMENTS SUPERVISÉS LE TRANSIT (LES)**  
309 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1  
450 473-1600  
Website: www.acjbl.org  
Email: info@acjbl.org  
Eligibility: youth 17 to 25 years old facing a difficult situation who have resided at l'Accueil communautaire jeunesse  
Capacity: 3 places  
Coverage area: Basses-Laurentides and surroundings  
Hours: intervention: Monday to Friday 8h00 to 16h00  
Financing: grants, donations  
Legal status: non-profit organization

**CENTRE D’ACCOMPAGNEMENT PERSONNALISÉ POUR JEUNES ENCEINTES OU MÈRES**  
25 Brissette Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1T3  
873 228-1789  
Website: capjem.org  
Email: capjem.org@gmail.com  
Eligibility: young pregnant women or mothers aged 16 to 35 years old on a low income and with a life project  
Capacity: 18 apartments  
Coverage area: Laurentians  
Hours: Monday to Friday 9h00 to 17h00  
Fees: housing: 25% of income according to the provincial notice of assessment  
Financing: self-financing, grants, donations  
Legal status: non-profit organization
CENTRE D'HÉBERGEMENT MULTISERVICE DE MIRABEL
13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3
450 951-5551   Fax: 579 477-0230
Website: www.hebergementmirabel.ca
Email: info@hebergementmirabel.ca

Services: Mixed shelter. * Social reintegration through accompaniment aiming at autonomy and the establishment of a routine (budget, food security, life hygiene, etc.). * Housing assistance. * Referrals.

Eligibility: young people 17 to 35 years old without a fixed address

Capacity: 8 beds

Coverage area: Mirabel

Hours: customer service for shelter request: 7 days, 8h00 to 23h00, shelter: 24 hours / 7 days

Fees: 12% of the income

Financing: federal, provincial, fundraising campaigns

Legal status: non-profit organization

MAISON D'HÉBERGEMENT LE PETIT PATRO
48 Desjardins Boulevard East, Sainte-Thérèse, Laurentides, QC, J7E 1C1
450 430-5482
Website: www.petitpatro.ca
Email: petitpatro@videotron.ca

Services: * Shelter for a maximum of 60 days.

Eligibility: boys and girls 12 to 17 years old

Capacity: 9 beds

Coverage area: MRC Thérèse-de-Blainville and the Commission scolaire Seigneurie-des-Mille-Îles sector

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization

MAISON D'HÉBERGEMENT LE PRÉFIXE DES BASSES-LAURENTIDES
196 Rochon Street, Saint-Eustache, Laurentides, QC, J7R 2V1
450 974-1510
Website: www.acjbl.org
Email: info@acjbl.org


Eligibility: youth 12 to 17 years old, their families

Capacity: 6 places

Coverage area: Basses-Laurentides and surroundings

Hours: 7 days, 8h00 to 23h00

Financing: grants, donations

Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - RÉINSERTION SOCIALE
765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8
819 623-3719 ext. 232      Fax: 819 623-1243
Website: maisonlysebeauchamp.org/itinerance
Email: info@maisonlysebeauchamp.org

Services: Housing for social reintegration. * Social reintegration of 30 days. * Meals included.

Eligibility: men and women 18 and over that find themselves in social emergency, homeless or vagrant situations

Capacity: 6

Coverage area: MRC d'Antoine-Labelle

Hours: 24 hours / 7 days
Youth shelters

CENTRE D'HÉBERGEMENT MULTISERVICE DE MIRABEL
13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3
450 951-5551 Fax: 579 477-0230
Website: www.hebergementmirabel.ca
Email: info@hebergementmirabel.ca

Services: Mixed shelter. * Social reintegration through accompaniment aiming at autonomy and the establishment of a routine (budget, food security, life hygiene, etc.). * Housing assistance. * Referrals.

Eligibility: young people 17 to 35 years old without a fixed address

Capacity: 8 beds

Coverage area: Mirabel

Hours: customer service for shelter request: 7 days, 8h00 to 23h00, shelter: 24 hours / 7 days

Fees: 12% of the income

Financing: federal, provincial, fundraising campaigns

Legal status: non-profit organization

MAISON D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE
582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7
450 565-0958 Fax: 450 565-1648
Website: mhjlaparenthese.org
Email: info@mhjlaparenthese.org

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

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

Capacity: 6 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

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

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON D'HÉBERGEMENT LE PETIT PATRO
48 Desjardins Boulevard East, Sainte-Thérèse, Laurentides, QC, J7E 1C1
450 430-5482
Website: www.petitpatro.ca
Email: petitpatro@videotron.ca

Services: * Shelter for a maximum of 60 days.

Eligibility: boys and girls 12 to 17 years old

Capacity: 9 beds

Coverage area: MRC Thérèse-de-Blainville and the Commission scolaire Seigneurie-des-Mille-Îles sector

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


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

Legal status: non-profit organization
Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

SOCIAL HOUSING AND HOUSING COOPERATIVES
Advocacy for housing

ASSOCIATION DE PROMOTION ET D'ÉDUCATION EN LOGEMENT
112 Saint-Laurent Street, 2nd floor, Saint-Eustache, Laurentides, QC, J7P 5G1
450 413-2949 Fax: 450 974-1381
Website: apel-logement.org
Email: coordonnateur@apel-logement.org


Eligibility: landlords, tenants
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: voluntary contribution
Financing: provincial, grants
Legal status: non-profit organization

CARREFOUR D'ACTIONS POPULAIRES DE SAINT-JÉRÔME
227 Saint-Georges Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Z 5A1
450 432-8696
Website: carrefouractionspopulaires.org
Email: info@carrefouractionspopulaires.org

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

Eligibility: isolated people or on a low income, families in difficult situations, tenants, welfare beneficiaries
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Thursday 9h30 to 16h00
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)
741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2
450 432-5642 Fax: 450 432-8673
Website: centredefemmeslesunesetlesautres.org
Email: centrelesunes@qc.aira.com


Eligibility: women, daycare and respite care: children 6 months to 5 years old
Capacity: daycare and respite care: limited places
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings
Fees: none
Financing: provincial, donations, membership fees
Legal status: non-profit organization

CONSEIL RÉGIONAL DE DÉVELOPPEMENT SOCIAL DES LAURENTIDES
Confidential Address
450 848-7263
Website: www.crdsl.com
Email: info@crdsl.com
**Services:** Autonomous regional instance for social development. * Supporting the fight against poverty and social exclusion. * Act in favor of social development. * Promote access to affordable housing.

**Eligibility:** non-profit organizations, publics and parapublic organizations, elected officials

**Coverage area:** Laurentides

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**MESURES ALTERNATIVES DES VALLÉES DU NORD**

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

450 436-6749  Fax: 450 436-1863

**Website:** www.mavn.ca/en

**Email:** info@mavn.ca


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

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

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**OFFICE D'HABITATION THÉRÈSE-DE BLAINVILLE**

6 de l'Église Street, Suite 330, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1149 ext. 110  Fax: 450 434-4570

**Email:** info@ohtdb.ca

**Services:** Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Accès Logis program. * Referral.

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

**Capacity:** 631 units

**Coverage area:** MRC Thérèse-De Blainville

**Hours:** Monday and Wednesday 9h00 to 12h00 and 13h30 to 16h00, Tuesday and Thursday 13h30 to 16h00, Friday 9h00 to 12h00

**Financing:** federal, provincial, municipal

**Legal status:** municipal agency

**OFFICE MUNICIPAL D'HABITATION DE LACHUTE**

317 Aéroparc Boulevard, Lachute, Laurentides, QC, J8H 3V7

450 562-9260  Fax: 450 562-3217

**Email:** admin@omhlachute.qc.ca

**Services:** Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

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

**Capacity:** 298 units
Coverage area: Lachute
Financing: provincial
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE MIRABEL
15449 de Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 2B1
450 475-6286     Fax: 450 475-6616
Website: www.omhmirabel.com
Email: direction@omhmirabel.com

Eligibility: seniors and families on a low or moderate income
Capacity: 100 units
Coverage area: Mirabel
Hours: Monday to Thursday 9h00 to 15h00
Financing: provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE PRÉVOST
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095     Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca

Eligibility: individuals, seniors and families on a low and moderate income
Coverage area: Prévost
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-ANDRÉ-D'ARGENTEUIL
20 Martin Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0
450 537-3934
Email: marcel.stjacques@gmail.com

Eligibility: individuals and families on a low and moderate income
Capacity: 15 units
Coverage area: Saint-André-D'argenteuil
Financing: provincial
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-COLOMBAN
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095     Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca

Eligibility: individuals, seniors and families on a low and moderate income
**Coverage area:** Saint-Colomban  
**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00  
**Financing:** municipal  
**Legal status:** municipal agency

**OFFICE MUNICIPAL D'HABITATION DE SAINT-HIPPOLYTE**  
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7  
450 436-8095  Fax: 450 436-8195  
**Website:** www.omhstjerome.qc.ca  
**Email:** omh@omhstjerome.qc.ca  
**Services:** Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.  
**Eligibility:** individuals, seniors and families on a low and moderate income  
**Coverage area:** Saint-Hippolyte  
**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00  
**Financing:** municipal  
**Legal status:** municipal agency

**OFFICE MUNICIPAL D'HABITATION DE SAINT-JÉRÔME**  
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7  
450 436-8095  Fax: 450 436-8195  
**Website:** www.omhstjerome.qc.ca  
**Email:** omh@omhstjerome.qc.ca  
**Services:** Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Accès-Logis program.  
**Eligibility:** people on a low or modest income  
**Coverage area:** Saint-Jérôme  
**Hours:** Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00  
**Financing:** provincial, federal, municipal  
**Legal status:** non-profit organization

**OFFICE MUNICIPAL D'HABITATION DE SAINTE-SOPHIE**  
2200 de Jouvence Terrace, Sainte-Sophie, Laurentides, QC, J5J 2V8  
514 826-9190  
**Email:** omh.ste.sophie@videotron.ca  
**Services:** Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.  
**Eligibility:** individuals, seniors and families on a low and moderate income  
**Capacity:** 15 units  
**Coverage area:** Sainte-Sophie  
**Financing:** provincial, municipal  
**Legal status:** municipal agency

**OFFICE MUNICIPAL D'HABITATION DES HAUTES-LAURENTIDES**  
600b Albiny Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1L4  
1 833 623-4230  Fax: 819 623-3925  
**Website:** www.omhhl.com  
**Email:** info@omhhl.com  
**Services:** Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 230 units
Coverage area: Ferme-Neuve, L’ascension, Lac-Des-Écorces, Mont-Laurier, Nominingue, Notre-Dame-Du-Laus, Rivière-Rouge
Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00, Friday 9h00 to 12h00
Financing: provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D’HABITATION DES LAURENTIDES
510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7
819 425-7255
Email: info@omhlaurentides.ca
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 267 units
Coverage area: MRC Les Laurentides
Financing: provincial
Legal status: parapublic organization

OFFICE MUNICIPAL D’HABITATION DES PAYS-D’EN-HAUT
800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1
450 229-2264
Email: omhpdh@cgocable.ca
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 139 units
Coverage area: MRC Les Pays-d’en-Haut
Financing: municipal, provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JÉRÔME
500 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M2
1 800 683-2245 Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en
Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul
Eligibility: tenants, landlords
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency
Emergency

BLAINVILLE - CITY
1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9
450 434-5200   Fax: 450 434-8295
Website: blainville.ca
Email: accueil@blainville.ca


Coverage area: Blainville
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency

BOIS-DES-FILOIN - CITY
375 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H1
450 621-1460 ext. 136
Website: villebdf.ca


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


Coverage area: Boisbriand
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15
Financing: municipal
Legal status: municipal agency

BRÉBEUF - MUNICIPALITY
217 Route 323, Brébeuf, Laurentides, QC, J0T 1B0
819 425-9833   Fax: 819 425-6611
Website: brebeuf.ca
Email: secretariat@brebeuf.ca


Coverage area: Brébeuf
Housing

Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h30 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

BROWNSBURG-CHATHAM - CITY
300 de l'Hôtel-de-Ville Street, Brownsburg-Chatham, Laurentides, QC, J8G 3B3
450 533-6687 Fax: 450 533-5795
Website: www.brownsburgchatham.ca
Email: info@brownsburgchatham.ca
Coverage area: Brownsburg-Chatham
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

CHUTE-SAINT-PHILIPPE - MUNICIPALITY
560 des Voyageurs Road, Chute-Saint-Philippe, Laurentides, QC, J0W 1A0
819 585-3397 Fax: 819 585-4949
Website: www.chute-saint-philippe.ca
Email: reception@chute-saint-philippe.ca
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

DEUX-MONTAGNES - CITY
803 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L8
450 473-2796 Fax: 450 473-2417
Website: www.ville.deux-montagnes.qc.ca/en
Email: info@ville.deux-montagnes.qc.ca
Coverage area: Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

FERME-NEUVE - MUNICIPALITY
125 12th Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1C0
819 587-3400
Website: www.municipalite.ferme-neuve.qc.ca
Email: reception@munfn.ca
Coverage area: Ferme-Neuve
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

GORE - MUNICIPALITY
9, Cambria Road, Gore, Laurentides, QC, J0V 1K0
450 562-2025
Website: www.cantondegore.qc.ca
Email: info@cantondegore.qc.ca
Coverage area: Gore
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

GRENVILLE - VILLAGE
21 Tri-Jean Street, Grenville, Laurentides, QC, J0V 1J0
819 242-2146  Fax: 819 242-5891
Website: grenville.ca
Email: info@grenville.ca
Coverage area: Grenville
Hours: Monday to Thursday 8h30 to 12h00 and 12h30 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

GRENVILLE-SUR-LA-ROUGE - MUNICIPALITY
88 des Érables Street, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0
819 242-8762  Fax: 819 242-9341
Website: www.grenvillesurlarouge.ca/en
Email: info@gslr.ca
Coverage area: Grenville-sur-La-Rouge
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

KIAMIKA - MUNICIPALITY
3 Valiquette Road, Kiamika, Laurentides, QC, J0W 1G0
819 585-3225 ext. 0
Website: www.kimakia.ca
Email: info@kiamika.ca
Coverage area: Kiamika
Financing: municipal
Legal status: municipal agency

LA CONCEPTION - MUNICIPALITY
1371 du Centenaire Street, La Conception, Laurentides, QC, J0T 1M0
819 681-3016     Fax: 819 681-5808
Website: www.municipalite.laconception.qc.ca
Email: info@municipalite.laconception.qc.ca
Coverage area: La Conception
Financing: municipal
Legal status: municipal agency

LA MINERVE - MUNICIPALITY
6 Mailloux Street, La Minerve, Laurentides, QC, J0T 1S0
819 681-3380     Fax: 819 274-2031
Website: www.municipalite.laminerve.qc.ca
Email: info@municipalite.laminerve.qc.ca
Coverage area: La Minerve
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: non-profit organization

LABELLE - MUNICIPALITY
1 du Pont Street, Labelle, Laurentides, QC, J0T 1H0
819 681-3371     Fax: 819 686-3820
Website: www.municipalite.labelle.qc.ca/contacts/english
Email: info@municipalite.labelle.qc.ca
Coverage area: Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

LAC-DES-ÉCORCES - MUNICIPALITY
672 Saint-François Boulevard, Lac-des-Écorces, Laurentides, QC, J0W 1H0
819 585-4600     Fax: 819 585-4610
Website: www.lacdesecorces.ca
Email: adm@lacdesecorces.ca
Coverage area: Lac-des-Écorces
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
LAC-SUPÉRIEUR - MUNICIPALITY
1281 du Lac-Supérieur Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J0
819 681-3370     Fax: 819 688-3010
Website: www.muni.lacsuperieur.qc.ca
Email: info@muni.lacsuperieur.qc.ca


Coverage area: Lac-Supérieur
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

LACHUTE - CITY
380 Principale Street, Lachute, Laurentides, QC, J8H 1Y2
450 562-3781     Fax: 450 562-1431
Website: www.ville.lachute.qc.ca/en
Email: lachute@ville.lachute.qc.ca


Coverage area: Lachute
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 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: reception@ville.lorraine.qc.ca


Coverage area: Lorraine
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h15 to 12h00
Financing: municipal
Legal status: municipal agency

MILLE-ISLES - MUNICIPALITY
1262 de Mille-Isles Road, Mille-Isles, Laurentides, QC, J0R 1A0
450 438-2958     Fax: 450 438-6157
Website: mille-isles.ca


Coverage area: Mille-Isles
Hours: Monday to Friday 7h45 to 16h30
Financing: municipal
Legal status: municipal agency
MIRABEL - CITY
14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y3
450 475-8653
Website: mirabel.ca
Email: communications@mirabel.ca
Coverage area: Mirabel
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

MONT-LAURIER - CITY
300 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1J9
819 623-1221
Website: www.villemontlaurier.qc.ca
Email: info@villemontlaurier.qc.ca
Coverage area: Mont-Laurier
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

MONT-SAINT-MICHEL - MUNICIPALITY
94 de l'Église Street, Mont-Saint-Michel, Laurentides, QC, J0W 1P0
819 587-3093     Fax: 819 587-3781
Website: www.montsaintmichel.ca
Email: info@montsaintmichel.ca
Coverage area: Mont-Saint-Michel
Financing: municipal
Legal status: municipal agency

MONT-TREMBLANT - CITY
1145 Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 1V1
819 681-6409     Fax: 819 425-2528
Website: www.villedemont-tremblant.qc.ca/en
Email: info@villedemont-tremblant.qc.ca
Coverage area: Mont-Tremblant
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency
MONTCALM - MUNICIPALITY
10 Hotel de Ville Street, Montcalm, Laurentides, QC, J0T 2V0
819 681-3383
Website: www.municipalite.montcalm.qc.ca
Coverage area: Montcalm
Financing: municipal
Legal status: municipal agency

MORIN-HEIGHTS - MUNICIPALITY
567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0
450 226-3232     Fax: 450 226-8786
Website: morinheights.com/?lang=en
Email: municipalite@morinheights.com
Coverage area: Morin-Heights
Hours: Monday to Thursday 8h30 to 12h00 and 12h45 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

NOMININGUE - MUNICIPALITY
2110 du Tour-du-Lac Road, Nominingue, Laurentides, QC, J0W 1R0
819 278-3384     Fax: 819 278-4967
Website: www.municipalitenominingue.qc.ca
Email: reception@municipalitenominingue.qc.ca
Coverage area: Nominingue
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

NOTRE-DAME-DE-PONTMAIN - MUNICIPALITY
5 de l'Église Street, Notre-Dame-de-Pontmain, Laurentides, QC, J0W 1S0
819 597-2382     Fax: 819 597-2231
Website: www.munpontmain.qc.ca
Email: info@munpontmain.qc.ca
Coverage area: Notre-Dame-de-Pontmain
Financing: municipal
Legal status: municipal agency
NOTRE-DAME-DU-LAUS - MUNICIPALITY

66 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-2247    Fax: 819 767-3102
Website: www.notre-dame-du-laus.ca
Email: reception@mun-ndl.ca


Coverage area: Notre-Dame-du-Laus
Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE MIRABEL

15449 de Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 2B1
450 475-6286    Fax: 450 475-6616
Website: www.omhmirabel.com
Email: direction@omhmirabel.com


Eligibility: seniors and families on a low or moderate income
Capacity: 100 units
Coverage area: Mirabel
Hours: Monday to Thursday 9h00 to 15h00
Financing: provincial
Legal status: non-profit organization

OKA - MUNICIPALITY

183 des Anges Street, Kanesatake, Laurentides, QC, J0N 1E0
450 479-6333    Fax: 450 479-1886
Website: municipalite.oka.qc.ca
Email: info@municipalite.oka.qc.ca


Coverage area: Oka
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

PIEDMONT - MUNICIPALITY

670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0
450 227-1888    Fax: 450-227-6716
Website: www.piedmont.ca
Email: info@piedmont.ca


Coverage area: Piedmont
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
POINTE-CALUMET - MUNICIPALITY
300 Basile-Routhier Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2
450 473-5930   Fax: 450 473-6571
Website: www.pointe-calumet.ca
Email: info@pointe-calumet.ca


Coverage area: Pointe-Calumet
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 à 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

PRÉVOST - CITY
2870 Curé-Labelle Boulevard, Prévost, Laurentides, QC, J0R 1T0
450 224-8888 ext. 0
Website: www.ville.prevost.qc.ca
Email: servicecitoyen@ville.prevost.qc.ca

* Public safety: fire safety service, Sûreté du Québec.

Coverage area: Prévost
Hours: Monday to Thursday 8h15 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

RIVIÈRE-ROUGE - CITY
25 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-2929   Fax: 819 275-3676
Website: www.riviere-rouge.ca
Email: greffe@riviere-rouge.ca


Coverage area: Rivière-Rouge
Hours: Monday to Friday 8h30 to 16h30
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


Coverage area: Rosemère
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
SAINT-ADOLPHE-D'HOWARD - MUNICIPALITY
1881 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0
819 327-2044     Fax: 819 327-2282
Website: www.stadolphedhoward.qc.ca
Email: info@stah.ca
Coverage area: Saint-Adolphe-d'Howard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-ANDRÉ-D'ARGENTEUIL - MUNICIPALITY
10 de la Mairie Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0
450 537-3527     Fax: 450 537-3070
Website: stada.ca
Email: info@stada.ca
Coverage area: Saint-André-d'Argenteuil
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-COLOMBAN - CITY
330 Montée de l'Église, Saint-Colomban, Laurentides, QC, J5K 1A1
450 436-1453     Fax: 450 436-5955
Website: st-colomban.qc.ca
Email: info@st-colomban.qc.ca
Coverage area: Saint-Colomban
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 7h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-EUSTACHE - CITY
145 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9
450 974-5000
Website: www.saint-eustache.ca
Email: sem@saint-eustache.ca
Coverage area: Saint-Eustache
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00, telephone and chat service: Monday to Friday 7h30 to 16h30
Financing: municipal
Legal status: municipal agency
SAINT-FAUSTIN-LAC-CARRÉ - MUNICIPALITY
100 Place de la Mairie, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2
819 688-2161     Fax: 819 688-6791
Website: sflc.ca
Email: info@sflc.ca
Coverage area: Saint-Faustin-Lac-Carré
Hours: Monday to Thursday 8h15 to 16h45, Friday 8h15 to 12h15
Financing: municipal
Legal status: municipal agency

SAINT-HIPPOLYTE- MUNICIPALITY
2253 des Hauteurs Road, Saint-Hippolyte, Laurentides, QC, J8A 1A1
450 563-2505
Website: saint-hippolyte.ca
Email: municipalite@saint-hippolyte.ca
Coverage area: Saint-Hippolyte
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

SAINT-JÉRÔME - CITY
10 Saint-Joseph Street, Suite 103, Saint-Jérôme, Laurentides, QC, J7Z 7G7
450 569-5000
Website: www.vsj.ca
Services: Municipal service management. * Municipal counter: information on permits, subsidies and taxes, payment of taxes, regulations, etc. * Calendar of recyclable and garbage collections and information on waste management: www.vsj.ca/collectes * Public safety: fire safety service, police service.
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - MUNICIPALITY
1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072     Fax: 450 623-2889
Website: www.sjdl.qc.ca
Email: info@sjdl.qc.ca
Coverage area: Saint-Joseph-du-Lac
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
SAINT-SAUVET - CITY
1 Place de la Mairie, Saint-Sauveur, Laurentides, QC, J0R 1R6
450 227-4633 Fax: 1 866 313-6267
Website: www.ville.saint-sauveur.qc.ca
Email: administration@ville.saint-sauveur.qc.ca
Coverage area: Saint-Sauveur
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-ADÈLE - CITY
1381 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A3
450 229-2921 Fax: 450 229-4179
Website: www.ville.sainte-adele.qc.ca
Email: info@ville.sainte-adele.qc.ca
Coverage area: Sainte-Adèle
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-AGATHE-DES-MONTS - CITY
50 Saint-Joseph Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1M9
819 326-4595
Website: ville.sainte-agathe-des-monts.qc.ca
Email: info@ville.sainte-agathe-des-monts.qc.ca
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency

SAINTE-ANNE-DES-LACS - MUNICIPALITY
773 Sainte-Anne-des-Lacs Road, Sainte-Anne-des-Lacs, Laurentides, QC, J0R 1B0
450 224-2675 Fax: 450 224-8672
Website: www.sadl.qc.ca
Email: info@sadl.qc.ca
Coverage area: Sainte-Anne-des-Lacs
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
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
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-DU-LAC - MUNICIPALITY
1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2110     Fax: 819 586-2203
Website: www.steannedulac.ca
Email: municipalite@steannedulac.ca
Coverage area: Sainte-Anne-du-Lac
Hours: Tuesday to Friday 10h00 to 12h00 and 13h00 to 15h00
Financing: municipal
Legal status: municipal agency

SAINTE-LUCIE-DES-LAURENTIDES - MUNICIPALITY
2121 des Hauteurs Road, Sainte-Lucie-des-Laurentides, Laurentides, QC, J0T 2J0
819 326-3198     Fax: 819 326-0592
Website: msldl.ca
Email: info@msldl.ca
Coverage area: Sainte-Lucie-Des-Laurentides
Hours: city hall: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h00, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-MARGUERITE-DU-LAC-MASSON - CITY
88 Masson Road, Lac-Masson, Laurentides, QC, J0T 1L0
450 228-2543
Website: lacmasson.com
Email: commloisirs@lacmasson.com
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency
SAINTE-MARTHE-SUR-LE-LAC - CITY
3000 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 472-7310
Website: ville.sainte-marthe-sur-le-lac.qc.ca
Email: info@vsmsll.ca
Coverage area: Sainte-Marthe-sur-le-Lac
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-SOPHIE - MUNICIPALITY
2199 Sainte-Sophie Boulevard, Sainte-Sophie, Laurentides, QC, J5J 1A1
450 438-7784  Fax: 450 438-1080
Website: www.stesophie.ca
Email: courrier@stesophie.ca
Coverage area: Sainte-Sophie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, Fire department: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

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
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
Coverage area: MRC Thérèse-De Blainville
Financing: municipal
Legal status: municipal agency
SAUVETAGE A.G.
11020 du Beaujolais Street, Saint-Colomban, Laurentides, QC, J7N 3P9
514 238-0686
Website: www.sauvetageag.com
Email: sauvetageag@hotmail.com
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: self-financing
Legal status: non-profit organization

VAL-DAVID - MUNICIPALITY
2579 de l’Église Street, Val-David, Laurentides, QC, J0T 2N0
819 324-5678
Website: www.valdavid.com
Email: communications@valdavid.com
Coverage area: Val-David
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

VAL-MORIN - MUNICIPALITY
6120 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0
819 324-5670 Fax: 819 322-3923
Website: www.val-morin.ca
Coverage area: Val-Morin
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

WENTWORTH - MUNICIPALITY
175 Louisa Road, Wentworth, Laurentides, QC, J8H 0C7
450 562-0701 Fax: 450 562-0703
Website: www.wentworth.ca
Email: info@wentworth.ca
Coverage area: Wentworth
Hours: Monday to Friday 9h00 to 16h30
Financing: municipal
Legal status: municipal agency
Housing cooperatives and corporations

ASSOCIATION DE PROMOTION ET D’ÉDUCATION EN LOGEMENT
112 Saint-Laurent Street, 2nd floor, Saint-Eustache, Laurentides, QC, J7P 5G1
450 413-2949 Fax: 450 974-1381
Website: apel-logement.org
Email: coordinateur@apel-logement.org
Eligibility: landlords, tenants
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: voluntary contribution
Financing: provincial, grants
Legal status: non-profit organization

CARREFOUR D’ACTIONS POPULAIRES DE SAINT-JÉRÔME
227 Saint-Georges Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Z 5A1
450 432-8696
Website: carrefouractionspopulaires.org
Email: info@carrefouractionspopulaires.org
Services: Place for information, meetings and discussion. * Weekly information sessions and advocacy for tenants and welfare recipients. * Craft workshops.
Eligibility: isolated people or on a low income, families in difficult situations, tenants, welfare beneficiaries
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Thursday 9h30 to 16h00
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)
741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2
450 432-5642 Fax: 450 432-8673
Website: centredefemmeslesunesetlesautres.org
Email: centrelesunes@qc.aira.com
Eligibility: women, daycare and respite care: children 6 months to 5 years old
Capacity: daycare and respite care: limited places
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings
Fees: none
Financing: provincial, donations, membership fees
Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUTIEN À DOMICILE
Confidential Address
1 833 217-5362
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile
Email: guichet.acces.dpppa.cissslau@ssss.gouv.qc.ca
Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.
Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30
Financing: provincial
Legal status: parapublic organization

CONSEIL RÉGIONAL DE DÉVELOPPEMENT SOCIAL DES LAURENTIDES
Confidential Address
450 848-7263
Website: www.crdsl.com
Email: info@crdsl.com
Eligibility: non-profit organizations, publics and parapublic organizations, elected officials
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

FONDATION ROSEMÈRE
325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2
450 621-9841
Website: fondationrosemere.com
Email: aguilbeault@videotron.ca
Services: * Financial assistance for home maintenance up to $2000 per person: medication, mobility aids, home adaptations, etc.
Eligibility: children with learning problems or disabilities and people living with serious conditions, disabilities or with a loss of autonomy
Coverage area: Rosemère
Fees: none
Financing: self-financing
Legal status: non-profit organization
HABITATIONS COMMUNAUTAIRES DE GRENVILLE (LES)
236 Principale Street, Grenville, Laurentides, QC, J0V 1J0
819 242-9145
Services: Construction and rental of housing for people on a low income.
Eligibility: people on a low income 50 years old and over
Coverage area: Grenville
Financing: municipal
Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD
515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 436-6749 Fax: 450 436-1863
Website: www.mavn.ca/en
Email: info@mavn.ca
Services: Organization of citizen mediation and alternative justice. Teenagers * Youth Criminal Justice
Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative
justice. * Legal education workshops in primary and secondary schools. Citizen Mediation * Mediation
Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between
neighbors. Work environment * Accompaniment and mediation. * Awareness and training. Social housing (low-
rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompaniment in
difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social
entrepreneurship * Support for social initiatives: accompaniment, administration and financial management.
Eligibility: people living in conflict, teenagers aged 12 to 17, people living in housing cooperatives, social
housing or low-rent housing (HLM), businesses
Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivièrè-du-Nord, MRC Les
Pays-d'en-Haut, MRC Les Laurentides
Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

OFFICE D'HABITATION THÉRÈSE-DE BLAINVILLE
6 de l'Église Street, Suite 330, Sainte-Thérèse, Laurentides, QC, J7E 3L1
450 434-1149 ext. 110 Fax: 450 434-4570
Email: info@ohtdb.ca
Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). *
Eligibility: individuals, seniors and families on a low or moderate income
Capacity: 631 units
Coverage area: MRC Thérèse-De Blainville
Hours: Monday and Wednesday 9h00 to 12h00 and 13h30 to 16h00, Tuesday and Thursday 13h30 to 16h00,
Friday 9h00 to 12h00
Financing: federal, provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE LACHUTE
317 Aéroparc Boulevard, Lachute, Laurentides, QC, J8H 3V7
450 562-9260 Fax: 450 562-3217
Email: admin@omhlachute.qc.ca
Services: Management and administration of housing and housing programs. * Low income housing (HLM). *
Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis
program.
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 298 units
Coverage area: Lachute
Financing: provincial
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE MIRABEL
15449 de Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 2B1
450 475-6286     Fax: 450 475-6616
Website: www.omhmirabel.com
Email: direction@omhmirabel.com

Eligibility: seniors and families on a low or moderate income
Capacity: 100 units
Coverage area: Mirabel
Hours: Monday to Thursday 9h00 to 15h00
Financing: provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE PRÉVOST
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095     Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca

Eligibility: individuals, seniors and families on a low and moderate income
Coverage area: Prévost
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-ANDRÉ-D'ARGENTEUIL
20 Martin Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0
450 537-3934
Email: marcel.stjacques@gmail.com

Eligibility: individuals and families on a low and moderate income
Capacity: 15 units
Coverage area: Saint-André-D'argenteuil
Financing: provincial
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-COLOMBAN
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095     Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca

Eligibility: individuals, seniors and families on a low and moderate income
OFFICE MUNICIPAL D'HABITATION DE SAINT-HIPPOLYTE
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095  Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Coverage area: Saint-Hippolyte
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-JÉRÔME
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095  Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Eligibility: people on a low or modest income
Coverage area: Saint-Jérôme
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: provincial, federal, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE SAINTE-SOPHIE
2200 de Jouvence Terrace, Sainte-Sophie, Laurentides, QC, J5J 2V8
514 826-9190
Email: omh.ste.sophie@videotron.ca
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 15 units
Coverage area: Sainte-Sophie
Financing: provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DES HAUTES-LAURENTIDES
600b Albiny Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1L4
1 833 623-4230  Fax: 819 623-3925
Website: www.ommhhl.com
Email: info@ommhhl.com
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 230 units
Coverage area: Ferme-Neuve, L'ascension, Lac-Des-Écorces, Mont-Laurier, Nominingue, Notre-Dame-Du-Laus, Rivière-Rouge
Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00, Friday 9h00 to 12h00
Financing: provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DES LAURENTIDES
510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7
819 425-7255
Email: info@omhlaurentides.ca
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 267 units
Coverage area: MRC Les Laurentides
Financing: provincial
Legal status: parapublic organization

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT
800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1
450 229-2264
Email: omhpdh@cgocable.ca
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 139 units
Coverage area: MRC Les Pays-d'en-Haut
Financing: municipal, provincial
Legal status: parapublic organization

OFFICE RÉGIONAL D'HABITATION DU LAC DES DEUX-MONTAGNES
46 Chenier Street, Saint-Eustache, Laurentides, QC, J7R 5W6
450 473-1280     Fax: 450 473-3829
Website: www.orhlacdm.com
Email: info@orhlacdm.com
Eligibility: housing: single individuals, autonomous seniors and families on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application
Capacity: 520 apartments
Coverage area: MRC de Deux-Montagnes
Hours: Monday to Thursday Deux-Montagnes 10h00 to 12h00 and 13h30 to 15h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
**PROGRAMME ÉCONOLOGIS**
888 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5E5
1 866 266-0008
Website: transitionenergetique.gouv.qc.ca/en/residential/programs/econologis

**Services:** Energy efficiency program for low-income households. * Advice on temperature and humidity management. * Caulking of doors and windows. * Installation of low-flow shower heads and LED bulbs.

**Eligibility:** tenants or owners on a low income

**Coverage area:** Expertbâtiment: Abitibi-Témiscamingue, Bas-Saint-Laurent, Capitale-Nationale, Centre-du-Québec, Chaudière-Appalaches, Côte-Nord, Gaspésie, Îles de la Madeleine, Laurentides, Lanaudière, Laval, Mauricie, Montérégie, Ile de Montréal, Nord-Du-Québec, Outaouais, Saguenay Lac St-Jean, ACEF Estrie:

**Hours:** October to March
**Fees:** none
**Financing:** provincial
**Legal status:** parapublic organization

**TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JÉRÔME**
500 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M2
1 800 683-2245 Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en

**Services:** Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calc

**Eligibility:** tenants, landlords

**Coverage area:** Saint-Jérôme

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Fees:** variable
**Financing:** provincial
**Legal status:** provincial government agency

**Housing search assistance**

**ACTION SOURCE DE VIE**
445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8
450 504-8775
Website: www.actionsourcedevie.com
Email: info@actionsourcedevie.com

**Services:** * Food aid of last resort. * Mutual aid store: used clothing, furniture and household items. * At-home collection of used furniture and appliances. * Moving service for families on a low income on July 1st. * Christmas baskets. * Distribution of school supplies.

**Eligibility:** food aid, moving service and Christmas baskets: families on a low income, other services: general public

**Coverage area:** Saint-Jérôme

**Hours:** Tuesday to Friday 10h00 to 14h00, moving service: July 1st only
**Fees:** moving service: free
**Financing:** donations, self-financing
**Legal status:** non-profit organization

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CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME
225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200 Fax: 450 432-7354
Website: www.cbsj.qc.ca
Email: info@cbsj.qc.ca


Eligibility: seniors, people wanting to volunteer, community and volunteer organizations
Hours: Monday to Friday 8h00 to 16h00, meals on wheels: Tuesday and Thursday
Fees: membership card: $5, meals on wheels: $8, community meals: $8
Financing: donations, membership fees, self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE D’ARGENTEUIL
171 Mary Street, Lachute, Laurentides, QC, J8H 2C1
450 562-5151 Fax: 450 562-0633
Website: www.centreentraideargenteuil.org
Email: centreentraide@videotron.ca


Eligibility: people and families on a low income, people living in difficult conditions
Coverage area: Lachute
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment
Fees: none
Financing: Centraide Laurentides, donations
Legal status: non-profit organization

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998 Fax: 450 565-3577
Website: www.lecoffret.ca


Eligibility: newcomers
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: municipal, provincial, federal, Centraide Laurentides
Legal status: non-profit organization

COOPÉRATIVE D’INITIATION À L’ENTREPRENEURIAT COLLECTIF - MIRABEL
9505 Côte des Saints, Mirabel, Laurentides, QC, J7N 2Y1
450 412-1144
Website: mdjmirabel.ca/projet-cjt
Email: adjcoordcjt@gmail.com
Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.
Eligibility: services offered to the general public by youth in high school
Coverage area: Mirabel
Hours: summer
Fees: variable
Financing: provincial, self-financing
Legal status: cooperative

COOPÉRATIVE D’INITIATION À L’ENTREPRENEURIAT COLLECTIF - MIRABEL - SAINT-CANUT
9625 de Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2
450 565-2585
Website: mdjmirabel.ca/projet-cjt
Email: direction@mdjmirabel.ca
Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.
Eligibility: services offered to the general public by youth in high school
Coverage area: Saint-Canut, Saint-Jérôme, Saint-Colomban
Hours: summer
Fees: variable
Financing: provincial, self-financing
Legal status: cooperative

COOPÉRATIVE D’INITIATION À L’ENTREPRENEURIAT COLLECTIF - MIRABEL - SAINT-JANVIER
13908 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3
450 435-8137
Website: mdjmirabel.ca/projet-cjt
Email: projetcjtmirabel1@gmail.com
Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.
Eligibility: services offered to the general public by youth in high school
Coverage area: Saint-Janvier, Blainville, Sainte-Thérèse
Hours: summer
Fees: variable
Financing: provincial, self-financing
Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ EN AIDE DOMESTIQUE MARTEAU ET PLUMEAU
166 Lesage Street, Sainte-Adèle, Laurentides, QC, J8B 2R4
450 229-6677 Fax: 450 553-8194
Website: marteau-plumeau.com
Email: info@marteau-plumeau.com
Services: Specialized solidarity cooperative in home maintenance and care services. * Regular or heavy house cleaning, preparation of meals without a specific diet, assistance with shopping, thorough cleanup and window cleaning services. * Preparation for moves. * Household chores: raking, gardening, packing, garage and shed cleaning, etc.

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


Financing: provincial, self-financing

Legal status: commercial enterprise

FONDATION YVAN LAURIN

1300 des Cerisiers Road, Mont-Laurier, Laurentides, QC, J9L 0Y3

819 623-6229   Fax: 819 440-2579

Email: jassflo@videotron.ca

Services: Assistance to people on a low income with cancer, to ensure them a better quality of life. * Financial assistance for services not covered.

Eligibility: people on a low income with cancer

Coverage area: MRC Antoine-Labelle

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

MIRABEL - CITY

14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y3

450 475-8653

Website: mirabel.ca

Email: communications@mirabel.ca


Coverage area: Mirabel

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE MIRABEL

15449 de Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 2B1

450 475-6286   Fax: 450 475-6616

Website: www.omhmirabel.com

Email: direction@omhmirabel.com


Eligibility: seniors and families on a low or moderate income

Capacity: 100 units

Coverage area: Mirabel

Hours: Monday to Thursday 9h00 to 15h00

Financing: provincial

Legal status: non-profit organization
Social housing and housing cooperatives

CITÉ LES TROIS R
850 du Bourg Avenue, Saint-Jérôme, Laurentides, QC, J7Z 3E9
450 504-4533
Website: www.citelestroisr.ca
Email: info@citelestroisr.ca


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

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

DOMAINE BELLEVUE DE SAINT-FAUSTIN-LAC-CARRÉ
1176 de la Pisciculture Road, Suite 10, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J3
819 713-0477
Email: domainebellevue1176@gmail.com

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

Capacity: 27 units

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

Financing: municipal

Legal status: non-profit organization

HABITATION DU VIEUX-SHAWBRIDGE
747 de la Station Street, Prévost, Laurentides, QC, J0R 1T0
450 224-7608
Website: www.rfab.ca/hvs/hvs.xhtml
Email: habitationvieuxshawbridge@hotmail.com

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

Eligibility: families, couples, single parents with young children and single people on a low and modest income

Capacity: 11 units

Coverage area: Prévost

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

Financing: provincial, grants

Legal status: non-profit organization

HABITATIONS DE LA VALLÉE DE SAINT-SAUVEUR (LES)
121 Lac-Millette Road, Saint-Sauveur, Laurentides, QC, J0R 1R6
450 227-6661
Email: habitationdelavallee@gmail.com

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

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

Capacity: 20 units

Coverage area: Saint-Sauveur

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

Financing: provincial, grants

Legal status: non-profit organization
HABITATIONS DU RUISSEAU NOIR (LES)
510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7
819 421-5553
Email: groupelogiloge@cgocable.ca
Services: Housing for people on a low and modest income.
Eligibility: families, individuals or autonomous seniors on a low or modest income who are currently employed
Capacity: 104 apartments
Coverage area: Mont-Tremblant
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00
Fees: one-bedroom apartment: $555 per month, two-bedrooms apartment: $664 per month, three-bedrooms apartment: $777 per month, heating and lighting are not included
Financing: municipal, self-financing
Legal status: non-profit organization

HABITATIONS MONT DU ROCHER
931 des Monts Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1K4
514 592-7199
Email: normandrochon27@hotmail.com
Eligibility: autonomous seniors on a low or modest income, families on a low or modest income
Coverage area: Sainte-Adèle
Fees: variable
Financing: self-financing
Legal status: non-profit organization

OFFICE D'HABITATION THÉRÈSE-DE BLAINVILLE
6 de l'Église Street, Suite 330, Sainte-Thérèse, Laurentides, QC, J7E 3L1
450 434-1149 ext. 110   Fax: 450 434-4570
Email: info@ohtdb.ca
Eligibility: individuals, seniors and families on a low or moderate income
Capacity: 631 units
Coverage area: MRC Thérèse-De Blainville
Hours: Monday and Wednesday 9h00 to 12h00 and 13h30 to 16h00, Tuesday and Thursday 13h30 to 16h00, Friday 9h00 to 12h00
Financing: federal, provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE LACHUTE
317 Aéroparc Boulevard, Lachute, Laurentides, QC, J8H 3V7
450 562-9260   Fax: 450 562-3217
Email: admin@omhlachute.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 298 units
Coverage area: Lachute
Financing: provincial
Legal status: municipal agency
OFFICE MUNICIPAL D'HABITATION DE MIRABEL
15449 de Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 2B1
450 475-6286     Fax: 450 475-6616
Website: www.omhmirabel.com
Email: direction@omhmirabel.com
Eligibility: seniors and families on a low or moderate income
Capacity: 100 units
Coverage area: Mirabel
Hours: Monday to Thursday 9h00 to 15h00
Financing: provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE PRÉVOST
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095     Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Coverage area: Prévost
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-ANDRÉ-D'ARGENTEUIL
20 Martin Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0
450 537-3934
Email: marcel.stjacques@gmail.com
Eligibility: individuals and families on a low and moderate income
Capacity: 15 units
Coverage area: Saint-André-D'argenteuil
Financing: provincial
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-COLOMBAN
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095     Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Coverage area: Saint-Colomban
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
OFFICE MUNICIPAL D'HABITATION DE SAINT-HIPPOLYTE
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095    Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Coverage area: Saint-Hippolyte
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-JÉRÔME
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095    Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca
Eligibility: people on a low or modest income
Coverage area: Saint-Jérôme
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: provincial, federal, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE SAINTE-SOPHIE
2200 de Jouvence Terrace, Sainte-Sophie, Laurentides, QC, J5J 2V8
514 826-9190
Email: omh.ste.sophie@videotron.ca
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 15 units
Coverage area: Sainte-Sophie
Financing: provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DES HAUTES-LAURENTIDES
600b Albiny Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1L4
1 833 623-4230    Fax: 819 623-3925
Website: www.omhhl.com
Email: info@omhhl.com
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 230 units
Coverage area: Ferme-Neuve, L'ascension, Lac-Des-Écorces, Mont-Laurier, Nominingue, Notre-Dame-Du-Laus, Rivière-Rouge
Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00, Friday 9h00 to 12h00
Financing: provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DES LAURENTIDES
510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7
819 425-7255
Email: info@omhlaurentides.ca
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 267 units
Coverage area: MRC Les Laurentides
Financing: provincial
Legal status: parapublic organization

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT
800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1
450 229-2264
Email: omhpdh@cgocable.ca
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 139 units
Coverage area: MRC Les Pays-d'en-Haut
Financing: municipal, provincial
Legal status: parapublic organization

OFFICE RÉGIONAL D'HABITATION DU LAC DES DEUX-MONTAGNES
46 Chenier Street, Saint-Eustache, Laurentides, QC, J7R 5W6
450 473-1280     Fax: 450 473-3829
Website: www.orhlacdm.com
Email: info@orhlacdm.com
Eligibility: housing: single individuals, autonomous seniors and families on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application
Capacity: 520 apartments
Coverage area: MRC de Deux-Montagnes
Hours: Monday to Thursday 10h00 to 12h00 and 13h30 to 15h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SOCIÉTÉ D'HABITATION DE BOIS-DES-FILION
315 Montée Gagnon, Bois-des-Filion, Laurentides, QC, J6Z 1H1
514 527-5720 ext. 61
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

INTERPRETATION AND TRANSLATION

MULTICULTURAL ORGANIZATIONS

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

SETTLEMENT SERVICES FOR NEWCOMERS
French courses

CENTRE CHRIST-ROI
545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2
819 623-1266
Website: www.centrechristroi.qc.ca
Email: sec.ccr@cspn.qc.ca


Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: some registration fees
Financing: provincial
Legal status: parapublic organization

CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES
52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7
450 473-2277     Fax: 450 473-2277
Website: alphabetisationdespatriotes.com
Email: alpha.patriote@videotron.ca


Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability

Capacity: 8 students per group
Coverage area: Kanestake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel
Hours: Monday to Friday 8h30 to 16h00
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: www.centreomega.org
Email: info@centreomega.org


Eligibility: youth 18 years old and under presenting dropout risk factors
Coverage area: MRC Thérèse-De Blainville and Lower Laurentians
Hours: Monday to Thursday 9h00 to 16h30
Fees: most services are free
Immigration and cultural communities

Financing: provincial, donations
Legal status: non-profit organization

CENTRE L'IMPACT
1355 l’Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-7880
Website: www.centrechristroi.qc.ca
Email: sec.cim@cspn.qc.ca


Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

Coverage area: MRC d'Antoine-Labelle

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

Fees: some registration fees

Financing: provincial

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998     Fax: 450 565-3577
Website: www.lecoffret.ca


Eligibility: newcomers

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: parapublic organization

Immigration and sponsorship

ABL IMMIGRATION
1 Place de la Gare, Suite 103, Saint-Eustache, Laurentides, QC, J7R 0B4
514 570-3313
Website: www.abl-immigration.org
Email: ablimmigration@gmail.com


Eligibility: newcomers, immigrants

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


Immigration and cultural communities

CENTRE CHRIST-ROI

545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2
819 623-1266
Website: www.centrechristroi.qc.ca
Email: sec.ccr@cspn.qc.ca


Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

Coverage area: MRC d'Antoine-Labelle

CENTRE L'IMPACT

1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-7880
Website: www.centrechristroi.qc.ca
Email: sec.clm@cspn.qc.ca


Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability

Coverage area: MRC d'Antoine-Labelle
Interpretation and translation

ABL IMMIGRATION
1 Place de la Gare, Suite 103, Saint-Eustache, Laurentides, QC, J7R 0B4
514 570-3313
Website: www.abl-immigration.org
Email: ablimmigration@gmail.com


Eligibility: newcomers, immigrants

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

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998 Fax: 450 565-3577
Website: www.lecoffret.ca


Eligibility: newcomers

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Multicultural organizations

ABL IMMIGRATION
1 Place de la Gare, Suite 103, Saint-Eustache, Laurentides, QC, J7R 0B4
514 570-3313
Website: www.abl-immigration.org
Email: ablimmigration@gmail.com


Eligibility: newcomers, immigrants

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

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization
CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES
2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
514 712-3075
Email: info@ccblarentide.ca

Services: Assistance in the integration and development of the Muslim community, in particular in the regions.

Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: $25, some activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998  Fax: 450 565-3577
Website: www.lecoffret.ca


Eligibility: newcomers

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Recognition of prior learning and diplomas

SERVICE CANADA CENTRE - SAINT-EUSTACHE
250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2358


Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency
Service Canada Centre - Sainte-Agathe-Des-Monts
118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5
1 800 622-6232  TTY: 1 800 926-9105  
Website:  www.canada.ca


Coverage area: Sainte-Agathe-Des-Monts
Hours: Monday to Friday 8h30 to 16h00
Financing:  federal
Legal status: federal government agency

Service Canada Centre - Sainte-Thérèse
100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 3G7
1 800 622-6232  TTY: 1 800 926-9105  
Website:  www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2471


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

Settlement services for newcomers

ABL Immigration
1 Place de la Gare, Suite 103, Saint-Eustache, Laurentides, QC, J7R 0B4
514 570-3313  
Website:  www.abl-immigration.org  
Email: ablimmigration@gmail.com  

Eligibility: newcomers, immigrants  
Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-De Blainville  
Hours: Monday to Friday 9h00 to 17h00  
Fees: none  
Financing: grants  
Legal status: non-profit organization
BOOK HUMANITAIRE (LE)
215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 436-2665
Website: lebookhumanitaire.com
Email: rlapierre@lebookhumanitaire.com
Eligibility: people in a difficult situation, volunteers
Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis
Hours: Monday to Thursday 9h00 to 17h00, Friday to Sunday 9h00 to 12h00
Fees: none
Financing: donations
Legal status: non-profit organization

CENTRE CHRIST-ROI
545 du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2S2
819 623-1266
Website: www.centrechristroi.qc.ca
Email: sec.ccr@cspn.qc.ca
Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability
Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: some registration fees
Financing: provincial
Legal status: parapublic organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES
2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
514 712-3075
Email: info@ccblaurentide.ca
Eligibility: Muslim community, municipal activities: general public
Coverage area: Lower Laurentians
Hours: variable, 7 days between 9h00 and 21h00
Fees: annual membership: $25, some activities: variable
Financing: donations, self-financing, membership fees
Legal status: non-profit organization
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 Quebec or forced to remain in Quebec, 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’ALPHABÉTISATION POPULAIRE DES PATRIOTES
52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7
450 473-2277  Fax: 450 473-2277
Website: alphabetisationdespatriotes.com
Email: alpha.patriote@videotron.ca
Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability
Capacity: 8 students per group
Coverage area: Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel
Hours: Monday to Friday 8h30 to 16h00
Financing: provincial
Legal status: non-profit organization

CENTRE D’INTÉGRATION EN EMPLOI LAURENTIDES
340, Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3
1 800 363-2499  Fax: 450 432-8647
Website: www.ciel Laurentides.com
Email: info@cielaurentides.com
Services: Job search assistance. * Specialized service to facilitate the transition and integration into employment of newcomers. * Specialized service for young parents and people 45 years and under.
Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment
Coverage area: Laurentians
Hours: Monday to Friday 8h00 to 16h00
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: www.centreomega.org
Email: info@centreomega.org
Eligibility: youth 18 years old and under presenting dropout risk factors
Coverage area: MRC Thérèse-De Blainville and Lower Laurentians
Hours: Monday to Thursday 9h00 to 16h30
Fees: most services are free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE L'IMPACT
1355 l'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-7880
Website: www.centrechristroi.qc.ca
Email: sec.cim@cspn.qc.ca
Eligibility: adults over 16 years old, alpha-francization: non-francophone adults, SFIS: adults with an intellectual, social or physical disability
Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: some registration fees
Financing: provincial
Legal status: parapublic organization

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998     Fax: 450 565-3577
Website: www.lecoffret.ca
Eligibility: newcomers
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: municipal, provincial, federal, Centraide Laurentides
Legal status: non-profit organization
COMPTOIR D'ENTRAIDE POPULAIRE MIRABEL
8555 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-7609
Email: cepmi@videotron.ca

Services: * Recovery and sale of used clothing, items and furniture. * Food baskets. * Financial assistance for school supplies and day camps.
Eligibility: families, people on a low income
Coverage area: food baskets and assistance for school supplies: Mirabel, collection of used items: Saint-Benoît, Saint-Hermas and Saint-Augustin parishes, cities of Sainte-Thérèse, Blainville, Boisbriand
Hours: thriftstore: Monday and Thursday 13h00 to 17h00, Tuesday and Wednesday 13h00 to 16h00, Saturday 9h00 to 12h00, donations: 7/7, 7h30 to 20h00, food assistance: Tuesday 13h30 to 15h00
Financing: self-financing, donations
Legal status: non-profit organization

PARENTS UNIQUES DES LAURENTIDES
126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7
819 324 1004 Fax: 819 324-1004
Email: parents.uniques@cgocable.ca

Eligibility: men and women heads of stepfamilies or single-parent families
Coverage area: MRC Les Laurentides
Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00
Fees: membership: $5 for a single parent family, $10 for a blended family
Financing: self-financing
Legal status: non-profit organization

ZONE EMPLOI D'ANTOINE-LABELLE
601 de la Madone Street, Suite 3, Mont-Laurier, Laurentides, QC, J9L 1S8
819 623-5051 Fax: 819 623-5504
Website: zemploi.com
Email: info@zemploi.com

Services: * Job search assistance. * Online job directory. * Entrepreneurship coaching. * Documentation room: reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.
Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Monday to Wednesday 8h00 to 12h00 and 13h00 to 17h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Fees: free
Financing: municipal
Legal status: non-profit organization
ZONE EMPLOI D’ANTOINE-LABELLE - VALLÉE DE LA ROUGE
1355 L’Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 623-5051
Website: zemploi.com
Email: info@zemploi.com

Services: * Job search assistance. * Directory of job offers. * Entrepreneurship coaching. * Documentation room: job board, reference documents, computer stations, telephone, printer, photocopier and fax. * Specialized services for new citizens, unemployed youth aged 16 to 29 years old or in training and without public income support, people aged 50 to 64 years old and youth aged 18 to 35 years old. * Educational and professional information, preparation for returning to training, academic orientation.

Eligibility: job seekers
Coverage area: MRC Antoine-Labelle
Hours: Wednesday 8h00 to 12h00 and 13h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization
Indigenous Peoples

COMMUNITY SUPPORT

EMPLOYMENT

GOVERNMENT SERVICES

HEALTH AND SOCIAL SERVICES
Community Support

ORGANISME KINA8AT (L’)
Confidential Address
Website: www.kina8at.ca/en
Email: info@kina8at.ca
Eligibility: indigenous peoples, families, general population, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence
Coverage area: Province of Québec
Hours: variable
Fees: variable
Financing: federal, donations
Legal status: non-profit organization

Employment

CENTRE RÉSIDENTIEL COMMUNAUTAIRE CURÉ LABELLE
612 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J5L 1Z6
450 431-9060     Fax: 450 431-9062
Website: www.crccurelabelle.com
Email: crcc@crccurelabelle.com
Eligibility: men on an active correctional measure
Capacity: 46 persons
Coverage area: Laurentians
Hours: 24 hours / 7 days
Fees: 25% of net salary, maximum $60 per week
Financing: provincial, federal
Legal status: non-profit organization

EMPLOYMENT AND TRAINING SERVICE CENTRE OF KANESATAKE
14C Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-8373 ext. 301
Website: www.cdrhpqn-fnhrdcq.ca
Email: Lamouche.michelle@kanesatake.ca
Eligibility: Mohawks of Kanesatake
Coverage area: Kanesatake
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial
Legal status: parapublic organization
INTÉGRATION - TRAVAIL LAURENTIDES
55 Castonguay Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Y 2H9
450 436-4024    Fax: 450 436-6607
Website: i-tl.org
Email: info@i-tl.org


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

Coverage area: The Laurentians
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - MIRABEL
13479 Curé-Labelle Boulevard, Suite 205, Mirabel, Laurentides, QC, J7J 1H1
450 436-4024 ext. 226
Website: i-tl.org
Email: info@i-tl.org


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

Coverage area: MRC Mirabel
Hours: variable, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - SAINT-EUSTACHE
112 Saint-Laurent Street, Suite A, Saint-Eustache, Laurentides, QC, J7P 5G1
450 623-0398    Fax: 450 983-5033
Website: i-tl.org
Email: info@i-tl.org


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

Coverage area: MRC Deux-Montagnes
Hours: Monday to Friday 8h30 to 16h30, by appointment
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: mfredette@i-tl.org
Eligibility: people living with a physical or intellectual disability, with mental health problems, 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
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

BOOK HUMANITAIRE (LE)
215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 436-2665
Website: lebookhumanitaire.com
Email: rlapierre@lebookhumanitaire.com
Eligibility: people in a difficult situation, volunteers
Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis
Hours: Monday to Thursday 9h00 to 17h00, Friday to Sunday 9h00 to 12h00
Fees: none
Financing: donations  
Legal status: non-profit organization

CENTRE LOCAL L’EMPLOI DE LACHUTE  
505 Béthany Avenue, Suite 303, Lachute, Laurentides, QC, J8H 4A6  
450 562-8533    Fax: 450 562-1664  
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp  

Services: * Information and accompaniment in the administrative procedures with ministries and organizations.  

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

Coverage area: Lachute  
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, land register: Monday to Friday 9h00 to 16h30  
Financing: provincial  
Legal status: provincial government agency

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LAURENTIDES  
275 Latour Street, 3rd Floor, Saint-Jérôme, Laurentides, QC, J7Z 0J7  
1 844 838-0808    Fax: 1 855 722-8081?  
Website: www.cnesst.gouv.qc.ca/en  

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.  

Eligibility: employers and workers  
Coverage area: Laurentians  
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except holidays  
Financing: membership fees, self-financing  
Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - LAURENTIDES  
275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7  
1 844 838-0808  
Website: www.cnesst.gouv.qc.ca/en  

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

Eligibility: public, employers, employees  
Coverage area: Laurentians  
Hours: office: by appointment for investigation and mediation  
Financing: provincial  
Legal status: provincial government agency

COMPTOIR D’ENTRAIDE POPULAIRE MIRABEL  
8555 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3  
450 475-7609  
Email: cepmi@videotron.ca  

Services: * Recovery and sale of used clothing, items and furniture. * Food baskets. * Financial assistance for school supplies and day camps.
Eligibility: families, people on a low income
Coverage area: food baskets and assistance for school supplies: Mirabel, collection of used items: Saint-Benoît, Saint-Hermas and Saint-Augustin parishes, cities of Sainte-Thérèse, Blainville, Boisbriand
Hours: thriftstore: Monday and Thursday 13h00 to 17h00, Tuesday and Wednesday 13h00 to 16h00, Saturday 9h00 to 12h00, donations: 7/7, 7h30 to 20h00, food assistance: Tuesday 13h30 to 15h00
Financing: self-financing, donations
Legal status: non-profit organization

MOHAWK COUNCIL OF KANESATAKE
681 Sainte-Philomène Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-8373    Fax: 450 479-1622
Website: www.kanesatake.ca
Email: communications@kanesatake.ca


Coverage area: Kanesatake
Hours: Monday to Friday 9h00 to 17h00
Financing: federal
Legal status: municipal agency

PARENTS UNIQUES DES LAURENTIDES
126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7
819 324 1004    Fax: 819 324-1004
Email: parents.uniques@cgocable.ca


Eligibility: men and women heads of stepfamilies or single-parent families
Coverage area: MRC Les Laurentides
Hours: Wednesday, Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 18h00, Saturday 9h00 to 12h00
Fees: membership: $5 for a single parent family, $10 for a blended family
Financing: self-financing
Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINT-EUSTACHE
250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
1 800 622-6232    TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2358

Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS
118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5
1 800 622-6232      TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Sainte-Agathe-Des-Monts
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE
100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 3G7
1 800 622-6232      TTY: 1 800 926-9105
Website: www.canada.ca


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

SERVICES QUÉBEC - DIRECTION RÉGIONALE DES LAURENTIDES
275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-7575      Fax: 450 436-4934
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/directions-regionales/index_en.asp

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

Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - MONT-LAURIER
585 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-4610     Fax: 819 623-3801
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
Services: * Information and accompaniment in the administrative procedures with ministries and organizations.
the Ministry of Immigration, Francization and Integration. * Self-service computer stations. * Québec land
register. * Information about government programs and services.
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual
and families receiving the governmental last-resort assistance or on a low income, employers and companies,
people 16 years and over coping with a long term occupational disability (physical or mental health, physical or
intellectual disabilities)

Coverage area: Mont-Laurier
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30, Wednesday 10h00 to 12h00 and
13h00 to 16h30, land register: Monday, Tuesday, Thursday, Friday 8h30 to 12h and 13h00 to 16h30,
Wednesday 9h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-EUSTACHE
367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1
450 472-2311     Fax: 450 974-3315
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of
resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing
machines. * Workplace learning program. * Training programs aiming professional skills development for
enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people,
immigrants or visible minorities. * Business assistance: advices and financial support in human resources
management. * Last-resort financial and social assistance for people with severe or temporary restrictions on
employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. *
Information on government programs and services and accompaniment in administrative procedures.
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual
and families receiving the governmental last-resort assistance or on a low income, employers and companies,
people 16 years and over coping with a long term occupational disability (physical or mental health, physical or
intellectual disabilities)

Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, registre foncier: Monday to Friday 9h00 to 16h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-JÉRÔME
275 Latour Street, Suite RC02, Saint-Jérôme, Laurentides, QC, J7Z 0J7
450 569-3075     Fax: 450 569-7458
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp

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

Coverage area: Saint-Jérôme

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

Legal status: provincial government agency

SERVICES QUÉBEC - SAINTE-ADÈLE
1390 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2
450 229-6560 Fax: 450 229-9347
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Sainte-Adèle

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINTE-AGATHE-DES-MONTS
1 Raymond Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X2
819 326-5861 Fax: 819 326-4234
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Sainte-Agathe-des-Monts

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINTE-THÉRÈSE
100 Ducharme Boulevard, Suite 120, Sainte-Thérèse, Laurentides, QC, J7E 4R6
450 435-3667 Fax: 450 430-0128
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

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

Coverage area: Sainte-Thérèse
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

Health and social services

KANESATAKE HEALTH CENTER
12 Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-6000 Fax: 450 479-8313
Website: www.kanesatak healthcenter.ca
Email: info@kanesatak healthcenter.ca


Coverage area: Kanesatake
Hours: Monday to Friday 8h00 to 16h00
Financing: federal
Legal status: non-profit organization

ONENTOKON HEALING LODGE
380 Saint-Michel Street, Kanesatake, Laurentides, QC, J0N 1E0
450 479-8353 Fax: 450 479-1034
Website: www.onentokon.com
Email: info@onentokon.org


Eligibility: Native people over the age of 18 with drug and/or alcohol addictions and their significant others
Capacity: 16 beds
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial, federal, donations
Legal status: non-profit organization
Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

CORRECTIONAL SERVICES

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS
Justice and Advocacy

Advocacy groups

AMIS DE LA RÉSERVE ALFRED-KELLY (LES)
100 de la Gare Street, Piedmont, Laurentides, QC, J0R 1K0
Website: www.reservealfredkelly.org
Email: amis.reservealfredkelly@gmail.com
Eligibility: people invested in protection of the environment
Coverage area: Piedmont
Fees: adult members: $10, members under 17 years old: free
Financing: membership fees
Legal status: non-profit organization

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: acefbl@consommateur.qc.ca
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: non-profit organization

ASSOCIATION DE PROMOTION ET D’ÉDUCATION EN LOGEMENT
112 Saint-Laurent Street, 2nd floor, Saint-Eustache, Laurentides, QC, J7P 5G1
450 413-2949 Fax: 450 974-1381
Website: apel-logement.org
Email: coordonnateur@apel-logement.org
Eligibility: landlords, tenants
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: voluntary contribution
Financing: provincial, grants
Legal status: non-profit organization

ASSOCIATION DES MAISONS DE JEUNES DE MIRABEL
9505 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X2
450 412-0799
Website: mdjmirabel.ca
Email: info@mdjmirabel.ca
Justice and Advocacy

Services: Youth organization offering various projects and approaches promoting health and global well-being.

Eligibility: youth centre and youth job cooperative: 12 to 17 years old and their close ones, 6th grade project: youth 11 or 12 years old in 6th grade, street work: youth from 12 to 35 years and their close ones

Coverage area: Mirabel

Hours: administration: 9h00 to 16h00, youth centre: 16h00 to 21h00, street work: depending on the needs

Fees: none

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

Legal status: non-profit organization

ASSOCIATION DES PARENTS D’ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES
764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-3828
Email: asshandicaphl@qc.aira.com

Services: * Welcoming, listening, referral and documentation. * Information on available resources. * Information and accompaniment for parents in the steps to obtain services from other organizations. * Varied training for parents. * Family meetings and recreational activities. * Support to welcoming spaces. * Awareness and promotion of social integration and participation.

Eligibility: parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder

Coverage area: MRC Antoine-Labelle

Financing: municipal, dons

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL
585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9
819 425-7447 Fax: 819 425-2343
Website: www.association-clairsoleil.com
Email: clairsoleil@cgocable.ca

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

Eligibility: people living with an intellectual or physical disability, their family, day camp: children from 5 to 17 years old

Coverage area: Laurentians

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

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

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES
62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2
819 326-5202 Fax: 819 326-1475
Website: aphil.ca
Email: direction@aphil.ca

Eligibility: people 5 to 90 years living with an intellectual disability, day camp: children 5 to 17 years old
Coverage area: Laurentians
Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks
Fees: annual subscription: $12, activities: none, outings: variable
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION FÉMININE D’ÉDUCATION ET D’ACTION SOCIALE - HAUTES-RIVIÈRES
Confidential Address
819 587-3199
Email: ddore3@hotmail.com
Services: * Information, social action and promotion of women's issues. * Advocacy and representation.
Eligibility: women 16 years old and older
Coverage area: Bouchette, Ferme-Neuve, Gracefield, Saint-Aimé-du-Lac-des-Îles
Fees: annual membership: $35
Financing: membership fees
Legal status: non-profit organization

CARREFOUR D’ACTIONS POPULAIRES DE SAINT-JÉRÔME
227 Saint-Georges Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Z 5A1
450 432-8696
Website: carrefouractionspopulaires.org
Email: info@carrefouractionspopulaires.org
Services: Place for information, meetings and discussion. * Weekly information sessions and advocacy for tenants and welfare recipients. * Craft workshops.
Eligibility: isolated people or on a low income, families in difficult situations, tenants, welfare beneficiaries
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Thursday 9h30 to 16h00
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)
310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8
450 562-7122
Website: www.cafela.org
Email: info@cafela.org
Eligibility: women, drop-in day care centre: children 18 months to 5 years old, respite care: children 0 to 5 years old
Coverage area: Lachute
Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00
Fees: membership card: $5 per year, clothing counter: free for women and children
Financing: contributions
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES
2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
514 712-3075
Email: info@ccblaurentide.ca
Justice and Advocacy

**Services:** Assistance in the integration and development of the Muslim community, in particular in the regions. * Cultural, social, sporting and charity activities. * Humanitarian actions, moral support and academic support. * Promotion of women's involvement. * Support for youth: dropout and crime prevention. * Accompaniment and integration of newcomers. * Involvement in municipal activities.

**Eligibility:** Muslim community, municipal activities: general public

**Coverage area:** Lower Laurentians

**Hours:** variable, 7 days between 9h00 and 21h00

**Fees:** annual membership: $25, some activities: variable

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

**Legal status:** non-profit organization

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**CENTRE D'AIDE PERSONNES TRAUMATISÉES CRÂNIENNES ET HANDICAPÉES PHYSIQUES LAURENTIDES**

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

1 888 431-3437   Fax: 450 431-7955

Website: www.captchpl.org

Email: captchpl@videotron.ca


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

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

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

**Financing:** donations, provincial, grants

**Legal status:** non-profit organization

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

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

1 800 563-6261   Fax: 450 565-1114

Website: www.caaplaurentides.org

Email: info@caaplaurentides.org

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

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

**Coverage area:** Laurentians

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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

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

450 432-5642   Fax: 450 432-8673

Website: centredefemmeslesunesetlesautres.org

Email: centrelesunes@qc.aira.com
Justice and Advocacy


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

Capacity: daycare and respite care: limited places

Coverage area: MRC La Rivière-du-Nord

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

Fees: none

Financing: provincial, donations, membership fees

Legal status: non-profit organization

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

1000 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5N6

450 432-8708     Fax: 450 431-8446

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

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

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

Coverage area: Laurantians

Financing: provincial

Legal status: parapublic organization

CENTRE RAYONS DE FEMMES THÉRÈSE-DE-BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: crdf.ca

Email: info@crdf.ca


Eligibility: women 18 years and over

Coverage area: MRC Sainte-Thérèse-de Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: free

Financing: provincial, donations

Legal status: non-profit organization

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

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

450 229-8440

Email: clsm227@gmail.com


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

Coverage area: Laurentians

Fees: none

Financing: donations, grants

Legal status: non-profit organization

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COMITÉ DES USAGERS DE SAINT-JÉRÔME
200 Rolland Street, Saint-Jérôme, Laurentides, QC, J7Z 5S2
450 432-2777 ext. 25105
Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/saint-jerome
Email: comite.des.usagers.cissslau@ssss.gouv.qc.ca
Eligibility: users of Saint-Jérôme hospital, of Saint-Jérôme regional hospital, Lafontaine and Centre-ville-de-Saint-Jérôme CLSCs, centre d’hébergement Lucien-G. Rolland and Saint-Jérôme CHSLD
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS 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
Eligibility: users of Drapeau-Deschambault and Hubert-Maisonneuve housing centres, of Thérèse-De Blainville and Saint-Joseph CLSCs, of Thérèse-De Blainville tests centre and CHSLD Blainville
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DES PROGRAMMES EN DÉFICIENCE INTELLECTUELLE ET TROUBLES DU SPECTRE DE L’AUTISME DES LAURENTIDES ET DES PROGRAMMES EN DÉFICIENCE PHYSIQUE
500 des Laurentides Boulevard, Suite 252, Saint-Jérôme, Laurentides, QC, J7Z 4M2
450 569-2974 ext. 74028
Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/di-tsa-dp
Email: cu.ditsadp.cissslau@ssss.gouv.qc.ca
Eligibility: users of physical rehabilitation centres or intellectual disabilities and autism spectrum disorder rehabilitation centres in the Laurentians
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES
910 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5
450 432-3799
Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/centre-de-readaptation-en-dependance-des-laurentides
Email: comiteusagercab@bellnet.ca
Eligibility: users of addiction rehabilitation centres in the Laurentians
Coverage area: Laurentians
Justice and Advocacy

**COMITÉ DES USAGERS DU LAC-DES-DEUX-MONTAGNES**

55 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 4Y8
450 472-0013 ext. 46351
Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/lac-des-deux-montagnes
Email: comite.usagers.lddm@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** users of Saint-Benoît and Saint-Eustache CHSLDs, Jean-Olivier-Chénier and Mirabel CLSCs, Deux-Montagnes Ambulatory Services Center, Deux-Montagnes Mental Health Ambulatory Services Center and Saint-Eustache Hospital

**Coverage area:** Laurentians

**Financing:** provincial

**Legal status:** parapublic organization

**COMMISSION DE L'ÉQUITÉ SALARIALE - LAURENTIDES**

275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

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

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

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

**COMMISSION DES NORMES DU TRAVAIL - LAURENTIDES**

275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7
1 844 838-0808
Website: www.cnesst.gouv.qc.ca/en

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

**Eligibility:** public, employers, employees

**Coverage area:** Laurentians

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

**Financing:** provincial

**Legal status:** provincial government agency
CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
1 855 766-6387 ext. 33167
Services: Grouping for consultation between organizations, municipalities and establishments for seniors in order to meet the needs of seniors and persons in loss of autonomy, and to promote home support. * Consultation and representation with deciding authorities. * Directory Services aux personnes aînées: www.cab-laurentides.org/images/publications/mini-bottin-MRC-laurentides.pdf
Eligibility: organizations for seniors or people in loss of autonomy, municipalities
Coverage area: MRC Les Laurentides
Financing: self-financing
Legal status: non-profit organization

CONSEIL RÉGIONAL DE DÉVELOPPEMENT SOCIAL DES LAURENTIDES
Confidential Address
450 848-7263
Website: www.crdsl.com
Email: info@crdsl.com
Eligibility: non-profit organizations, publics and parapublic organizations, elected officials
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

DIABÈTE DES DRAVEURS
Confidential Address
819 438-2139
Website: www.diabete.qc.ca/fr/comprendre-le-diabete/ressources/cartes/diabete-mont-laurier
Email: diabetemontlaurier@gmail.com
Eligibility: diabetic people, their close ones
Coverage area: MRC Antoine-Labelle et MRC La Vallée-de-la-Gatineau
Fees: $20 per year
Financing: donations, contributions, grants
Legal status: non-profit organization

DIABÈTE MONT-TREMBLANT
522 Vaillancourt Street, Mont-Tremblant, Laurentides, QC, J8E 2S6
819 425-3873
Email: lisefecteau@cgocable.ca
Eligibility: diabetic people, their close ones
Coverage area: Mont-Tremblant
Financing: donations, contributions
Legal status: non-profit organization
DROITS ET RECOURS LAURENTIDES
227 Saint-Georges Street, Suite 104, Saint-Jérôme, Laurentides, QC, J7Z 5A1
450 436-4633 Fax: 450 436-5099
Website: droitsetrecourslaurentides.org
Email: info@droitsetrecourslaurentides.org
Eligibility: people or groups of people living or having lived with mental health problems
Coverage area: Laurentians
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: grants
Legal status: non-profit organization

ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L’) - MONT-LAURIER
Confidential Address
819 623-2624
Website: www.lelan.org
Email: mtlaurier@lelan.org
Eligibility: women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general public
Coverage area: MRC Antoine-Labelle, MRC Les Laurentides
Hours: Monday to Friday, variable hours
Fees: none
Financing: donations, grants
Legal status: non-profit organization

ÉLAN, CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L’) - SAINTE-AGATHE-DES-MONTS
Confidential Address
819 326-8484
Website: www.lelan.org
Email: steagathe@lelan.org
Eligibility: women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general public
Coverage area: MRC Antoine-Labelle, MRC Les Laurentides
Hours: Monday to Friday, variable hours
Fees: none
Financing: donations, grants
Legal status: non-profit organization

FADOQ - LAURENTIANS REGION
1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5
819 429-5858 Fax: 819 429-6850
Website: www.fadoq.ca/en/laurentides
Email: info@fadoqlaurentides.org
Justice and Advocacy

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

**Eligibility:** people 50 years and over

**Coverage area:** Laurentians

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

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

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

**Legal status:** non-profit organization

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**MAISONS DES MOTS DES BASSES-LAURENTIDES (LA)**

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

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

**Website:** maisondesmots.ca

**Email:** info@maisondesmots.com


**Eligibility:** people aged 16 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

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**MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER**

2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7

1 866 623-3009  Fax: 819 623-7040

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca


**Eligibility:** pregnant women, new parents, families, children 0 to 5 years old

**Coverage area:** MRC d’Antoine-Labelle

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

**Financing:** grants, donations

**Legal status:** non-profit organization

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**MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE**

1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-7653  Fax: 819 275-2161

**Website:** www.lamereveille.ca

**Email:** directioncrp@lamereveille.ca

Eligibility: pregnant women, new parents, families, children 0 to 5 years old

Coverage area: MRC d’Antoine-Labelle

Financing: grants, donations

Legal status: non-profit organization

MOUVEMENT DES PERSONNES D’ABORD DE LACHUTE

442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

450 562-5846

Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. * Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and other items.

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

Coverage area: Lachute

Hours: Tuesday to Friday 10h00 to 15h00

Fees: membership card: $10

Financing: provincial, self-financing

Legal status: non-profit organization

MOUVEMENT PERSONNE D’ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com


Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h00

Fees: membership: $10 per year

Financing: provincial

Legal status: non-profit organization

MOUVEMENT PERSONNE D’ABORD DE SAINT-JÉRÔME ET SES ENVIRONS

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

450 438-6256

Email: mpdastjerome@hotmail.ca

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

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

Coverage area: Saint-Jérôme

Fees: none

Financing: provincial

Legal status: non-profit organization
MOUVEMENT PERSONNE D’ABORD DE SAINTE-THÉRÈSE
12 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6
450 818-1883
Website: www.mpdatherese12.com
Email: mpdatherese@videotron.ca
Eligibility: adults living with an intellectual disability
Coverage area: MRC Thérèse-De Blainville
Hours: Monday, Tuesday, Thursday 8h00 to 15h00, Friday 12h00 to 21h00
Fees: membership: $5
Financing: provincial
Legal status: non-profit organization

MOUVEMENT PERSONNE D’ABORD DE STE-AGATHE-DES-MONTS
Confidential Address
Email: mpdasteagathe@bell.net
Services: Defence of the collective rights of people living or having been labelled with an intellectual disability. * Support, listening and referral. * Awareness, mobilization and representation. * Weekly and annual activities.
Eligibility: people living or having been labelled with an intellectual disability, their relatives
Coverage area: Sainte-Agathe-Des-Monts
Financing: self-financing
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION
500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2
1 866 590-4469     Fax: 450 436-3273
Website: mssociety.ca/chapter/section-laurentides
Email: info.laurentides@mssociety.ca
Eligibility: people diagnosed with multiple sclerosis and their relatives
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: fundraising campaigns
Legal status: non-profit organization

ORGANISME DE BASSINS VERSANTS DES RIVIÈRES ROUGE, PETITE NATION ET SAUMON
645 du Moulin Street, suite 1, Mont-Tremblant, Laurentides, QC, J8E 2V1
819 717-3171
Website: www.rpns.ca
Email: direction@rpns.ca
Services: Organization ensuring the integrated management of water and living environments. * Development and establishment of a master plan for water. * Awareness for conservation of water resources and ecosystems. * Contribution to the development, integration and dissemination of knowledge of the territory. * Valuation and measurement of positive impacts.
Eligibility: general public
Coverage area: MRC Antoine-Labelle, MRC Papineau, MRC les Laurentides and MRC des-Pays-d’en-Haut
Hours: Monday to Friday 8h30 to 16h30
Fees: member fees: variable
Financing: provincial, contributions, donations
Legal status: non-profit organization
PASSE-R-ELLE DES HAUTES-LAURENTIDES (LA)
Confidential Address
819 623-1523  Fax: 819 623-6747
Website: www.maisonpasserelle.com
Email: intervention@maisonpasserelle.com
Eligibility: women victims of domestic violence and their children
Coverage area: MRC Antoine-Labelle
Hours: 24 hours / 7 days
Fees: none
Financing: donations, grants
Legal status: non-profit organization

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES
Confidential Address
1 844 551-6032
Website: prevoyanceaineslaurentides.org
Email: prevoyance.aines.laurentides@gmail.com
Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinuelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.
Eligibility: seniors
Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: municipal, provincial, donations
Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DES PATRIOTES
477 25th Avenue, Suite 240, Saint-Eustache, Laurentides, QC, J7P 5G1
438 938-7882
Email: rutadp@live.ca
Eligibility: people living with a disability, paratransit users
Coverage area: MRC Deux-Montagnes, Mirabel-Sud: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin
Financing: donations
Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD
300 Longpré Street, Suite 310, Saint-Jérôme, Laurentides, QC, J7Y 3B9
450 592-1383
Email: rutac-mrc-rdn@hotmail.com
Services: * Representation and advocacy for individual and collective rights and interests. * Development and improvement of the conditions of the collective and adapted transportation service.
Eligibility: people with reduced mobility who use the adapted transportation service
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Friday 9h30 to 17h00
Fees: free
Financing: grants
Legal status: non-profit organization

REGROUPEMENT POUR LA CONCERTATION DES PERSONNES HANDICAPÉES DES LAURENTIDES
Confidential Address
450 432-2229
Website: www.handicaplaurentides.ca
Email: info@handicaplaurentides.ca
Eligibility: people with disabilities, organizations
Coverage area: Laurentians
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER
532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3
819 623-2948  Fax: 819 623-9381
Email: rdass@videotron.ca
Eligibility: recipients of social assistance and people on a low income
Coverage area: MRC Antoine-Labelle
Hours: Monday and Friday 9h00 to 16h00
Financing: provincial, grants
Legal status: non-profit organization

RÉSEAU DES FEMMES DES LAURENTIDES
342 Parent Street, Saint-Jérôme, Laurentides, QC, J7Z 2A2
450 431-1896
Website: www.femmeslaurentides.org
Email: info@femmeslaurentides.org
Eligibility: women's groups and committees, general public
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: grants
Legal status: non-profit organization

SIGNÉE FEMMES - LE CENTRE DE FEMMES
383 Labelle Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-5455
Website: www.signeefemmes.com
Email: signeefemmes@signeefemmes.com
Justice and Advocacy

**Services:** Meeting and exchange space for women. *Reception, listening, support and accompaniment.* Workshops, coffee meetings, conferences, educational activities. *Fight against poverty, violence in all forms and social exclusion.* *Defense of rights.* *Collective actions.* *References.*

**Eligibility:** women

**Coverage area:** Rivière-Rouge

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

**Financing:** municipal

**Legal status:** non-profit organization

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SOCIÉTÉ DE DÉVELOPPEMENT DU RÉSERVOIR-KIAMIKA

1850 Fernand-Lafontaine Boulevard, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 278-5402

Email: info@reservoirkiamika.org

**Services:** Organization for the protection and enhancement of the Kiamika reservoir. *Ecosystems conservation for the regional park.* *Improvement of four-season tourism.* *Socio-cultural mission.* *Summer activities: canoe-camping, camping, beach, nautical activities, hiking.*

**Eligibility:** general public

**Coverage area:** Chute-Saint-Philippe, Kiamika, Lac-Saguay, Rivière-Rouge, reservoir and surroundings

**Financing:** provincial

**Legal status:** non-profit organization

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SOCIÉTÉ DE L’AUTISME DES LAURENTIDES

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

450 569-1794    Fax: 450 569-6022

Website: autismelaurentides.org

Email: info@autismelaurentides.org

**Services:** *Advocacy.* *Family support.* *Respite and recreational services.* *Day activities and work station for adults.* *Summer camps.* *Matériathèque: loan of educational material for parents.*

**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

**Financing:** foundations, donations, provincial

**Legal status:** non-profit organization

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TABLE DE CONCERTATION RÉGIONALE DES AÎNÉS DES LAURENTIDES

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

819 326-5657 ext. 27

Website: tcral.ca

Email: tralaurentides@gmail.com

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

**Eligibility:** senior community of the Laurentians

**Coverage area:** Laurentians

**Hours:** Wednesday and Thursday 9h00 to 15h00

**Fees:** free

**Financing:** provincial

**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: acefbl@consommateur.qc.ca
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: non-profit organization

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 Quebec or forced to remain in Quebec, 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’ASSISTANCE ET D’ACCOMPAGNEMENT AUX PLAINTES - LAURENTIDES
255 de Martigny Street West, unit 3-2, Saint-Jérôme, Laurentides, QC, J7Y 2G4
1 800 563-6261     Fax: 450 565-1114
Website: www.caaplaurentides.org
Email: info@caaplaurentides.org
Services: Centre assisting health and social services users in their complaint process. * Information and referral about users’ rights. * Support and counseling services. * Assistance in reporting harms. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process.
Eligibility: users of public health and social services, residents of private seniors’ residence (RPA), all those vulnerable to abuse
Coverage area: Laurentians
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization
CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES -
COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES
1000 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5N6
450 432-8708  Fax: 450 431-8446
Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/commissariat-aux-plaintes-et-a-la-qualite-des-services
Email: info-plaintes@ssss.gouv.qc.ca
Services: Responsible of enforcing the users’ rights. * Reception and analysis of complaints. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DE SAINT-JÉRÔME
200 Rolland Street, Saint-Jérôme, Laurentides, QC, J7Z 5S2
450 432-2777 ext. 25105
Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/saint-jerome
Email: comite.des.usagers.cissslau@ssss.gouv.qc.ca
Eligibility: users of Saint-Jérôme hospital, of Saint-Jérôme regional hospital, Lafontaine and Centre-ville-de-Saint-Jérôme CLSCs, centre d’hébergement Lucien-G. Rolland and Saint-Jérôme CHSLD
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS 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
Eligibility: users of Drapeau-Deschambault and Hubert-Maissonneuve housing centres, of Thérèse-De Blainville and Saint-Joseph CLSCs, of Thérèse-De Blainville tests centre and CHSLD Blainville
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DES PROGRAMMES EN DÉFICIENCE INTELLECTUELLE ET
TROUBLES DU SPECTRE DE L’AUTISME DES LAURENTIDES ET DES PROGRAMMES EN
DÉFICIENCE PHYSIQUE
500 des Laurentides Boulevard, Suite 252, Saint-Jérôme, Laurentides, QC, J7Z 4M2
450 569-2974 ext. 74028
Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/di-tsa-dp
Email: cu.ditsadp.cissslau@ssss.gouv.qc.ca
Eligibility: users of physical rehabilitation centres or intellectual disabilities and autism spectrum disorder rehabilitation centres in the Laurentians
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES
910 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5
450 432-3789
Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/centre-de-readaptation-en-dependance-des-laurentides
Email: comiteusagercab@bellnet.ca
Eligibility: users of addiction rehabilitation centres in the Laurentians
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU LAC-DES-DEUX-MONTAGNES
55 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 4Y8
450 472-0013 ext. 46351
Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/lac-des-deux-montagnes
Email: comite.usagers.lddm@ssss.gouv.qc.ca
Eligibility: users of Saint-Benoît and Saint-Eustache CHSLDs, Jean-Olivier-Chénier and Mirabel CLSCs, Deux-Montagnes Ambulatory Services Center, Deux-Montagnes Mental Health Ambulatory Services Center and Saint-Eustache Hospital
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

OFFICE D'HABITATION THÉRÈSE-DE BLAINVILLE
6 de l'Église Street, Suite 330, Sainte-Thérèse, Laurentides, QC, J7E 3L1
450 434-1149 ext. 110 Fax: 450 434-4570
Email: info@ohtdb.ca
Eligibility: individuals, seniors and families on a low or moderate income
Capacity: 631 units
Coverage area: MRC Thérèse-De Blainville
Hours: Monday and Wednesday 9h00 to 12h00 and 13h30 to 16h00, Tuesday and Thursday 13h30 to 16h00, Friday 9h00 to 12h00
Financing: federal, provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE LACHUTE
317 Aéroparc Boulevard, Lachute, Laurentides, QC, J8H 3V7
450 562-9260 Fax: 450 562-3217
Email: admin@omhlachute.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Justice and Advocacy

Capacity: 298 units
Coverage area: Lachute
Financing: provincial
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE MIRABEL
15449 de Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 2B1
450 475-6286    Fax: 450 475-6616
Website: www.omhmirabel.com
Email: direction@omhmirabel.com
Eligibility: seniors and families on a low or moderate income
Capacity: 100 units
Coverage area: Mirabel
Hours: Monday to Thursday 9h00 to 15h00
Financing: provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE PRÉVOST
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095    Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Coverage area: Prévost
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-ANDRÉ-D'ARGENTEUIL
20 Martin Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0
450 537-3934
Email: marcel.stjacques@gmail.com
Eligibility: individuals and families on a low and moderate income
Capacity: 15 units
Coverage area: Saint-André-D'argenteuil
Financing: provincial
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-COLOMBAN
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095    Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Coverage area: Saint-Colomban
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-HIPPOLYTE
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095 Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Coverage area: Saint-Hippolyte
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-JÉRÔME
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095 Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca
Eligibility: people on a low or modest income
Coverage area: Saint-Jérôme
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: provincial, federal, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE SAINTE-SOPHIE
2200 de Jouvence Terrace, Sainte-Sophie, Laurentides, QC, J5J 2V8
514 826-9190
Email: omh.ste.sophie@videotron.ca
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 15 units
Coverage area: Sainte-Sophie
Financing: provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DES HAUTES-LAURENTIDES
600b Albiny Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1L4
1 833 623-4230 Fax: 819 623-3925
Website: www.omhhhl.com
Email: info@omhhhl.com
Justice and Advocacy

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

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

**Capacity:** 230 units

**Coverage area:** Ferme-Neuve, L'ascension, Lac-Des-Écorces, Mont-Laurier, Nominingue, Notre-Dame-Du-Laus, Rivièr-Rouge

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

**Financing:** provincial, municipal

**Legal status:** municipal agency

**OFFICE MUNICIPAL D'HABITATION DES LAURENTIDES**

510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7
819 425-7255

**Email:** info@omhlaurantides.ca

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

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

**Capacity:** 267 units

**Coverage area:** MRC Les Laurentides

**Financing:** provincial

**Legal status:** parapublic organization

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

800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1
450 229-2264

**Email:** omhpdh@cgocable.ca

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

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

**Capacity:** 139 units

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

**Financing:** municipal, provincial

**Legal status:** parapublic organization

**SERVICE CANADA CENTRE - SAINT-EUSTACHE**

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
1 800 622-6232       TTY: 1 800 926-9105

**Website:** www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2358


**Coverage area:** Saint-Eustache

**Hours:** Monday to Friday 8h30 to 16h00

**Financing:** federal

**Legal status:** federal government agency
SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS
118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5
1 800 622-6232      TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Sainte-Agathe-Des-Monts
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE
100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 3G7
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2471


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

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JÉRÔME
500 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M2
1 800 683-2245      Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en

Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calc

Eligibility: tenants, landlords
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency
Correctional services

CORRECTIONAL SERVICE CANADA - LA MACAZA INSTITUTION
321 de l'Aéroport Road, La Macaza, Laurentides, QC, J0T 1R0
819 275-2315    Fax: 819 275-3079
Website: www.csc-scc.gc.ca

Eligibility: men offenders sentenced for more than 2 years
Capacity: 240 inmates
Coverage area: Province of Québec
Financing: federal
Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - LAFERRIÈRE COMMUNITY CORRECTIONAL CENTRE
202 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z9
450 432-2141    Fax: 450 432-8657
Website: www.csc-scc.gc.ca

Eligibility: people under federal jurisdiction who have been released to the community on unescorted temporary absences, day parole, full parole, work releases, statutory release or long-term supervision orders
Coverage area: Province of Québec
Financing: federal
Legal status: federal government agency

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: Laurentides
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

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: 450 478-7077
Website: www.csc-scc.gc.ca


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


Eligibility: male offenders sentenced for more than 2 years

Capacity: 288 inmates

Coverage area: Province of Québec

Financing: federal

Legal status: federal government agency

DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - LAURENTIDES
275 Latour Street, Suite 2.5, Saint-Jérôme, Laurentides, QC, J7Z 5H6
1 866 722-7351     Fax: 450 569-3138
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels


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

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION DE SAINT-JÉRÔME
2 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 5G5
450 436-8144     Fax: 450 436-8444
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels


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

Coverage area: Province of Québec

Financing: provincial

Legal status: provincial government agency
Courthouses and tribunals

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, Boisbriand, Laurentides, QC, J7G 2J7
450 435-1954 ext. 271 Fax: 450 435-6398
Website: www.ville.boisbriand.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: Boisbriand
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15
Financing: municipal
Legal status: municipal agency

BUREAU DES INFRACTIONS ET AMENDES - SAINT-JÉRÔME
25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1
1 877 263-6337 Fax: 450 569-7683
Website: www.amendes.qc.ca
Email: amendes@justice.gouv.qc.ca

Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. * Recovery of fines and unpaid legal fees. * Online payment services for court records and statements of offense.

Coverage area: judicial districts of Laval and Saint-Jérôme
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JÉRÔME
25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1
450 431-4407
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit. * Other point of service for voluntary deposits and for receiving claims, by appointment: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.

Coverage area: Laurentians: Terrebonne judicial district
Justice and Advocacy

Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - SAINT-JÉRÔME
25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1
450 431-4418 Fax: 450 569-3051
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes.
Coverage area: Laurentians: Terrebonne judicial district
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - SMALL CLAIMS DIVISION - SAINT-JÉRÔME
25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1
450 431-4439
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse
Email: pcstjerome@justice.gouv.qc.ca
Services: Court hearing cases in which the disputed amount of money is inferior to $15,000 and where people represent themselves, without a lawyer. * Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge. * Other point of service for small claims: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.
Eligibility: any person or legal person if it employed at most 10 people during the 12 months prior to the claim
Coverage area: Laurentians: Terrebonne judicial district
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SAINT-JÉRÔME
25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1
450 431-4419
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of all cases involving a minor. * Hearing of cases of adoption.
Coverage area: Laurentians: Terrebonne judicial district
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

DEUX-MONTAGNES - MUNICIPAL COURT
1502 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M8
450 473-2796 ext. 2 Fax: 450 473-0094
Website: www.ville.deux-montagnes.qc.ca/en/municipal-services/municipal-court
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: MRC de Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
MIRABEL - MUNICIPAL COURT  
17690 du Val-d’Espoir Street, Mirabel, Laurentides, QC, J7J 1A1  
450 475-2009  
Website: mirabel.ca/cour-municipale  
Email: courmunicipale@ville.mirabel.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: Mirabel  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00

Financing: municipal  
Legal status: municipal agency

MONT-LAURIER COURTHOUSE  
645 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1T1  
819 623-9666  
Fax: 819 623-6859  
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/mont-laurier-courthouse

Services: Administration of court services of Mont-Laurier. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: civil wedding and partnership, family mediation, support payments.

Coverage area: Labelle judicial district  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial  
Legal status: provincial government 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 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal  
Legal status: municipal agency

SAINT-JÉRÔME COURTHOUSE  
25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1  
450 431-4407  
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Services: Administration or court services of Saint-Jérôme. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

Coverage area: Laurentians: Terrebonne judicial district  
Hours: Monday to Friday 8h30 to 16h30

Financing: provincial  
Legal status: provincial government agency
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

SUPERIOR COURT - SAINT-JÉRÔME
25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1
450 431-4407
Website: www.justice.gouv.qc.ca/en/justice/find-a-courthouse/saint-jerome-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of the cases where the amount in dispute is more than $85,000 and administrative, familial and bankruptcy litigations. * Hearing of jury trials in criminal cases and appeals in summary conviction.
Coverage area: Laurentians: Terrebonne judicial district
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

AU COEUR DE L’ARBRE MAISON DE RÉPIT JEUNESSE
Confidential Address
819 951-8484
Email: aucoeurdelarbre@outlook.com
Eligibility: youth, families
Coverage area: MRC Antoine-Labelle
Hours: 7 days, 9h00 to 17h00
Fees: variable
Financing: self-financing, donations
Legal status: non-profit organization

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
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
Coverage area: Boisbriand
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15
Financing: municipal
Legal status: municipal agency

BOISBRIAND - MUNICIPAL COURT
940 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 2J7
450 435-1954 ext. 271 Fax: 450 435-6398
Website: www.ville.boisbriand.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: Boisbriand
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15
Financing: municipal
Legal status: municipal agency

BUREAU DES INFRACTIONS ET AMENDES - SAINT-JÉRÔME
25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1
1 877 263-6337 Fax: 450 569-7683
Website: www.amendes.qc.ca
Email: amendes@justice.gouv.qc.ca
Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. * Recovery of fines and unpaid legal fees. * Online payment services for court records and statements of offense.
Coverage area: judicial districts of Laval and Saint-Jérôme
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

CARREFOUR D' ACTIONS POPULAIRES DE SAINT-JÉRÔME
227 Saint-Georges Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Z 5A1
450 432-8696
Website: carrefouractionspopulaires.org
Email: info@carrefouractionspopulaires.org
Services: Place for information, meetings and discussion. * Weekly information sessions and advocacy for tenants and welfare recipients. * Craft workshops.
Eligibility: isolated people or on a low income, families in difficult situations, tenants, welfare beneficiaries
Coverage area: MRC La Rivière-du-Nord
Justice and Advocacy

Hours: Monday to Thursday 9h30 to 16h00
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDEière
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 Quebec or forced to remain in Quebec, 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 FEMMES LES UNES ET LES AUTRES (LE)
741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2
450 432-5642 Fax: 450 432-8673
Website: centredefemmeslesunesetlesautres.org
Email: centrelesunes@qc.aira.com


Eligibility: women, daycare and respite care: children 6 months to 5 years old
Capacity: daycare and respite care: limited places
Coverage area: MRC La Rivière-du-Nord

Hours: Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings
Fees: none
Financing: provincial, donations, membership fees
Legal status: non-profit organization

COMMISSION DE L'ÉQUITÉ SALARIALE - LAURENTIDES
275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca
**Services:** Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subject by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other group wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

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

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

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**COMMISSION DES NORMES DU TRAVAIL - LAURENTIDES**

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

1 844 838-0808

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

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

**Eligibility:** public, employers, employees

**Coverage area:** Laurentians

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

**Financing:** provincial

**Legal status:** provincial government agency

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

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

450 431-4419

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

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

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

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

**Financing:** provincial

**Legal status:** provincial government agency

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

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

450 569-3240

Website: www.curateur.gouv.qc.ca/cura/en

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

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

**Coverage area:** Laval, Lanaudière, Laurentians, Outaouais, Abitibi-Témiscamingue
JUSTICE AND ADVOCACY

**DEUX-MONTAGNES - MUNICIPAL COURT**

1502 d’Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M8
450 473-2796 ext. 2  Fax: 450 473-0094
Website: www.ville.deux-montagnes.qc.ca/en/municipal-services/municipal-court

**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:** MRC de Deux-Montagnes

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

**Financing:** municipal

**Legal status:** municipal agency

**ENTE-NOUS (L’)**

605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4
450 504-1001
Website: www.lamieduquartier.com/lentre-nous
Email: lamieduquartier@hotmail.com

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

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

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

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

**FERME-NEUVE - MUNICIPALITY**

125 12th Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1C0
819 587-3400
Website: www.municipalite.ferme-neuve.qc.ca
Email: reception@munfn.ca

**Services:** Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: municipalite.ferme-neuve.qc.ca/environnement * Public safety: fire safety service, Sûreté du Québec.

**Coverage area:** Ferme-Neuve

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

**Financing:** municipal

**Legal status:** municipal agency

**GREN维尔-SUR-LA-ROUGE - MUNICIPALITY**

88 des Érables Street, Grenville-sur-la-Rouge, Laurentides, QC, J0V 1B0
819 242-8762  Fax: 819 242-9341
Website: www.grenvillesurlarouge.ca/en
Email: info@gslr.ca
Justice and Advocacy


Coverage area: Grenville-sur-La-Rouge
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

LABELLE - MUNICIPALITY
1 du Pont Street, Labelle, Laurentides, QC, J0T 1H0
819 681-3371  Fax: 819 686-3820
Website: www.municipalite.labelle.qc.ca/contacts/english
Email: info@municipalite.labelle.qc.ca


Coverage area: Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

LAC-DES-ÉCORCES - MUNICIPALITY
672 Saint-François Boulevard, Lac-des-Écorces, Laurentides, QC, J0W 1H0
819 585-4600  Fax: 819 585-4610
Website: www.lacdesecorces.ca
Email: adm@lacdesecorces.ca


Coverage area: Lac-des-Écorces
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

LACHUTE - CITY
380 Principale Street, Lachute, Laurentides, QC, J8H 1Y2
450 562-3781  Fax: 450 562-1431
Website: www.ville.lachute.qc.ca/en
Email: lachute@ville.lachute.qc.ca


Coverage area: Lachute
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
LEGAL AID OFFICE - LACHUTE
505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6
450 562-2462 Fax: 450 562-1758
Website: www.ccjll.qc.ca
Email: bajlach@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Lachute
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - MONT-LAURIER
555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-2827 Fax: 819 623-4894
Website: www.ccjll.qc.ca
Email: bajml@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Mont-Laurier
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-EUSTACHE
11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3
450 472-0134 Fax: 450 472-0409
Website: ccjll.qc.ca
Email: bajeust@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Reception and processing legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-JÉRÔME
460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3
450 436-5712 Fax: 450 436-8004
Website: www.ccjll.qc.ca
Email: bajstje@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-AGATHE
118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1
819 326-6111  Fax: 819 326-1767
Website: www.ccjll.qc.ca
Email: bajagathe@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE
220 Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7
450 435-6509  Fax: 450 435-3439
Website: www.ccjll.qc.ca
Email: baj Ther@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Blainville, Boisbriand, Bois-des-Fillon, 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: provincial government agency

MAISON D’ARIANE (LA)
Confidential Address
450 432-9355  Fax: 450 432-8005
Website: maisondariane.ca
Email: info@maisondariane.ca
Services: Help Centre and Shelter for women and children who are victims of domestic violence. * Shelter services. * Mother & Child service. * External services: 24/7 help line, one-on-one meetings with a shelter worker, Assistance and support with procedures such as attending superior or criminal court, the DPJ and other needs. * Prevention and awareness.
Eligibility: women and children victims of domestic violence
Capacity: 17 women and children
Coverage area: Laurentides
Hours: telephone assistance: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization
MAISON D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE
582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7
450 565-0958    Fax: 450 565-1648
Website: mhjlaparenthese.org
Email: info@mhjlaparenthese.org

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

Eligibility: young people in difficulty aged 12 to 17 years, their parents, families
Capacity: 6 places
Coverage area: Laurentians
Hours: 24 hours / 7 days
Fees: variable according to income, from $3.50 to $12 per day
Financing: provincial, municipal, donations
Legal status: non-profit organization

MESURES ALTERNATIVES DES 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: mabl@b2b2c.ca

Services: Prevention, awareness and information program in relation with the Youth Criminal justice Act. * Offers alternative sentencing for the traditional justice system and solutions for conflict management. * Citizen mediation service.

Eligibility: teenagers from 12 to 17 years old who have been prosecuted under the criminal or criminal procedure Code, general population
Coverage area: Basses-Laurentides
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD
515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 436-6749    Fax: 450 436-1863
Website: www.mavn.ca/en
Email: info@mavn.ca


Eligibility: people living in conflict, teenagers aged 12 to 17, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses
Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivièr du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides
Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization
MIRABEL - MUNICIPAL COURT
17690 du Val-d'Espoir Street, Mirabel, Laurentides, QC, J7J 1A1
450 475-2009
Website: mirabel.ca/cour-municipale
Email: courmunicipale@ville.mirabel.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: Mirabel
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

MONT-LAURIER - CITY
300 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1J9
819 623-1221
Website: www.villemontlaurier.qc.ca
Email: info@villemontlaurier.qc.ca
Coverage area: Mont-Laurier
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

MONT-TREMBLANT - CITY
1145 Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 1V1
819 681-6409     Fax: 819 425-2528
Website: www.villedemont-tremblant.qc.ca/en
Email: info@villedemont-tremblant.qc.ca
Coverage area: Mont-Tremblant
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency

MORIN-HEIGHTS - MUNICIPALITY
567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0
450 226-3232     Fax: 450 226-8786
Website: morinheights.com/?lang=en
Email: municipalite@morinheights.com
Coverage area: Morin-Heights
Hours: Monday to Thursday 8h30 to 12h00 and 12h45 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
MOUVANCE, CENTRE DE FEMMES (LA)
83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9
450 472-7245
Website: www.lamouvance.ca
Email: info@lamouvance.ca

NOMININGUE - MUNICIPALITY
2110 du Tour-du-Lac Road, Nominingue, Laurentides, QC, J0W 1R0
819 278-3384 Fax: 819 278-4967
Website: www.municipalitenominingue.qc.ca
Email: reception@municipalitenominingue.qc.ca
Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.municipalitenominingue.qc.ca/affaires-municipales/communications-aux-citoyens/collectes/ * Public safety: fire safety service, Sûreté du Québec. Coverage area: Nominingue Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00 Financing: municipal Legal status: municipal agency

PIEDMONT - MUNICIPALITY
670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0
450 227-1888 Fax: 450-227-6716
Website: www.piedmont.ca
Email: info@piedmont.ca
Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.piedmont.ca/infos-collectes.html * Here it is: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec. Coverage area: Piedmont Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00 Financing: municipal Legal status: municipal agency

PRÉVOST - CITY
2870 Curé-Labelle Boulevard, Prévost, Laurentides, QC, J0R 1T0
450 224-8888 ext. 0
Website: www.ville.prevost.qc.ca
Email: servicecitoyen@ville.prevost.qc.ca

Public safety: fire safety service, Sûreté du Québec.

Coverage area: Prévote

Hours: Monday to Thursday 8h15 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

REGROUPEMENT POUR LES DROITS DES PERSONNES ASSISTÉES SOCIALES MONT-LAURIER

532 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1P3
819 623-2948 Fax: 819 623-9381
Email: rdass@videotron.ca


Eligibility: recipients of social assistance and people on a low income

Coverage area: MRC Antoine-Labelle

Hours: Monday and Friday 9h00 to 16h00

Financing: provincial, grants

Legal status: non-profit organization

RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3
819 660-2842
Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com


Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 19h00, by appointment

Fees: housing: variable

Financing: self-financing

Legal status: non-profit organization

RIVIÈRE-ROUGE - CITY

25 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-2929 Fax: 819 275-3676
Website: www.riviere-rouge.ca
Email: greffe@riviere-rouge.ca


Coverage area: Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: municipal agency

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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 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-ADOLPHE-D'HOWARD - MUNICIPALITY
1881 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0
819 327-2044  Fax: 819 327-2282
Website: www.stadolphedhoward.qc.ca
Email: info@stah.ca


Coverage area: Saint-Adolphe-d'Howard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-ANDRÉ-D'ARGENTEUIL - MUNICIPALITY
10 de la Mairie Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0
450 537-3527  Fax: 450 537-3070
Website: stada.ca
Email: info@stada.ca


Coverage area: Saint-André-d'Argenteuil
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-FAUSTIN-LAC-CARRÉ - MUNICIPALITY
100 Place de la Mairie, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J2
819 688-2161  Fax: 819 688-6791
Website: sflc.ca
Email: info@sflc.ca


Coverage area: Saint-Faustin-Lac-Carré
Hours: Monday to Thursday 8h15 to 16h45, Friday 8h15 to 12h15
Financing: municipal
Legal status: municipal agency
SAINT-HIPPOLYTE - MUNICIPALITY
2253 des Hauteurs Road, Saint-Hippolyte, Laurentides, QC, J8A 1A1
450 563-2505
Website: saint-hippolyte.ca
Email: municipalite@saint-hippolyte.ca
Coverage area: Saint-Hippolyte
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

SAINT-JÉRÔME - CITY
10 Saint-Joseph Street, Suite 103, Saint-Jérôme, Laurentides, QC, J7Z 7G7
450 569-5000
Website: www.vsj.ca
Services: Municipal service management. * Municipal counter: information on permits, subsidies and taxes, payment of taxes, regulations, etc. * Calendar of recyclable and garbage collections and information on waste management: www.vsj.ca/collectes * Public safety: fire safety service, police service.
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency

SAINT-SAUVEUR - CITY
1 Place de la Mairie, Saint-Sauveur, Laurentides, QC, J0R 1R6
450 227-4633 Fax: 1 866 313-6267
Website: www.ville.saint-sauveur.qc.ca
Email: administration@ville.saint-sauveur.qc.ca
Coverage area: Saint-Sauveur
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-ADÈLE - CITY
1381 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A3
450 229-2921 Fax: 450 229-4179
Website: www.ville.sainte-adele.qc.ca
Email: info@ville.sainte-adele.qc.ca
Coverage area: Sainte-Adèle
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
SAINTE-AGATHE-DES-MONTS - CITY
50 Saint-Joseph Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1M9
819 326-4595
Website: ville.sainte-agathe-des-monts.qc.ca
Email: info@ville.sainte-agathe-des-monts.qc.ca
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h00 to 17h00
Financing: municipal
Legal status: municipal agency

SAINTE-MARGUERITE-DU-LAC-MASSON - CITY
88 Masson Road, Lac-Masson, Laurentides, QC, J0T 1L0
450 228-2543
Website: lacmasson.com
Email: commloisirs@lacmasson.com
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINTE-SOPHIE - MUNICIPALITY
2199 Sainte-Sophie Boulevard, Sainte-Sophie, Laurentides, QC, J5J 1A1
450 438-7784 Fax: 450 438-1080
Website: www.stesophie.ca
Email: courrier@stesophie.ca
Coverage area: Sainte-Sophie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, Fire department: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
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  

**TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JÉRÔME**  
500 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M2  
1 800 683-2245  Fax: 1 877 907-8077  
Website: www.tal.gouv.qc.ca/en  
Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul  
Eligibility: tenants, landlords  
Coverage area: Saint-Jérôme  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: variable  
Financing: provincial  
Legal status: provincial government agency

**UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.**  
56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4  
450 435-0808  Fax: 450 435-2772  
Website: www.domremystetherese.com  
Email: info@domremystetherese.com  
Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones  
Coverage area: Laurentides, Lanaudière  
Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h00  
Fees: free  
Financing: provincial, self-financing, Centraide Laurentides, grants  
Legal status: non-profit organization

**VAL-DAVID - MUNICIPALITY**  
2579 de l’Église Street, Val-David, Laurentides, QC, J0T 2N0  
819 324-5678  
Website: www.val david.com  
Email: communications@val david.com  
Coverage area: Val-David  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00  
Financing: municipal  
Legal status: municipal agency

**VAL-MORIN - MUNICIPALITY**  
6120 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0  
819 324-5670  Fax: 819 322-3923  
Website: www.val-morin.ca

Coverage area: Val-Morin
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

Professional orders and associations

ASSOCIATION CANADIENNE DE RÉFLEXOLOGIE - SECTION QUÉBEC
Confidential Address
450 602-7904
Website: www.reflexologycanada.org/en/quebec
Email: qc.president@reflexologycanada.org


Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: membership fees
Legal status: non-profit organization

Support for offenders

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, Boisbriand, Laurentides, QC, J7G 2J7
450 435-1954 ext. 271 Fax: 450 435-6398
Website: www.ville.boisbriand.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: 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-LANAUDEIÈRE
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 Quebec or forced to remain in Quebec, 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 RÉSIDENTIEL COMMUNAUTAIRE CURÉ LABELLE
612 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J5L 1Z6
450 431-9060  Fax: 450 431-9062
Website: www.crccurelabelle.com
Email: crcl@crccurelabelle.com
Eligibility: men on an active correctional measure
Capacity: 46 persons
Coverage area: Laurentians
Hours: 24 hours / 7 days
Fees: 25% of net salary, maximum $60 per week
Financing: provincial, federal
Legal status: non-profit organization

DEUX-MONTAGNES - MUNICIPAL COURT
1502 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M8
450 473-2796 ext. 2  Fax: 450 473-0094
Website: www.ville.deux-montagnes.qc.ca/en/municipal-services/municipal-court
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: MRC de Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - LAURENTIDES
275 Latour Street, Suite 2.5, Saint-Jérôme, Laurentides, QC, J7Z 5H6
1 866 722-7351  Fax: 450 569-3138
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels
Eligibility: offenders sentenced to less than 2 years, alleged offenders
Coverage area: Laurentides
Financing: provincial
Legal status: provincial government agency

LEGAL AID OFFICE - LACHUTE
505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6
450 562-2462    Fax: 450 562-1758
Website: www.ccjll.qc.ca
Email: bajlach@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Lachute
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - MONT-LAURIER
555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-2827    Fax: 819 623-4894
Website: www.ccjll.qc.ca
Email: bajml@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Mont-Laurier
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-EUSTACHE
11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3
450 472-0134    Fax: 450 472-0409
Website: ccjll.qc.ca
Email: bajeust@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Reception and processing legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization
LEGAL AID OFFICE - SAINT-JÉRÔME
460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3
450 436-5712     Fax: 450 436-8004
Website: www.ccjll.qc.ca
Email: bajstje@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests. Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law Coverage area: Saint-Jérôme Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website Financing: provincial Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-AGATHE
118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1
819 326-6111     Fax: 819 326-1767
Website: www.ccjll.qc.ca
Email: bajagathe@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests. Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law Coverage area: Sainte-Agathe-des-Monts Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website Financing: provincial Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE
220 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 individuals. * Reception and processing legal aid requests. Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law Coverage area: 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: provincial government agency

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: mabl@b2b2c.ca
Services: Prevention, awareness and information program in relation with the Youth Criminal justice Act. * Offers alternative sentencing for the traditional justice system and solutions for conflict management. * Citizen mediation service.
Justice and Advocacy

Eligibility: teenagers from 12 to 17 years old who have been prosecuted under the criminal or criminal procedure Code, general population

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 436-6749 Fax: 450 436-1863

Website: www.mavn.ca/en

Email: info@mavn.ca


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

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

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MIRABEL - MUNICIPAL COURT

17690 du Val-d’Espoir Street, Mirabel, Laurentides, QC, J7J 1A1
450 475-2009

Website: mirabel.ca/cour-municipale

Email: courmunicipale@ville.mirabel.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: Mirabel

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00

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 12h00 and 13h00 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

ADDITION PREVENTION

ADDITION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES
Addiction prevention

ASSOCIATION DES MAISONS DE JEUNES DE MIRABEL
9505 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X2
450 412-0799
Website: mdjmirabel.ca
Email: info@mdjmirabel.ca

Services: Youth organization offering various projects and approaches promoting health and global well-being.

Eligibility: youth centre and youth job cooperative: 12 to 17 years old and their close ones, 6th grade project: youth 11 or 12 years old in 6th grade, street work: youth from 12 to 35 years and their close ones

Coverage area: Mirabel

Hours: administration: 9h00 to 16h00, youth centre: 16h00 to 21h00, street work: depending on the needs

Fees: none

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

Legal status: non-profit organization

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


Coverage area: Laurentians

Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 8h15 to 16h15

Financing: provincial

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


Eligibility: individuals, families on a low income

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Wednesday 8h00 to 16h00, Thursday 11h00 to 16h00, Friday 16h30 to 20h00, food distribution for individuals: Wednesday 8h30 to 11h30, food distribution for families: Wednesday 13h30 to 14h30, popular evenings: Friday 16h30 to 20h00, daycare: Monday to Friday 8h00 to 16h00, collective kitchen: Wednesday and Thursday

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

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

Legal status: non-profit organization
CLSC JEAN-OLIVIER-CHÉNIER
29 D’Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6
450 491-1233
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1205&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J7R1K6
Coverage area: Laurentians
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

CLSC MIRABEL
8467 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-7938
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=281708&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J7N2A3
Coverage area: Laurentians
Hours: Monday, Wednesday and Friday 12h30 to 16h00, Tuesday and Thursday 8h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

DISPENSAIRE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE
527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 431-7432     Fax: 450 431-6536
Website: www.dispensaire.org
Email: info@csalaurentides.com
Eligibility: people living with HIV/AIDS, hepatitis C or an STD, their relatives, people at risk, people who use substances, people from the LGBTQ2S+ community
Coverage area: Laurentians
Hours: centre: Monday to Friday 9h00 to 17h00, clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Fees: free
Financing: donations, provincial, federal
Legal status: non-profit organization

ÉCLUSE DES LAURENTIDES (L’)
22A Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 744-1393     Fax: 450 744-1335
Website: www.ecluse.org
Email: eclusedeslaurentides@bellnet.ca

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

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

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

Fees: none

Financing: provincial, municipal, federal, donations

Legal status: non-profit organization

HÔPITAL DE MONT-LAURIER
2561 de la Lièvre Sud Road, Mont-Laurier, Laurentides, QC, J9L 3G3
819 623-1234
Website: www.santelaurentides.gouv.qc.ca


Coverage area: Laurentians

Hours: 24 hours / 7 days, test centre: Monday to Friday 7h00 to 15h00

Financing: provincial

Legal status: parapublic organization

HÔPITAL LAURENTIEN
234 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2B8
819 324-4000
Website: www.santelaurentides.gouv.qc.ca/english


Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

KANESATAKE HEALTH CENTER
12 Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-6000    Fax: 450 479-8313
Website: www.kanesatakehealthcenter.ca
Email: info@kanesatakehealthcenter.ca


Coverage area: Kanesatake

Hours: Monday to Friday 8h00 to 16h00

Financing: federal

Legal status: non-profit organization
MAISON DES JEUNES LA MINERVE
181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0
819 274-1797
Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes
Email: maisondesjeunes.laminerve@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: La Minerve
Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - SHELTER
765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8
819 623-3719 ext. 232 Fax: 819 623-1243
Website: maisonlysebeauchamp.org/itinerance
Email: info@maisonlysebeauchamp.org
Eligibility: men and women 18 and over that find themselves in social emergency, homeless or vagrant situations
Capacity: 2
Coverage area: MRC d'Antoine-Labelle
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

MOTHERS AGAINST DRUNK DRIVING - LANAUDIÈRE CHAPTER
Confidential Address
1 877 392-6233
Website: maddsections.ca/lanaudiere
Email: madd-lanaudiere@hotmail.com
Eligibility: impaired driving victims, their relatives, general public, students
Coverage area: Lanaudière
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

MOTHERS AGAINST DRUNK DRIVING - QUÉBEC REGIONAL OFFICE
Confidential Address
1 877 392-6233
Website: madd.ca/pages
Email: mcmorin@madd.ca
Eligibility: impaired driving victims and relatives, general public, students
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

REGROUPEMENT EN TOXICOMANIE PRISME
147 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 5H6
450 491-3670
Email: organisme.prisme@hotmail.com
Eligibility: youth 5 to 17 years old, counsellors, parents
Capacity: variable
Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-De Blainville
Hours: Monday to Friday 8h00 to 16h00
Fees: variable
Financing: donations
Legal status: non-profit organization

RESSOURCES OLIVIER
2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3
819 660-2842
Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com
Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people
Capacity: temporary housing: 12 families
Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau
Hours: 7 days, 9h00 to 19h00, by appointment
Fees: housing: variable
Financing: self-financing
Legal status: non-profit organization

TANGAGE DES LAURENTIDES
118-B Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1
819 324-2261
Website: tangage.ca
Email: info@tangage.ca
Eligibility: school and community environments
Coverage area: MRC des Laurentides, MRC Les Pays-d'en-Haut, MRC Rivière du Nord and north of Mirabel, MRC d'Argenteuil
Hours: Monday to Thursday
Financing: provincial, Centraide Gatineau-Labelle-Haute-Laurentides, municipal, grants
Legal status: non-profit organization
UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.
56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4
450 435-0808 Fax: 450 435-2772
Website: www.domremystetherese.com
Email: info@domremystetherese.com
Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones
Coverage area: Laurentides, Lanaudière
Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h00
Fees: free
Financing: provincial, self-financing, Centraide Laurentides, grants
Legal status: non-profit organization

UNITÉ-TOXI DES TROIS-VALLÉES (L’)
1412 Deguire Street, Mont-Tremblant, Laurentides, QC, J8E 3C4
819 425-5666
Email: unitetoxidestroisvallees@yahoo.ca
Eligibility: people with an alcohol, drug or gambling addiction problem, their relatives
Coverage area: MRC Les Laurentides
Hours: 7 days, 8h00 to 18h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

Addiction treatment

ALCOHOLICS ANONYMOUS - AREA 90
Confidential Address
Website: aaregion90.org
Email: region@aa90.org
Services: * Telephone support. * Weekly support groups, self animated or by a member. * Online meetings list: meetings.aa90.org/meetings * Meetings possible for people with a hearing impairment.
Eligibility: men and women of all ages with an alcohol addiction problem
Capacity: 10 persons or more per meeting
Fees: voluntary contribution
Financing: contributions
Legal status: non-profit organization
ATTITUDE RESOURCE CENTER
19 de la Gare Street, Suite i, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 240-0404  Fax: 450 240-0340
Website: centreattitude.com
Email: info@centreattitude.com
Services: * Individual counselling in a helping relationship. * 5-day intensive in-patient workshops on addiction issues, based on the 12 steps of remission (various issues, non-exclusive) every two weeks (Wednesday to Sunday). * 3-day intensive in-patient workshops for couples or teens every two months (Friday to Sunday). * Weekly addiction support groups based on the 12 stages of remission (various issues, non-exclusive).
Eligibility: adults, teenagers 12 to 17 years old and couples struggling with addiction (alcohol, drugs, gambling, cyberaddiction) or on a journey, support groups: 16 years old and over
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: individual consultations and intensive sessions: variable, support groups: voluntary contribution
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - DEUX-MONTAGNES
333 Antonin-Campue Street, Suite 103, Deux-Montagnes, Laurentides, QC, J7R 0A2
811 option 2
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: people 12 years and over with an alcohol, drug or gambling addiction, their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems
Coverage area: Laurentians
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINT-JÉRÔME - EXTERNAL SERVICES
906 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5
811 option 2
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Eligibility: people 12 years and over with an alcohol, drug or gambling addiction, their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems
Coverage area: Laurentians
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINTE-AGATHE-DES-MONTS
21 Godon Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1E5
811 option 2
Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation
Mental Health and addictions


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

**Coverage area:** Laurentians

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - THÉRÈSE-DE-BLAINVILLE**

125 Duquet Street, Sainte-Thérèse, Laurentides, QC, J7E 0A5

811 option 2

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


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

**Coverage area:** Laurentians

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE DE SERVICES DE RIVIÈRE-ROUGE**

1525 L’Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-2118

Website: www.santelaurentides.gouv.qc.ca


**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days, nursing care: Monday to Friday 8h30 to 16h30, sampling centre: Monday, Wednesday, Thursday, Friday 7h00 to 12h00

**Financing:** provincial

**Legal status:** parapublic organization

**DISPENSAIRE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE**

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

450 431-7432     Fax: 450 431-6536

Website: www.dispensaire.org

Email: info@cslaurentides.com

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

Coverage area: Laurentians

Hours: Centre: Monday to Friday 9h00 to 17h00, Clinic: Tuesday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

Fees: free

Financing: donations, provincial, federal

Legal status: non-profit organization

GROUPE JAD
1625 du Bourg-du-Lac Street, Suite 421, Sainte-Adèle, Laurentides, QC, J8B 3A2
819 774-1687
Email: info@groupejad.com


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

Coverage area: MRC Laurentides

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

Fees: free

Financing: donations

Legal status: non-profit organization

HÔPITAL DE MONT-LAURIER
2561 de la Lièvre Sud Road, Mont-Laurier, Laurentides, QC, J9L 3G3
819 623-1234
Website: www.santelaurentides.gouv.qc.ca


Coverage area: Laurentians

Hours: 24 hours / 7 days, test centre: Monday to Friday 7h00 to 15h00

Financing: provincial

Legal status: parapublic organization

HÔPITAL DE SAINT-EUSTACHE
520 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 5B1
450 473-6811
Website: www.santelaurentides.gouv.qc.ca


Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

HÔPITAL LAURENTIEN
234 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2B8
819 324-4000
Website: www.santelaurentides.gouv.qc.ca/english

Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HÔPITAL RÉGIONAL DE SAINT-JÉRÔME
290 De Montigny Street, Saint-Jérôme, Laurentides, QC, J7Z 5T3
1 888 963-2777
Website: www.santelaurentides.gouv.qc.ca


Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

MAISON LYSE-BEAUCHAMP - SHELTER
765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8
819 623-3719 ext. 232     Fax: 819 623-1243
Website: maisonlysebeauchamp.org/itinerance
Email: info@maisonlysebeauchamp.org


Eligibility: men and women 18 and over that find themselves in social emergency, homeless or vagrant situations
Capacity: 2
Coverage area: MRC d’Antoine-Labelle
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

ONENTOKON HEALING LODGE
380 Saint-Michel Street, Kanesatake, Laurentides, QC, J0N 1E0
450 479-8353     Fax: 450 479-1034
Website: www.onentokon.com
Email: info@onentokon.org


Eligibility: Native people over the age of 18 with drug and/or alcohol addictions and their significant others
Capacity: 16 beds
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial, federal, donations
Legal status: non-profit organization
PORTAGE - CENTRE DE THÉRAPIE POUR ADULTES - PAVILLON POUR FEMMES
1762 du Lac Écho Road, Prévost, Laurentides, QC, J0R 1T0
514 939-7700
Website: https://portage.ca/fr/quebec/programme-adultes/
Email: info@portage.ca

Eligibility: men with a substance abuse problem
Capacity: 80
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

PORTAGE - CENTRE DE THÉRAPIE POUR ADULTES - PAVILLON POUR HOMMES
1790 du Lac Écho Road, Prévost, Laurentides, QC, J0R 1T0
514 939-7700
Website: https://portage.ca/fr/quebec/programme-adultes/
Email: info@portage.ca

Eligibility: men with a substance abuse problem
Capacity: 80
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

PORTAGE - PROGRAMME POUR ADOLESCENTS - OUEST DU QUÉBEC
1790 du Lac Écho Road, Prévost, Laurentides, QC, J0R 1T0
450 224-2944
Website: www.portage.ca
Email: info_adomtl@portage.ca

Eligibility: youth 14 to 18 with substance abuse problem
Capacity: 32
Coverage area: Province of Québec
Hours: administration: Monday to Friday 9h00 to 17h00, residential service: 24 hours
Fees: free
Financing: provincial, foundations
Legal status: non-profit organization
UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.
56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4
450 435-0808 Fax: 450 435-2772
Website: www.domremystetherese.com
Email: info@domremystetherese.com
Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones
Coverage area: Laurentides, Lanaudière
Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h00
Fees: free
Financing: provincial, self-financing, Centraide Laurentides, grants
Legal status: non-profit organization

UNITÉ-TOXI DES TROIS-VALLÉES (L’)
1412 Deguire Street, Mont-Tremblant, Laurentides, QC, J8E 3C4
819 425-5666
Email: unitetoxidestroisvallees@yahoo.ca
Eligibility: people with an alcohol, drug or gambling addiction problem, their relatives
Coverage area: MRC Les Laurentides
Hours: 7 days, 8h00 to 18h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

Community support in mental health

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: accoloisirs@videotron.ca
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
Legal status: non-profit organization

AMIE DU QUARTIER
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 431-1424
Website: www.lamieduquartier.com
Email: lamieduquartier@hotmail.com

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

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

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

**Fees:** annual contribution: $5

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

**ARC-EN-SOI (L’) - CENTRE DE PRÉVENTION ET D’INTERVENTION EN SANTÉ MENTALE**

929 L’Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-2060 Fax: 819 275-0527

Email: arcensoi@hotmail.ca

**Services:** Centre for people with mental health, wandering and homelessness issues. * Accompaniment, support and referral. * Therapeutic and occupational activities: mixed groups, groups of men exclusively or groups of women only. * Coffee and lunch every Wednesday at the Rivière-Rouge station park.

**Eligibility:** adult women and men with mental health, wandering and homelessness issues

**Coverage area:** MRC Antoine-Labelle

**Hours:** Tuesday to Thursday 8h30 to 16h00, Friday 8h30 to 14h00, coffee and lunch at Rivière-Rouge station park: Wednesday

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**ATELIER ENSEMBLE ON SE TIENT (L’)**

185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5

450 623-1561 Fax: 450 623-2692

Email: atelierensemble@videotron.ca


**Eligibility:** adults living with severe and persistent mental health problems or significant emotional distress

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

**Hours:** Monday to Friday 9h30 to 16h00, support group on day and evening

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**ATTITUDE RESOURCE CENTER**

19 de la Gare Street, Suite 1, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 240-0404 Fax: 450 240-0340

Website: centreattitude.com

Email: info@centreattitude.com

**Services:** * Individual counselling in a helping relationship. * 5-day intensive in-patient workshops on addiction issues, based on the 12 steps of remission (various issues, non-exclusive) every two weeks (Wednesday to Sunday). * 3-day intensive in-patient workshops for couples or teens every two months (Friday to Sunday). * Weekly addiction support groups based on the 12 stages of remission (various issues, non-exclusive).
Eligibility: adults, teenagers 12 to 17 years old and couples struggling with addiction (alcohol, drugs, gambling, cyberaddiction) or on a journey, support groups: 16 years old and over
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: individual consultations and intensive sessions: variable, support groups: voluntary contribution
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

Café Parenthèse
221 Hémon Street, Saint-Eustache, Laurentides, QC, J7P 2C3
450 623-1561
Website: cafeparenthese.wordpress.com
Email: cafelaparenthese@gmail.com
Eligibility: people in situations of social disorganization and emotional distress
Coverage area: mainly Saint-Eustache, MRC Deux-Montagnes
Hours: Monday 11h00 to 17h00, Tuesday to Friday 10h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

Centre aux Sources d’Argenteuil
546 Sidney Street, Lachute, Laurentides, QC, J8H 1L1
450 562-0673
Email: ctauxsources@videotron.ca
Eligibility: adults living with or who have lived with mental health issues
Coverage area: MRC Argenteuil
Hours: Monday 9h00 to 12h00, Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 14h00
Fees: none
Financing: provincial
Legal status: non-profit organization

Centre d'Aide aux Victimes d'Actes Criminel des Laurentides
510 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B3
450 569-0332  Fax: 450 569-0966
Website: www.cavac.qc.ca
Email: administration.cavac.lau@bellnet.ca
Eligibility: victims, close ones and witnesses of a crime
Coverage area: Laurentians
Hours: Monday, Wednesday and Friday 8h00 to 16h30, Tuesday and Thursday 8h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization
CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)
741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2
450 432-5642     Fax: 450 432-8673
Website: centredefemmeslesunesetlesautres.org
Email: centrelesunes@qc.aira.com


Eligibility: women, daycare and respite care: children 6 months to 5 years old
Capacity: daycare and respite care: limited places
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings
Fees: none
Financing: provincial, donations, membership fees
Legal status: non-profit organization

CENTRE DES FEMMES LIBER'ELLES
9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4
450 594-0556
Website: www.liberelles.org
Email: liberelles@videotron.ca


Eligibility: women
Coverage area: Lower Laurentians
Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00
Financing: Centraide Laurentides, provincial, federal, donations, membership fees
Legal status: non-profit organization

COLOMBE (LA)
9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5
819 326-4779     Fax: 819 326-0233
Website: centrelacolombe.ca
Email: info@centrelacolombe.ca


Eligibility: women
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 16h30
Financing: self-financing, donations
Legal status: non-profit organization

COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JÉRÔME
25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1
450 431-4407
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit. * Other point of service for voluntary deposits and for receiving claims, by appointment: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

ÉCHELON DES PAYS-D’EN-HAUT (L’)
168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5
450 745-0133   Fax: 450 745-0176
Website: www.echelonpaysdenhaut.com
Email: echelon.pdh@cgocable.ca


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

Coverage area: MRC Les Pays-d’en-Haut

Hours: Monday to Thursday 9h00 to 15h30

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

Financing: grants, donations

Legal status: non-profit organization

ENVOLÉE (L’) - RESSOURCE ALTERNATIVE EN SANTÉ MENTALE
5 Larocque Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1A1
819 326-5778   Fax: 819 326-9256
Website: lenvoleerasm.com
Email: lenvoleerasm@cgocable.ca


Eligibility: people with mental health issues

Hours: Monday to Thursday 9h00 to 16h00

Fees: free

Financing: provincial, Centraide Hautes-Laurentides, donations

Legal status: non-profit organization

G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - BLAINVILLE
245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com


Eligibility: people 18 years 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 HARFANG DES NEIGES DES LAURENTIDES (LE)
290 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L1
450 565-1161     Fax: 450 565-6317
Website: www.groupeharfangdesneiges.org
Email: info@groupeharfangdesneiges.org
Eligibility: people living with mental health problems
Coverage area: Laurentians
Hours: support group: Monday to Friday 9h00 to 16h00, individual follow-up: Monday to Thursday 9h00 to 16h00
Fees: none
Financing: grants
Legal status: non-profit organization

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, Wednesday to Friday 9h00 to 15h30, Tuesday 12h00 to 15h30
Fees: none
Financing: grants
Legal status: non-profit organization

HALTE DES PROCHES (LA)
950A Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5
1 800 663-0659
Website: lahalte.ca/en/home-3
Email: info@lahalte.ca
Eligibility: close ones aged 3 years old and over of a person with a mental illness
Hours: Monday to Friday 8h30 to 17h00
Fees: yearly membership: $20
Financing: provincial, foundations, donations, contributions
Legal status: non-profit organization

INFO-SOCIAL 8-1-1 - LAURENTIANS
Confidential Address
811 option 2
Website: www.quebec.ca/en/health/find-resource/info-social-811
Mental Health and addictions

Services: Psychosocial consultation by phone. * Information and referral to assistance resources.
Coverage area: Laurentides
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

MAISON CLOTHILDE
341 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1
819 623-3843 Fax: 819 623-0843
Website: www.maisonclothilde.org
Email: info@maisonclothilde.org

Eligibility: family and friends of someone living with a mental illness
Coverage area: MRC Antoine-Labelle
Hours: Monday to Thursday 8h30 to 12h00 and 12h00 to 16h30
Financing: self-financing
Legal status: non-profit organization

MAISON POPULAIRE D’ARGENTEUIL
335 Principale Street, Lachute, Laurentides, QC, J8H 2Z7
450 562-1996
Email: maisonpopulairearg@videotron.ca

Eligibility: adults
Coverage area: MRC Argenteuil
Hours: Monday to Friday 9h30 to 12h00 and 13h30 to 16h00
Financing: self-financing
Legal status: non-profit organization

ORGANISME KINA8AT (L’)
Confidential Address
Website: www.kina8at.ca/en
Email: info@kina8at.ca

Eligibility: Indigenous peoples, families, general population, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence
Coverage area: Province of Québec
Hours: variable
Fees: variable
Financing: federal, donations
Legal status: non-profit organization
UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.
56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4
450 435-0808 Fax: 450 435-2772
Website: www.domremystetherese.com
Email: info@domremystetherese.com


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

Coverage area: Laurentides, Lanaudière

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

Fees: free

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

Legal status: non-profit organization

Crisis centres and suicide prevention

CENTRE PRÉVENTION SUICIDE FAUBOURG
Confidential Address
1 866 277-3553 Fax: 450 565-9726
Website: cpsfaubourg.org
Email: administration@cpsfaubourg.org


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

Coverage area: Laurentians

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

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

Financing: provincial, self-financing

Legal status: non-profit organization

KANESATAKE HEALTH CENTER
12 Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-6000 Fax: 450 479-8313
Website: www.kanesatakehealthcenter.ca
Email: info@kanesatakehealthcenter.ca


Coverage area: Kanesatake

Hours: Monday to Friday 8h00 to 16h00

Financing: federal

Legal status: non-profit organization

RÉINSERTION SOCIALE DU SOLEIL LEVANT - CENTRE DE CRISE SOLEIL LEVANT
Confidential Address
450 430-4647
Website: rssoleillevant.org/nos-services/centre-de-crise
Email: info@rssoleillevant.org
Mental Health and addictions

**Services:** Crisis shelter for adults in psychological distress or in crisis. * Daily individual follow-up. * Maximum stay of 14 days. * 24/7 intervention phoneline, available during and after the stay.

**Eligibility:** adults in psychological distress or in crisis

**Capacity:** 10 beds

**Coverage area:** Laurentians

**Hours:** 24 hours / 7 days, admission: Monday to Friday 8h30 to 23h00, Saturday and Sunday 11h00 to 23h00

**Fees:** free

**Financing:** grants, donations

**Legal status:** non-profit organization

**RESSOURCES OLIVIER**

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

819 660-2842

Website: www.maisonstjoseph.ressourcesolivier.com

Email: ressourcesolivier@gmail.com


**Eligibility:** fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

**Capacity:** temporary housing: 12 families

**Coverage area:** MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

**Hours:** 7 days, 9h00 to 19h00, by appointment

**Fees:** housing: variable

**Financing:** self-financing

**Legal status:** non-profit organization

**Helplines**

**ANTR'AIDANT (L')**

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

579 888-0211

Website: lantraidant.com

Email: information@lantraidant.com


**Eligibility:** caregivers of adults and seniors living with a physical or cognitive loss, formative awareness workshops: caregivers, workers, community environments

**Coverage area:** MRC Thérèse-de Blainville, MRC Deux-Montagnes, MRC d'Argenteuil, MRC des Pays-d'en-Haut, MRC des Laurentides, MRC Antoine-Labelle, MRC Rivière du Nord, Sud de Mirabel, Nord de Mirabel

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

**Fees:** none

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

**Legal status:** non-profit organization

**CENTRE PRÉVENTION SUICIDE FAUBOURG**

Confidential Address

1 866 277-3553 Fax: 450 565-9726

Website: cpsfaubourg.org

Email: administration@cpsfaubourg.org

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

Coverage area: Laurentians

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

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

Financing: provincial, self-financing

Legal status: non-profit organization

GROUPE JAD
1625 du Bourg-du-Lac Street, Suite 421, Sainte-Adèle, Laurentides, QC, J8B 3A2
819 774-1687

Email: info@groupejad.com


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

Coverage area: MRC Laurentides

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

Fees: free

Financing: donations

Legal status: non-profit organization

INFO-SOCIAL 8-1-1 - LAURENTIANS

Confidential Address
811 option 2

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

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

Coverage area: Laurentides

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

LITTLE BROTHERS - BASSES-LAURENTIDES
136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7
450 598-1888

Website: www.petitsfreres.ca/basseslaurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: seniors 75 years and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization
MAISON D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE
582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7
450 565-0958    Fax: 450 565-1648
Website: mhjlaparenthese.org
Email: info@mhjlaparenthese.org
Services: * Temporary housing from 1 to 3 months, with the possibility of a 3-day trial period. * Emergency shelter from 1 to 2 days. * Respite service. * Telephone listening: support, advice and referral. * Help relationship, accompaniment, post-housing follow-up and referrals. * Family mediation.
Eligibility: young people in difficulty aged 12 to 17 years, their parents, families
Capacity: 6 places
Coverage area: Laurentians
Hours: 24 hours / 7 days
Fees: variable according to income, from $3.50 to $12 per day
Financing: provincial, municipal, donations
Legal status: non-profit organization

UNITÉ-TOXI DES TROIS-VALLÉES (L')
1412 Deguire Street, Mont-Tremblant, Laurentides, QC, J8E 3C4
819 425-5666
Email: unitetoxidestroisvallees@yahoo.ca
Eligibility: people with an alcohol, drug or gambling addiction problem, their relatives
Coverage area: MRC Les Laurentides
Hours: 7 days, 8h00 to 18h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

Mental health advocacy groups

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE
1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2
450 229-8440
Email: clsm227@gmail.com
Eligibility: people who have lived or are living with mental health problems
Coverage area: Laurentians
Fees: none
Financing: donations, grants
Legal status: non-profit organization

DROITS ET RECOURS LAURENTIDES
227 Saint-Georges Street, Suite 104, Saint-Jérôme, Laurentides, QC, J7Z 5A1
450 436-4633    Fax: 450 436-5099
Website: droitsetrecourslaurentides.org
Email: info@droitsetrecourslaurentides.org
Eligibility: people or groups of people living or having lived with mental health problems
Coverage area: Laurentians
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: grants
Legal status: non-profit organization

G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - BLAINVILLE
245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com

Eligibility: people 18 years 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

HALTE DES PROCHES (LA)
950A Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5
1 800 663-0659
Website: lahalte.ca/en/home-3
Email: info@lahalte.ca

Eligibility: close ones aged 3 years old and over of a person with a mental illness
Hours: Monday to Friday 8h30 to 17h00
Fees: yearly membership: $20
Financing: provincial, foundations, donations, contributions
Legal status: non-profit organization

MAISON CLOTHILDE
341 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1
819 623-3843 Fax: 819 623-0843
Website: www.maisonclothilde.org
Email: info@maisonclothilde.org

Eligibility: family and friends of someone living with a mental illness
Coverage area: MRC Antoine-Labelle
Hours: Monday to Thursday 8h30 to 12h00 and 12h00 to 16h30
Financing: self-financing
Legal status: non-profit organization
Mental health housing

159 RUE PRINCIPALE (LE)
159 Principale Street, Apartment 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K4
819 323-3819    Fax: 819 323-3819
Email: organisme159@hotmail.com

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

Eligibility: people with a mental health problem
Coverage area: Sainte-Agathe-Des-Monts
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

ACCUEIL ET PARTAGE POUR HANDICAPÉS DE STE-MARTHE-SUR-LE-LAC
117 25th Avenue, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 473-7538
Email: lyndachevalier@live.ca


Eligibility: people living with an intellectual disability or a mental health issue
Coverage area: North Shore
Fees: variable
Financing: self-financing
Legal status: non-profit organization

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@rssoleillevant.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

SOUS LE TOIT DE L’ÉCHELON
170 Vallée-du-Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5
450 745-0133
Website: www.echelonpaysdenhaut.com/logement-social.html
Email: echelon.pdh@cgocable.ca


Eligibility: people on a low income living with a mental health problem
Capacity: 30
Coverage area: MRC Les Pays-d'en-Haut
Self-help groups for addiction issues

ALCOHOLICS ANONYMOUS - AREA 90
Confidential Address
Website: aaregion90.org
Email: region@aa90.org

Services: * Telephone support. * Weekly support groups, self animated or by a member. * Online meetings list: meetings.aa90.org/meetings * Meetings possible for people with a hearing impairment.
Eligibility: men and women of all ages with an alcohol addiction problem
Capacity: 10 persons or more per meeting
Fees: voluntary contribution
Financing: contributions
Legal status: non-profit organization

ATTITUDE RESOURCE CENTER
19 de la Gare Street, Suite i, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 240-0404     Fax: 450 240-0340
Website: centreattitude.com
Email: info@centreattitude.com

Services: * Individual counselling in a helping relationship. * 5-day intensive in-patient workshops on addiction issues, based on the 12 steps of remission (various issues, non-exclusive) every two weeks (Wednesday to Sunday). * 3-day intensive in-patien workshops for couples or teens every two months (Friday to Sunday). * Weekly addiction support groups based on the 12 stages of remission (various issues, non-exclusive).
Eligibility: adults, teenagers 12 to 17 years old and couples struggling with addiction (alcohol, drugs, gambling, cyberaddiction) or on a journey, support groups: 16 years old and over
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: individual consultations and intensive sessions: variable, support groups: voluntary contribution
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

GROUPE JAD
1625 du Bourg-du-Lac Street, Suite 421, Sainte-Adèle, Laurentides, QC, J8B 3A2
819 774-1687
Email: info@groupejad.com

Eligibility: youth with addiction, problems with violence and communication within family, parents experiencing difficulties with their adolescents
Coverage area: MRC Laurentides
Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00
Fees: free
Financing: donations
Legal status: non-profit organization

MOTHERS AGAINST DRUNK DRIVING - LANAUDIÈRE CHAPTER
Confidential Address
1 877 392-6233
Website: maddsections.ca/lanaudiere
Email: madd-lanaudiere@hotmail.com
Eligibility: impaired driving victims, their relatives, general public, students
Coverage area: Lanaudière
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

MOTHERS AGAINST DRUNK DRIVING - QUÉBEC REGIONAL OFFICE
Confidential Address
1 877 392-6233
Website: madd.ca/pages
Email: mcmorin@madd.ca
Eligibility: impaired driving victims and relatives, general public, students
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

Self-help groups for mental health issues

ALBATROS MONT-LAURIER (MRC ANTOINE-LABELLE)
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 449-4540
Website: www.albatrosvgml.ca
Email: albatrosmontlaurier@gmail.com
Eligibility: people 18 years of age and older at the end of life, in mourning, as well as their family and caregivers
Coverage area: MRC Antoine-Labelle
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization
AMIS DE SIMON (LES)
Confidential Address
438 503-7633
Website: www.lesamisdesimon.com
Email: info@lesamisdesimon.com
Services: Monthly support group for people mourning a child. * Occasional conferences.
Eligibility: parents of a deceased child
Capacity: 25 people
Coverage area: Greater Montréal and Lanaudière
Hours: Monday to Friday 9h00 to 17h00, support group: Wednesday evening on reservation
Fees: membership: $20 for 9 meetings
Financing: donations, membership fees
Legal status: non-profit organization

ATELIER ENSEMBLE ON SE TIENT (L’)
185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5
450 623-1561 Fax: 450 623-2692
Email: atelierensemble@videotron.ca
Eligibility: adults living with severe and persistent mental health problems or significant emotional distress
Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin
Hours: Monday to Friday 9h30 to 16h00, support group on day and evening
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE PRÉVENTION SUICIDE FAUBOURG
Confidential Address
1 866 277-3553 Fax: 450 565-9726
Website: cpsfaubourg.org
Email: administration@cpsfaubourg.org
Eligibility: people who are suicidal, their close ones, people bereaved by suicide, counselors
Coverage area: Laurentians
Hours: crisis hotline: 24 hours / 7 days, administration: Monday to Friday 8h30 to 16h30
Fees: crisis line and grief counseling: free, training, awareness and conferences: variable
Financing: provincial, self-financing
Legal status: non-profit organization

G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - BLAINVILLE
245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years 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 HARFANG DES NEIGES DES LAURENTIDES (LE)
290 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L1
450 565-1161   Fax: 450 565-6317
Website: www.groupeharfangdesneiges.org
Email: info@groupeharfangdesneiges.org
Eligibility: people living with mental health problems
Coverage area: Laurentians
Hours: support group: Monday to Friday 9h00 to 16h00, individual follow-up: Monday to Thursday 9h00 to 16h00
Fees: none
Financing: grants
Legal status: non-profit organization

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, Wednesday to Friday 9h00 to 15h30, Tuesday 12h00 to 15h30
Fees: none
Financing: grants
Legal status: non-profit organization

HALTE DES PROCHES (LA)
950A Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5
1 800 663-0659
Website: lahalte.ca/en/home-3
Email: info@lahalte.ca
Eligibility: close ones aged 3 years old and over of a person with a mental illness
Hours: Monday to Friday 8h30 to 17h00
Fees: yearly membership: $20
Financing: provincial, foundations, donations, contributions
Legal status: non-profit organization
Mental Health and addictions

PALLIACCO
2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8
819 717-9646
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE
35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
819 717-9646 Fax: 819 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8
819 717-9646 Fax: 818 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: by appointment
Fees: none
SERCAN
50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912 Fax: 450 491-5770
Website: www.maisonsercan.ca
Email: communication@maisonsercan.ca

Services:
* Self-help group for people with cancer and the bereaved.
* Pairing.
* Individual and group accompaniment.
* Community luncheons.
* Conferences.
* Medical transportation by volunteers for people with cancer.

Eligibility:
people with cancer and their caregivers, bereaved adults, adolescents and children

Coverage area:
MRC Deux-Montagnes

Hours:
office: Monday to Friday 8h30 to 16h30, self-help groups: day and evening

Fees:
membership card: $10 per year

Financing:
grants, fundraising campaigns, self-financing, 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

INTERVENTION WITH SENIORS SUBJECTED TO ABUSE

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION
Caregivers

4KORNERS
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
1 888 974-3940
Website: 4korners.org
Email: info@4korners.org

Services: Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d'Oka Road, Deux-Montagnes; 195 Rue Brissette, local 72, Sainte-Agathe-des-Monts; and 508 Principale Street, Lachute.

Eligibility: English-speaking community members
Coverage area: Laurentians

ALBATROS MONT-LAURIER (MRC ANTOINE-LABELLE)
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 449-4540
Website: www.albatrosvgml.ca
Email: albatrosmontlaurier@gmail.com


Eligibility: people 18 years of age and older at the end of life, in mourning, as well as their family and caregivers
Coverage area: MRC Antoine-Labelle

ANTR'AIDANT (L')
205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
579 888-0211
Website: lantraidant.com
Email: information@lantraidant.com


Eligibility: caregivers of adults and seniors living with a physical or cognitive loss, formative awareness workshops: caregivers, workers, community environments
Coverage area: MRC Thérèse-de Blainville, MRC Deux-Montagnes, MRC d’Argenteuil, MRC des Pays-d'en-Haut, MRC des Laurentides, MRC Antoine-Labelle, MRC Rivière du Nord, Sud de Mirabel, Nord de Mirabel

Hours: Monday to Sunday 8h30 to 16h30

Fees: none

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

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.qc.ca
Email: bibliothèque@blainville.ca
Coverage area: Blainville
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: free
Financing: municipal
Legal status: municipal agency

CENTRE D’ACTION BÉNÉVOLE D’ARGENTEUIL
212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3
450 562-7447 Fax: 450 562-6184
Website: cabargenteuil.ca
Email: info@cabargenteuil.ca
Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems
Coverage area: MRC Argenteuil
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00
Fees: meals on wheels: $6 per hot meal and $6.50 per frozen meal
Financing: provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819-326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE
682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-8433
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE
1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819 326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412     Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org
Eligibility: seniors, caregivers, people wishing to volunteer, community and volunteering organizations
Seniors

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: Tuesday for Mont-Laurier and Lac-des-Écorces, Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

Fees: meals on wheels: $5, community lunch: $7, Transport Gérontin: variable

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

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L’AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540    Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org


Eligibility: adults with a loss of autonomy, seniors 65 years and over


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

Fees: variable

Financing: provincial, fundraising campaigns, 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


Eligibility: primarily seniors, people with a loss of autonomy, caregivers, food bank: people on a low income

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community meals: Thursday once a month, soup kitchens: Thursdays three times a month

Fees: annual membership: $10, activities, collective kitchen, respite, food bank and community meals: free

Financing: provincial

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUTIEN À DOMICILE

Confidential Address
1 833 217-5362
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile
Email: guichet.acces.dpppa.cisslau@ssss.gouv.qc.ca

Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.

Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness

Coverage area: Laurentides

Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30
Seniors

**Financing:** provincial  
**Legal status:** parapublic organization

**COOP DE SOLIDARITÉ EN ENTRETIEN MÉNAGER CHIFFON MAGIQUE**  
250 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1  
**819 425-7484**  
**Fax:** 819 425-5782  
**Website:** coopchiffonmagique.org  
**Email:** administration@chiffonmagique.com

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

**Coverage area:** MRC Les Laurentides  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** variable depending on income  
**Financing:** self-financing, provincial  
**Legal status:** cooperative

**COOP SORE**  
200 Principale Street, Suite 4, Saint-Sauveur, Laurentides, QC, J0R 1R0  
**450 224-2657**

**Website:** www.coopsore.ca  
**Email:** sore@cgocable.ca

**Services:** Social and educational activities for caregivers and seniors. * Stimulation groups. * Home respite. * Social respite for caregivers and those being cared for.  
**Eligibility:** seniors, caregivers  
**Coverage area:** MRC Les Pays-d'en-Haut, Gatineau  
**Fees:** membership: $20 per person  
**Financing:** membership fees  
**Legal status:** cooperative

**COOPÉRATIVE DE SOLIDARITÉ 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, Saint-Benoît, Saint-Hermas, Sainte-Scholastique and 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: $7 per hour  
**Financing:** self-financing, grants, provincial  
**Legal status:** cooperative
COOPÉRATIVE DÉFI-AUTONOMIE D'ANTOINE-LABELLE

538 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S7
819 623-6681  Fax: 819 623-2099
Email: info@defiautonomie.com

**Services:** * Home support: regular housekeeping and big clean ups, meal preparation (without diet), help with daily care and hygiene, groceries and other errands. * Respite and at-home surveillance.

**Eligibility:** seniors, caregivers

**Coverage area:** MRC Antoine-Labelle

**Hours:** Monday to Friday 8h30 to 16h30, respite: day, evening and weekends

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8
450 974-1888  Fax: 450 974-3757
Website: grpa.ca/en
Email: info@grpa.ca


**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: $20 per year

**Financing:** provincial

**Legal status:** non-profit organization

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

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5
1 866 974-1888  Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca


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

**Coverage area:** Laurentides

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

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

**Financing:** provincial

**Legal status:** non-profit organization

LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LE SPECTRE DE L'AUTISME ADULTE ET LEURS PROCHES

865 43rd Street, Pointe-Calumet, Laurentides, QC, J0N 1G2
450 472-4532  Fax: 450 472-0977
Website: lalibellule.org
Email: la.libellule@videotron.ca

Eligibility: people 21 years and over living with an intellectual disability or an autism spectrum disorder, their relatives

Capacity: day centre: 20, respite: 7

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: day centre: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day centre: $15, workshop centre: $10 per day, respite: $150 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY
31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9
450 621-1071
Website: www.ville.lorraine.qc.ca
Email: bibliotheque@ville.lorraine.qc.ca


Coverage area: Lorraine

Hours: Monday and Wednesday 10h00 to 17h00, Tuesday, Thursday and Friday 10h00 to 19h30, Saturday and Sunday: 10h00 to 16h00, from June 24th: closed on Sunday

Financing: municipal

Legal status: municipal agency

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION
500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2
1 866 590-4469  Fax: 450 436-3273
Website: mssociety.ca/chapter/section-laurentides
Email: info.laurentides@mssociety.ca


Eligibility: people diagnosed with multiple sclerosis and their relatives


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

Financing: fundraising campaigns

Legal status: non-profit organization

PALLIA-VIE - SERVICES D’ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS
385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8
450 431-3331  Fax: 450 431-5929
Website: pallia-vie.ca
Email: admin@pallia-vie.ca

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

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

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

Hours: Monday to Friday 8h00 to 16h30
Seniors

Fees: membership: one-time fee of $10
Financing: donations
Legal status: non-profit organization

PALLIACCO
2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8
819 717-9646
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PALLIACCO - SAINT-SAUVIER POINT OF SERVICE
35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
819 717-9646 Fax: 819 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8
819 717-9646 Fax: 818 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


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

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME
651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8
1 866 974-1888
Website: www.grpa.ca
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Saint-Jérôme
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Financing: provincial
Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE
200 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 224-2657
Website: repitbienetre.weebly.com
Email: sore@cgocable.ca
Eligibility: seniors with loss of autonomy, caregivers
Coverage area: MRC Les Pays-d'en-Haut
Fees: free
Financing: donations
Legal status: non-profit organization

ROSEMÈRE PUBLIC LIBRARY
339 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2
450 621-3500 ext. 7221 Fax: 450 621-6131
Website: www.ville.rosemere.qc.ca/library-services
Email: biblio@ville.rosemere.qc.ca
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
Coverage area: Sainte-Anne-des-Plaines
Hours: Tuesday and Thursday 13h00 to 20h30, Wednesday 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
Financing: municipal
Legal status: municipal agency

SERCAN
50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912   Fax: 450 491-5770
Website: www.maisonsercan.ca
Email: communication@maisonsercan.ca
Eligibility: people with cancer and their caregivers, bereaved adults, adolescents and children
Coverage area: MRC Deux-Montagnes
Hours: office: Monday to Friday 8h30 to 16h30, self-help groups: day and evening
Fees: membership card: $10 per year
Financing: grants, fundraising campaigns, self-financing, donations
Legal status: non-profit organization

SERVICE DE RELATION D'AIDE LAVAL-LAURENTIDES
Confidential Address
514 990-2619
Website: srall.ca
Email: info@srall.ca
Services: Helping relationship therapy. * Counselling for personal, relational or work-related difficulties. * Individual or couple counselling. * Counselling for caregivers. * Counselling for children 6 years and older and for adolescents.
Coverage area: Laval, Laurentians
Hours: Monday to Friday 9h00 and 18h00, by appointment
Fees: registration: $15, session: $40 for the first 3 meetings, then according to the income
Financing: grants, self-financing
Legal status: non-profit organization

SERVICE TRAVAIL-MAISON
981 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5N5
450 436-6425
Email: info@st-m.org
Eligibility: seniors, people with a loss of autonomy, people on a low income
Coverage area: MRC La Rivière-du-Nord, North of MRC Mirabel
Hours: variable
SOCIÉTÉ ALZHEIMER LAURENTIDES
14 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2
1 800 978-7881  Fax: 819 326-9664
Website: www.alzheimerlaurentides.com
Email: admin@salaurentides.ca


Eligibility: people living with Alzheimer's disease or other major neurocognitive disorders, their relatives, caregivers, counsellors, general public
Capacity: support groups: 10 to 20 people
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30, support groups: day and evening

VIGIL'ANGE
872-R Sainte-Thérèse Road, Suite 200, Saint-Jérôme, Laurentides, QC, J5L 2L1
450 275-5131
Website: vigilange.org
Email: info@vigilange.org

Services: Identify seniors and caregivers in vulnerable situations in order to guide them towards the resources and assistance services available in the community and adapted to their needs. * Proximity network between volunteers, community workers and support resources and seniors and caregivers in need.

Eligibility: seniors and caregivers
Coverage area: Mirabel, MRC La Rivière-du-Nord
Hours: Monday to Friday 9h00 to 17h00

Community and Recreation Centres

4KORNERS
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
1 888 974-3940
Website: 4korners.org
Email: info@4korners.org

Services: Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d'Okà Road, Deux-Montagnes; 195 Rue Brissette, local 72, Sainte-Agathe-des-Monts; and 508 Principale Street, Lachute.

Eligibility: English-speaking community members
Coverage area: Laurentians
ASSOCIATION DE L'ÂGE D'OR DE BOIS-DES-FILIÉN
30 Gagnon Montée, Rosemère, Laurentides, QC, J6Z 4N9
450 420-3448
Website: www.agedorbdf.com
Email: g.flanagan@videotron.ca
Services: Recreational and social activities for seniors. * Bingo, cards and bowling. * Dance classes. *
Eligibility: people 50 years old and over
Coverage area: Bois-des-Filion
Hours: Tuesday and Thursday 9h00 to 16h00
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
Email: info@associationhorizonrosemere.com
Scrabble, card games: Bridge, Crib. * Bingo, pool table.
Eligibility: people 50 years old and over
Coverage area: MRC Thérèse-De-Blainville
Hours: Monday to Friday, variable
Financing: membership fees, municipal, fundraising campaigns
Legal status: non-profit organization

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 8h00 to 17h00
Financing: variable
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. 148
Website: villebdf.ca
Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and
Coverage area: Bois-des-Filion
Seniors

**BONHEUR DE VIVRE SAINT-CANUT (LE)**
9950 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1K1
450 436-3286
Email: bonheurdevivrestcanut@hotmail.com

**Services:** Senior's club. * Card games, petanque, pocket ball, dog races, bowling. * Theme dinners.

**Eligibility:** people 50 years old and over

**Coverage area:** Mirabel

**Hours:** variable

**Fees:** membership card: $25

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

**Legal status:** non-profit organization

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**CENTRE D'ACTION BÉNÉVOLE LÉONIE BÉLANGER**
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412 Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org


**Eligibility:** seniors, caregivers, people wishing to volunteer, community and volunteering organizations

**Coverage area:** meals on wheels: Mont-Laurier, Lac des Écorces, Ferme-Neuve, Saint-Aimé-Du-Lac-Des-Îles, Transport Gérontin: variable

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: Tuesday for Mont-Laurier and Lac-des-Écorces, Thursday for Kiamika, Lac-du-Gerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

**Fees:** meals on wheels: $5, community lunch: $7, Transport Gérontin: variable

**Financing:** donations, self-financing, provincial, foundations, Centraide Laurentides

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE**
184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540 Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org


**Eligibility:** adults with a loss of autonomy, seniors 65 years and over

Seniors

**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


**Eligibility:** primarily seniors, people with a loss of autonomy, caregivers, food bank: people on a low income

**Coverage area:** MRC Thérèse-De Blainville

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community meals: Thursday once a month, soup kitchens: Thursdays three times a month

**Fees:** annual membership: $10, activities, collective kitchen, respite, food bank and community meals: free

**Financing:** provincial

**Legal status:** non-profit organization

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**CERCLE D’AMITIÉ DE STE-THÉRÈSE (LE)**

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H2  
514 790-9049

**Services:** * Social meetings. * Recreational activities: card games and bingo.

**Eligibility:** seniors 50 years and over

**Coverage area:** Sainte-Thérèse

**Hours:** bingo: Monday 12h30 à 15h30

**Fees:** annual membership: $12, activities: $1 for members and $2 for non-members, snacks included

**Financing:** self-financing

**Legal status:** non-profit organization

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**CLUB DE L’ÂGE D’OR DE DEUX-MONTAGNES**

141 Grand-Moulin Street, Deux-Montagnes, Laurentides, QC, J7R 3C8  
450 974-7960


**Eligibility:** seniors

**Coverage area:** Deux-Montagnes

**Hours:** Monday 13h00 to 16h00

**Fees:** membership card: $15 per year

**Financing:** self-financing

**Legal status:** non-profit organization

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**CLUB DE L’ÂGE D’OR DE MIRABEL**

13816 de l’Église Street, Mirabel, Laurentides, QC, J7J 1L3  
514 991-9672


**Eligibility:** people 40 years old and over

**Coverage area:** Mirabel

**Hours:** variable

**Fees:** annual membership: $15

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

CLUB DE L’ÂGE D’OR LE BLAINVILLE
1001 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 4N4
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 and over
Capacity: 300 people
Coverage area: Blainville and surroundings
Hours: Monday 9h00 to 16h00, Wednesday 18h45 to 21h00, Friday 9h00 to 11h15
Fees: residents: $10, non-residents: $55
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINTE-MARTHE-SUR-LE-LAC
99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
514 886-5108
Services: * Social and recreational activities: card games, petanque. * Christmas and end of season dinners.
Eligibility: people 45 years and over
Coverage area: Sainte-Marthe-sur-le-Lac and surroundings
Hours: September to May: Tuesday 19h00 to 22h00
Fees: membership: $5 or $25 for people living outside of Sainte-Marthe-sur-le-Lac
Financing: membership fees, municipal
Legal status: non-profit organization

CLUB DES LOISIRS ENTRE-GENS SAINT-EUSTACHE
109 Saint-Nicolas Street, Saint-Eustache, Laurentides, QC, J7R 2N9
450 472-7511
Website: club-des-loisirs-entre-gens-saint-eustache-43.webself.net
Email: misimard@videotron.ca
Services: * Social and recreational activities: dances, dinners, card games, etc. * Outings and trips.
Eligibility: people 40 years old and over
Coverage area: Saint-Eustache
Hours: Tuesday and Thursday 10h00 to 15h00, by phone: Monday to Thursday 10h00 to 15h00, closed June to August
Fees: membership: $8
Financing: municipal, self-financing, membership fees
Legal status: non-profit organization

COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC
1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2099
Email: baudrycarmen@gmail.com
Eligibility: people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac
Coverage area: Sainte-Anne-du-Lac
Hours: delivery of prepared meals: once every two weeks
Financing: self-financing, municipal
Legal status: non-profit organization

FADOQ - CLUB COEURS JOYEUX ST-EUSTACHE
184 Saint-Eustache Street, Suite 216, Saint-Eustache, Laurentides, QC, J7R 2L7
450 491-6860
Email: coeursjoyeux1@hotmail.com
Services: Community centre for people 50 years and over. * Courses and sporting activities to bring seniors out of their isolation.
Eligibility: seniors 50 years and over
Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h30
Fees: annual subscription
Financing: contributions, self-financing
Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR LORR'ÂÎNÉS
4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1
450 965-2247
Website: www.clublorraines.com
Email: clublorraine@outlook.com
Eligibility: people 50 years and over
Coverage area: Lorraine
Hours: Monday to Thursday 8h00 to 17h00
Fees: annual membership: $25
Financing: self-financing, contributions
Legal status: non-profit organization

FADOQ - LAURENTIANS REGION
1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5
819 429-5858    Fax: 819 429-6850
Website: www.fadoq.ca/en/laurentides
Email: info@fadoqlaurentides.org
Services: Grouping and representation in instances requiring the defense of seniors’ rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Aîné-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.
Eligibility: people 50 years and over
Coverage area: Laurentians
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $30 per year or $50 for 2 years
Financing: membership fees, grants, self-financing
Legal status: non-profit organization

FORAINS ABYSSAUX (LES)
51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6
514 892-3271
Website: ecoledecirquelesforains.com
Email: ecoleforains@videotron.ca
Seniors

Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.
Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants
Coverage area: Province of Québec
Hours: 7 days
Fees: variable, financial assistance program available
Financing: self-financing
Legal status: non-profit organization

GRANDS-PARENTS TENDRESSE
374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9
450 436-6664
Website: grandsparentstendresse.org
Email: administration@grandsparentstendresse.org
Eligibility: seniors, adults 45 years and over, families and parents of children from 0 to 12 months old
Coverage area: Saint-Jérôme, pairing: MRC La Rivière-du-Nord
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per year
Financing: self-financing
Legal status: non-profit organization

JOYEUX ÂNÉS THÉRÉSIENS (LES)
37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4
450 434-1440 ext. 2551
Website: www.fadoqsth.com
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

LITTLE BROTHERS - BASSES-LAURENTIDES
136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7
450 598-1888
Website: www.petitsfreres.ca/basseslaurentides
Email: basseslaurentides@petitsfreres.ca
Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.
Eligibility: seniors 75 years and over without a present family or significant social contact
Coverage area: Basses-Laurentides
Hours: Monday to Friday 9h00 to 16h00
Seniors

**Fees:** free  
**Financing:** fundraising campaigns, self-financing, donations  
**Legal status:** non-profit organization

**LITTLE BROTHERS - MAISON JULIETTE-HUOT**  
440 Saint-Michel Street, Oka, Laurentides, QC, J0N 1E0  
450 479-6136  
**Website:** www.domainejuliettehuot.ca  
**Email:** domainejuliettehuot@petitsfreres.ca  
**Services:** Little Brothers holiday residence for lonely seniors.  
**Eligibility:** seniors 75 years and over without present family or significant social contact  
**Capacity:** 25 beds in 16 rooms and a small dormitory  
**Coverage area:** Greater Montreal  
**Hours:** depending on the period  
**Fees:** free  
**Financing:** fundraising campaigns, self-financing, donations  
**Legal status:** non-profit organization

**MAISON DE LA FAMILLE DE SAINTE-ANNE-DÉS-PLAINES**  
238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0  
450 478-6537  
**Website:** maisondelafamillesadp.com  
**Email:** mdf.sadp@videotron.ca  
**Eligibility:** single people, families, couples  
**Coverage area:** Sainte-Anne-des-Plaines  
**Hours:** Monday to Thursday 8h30 to 16h00  
**Fees:** variable, daycare: free during activities, respite: $5 for half a day or $10 for an entire day, thrift store: free  
**Financing:** self-financing, grants  
**Legal status:** non-profit organization

**MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE**  
1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7  
450 431-5757     Fax: 450 431-4615  
**Website:** www.mouvementdентаide.org  
**Email:** mouventraide@videotron.ca  
**Eligibility:** general public, seniors  
**Capacity:** 50 people  
**Coverage area:** Mille-Isles, Mirabel, Prévost, Saint-Colomban, Saint-Hippolyte, Saint-Jérôme, Saint-Sauveur, Sainte-Adèle, Val-Morin  
**Hours:** Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00  
**Fees:** annual membership card: $10  
**Financing:** provincial, municipal, donations, self-financing  
**Legal status:** non-profit organization
ORGANISME KINA8AT (L’)
Confidential Address
Website: www.kina8at.ca/en
Email: info@kina8at.ca
Eligibility: indigenous peoples, families, general population, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence
Coverage area: Province of Québec
Hours: variable
Fees: variable
Financing: federal, donations
Legal status: non-profit organization

POPOTE À ROLAND (LA)
421 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4
450 435-9707
Website: www.popotearoland.com
Email: info@popotearoland.com
Services: Meals and activities to break the isolation of seniors.
Eligibility: seniors
Capacity: 40 people
Coverage area: Blainville
Hours: early September to mid-May, Wednesday 10h00 to 15h00
Fees: day of activities including meal: 6$
Financing: municipal, provincial, donations, self-financing
Legal status: non-profit organization

SÉNIORS DE BLAINVILLE (LES)
1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9
450 625-4892
Email: clubblainville@fadoqlaurentides.org
Eligibility: seniors 50 years and over
Coverage area: Blainville
Fees: membership card: $25 per year
Financing: self-financing
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - LAURENTIDES
Confidential Address
450 224-4266
Website: www.usherbrooke.ca/uta/prog/laurentides/ltd
Email: info.uta.laurentides@gmail.com
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Laurentides
Fees: variable tuition according to the activity, compulsory student fee: $6, optional donation
Day centres and respite

4KORNERS
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
1 888 974-3940
Website: 4korners.org
Email: info@4korners.org

Services: Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d'Oka Road, Deux-Montagnes; 195 Rue Brissette, local 72, Sainte-Agathe-des-Monts; and 508 Principale Street, Lachute.

Eligibility: English-speaking community members

ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS
15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-2112
Email: abeillesactives.ndl@gmail.com


Eligibility: seniors

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


Eligibility: primarily seniors, people with a loss of autonomy, caregivers, food bank: people on a low income

Legal status: non-profit organization

Financing: donations, grants

Legal status: non-profit organization
CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUFIN À DOMICILE

Confidential Address
1 833 217-5362
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile
Email: guichet.acces.dpppa.cissslau@ssss.gouv.qc.ca

Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.

Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness

Coverage area: Laurentides

Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30

Financing: provincial

Legal status: parapublic organization

CLSC ET CENTRE DE JOUR DE GRENVILLE

93 Maple Street, Suite 10, Grenville, Laurentides, QC, J0V 1J0
819 242-0778

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


Coverage area: Laurentides

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

COOP SORE

200 Principale Street, Suite 4, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 224-2657

Website: www.coopsore.ca
Email: sore@cogocable.ca


Eligibility: seniors, caregivers

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

Fees: membership: $20 per person

Financing: membership fees

Legal status: cooperative

LITTLE BROTHERS - BASSES-LAURENTIDES

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7
450 598-1888

Website: www.petitsfreres.ca/basseslaurentides
Email: basseslaurentides@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.
Eligibility: seniors 75 years and over without a present family or significant social contact  
Coverage area: Basses-Laurentides  
Hours: Monday to Friday 9h00 to 16h00  
Fees: free  
Financing: fundraising campaigns, self-financing, donations  
Legal status: non-profit organization

MAISON ALOÏS ALZHEIMER
651 5th Street, Saint-Jérôme, Laurentides, QC, J7Z 2W8  
450 660-6225  
Website: maisonalois.org  
Email: info@maisonalois.org  
Eligibility: individuals with Alzheimer's and other neurocognitive disorders, their caregivers  
Coverage area: Laurentians, at-home respite: city of Mirabel, MRC de La Rivière-Du-Nord, MRC Thérèse-De Blainville, MRC des Pays-d'en-Haut  
Hours: Monday to Friday 8h00 to 16h30, at-home respite: 8h00 to 12h00 and 13h00 to 17h00  
Fees: group respite: $25 per day, at-home respite: 25$ per 4 hour period  
Financing: donations, grants  
Legal status: non-profit organization

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES
Confidential Address  
1 844 551-6032  
Website: prevoyanceaineslaurentides.org  
Email: prevoyance.aines.laurentides@gmail.com  
Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinels: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.  
Eligibility: seniors  
Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil  
Hours: Monday to Friday 8h30 to 16h30  
Fees: none  
Financing: municipal, provincial, donations  
Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE
200 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0  
450 224-2657  
Website: repitbienetre.weebly.com  
Email: sore@cgocable.ca  
Eligibility: seniors with loss of autonomy, caregivers  
Coverage area: MRC Les Pays-d'en-Haut  
Fees: free  
Financing: donations  
Legal status: non-profit organization
SOCIÉTÉ ALZHEIMER LAURENTIDES
14 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2
1 800 978-7881     Fax: 819 326-9664
Website: www.alzheimerlaurentides.com
Email: admin@salaurentides.ca


Eligibility: people living with Alzheimer's disease or other major neurocognitive disorders, their relatives, caregivers, counsellors, general public
Capacity: support groups: 10 to 20 people
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30, support groups: day and evening
Fees: variable
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

Friendly visits and safety calls

ACTION BÉNÉVOLE DE LA ROUGE (L')
284 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-1241     Fax: 819 275-1700
Website: www.actionbenevoledelarouge.com
Email: directionabr@gmail.com

Eligibility: people and families on a low income, seniors, Par’Aînés: seniors 55 years and older living in a precarious situation or socially isolated
Coverage area: Rivière-Rouge
Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 16h30, Saturday 9h00 to 15h30, meals on wheels: Tuesday and Thursday 12h00
Fees: food aid: variable, Par’Aînés: free
Financing: federal, donations, self-financing
Legal status: non-profit organization

AIDANTS DE LAUREL (LES)
3188 Millette Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-3912
Email: lesaidantsdelaurel@hotmail.ca

Services: Home support services. * PAIR program: computerized safety and medication reminder calls.
Eligibility: seniors, caregivers
Coverage area: Wentworth-Nord
Legal status: non-profit organization

ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS
15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-2112
Email: abeillesactives.ndl@gmail.com

Eligibility: seniors

Coverage area: Notre-Dame-du-Laus

Financing: grants

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’ARGENTEUIL

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3

450 562-7447 Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca


Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: $6 per hot meal and $6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES

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

819-326-0819

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

Email: info@cab-laurentides.org


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

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE

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

819 425-8433

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

Email: info@cab-laurentides.org

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

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE
1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819 326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org


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

Coverage area: MRC les Laurentides

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

Fees: variable depending on the service

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L’AIDE
184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540 Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org


Eligibility: adults with a loss of autonomy, seniors 65 years and over


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

Fees: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME
225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200 Fax: 450 432-7354
Website: www.cbsj.qc.ca
Email: info@cbsj.qc.ca

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


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

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

Financing: donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP
65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9
450 430-5056 Fax: 450 430-0203
Website: www.cab-solange-beauchamp.com
Email: info@cabsb.org


Eligibility: seniors aged 65 and over, people aged between 55 and 65 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'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


Eligibility: primarily seniors, people with a loss of autonomy, caregivers, food bank: people on a low income

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community meals: Thursday once a month, soup kitchens: Thursdays three times a month

Fees: annual membership: $10, activities, collective kitchen, respite, food bank and community meals: free

Financing: provincial

Legal status: non-profit organization

CENTRE MARIE EVE - SAINT-JÉRÔME
433, du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1Y2
450 491-1494 ext. 7
Website: www.centremarieeve.ca
Email: stjerome@centremarieeve.ca

Eligibility: pregnant women, mothers with children 0 to 2 years old
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CENTRE POUR L’ENFANCE EN SANTÉ MENTALE DEUX-MONTAGNES
328 de la Grande Côte Road, Saint-Eustache, Laurentides, QC, J7P 1E7
450 623-5677     Fax: 450 623-6488
Website: www.cesamedeuxmontagnes.com
Email: infos@cesamedeuxmontagnes.com
Eligibility: children aged 0 to 5 years old with behaviour, communication or socialization issues, their parents
Coverage area: MRC Deux-Montagnes
Hours: office: Monday to Friday 8h00 to 16h00
Fees: annual membership: $10
Financing: federal, provincial, municipal, donations, grants
Legal status: non-profit organization

COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC
1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2099
Email: baudrycarmen@gmail.com
Eligibility: people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac
Coverage area: Sainte-Anne-du-Lac
Hours: delivery of prepared meals: once every two weeks
Financing: self-financing, municipal
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D’EN-HAUT (L’)
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020     Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com
Eligibility: people with temporary or permanent loss of autonomy, seniors
Coverage area: MRC Les Pays-d’en-Haut
Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d’Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request
Fees: meals on wheels: $6 per meal, community meal: $6 per meal, light housework: travel expenses, van: low contribution
Financing: donations, self-financing
Legal status: non-profit organization

LITTLE BROTHERS - BASSES-LAURENTIDES
136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7
450 598-1888
Website: www.petitsfreres.ca/basseslaurentides
Email: basseslaurentides@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, in residences, etc. * Other End of the Line: senior support line. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: seniors 75 years and over without a present family or significant social contact
Coverage area: Basses-Laurentides
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES
Confidential Address
1 844 551-6032
Website: prevoyanceaineslaurentides.org
Email: prevoyance.aines.laurentides@gmail.com

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

Eligibility: seniors
Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: municipal, provincial, donations
Legal status: non-profit organization

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES
325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2
450 621-3500 ext. 7380 Fax: 450 621-0426
Website: www.ville.rosemere.qc.ca/recreation-and-community-life
Email: info@ville.rosemere.qc.ca

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: municipal agency
**Home support**

**ACTION BÉNÉVOLE DE LA ROUGE (L')**

284 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-1241    Fax: 819 275-1700

Website: www.actionbenevoledelarouge.com

Email: directionabr@gmail.com


**Eligibility:** people and families on a low income, seniors, Par’Aînés: seniors 55 years and older living in a precarious situation or socially isolated

**Coverage area:** Rivière-Rouge

**Hours:** administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 16h30, Saturday 9h00 to 15h30, meals on wheels: Tuesday and Thursday 12h00

**Fees:** food aid: variable, Par’Aînés: free

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

**Legal status:** non-profit organization

**ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS**

15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0

819 767-2112

Email: abeillesactives.ndl@gmail.com


**Eligibility:** seniors

**Coverage area:** Notre-Dame-du-Laus

**Financing:** grants

**Legal status:** non-profit organization

**CENTRE D’ACTION BÉNÉVOLE D’ARGENTEUIL**

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3

450 562-7447    Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca


**Eligibility:** seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

**Coverage area:** MRC Argenteuil

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

**Fees:** meals on wheels: $6 per hot meal and $6.50 per frozen meal

**Financing:** provincial

**Legal status:** non-profit organization
CENTRE D’ACTION BÉNÉVOLE LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819-326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org


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

Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE
682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-8433
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org


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

Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE
1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819 326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org


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

Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412  Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org


Eligibility: seniors, caregivers, people wishing to volunteer, community and volunteering organizations


Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: Tuesday for Mont-Laurier and Lac-des-Écorces, Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

Fees: meals on wheels: $5, community lunch: $7, Transport Gérontin: variable

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

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE
184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540  Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org


Eligibility: adults with a loss of autonomy, seniors 65 years and over


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

Fees: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME
225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200  Fax: 450 432-7354
Website: www.cbsj.qc.ca
Email: info@cbsj.qc.ca


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

Legal status: non-profit organization
Seniors

Hours: Monday to Friday 8h00 to 16h00, meals on wheels: Tuesday and Thursday
Fees: membership card: $5, meals on wheels: $8, community meals: $8
Financing: donations, membership fees, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP
65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9
450 430-5056     Fax: 450 430-0203
Website: www.cab-solange-beauchamp.com
Email: info@cabsb.org
Eligibility: seniors aged 65 and over, people aged between 55 and 65 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 INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUTIEN À DOMICILE
Confidential Address
1 833 217-5362
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile
Email: guichet.acces.dpppa.cissslau@ssss.gouv.qc.ca
Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.
Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30
Financing: provincial
Legal status: parapublic organization

CHEFS À LA RESCousse
Confidential Address
819 429-6595
Website: chefsalarescussose.com
Email: info@chefsalarescussose.com
Services: Distribution of meals to families in need.
Eligibility: families in need
Coverage area: MRC Les Laurentides
Financing: municipal, Centraide Hautes-Laurentides
Legal status: non-profit organization
COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC
1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2099
Email: baudrycarmen@gmail.com
Eligibility: people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac
Coverage area: Sainte-Anne-du-Lac
Hours: delivery of prepared meals: once every two weeks
Financing: self-financing, municipal
Legal status: non-profit organization

COOP DE SOLIDARITÉ EN ENTRETIEN MÉNAGER CHIFFON MAGIQUE
250 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3K1
819 425-7484     Fax: 819 425-5782
Website: coopchiffonmagique.org
Email: administration@chiffonmagique.com
Eligibility: people 65 years old and over or referred by the CISSS des Laurentides
Coverage area: MRC Les Laurentides
Hours: Monday to Friday 8h30 to 16h30
Fees: variable depending on income
Financing: self-financing, provincial
Legal status: cooperative

COOP SORE
200 Principale Street, Suite 4, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 224-2657
Website: www.coopsoare.ca
Email: sore@cgocable.ca
Eligibility: seniors, caregivers
Coverage area: MRC Les Pays-d’en-Haut, Gatineau
Fees: membership: $20 per person
Financing: membership fees
Legal status: cooperative

COOPÉRATIVE D’INITIATION À L’ENTREPRENEURIAT COLLECTIF - MIRABEL
9505 Côte des Saints, Mirabel, Laurentides, QC, J7N 2Y1
450 412-1144
Website: mdjmirabel.ca/projet-cjt
Email: adjcoordcjt@gmail.com
Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.
Eligibility: services offered to the general public by youth in high school
Coverage area: Mirabel
Hours: summer
Fees: variable
Financing: provincial, self-financing
Legal status: cooperative
COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - MIRABEL - SAINT-CANUT
9625 de Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2
450 565-2585
Website: mdjmirabel.ca/projet-cjt
Email: direction@mdjmirabel.ca
Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.
Eligibility: services offered to the general public by youth in high school
Coverage area: Saint-Canut, Saint-Jérôme, Saint-Colomban
Hours: summer
Fees: variable
Financing: provincial, self-financing
Legal status: cooperative

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - MIRABEL - SAINT-JANVIER
13908 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3
450 435-8137
Website: mdjmirabel.ca/projet-cjt
Email: projetcjtmirabel1@gmail.com
Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.
Eligibility: services offered to the general public by youth in high school
Coverage area: Saint-Janvier, Blainville, Sainte-Thérèse
Hours: summer
Fees: variable
Financing: provincial, self-financing
Legal status: cooperative

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, Saint-Benoît, Saint-Hermas, Sainte-Scholastique and 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: $7 per hour
Financing: self-financing, grants, provincial
Legal status: cooperative
Seniors

COOPÉRATIVE DE SOLIDARITÉ EN AIDE DOMESTIQUE MARTEAU ET PLUMEAU
166 Lesage Street, Sainte-Adèle, Laurentides, QC, J8B 2R4
450 229-6677 Fax: 450 553-8194
Website: marteau-plumeau.com
Email: info@marteau-plumeau.com

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

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

Financing: provincial, self-financing
Legal status: commercial enterprise

COOPÉRATIVE DÉFI-AUTONOMIE D'ANTOINE-LABELLE
538 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S7
819 623-6681 Fax: 819 623-2099
Email: info@defiautonomie.com

Services: * Home support: regular housekeeping and big clean ups, meal preparation (without diet), help with daily care and hygiene, groceries and other errands. * Respite and at-home surveillance.

Eligibility: seniors, caregivers
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 8h30 to 16h30, respite: day, evening and weekends
 Fees: variable
Financing: self-financing
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020 Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com


Eligibility: people with temporary or permanent loss of autonomy, seniors
Coverage area: MRC Les Pays-d'en-Haut
Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request
Fees: meals on wheels: $6 per meal, community meal: $6 per meal, light housework: travel expenses, van: low contribution
Financing: donations, self-financing
Legal status: non-profit organization
ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - ACCOMPAGNEMENT-TRANSPORT
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020 Fax: 450 229-7539
Website: www.entreaidebenevolepdh.com
Email: info@entreaidebenevolepdh.com
Services: * Transportation and accompaniment to medical appointments by volunteers. * Van: public transportation service for shopping trips (grocery store, bank, etc.).
Eligibility: people with temporary or permanent loss of autonomy
Coverage area: MRC Les Pays-d'en-Haut
Hours: medical appointments: Monday to Friday, medical appointment service: 7 days
Fees: medical appointments: contribution set according to source of income and distance, grocery shopping: $10
Financing: self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)
100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7
450 227-3757 Fax: 450 745-1811
Website: www.gardemangerpdh.ca
Email: secretariat@gardemangerpdh.ca
Eligibility: families and people in need
Coverage area: MRC Les Pays-d'en-Haut
Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday
Fees: food counter: $3, collective kitchen: $18 for 5 meals, food assistance: free
Financing: donations, self-financing
Legal status: non-profit organization

KANESATAKE HEALTH CENTER
12 Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-6000 Fax: 450 479-8313
Website: www.kanesatakehealthcenter.ca
Email: info@kanesatakehealthcenter.ca
Coverage area: Kanesatake
Hours: Monday to Friday 8h00 to 16h00
Financing: federal
Legal status: non-profit organization

MAISON ALOÏS ALZHEIMER
651 5th Street, Saint-Jérôme, Laurentides, QC, J7Z 2W8
450 660-6225
Website: maisonalois.org
Email: info@maisonalois.org
Eligibility: individuals with Alzheimer's and other neurocognitive disorders, their caregivers
Coverage area: Laurentians, at-home respite: city of Mirabel, MRC de La Rivièr-Du-Nord, MRC Thérèse-De Blainville, MRC des Pays-d'en-Haut
**MEALS ON WHEELS**

Confidential Address  
450 472-3713  

**Services:** Home delivery of meals.  
**Eligibility:** seniors  
**Coverage area:** Deux-Montagnes  
**Hours:** delivery: Tuesday and Thursday  
**Fees:** meal: $5  
**Financing:** municipal, self-financing  
**Legal status:** non-profit organization

**PALLIACCO**

2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8  
819 717-9646  
**Website:** www.palliacco.org/en  
**Email:** references@palliacco.org  

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

**Eligibility:** people with cancer, people who are ill and at the end of life, caregivers, bereaved people  
**Coverage area:** MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge  
**Hours:** Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days  
**Fees:** none  
**Financing:** donations, fundraising campaigns  
**Legal status:** non-profit organization

**PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE**

35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0  
819 717-9646  
**Fax:** 819 717-4411  
**Website:** www.palliacco.org/en  
**Email:** references@palliacco.org  

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

**Eligibility:** people with cancer, people who are ill and at the end of life, caregivers, bereaved people  
**Coverage area:** MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge  
**Hours:** by appointment  
**Fees:** none  
**Financing:** donations, fundraising campaigns  
**Legal status:** non-profit organization
PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8
819 717-9646     Fax: 818 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org
Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)
2 Masson Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0
450 228-8606
Email: larencontre@qc.aira.com
Eligibility: residents
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Thursday 8h30 to 14h30, meal delivery: Tuesday to Thursday, food counter: Thursday
Fees: meals on wheels: $6, community dinner: $5
Financing: Centraide Laurentides, provincial
Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE
Confidential Address
819 324-8240
Email: ressourcescommunautaires@adolphins.com
Coverage area: Saint-Adolphe-d'Howard
Fees: none
Financing: provincial, self-financing, donations, foundations
Legal status: non-profit organization

SERVICE TRAVAIL-MAISON
981 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5N5
450 436-6425
Email: info@st-m.org
Eligibility: seniors, people with a loss of autonomy, people on a low income
Coverage area: MRC La Rivière-du-Nord, North of MRC Mirabel
Hours: variable
Fees: variable, possibility of financial aid
Financing: self-financing
Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER LAURENTIDES
14 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2
1 800 978-7881     Fax: 819 326-9664
Website: www.alzheimerlaurentides.com
Email: admin@salaurentides.ca
            Documentation centre. * Activity centre l'Oasis for people living with Alzheimer's disease or another
            neurocognitive disorder. * Home respite, accompaniment and stimulation. * Monthly support groups for
            Street, Mont-Laurier. * Service point at 141 Saint-Charles Street, Suite 210, Sainte-Thérèse.
Eligibility: people living with Alzheimer's disease or other major neurocognitive disorders, their relatives,
caregivers, counsellors, general public
Capacity: support groups: 10 to 20 people
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30, support groups: day and evening
Fees: variable
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D’EN-HAUT - POINT DE SERVICE DE SAINT-SAUVIER
205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 744-0207
Website: www.soupeetcompagnie.com/en
Email: info@soupeetcompagnie.com
            Distribution and delivery of frozen meals. * Food collection.
Eligibility: people in vulnerable situations and people with low income, delivery: people with reduced mobility
Coverage area: MRC Les Pays-d’en-Haut
Hours: distribution and delivery of frozen meals: Tuesday 9h30 to 11h30, Thursday 9h30 to 11h30, community
            dinner: Tuesday and Thursday 12h00 to 13h00
Fees: minimum contribution: $3
Financing: donations
Legal status: non-profit organization

VIGIL’ANGE
872-R Sainte-Thérèse Road, Suite 200, Saint-Jérôme, Laurentides, QC, J5L 2L1
450 275-5131
Website: vigilange.org
Email: info@vigilange.org
Services: Identify seniors and caregivers in vulnerable situations in order to guide them towards the resources
            and assistance services available in the community and adapted to their needs. * Proximity network between
            volunteers, community workers and support resources and seniors and caregivers in need.
Eligibility: seniors and caregivers
Coverage area: Mirabel, MRC La Rivière-du-Nord
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization
Housing for seniors

APPARTEMENTS GLEN (LES)
15 Glen Street, Morin-Heights, Laurentides, QC, J0R 1H0
450 226-1555
Email: directors15@hotmail.com
Services: Housing for people 55 years and over. * Affordable housing.
Eligibility: people 55 years and over, who are autonomous, non-smokers and on a modest income
Capacity: 31
Coverage area: Laurentians
Fees: variable
Financing: self-financing
Legal status: non-profit organization

BELLEFEUILLOISE (LA)
1020 Jean-Louis Street, Suite 107, Saint-Jérôme, Laurentides, QC, J5L 1R7
450 569-9028
Website: www.labellefeuilloise.com
Email: labellefeuilloise@videotron.ca
Eligibility: autonomous seniors or with a slight loss of autonomy
Capacity: 44 units
Coverage area: Laurentians
Fees: variable
Financing: self-financing, provincial
Legal status: non-profit organization

CENTRE D'HÉBERGEMENT CHAMPLAIN-DE-LA-VILLA-SOLEIL
825 Melançon Street, Saint-Jérôme, Laurentides, QC, J7Z 4L1
450 432-3100     Fax: 450 432-3151
Website: www.groupechamplain.qc.ca/centres/champlain-de-la-villa-soleil
Services: Private funded long term care and housing facility.
Eligibility: seniors or people with a loss of autonomy
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE LABELLE
50 de l'Église Street, Labelle, Laurentides, QC, J0T 1H0
819 686-2372
Website: www.santelaurentides.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors or people with a loss of autonomy
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization
Seniors

CENTRE D'HÉBERGEMENT DE MONT-TREMBLANT
925 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-2793
Website: www.santelaurentides.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors or people with a loss of autonomy
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE SAINT-BENOÎT
9100 Dumouchel Street, Mirabel, Laurentides, QC, J7N 5A1
450 258-2481
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 DE SAINT-EUSTACHE
55 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 4Y8
450 472-0013
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 DES HAUTEURS
707 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N1
450 229-6601
Website: www.santelaurentides.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors or people with a loss of autonomy
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

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

CENTRE D'HÉBERGEMENT L'ÉQUIP'ÂGE
1525 L’Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-2118
Website: www.santelaurentides.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors or people with a loss of autonomy
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT LUCIEN-G.-ROLLAND
175 Durand Street, Saint-Jérôme, Laurentides, QC, J7Z 2V4
450 432-2777 ext. 23221
Website: www.santelaurentides.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors or people with a loss of autonomy
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT SAINTE-ANNE
411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1
819 623-5940
Website: www.santelaurentides.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors or people with a loss of autonomy
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - SERVICES DE SOUTIEN À DOMICILE
Confidential Address
1 833 217-5362
Website: www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile
Email: guichet.acces.dpppa.cissslau@ssss.gouv.qc.ca
Services: Single-window access to home support services. * Orientation, support and referrals for users, relatives and health professionals.
Eligibility: people living with temporary or permanent disabilities because of a loss of autonomy related to aging, a disability, a chronic illness, an operation or hospitalization, pre-terminal or terminal illness
Coverage area: Laurentides
Hours: Monday to Friday 8h30 to 18h00, Saturday, Sunday and public holidays 9h00 to 15h30
**CHSLD DE SAINT-JÉRÔME**

200 Rolland Street, Saint-Jérôme, Laurentides, QC, J7Z 5S1  
450 436-3061  
Website: www.santelaurentides.gouv.qc.ca  
**Services:** Public care centre for seniors and people with a loss of autonomy. * Housing and long term care.  
**Eligibility:** seniors, people with a loss of autonomy  
**Coverage area:** Laurentians  
**Financing:** provincial  
**Legal status:** parapublic organization

**CHSLD DE SAINTE-ADÈLE**

249 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A9  
450 229-8516  
Website: www.santelaurentides.gouv.qc.ca  
**Services:** Public care centre for seniors and people with a loss of autonomy. * Housing and long term care.  
**Eligibility:** seniors or people with a loss of autonomy  
**Coverage area:** Laurentians  
**Financing:** provincial  
**Legal status:** parapublic organization

**CITÉ LES TROIS R**

850 du Bourg Avenue, Saint-Jérôme, Laurentides, QC, J7Z 3E9  
450 504-4533  
Website: www.citelestroisr.ca  
Email: info@citelestroisr.ca  
**Services:** Affordable housing. * Horticulture greenhouses. * Intergenerational activities. * Three sections.  
**Eligibility:** section I: couples with children, single-parent families, intergenerational families, section II: autonomous seniors 75 years old and above, people with a slight loss of autonomy, people with physical limitations, section III: people with specific housing needs, people who need interpersonal solidarity  
**Coverage area:** Laurentians  
**Hours:** Monday to Friday 9h00 to 16h00  
**Fees:** variable  
**Financing:** self-financing  
**Legal status:** non-profit organization

**CORPORATION DE L’HORIZON D’OR DE GRENVILLE & AGGLOMÉRATION (LA)**

26 Queen Street, Grenville, Laurentides, QC, J0V 1J0  
819 242-4598  
**Services:** Housing for seniors.  
**Eligibility:** seniors over 65 years old who are autonomous and on a low or modest income  
**Capacity:** 12 units  
**Coverage area:** MRC Argenteuil  
**Financing:** self-financing  
**Legal status:** non-profit organization

**DOMAINE CHÉNIER**

401 de l'Accueil Street, Saint-Eustache, Laurentides, QC, J7R 5X7  
450 472-0926  
**Fax:** 450 472-5480  
**Email:** domainechenier@videotron.ca
Seniors


**Eligibility:** people aged 55 years and over autonomous, on a low and modest income and who have been residents of Saint-Eustache for at least 5 years

**Capacity:** 129 apartments

**Coverage area:** Saint-Eustache

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

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**DOMAINE CHÉNIER PHASE IV**

401 de l'Accueil Street, Saint-Eustache, Laurentides, QC, J7R 5X7

450 472-0926  Fax: 450 472-5480

Email: domainechenier@videotron.ca

**Services:** Subsidized housing for seniors. * 3½ and 4½ apartments. * Adapted housing for people with reduced mobility. * Leisure activities. * Community room. * Hairdressing for residents.

**Eligibility:** people aged 65 years and over, autonomous or with a slight loss of autonomy, on a low income

**Capacity:** 24 apartments

**Coverage area:** MRC Deux-Montagnes

**Fees:** 25% of income

**Financing:** provincial

**Legal status:** non-profit organization

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**FONDATION ROSEMÈRE**

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

450 621-9841

Website: fondationrosemere.com

Email: aquilbeault@videotron.ca

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

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

**Coverage area:** Rosemère

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

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**HABITAT ST-SAUVEUR-DES-MONTS**

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

450 227-5837

Email: habitatstsauveur@gmail.com

**Services:** Housing for seniors 55 years old and over.

**Eligibility:** seniors 55 years old and over who are autonomous and on a low or modest income

**Capacity:** 72 units

**Coverage area:** MRC Les Pays-d’en-Haut

**Hours:** offices: Tuesday 9h00 to 12h00, Thursday 9h00 to 15h00

**Financing:** federal, self-financing

**Legal status:** non-profit organization

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**HABITATION SAINT-ADOLPHE-D’HOWARD**

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

**Services:** Residences for seniors. * Affordable housing.

**Eligibility:** people 55 years old and over who are autonomous and retired

**Coverage area:** Laurentides
Seniors

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

HABITATIONS LA CAPUCINE (LES)
6200 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0
1 877 840-1211
Eligibility: seniors 75 years old and over or with a moderate loss of autonomy
Capacity: 20 units
Coverage area: Val-Morin
Fees: subsidized housing: 25% of income according to the provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

HABITATIONS MONT DU ROCHER
931 des Monts Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1K4
514 592-7199
Email: normandrochon27@hotmail.com
Eligibility: autonomous seniors on a low or modest income, families on a low or modest income
Coverage area: Sainte-Adèle
Fees: variable
Financing: self-financing
Legal status: non-profit organization

HABITATIONS STEPHEN JAKE BEAVEN
6 Schippel Road, Montcalm, Laurentides, QC, J0T 2V0
819 421-2487
Website: centrestephenjake.webnode.com
Email: hsjbmontcalm@hotmail.com
Eligibility: seniors 65 years old and over who are on a low or modest income
Capacity: 24 units
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: provincial
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: Residence for seniors.
Eligibility: seniors 75 years and over, autonomous or with a slight loss of autonomy
Capacity: 70 units
Coverage area: Blainville
Hours: Monday to Friday 9h00 to 15h00
Financing: self-financing
Legal status: non-profit organization

MANOIR LABELLOIS
27 du Couvent Street, Labelle, Laurentides, QC, J0T 1H0
873 563-8507
Website: manoirlabellois.com
Email: info@manoirlabellois.com
Eligibility: seniors 75 years old and over, autonomous or with a slight loss of autonomy, on a low and medium income
Capacity: 25 apartments 3½ unfurnished, 5 apartments 4½ unfurnished
Coverage area: Labelle
Hours: Tuesday to Thursday 9h00 to 16h00 or by appointment
Financing: provincial, self-financing
Legal status: non-profit organization

OFFICE D’HABITATION THÉRÈSE-DE BLAINVILLE
6 de l’Église Street, Suite 330, Sainte-Thérèse, Laurentides, QC, J7E 3L1
450 434-1149 ext. 110 Fax: 450 434-4570
Email: info@ohtdb.ca
Eligibility: individuals, seniors and families on a low or moderate income
Capacity: 631 units
Coverage area: MRC Thérèse-De Blainville
Hours: Monday and Wednesday 9h00 to 12h00 and 13h30 to 16h00, Tuesday and Thursday 13h30 to 16h00, Friday 9h00 to 12h00
Financing: federal, provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D’HABITATION DE LACHUTE
317 Aéroparc Boulevard, Lachute, Laurentides, QC, J8H 3V7
450 562-9260 Fax: 450 562-3217
Email: admin@omhlachute.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Capacity: 298 units
Coverage area: Lachute
Financing: provincial
Legal status: municipal agency
OFFICE MUNICIPAL D'HABITATION DE MIRABEL
15449 de Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 2B1
450 475-6286 Fax: 450 475-6616
Website: www.omhmirabel.com
Email: direction@omhmirabel.com
Eligibility: seniors and families on a low or moderate income
Capacity: 100 units
Coverage area: Mirabel
Hours: Monday to Thursday 9h00 to 15h00
Financing: provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE PRÉVOST
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095 Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Coverage area: Prévost
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-ANDRÉ-D'ARGENTEUIL
20 Martin Street, Saint-André-d'Argenteuil, Laurentides, QC, J0V 1X0
450 537-3934
Email: marcel.stjacques@gmail.com
Eligibility: individuals and families on a low and moderate income
Capacity: 15 units
Coverage area: Saint-André-D'argenteuil
Financing: provincial
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-COLOMBAN
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095 Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca
Eligibility: individuals, seniors and families on a low and moderate income
Coverage area: Saint-Colomban
Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
Seniors

OFFICE MUNICIPAL D'HABITATION DE SAINT-HIPPOLYTE
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095 Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca


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

Coverage area: Saint-Hippolyte

Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SAINT-JÉRÔME
484 Labelle Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Z 5L7
450 436-8095 Fax: 450 436-8195
Website: www.omhstjerome.qc.ca
Email: omh@omhstjerome.qc.ca


Eligibility: people on a low or modest income

Coverage area: Saint-Jérôme

Hours: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00

Financing: provincial, federal, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE SAINTE-SOPHIE
2200 de Jouvence Terrace, Sainte-Sophie, Laurentides, QC, J5J 2V8
514 826-9190
Email: omh.ste.sophie@videotron.ca


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

Capacity: 15 units

Coverage area: Sainte-Sophie

Financing: provincial, municipal

Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DES HAUTES-LAURENTIDES
600b Albiny Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1L4
1 833 623-4230 Fax: 819 623-3925
Website: www.omhhhl.com
Email: info@omhhhl.com


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

Capacity: 230 units

Coverage area: Ferme-Neuve, L'ascension, Lac-Des-Écorces, Mont-Laurier, Nominingue, Notre-Dame-Du-Laus, Rivière-Rouge

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

Financing: provincial, municipal  
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DES LAURENTIDES  
510 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 2Z7  
819 425-7255  
Email: info@omhlaurerntides.ca  
Eligibility: individuals, seniors and families on a low and moderate income  
Capacity: 267 units  
Coverage area: MRC Les Laurentides  
Financing: provincial  
Legal status: parapublic organization

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT  
800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1  
450 229-2264  
Email: omhpdh@cgocable.ca  
Eligibility: individuals, seniors and families on a low and moderate income  
Capacity: 139 units  
Coverage area: MRC Les Pays-d'en-Haut  
Financing: municipal, provincial  
Legal status: parapublic organization

OFFICE RÉGIONAL D'HABITATION DU LAC DES DEUX-MONTAGNES  
46 Chenier Street, Saint-Eustache, Laurentides, QC, J7R 5W6  
450 473-1280  Fax: 450 473-3829  
Website: www.orhlacdm.com  
Email: info@orhlacdm.com  
Eligibility: housing: single individuals, autonomous seniors and families on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Montréal Metropolitan Community for 12 months in the 24 months preceding their application  
Capacity: 520 apartments  
Coverage area: MRC de Deux-Montagnes  
Hours: Monday to Thursday 10h00 to 12h00 and 13h30 to 15h00, Friday 8h30 to 12h00  
Financing: municipal  
Legal status: municipal agency

PAVILLON PHILIPPE-LAPOINTE  
234 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2B8  
819 324-4000  
Website: www.santelaurentides.gouv.qc.ca  
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.  
Eligibility: seniors or people with a loss of autonomy  
Coverage area: Laurentians
Seniors

Financing: provincial
Legal status: parapublic organization

PLACIDIENNE (LA)
11 René-Levesque Boulevard, Saint-Placide, Laurentides, QC, J0V 2B0
450 258-1990
Services: Housing for people 55 years old and over who are on a low or modest income.
Eligibility: people 55 years old and over on a low or modest income
Coverage area: Saint-Placide
Financing: municipal, self-financing
Legal status: non-profit organization

QUÉBEC ASSOCIATION OF LODGING CONSULTANTS FOR SENIORS
Confidential Address
514 949-7234
Website: www.achq.quebec/?page_id=22&lang=en
Email: rene@horizon43.com
Services: Accompaniment to find a private residence responding to the level of autonomy. * Personal visit at home, at the hospital or in a rehabilitation centre to evaluate the needs. * Consultation with professionals and immediate family. * Research and recommendation of certified residences. * Accompaniment and referral to residences with short-term stays for convalescence. * Accompaniment for visits to selected residences. * Continuous support until admission to the residence. * Follow-up after the procedures are completed. * Information on government financial assistance programs.
Eligibility: seniors and their family
Coverage area: Montréal Island, Capitale-Nationale region, North Shore
Hours: Monday to Sunday 8h00 to 17h00
Fees: none
Financing: membership fees
Legal status: non-profit organization

RÉSIDENCE DE LACHUTE
377 Principale Street, Lachute, Laurentides, QC, J8H 1Y1
450 562-5203
Website: www.santelaurentides.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors or people with a loss of autonomy
Coverage area: Laurentians
Financing: provincial
Legal status: parapublic organization

RÉSIDENCE VALLÉE DE LA ROUGE
102 du Vert Pré Street, Amherst, Laurentides, QC, J0T 1G0
819 687-2103
Email: residencevalleedelarouge@gmail.com
Eligibility: seniors who are autonomous or with a loss of autonomy
Capacity: 26 units
Coverage area: Laurentides
Fees: variable
Financing: self-financing, grants
Legal status: non-profit organization
RÉSIDENCES CÔME-CARTIER
1201 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-3430 ext. 101
Email: adm.rcc@bellnet.ca

Eligibility: autonomous or semi-autonomous seniors who are on a low or modest income
Capacity: 38 units
Coverage area: Rivière-Rouge
Financing: provincial, self-financing
Legal status: non-profit organization

RIVERSIDE ELDER'S HOME
518 Sainte-Philomène Street, Kanesatake, Laurentides, QC, J0N 1E0
450 479-5966     Fax: 450 479-1711

Eligibility: autonomous and semi-autonomous seniors
Capacity: 12 rooms, 14 people
Coverage area: Kanesatake
Financing: federal
Legal status: non-profit organization

TRAIT D'UNION DE SAINT-RÉMI (LE)
287 McLaughlin Street, Amherst, Laurentides, QC, J0T 2L0
819 421-0026     Fax: 819 687-9282
Website: www.habitation.gouv.qc.ca/repertoire/organisme/1585.html
Email: letraitdunion@live.ca

Services: Housing for retired people. * Activities for residents.
Eligibility: seniors 75 years old and over or seniors with a slight loss of autonomy
Capacity: 28
Coverage area: Amherst
Hours: on appointment
Financing: provincial
Legal status: non-profit organization

VERSANT D'OR (L)
6 Thérèse-Hétu Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 0B1
Website: www.habitation.gouv.qc.ca/fiches_de_projet/projets/le_versant_dor.html
Email: leversantدور@bellnet.ca

Services: Subsidized housing for seniors. * Community room.
Eligibility: seniors with a slight loss of autonomy, living on a low income
Capacity: 24 units
Coverage area: Sainte-Agathe-des-Monts
Fees: 25% of income according to the provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

VILLA DES ARCS-EN-CIEL
570 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S7

Services: Housing for seniors.
Eligibility: seniors on a low or modest income
Intergenerational activities

BLAINVILLE PUBLIC LIBRARY
1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7
450 434-5275
Website: biblio.ville.blainville.qc.ca
Email: bibliotheque@blainville.ca


Coverage area: Blainville
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: free
Financing: municipal
Legal status: municipal agency

CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME
225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200     Fax: 450 432-7354
Website: www.cbsj.qc.ca
Email: info@cbsj.qc.ca


Eligibility: seniors, people wanting to volunteer, community and volunteer organizations
Hours: Monday to Friday 8h00 to 16h00, meals on wheels: Tuesday and Thursday
Fees: membership card: $5, meals on wheels: $8, community meals: $8
Financing: donations, membership fees, self-financing
Legal status: non-profit organization

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA
1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2
450 979-7755
Website: www.centreomega.org
Email: info@centreomega.org


Eligibility: youth 18 years old and under presenting dropout risk factors
Coverage area: MRC Thérèse-De Blainville and Lower Laurentians
Hours: Monday to Thursday 9h00 to 16h30
Fees: most services are free
Financing: provincial, donations
Legal status: non-profit organization

DEUX-MONTAGNES PUBLIC LIBRARY
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-2736 Fax: 450 473-2816
Website: bibliothèque.ville.deux-montagnes.qc.ca/page.php?lang=en
Email: bibli@ville.deux-montagnes.qc.ca


Eligibility: children, youth and adults
Coverage area: Deux-Montagnes
Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 13h00
Fees: subscription: free for residents, activities: variable
Financing: municipal, provincial
Legal status: municipal agency

FADOQ - LAURENTIANS REGION
1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5
819 429-5858 Fax: 819 429-6850
Website: www.fadoq.ca/en/laurentides
Email: info@fadoqlaurentides.org

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

Eligibility: people 50 years and over
Coverage area: Laurentians
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $30 per year or $50 for 2 years
Financing: membership fees, grants, self-financing
Legal status: non-profit organization

GRANDS-PARENTS TENDRESSE
374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9
450 436-6664
Website: grandsparentstendresse.org
Email: administration@grandsparentstendresse.org


Eligibility: seniors, adults 45 years and over, families and parents of children from 0 to 12 months old
Coverage area: Saint-Jérôme, pairing: MRC La Rivière-du-Nord
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per year
Financing: self-financing  
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES
238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0  
450 478-6537  
Website: maisondelafamillesadp.com  
Email: mdf.sadp@videotron.ca  
Eligibility: single people, families, couples  
Coverage area: Sainte-Anne-des-Plaines  
Hours: Monday to Thursday 8h30 to 16h00  
Fees: variable, daycare: free during activities, respite: $5 for half a day or $10 for an entire day, thrift store: free  
Financing: 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  
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

Intervention with seniors subjected to abuse

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3  
819-326-0819  
Website: www.cab-laurentides.org/index.html  
Email: info@cab-laurentides.org  
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector  
Coverage area: MRC les Laurentides  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30  
Fees: variable depending on the service  
Financing: donations, provincial  
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE
682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-8433
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE
1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819 326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES
Confidential Address
1 844 551-6032
Website: prevoyanceaineslaurentides.org
Email: prevoyance.aines.laurentides@gmail.com
Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.
Eligibility: seniors
Coverage area: MRC Les Pays-d’en-Haut, MRC Les Laurentides, MRC Argenteuil
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: municipal, provincial, donations
Legal status: non-profit organization
Meals on Wheels

ACTION BÉNÉVOLE DE LA ROUGE (L')
284 L’Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-1241  Fax: 819 275-1700
Website: www.actionbenevoledelarouge.com
Email: directionabr@gmail.com


Eligibility: people and families on a low income, seniors, Par’Aînés: seniors 55 years and older living in a precarious situation or socially isolated

Coverage area: Rivière-Rouge

Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 16h30, Saturday 9h00 to 15h30, meals on wheels: Tuesday and Thursday 12h00

Fees: food aid: variable, Par’Aînés: free

Financing: federal, donations, self-financing

Legal status: non-profit organization

ASSOCIATION DES ABEILLES ACTIVES DE NOTRE-DAME-DU-LAUS
15 du Ruisseau Serpent Road, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-2112
Email: abeillesactives.ndl@gmail.com


Eligibility: seniors

Coverage area: Notre-Dame-du-Laus

Financing: grants

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’ARGENTEUIL
212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3
450 562-7447  Fax: 450 562-6184
Website: cabargenteuil.ca
Email: info@cabargenteuil.ca


Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: $6 per hot meal and $6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819-326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org


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

Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE
682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-8433
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org


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

Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE
1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819 326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org


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

Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412 Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org


Eligibility: seniors, caregivers, people wishing to volunteer, community and volunteering organizations
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: Tuesday for Mont-Laurier and Lac-des-Écorces, Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain
Fees: meals on wheels: $5, community lunch: $7, Transport Gérontin: variable
Financing: donations, self-financing, provincial, foundations, Centraide Laurentides
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE
184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540 Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org


Eligibility: adults with a loss of autonomy, seniors 65 years and over
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: donations, provincial, fundraising campaigns, social service, foundations, Centraide Laurentides
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME
225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200 Fax: 450 432-7354
Website: www.cbsj.qc.ca
Email: info@cbsj.qc.ca


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


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

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

Financing: donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9
450 430-5056    Fax: 450 430-0203
Website: www.cab-solange-beauchamp.com
Email: info@cabsb.org


Eligibility: seniors aged 65 and over, people aged between 55 and 65 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

CHEFS À LA RESCOUSSE

Confidential Address
819 429-6595
Website: chefsalarescousse.com
Email: info@chefsalarescousse.com

Services: Distribution of meals to families in need.

Eligibility: families in need

Coverage area: MRC Les Laurentides

Financing: municipal, Centraide Hautes-Laurentides

Legal status: non-profit organization

COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC

1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2099
Email: baudrycarmen@gmail.com


Eligibility: people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac

Coverage area: Sainte-Anne-du-Lac

Hours: delivery of prepared meals: once every two weeks

Financing: self-financing, municipal

Legal status: non-profit organization
**ENTRAIDE BÉNÉVOLE DES PAYS-D’EN-HAUT (L’)**
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020  Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com


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

**Coverage area:** MRC Les Pays-d’en-Haut

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

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

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**GARDE-MANGER DES PAYS-D’EN-HAUT (LE)**
100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7
450 227-3757  Fax: 450 745-1811
Website: www.gardemangerpdh.ca
Email: secretariat@gardemangerpdh.ca


**Eligibility:** families and people in need

**Coverage area:** MRC Les Pays-d’en-Haut

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

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

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**MEALS ON WHEELS**
Confidential Address
450 472-3713

**Services:** Home delivery of meals.

**Eligibility:** seniors

**Coverage area:** Deux-Montagnes

**Hours:** delivery: Tuesday and Thursday

**Fees:** meal: $5

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

**RENCONTRE DE STE-MARGUERITE (LA)**
2 Masson Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0
450 228-8606
Email: larencontre@qc.aira.com
Eligibility: residents
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Thursday 8h30 to 14h30, meal delivery: Tuesday to Thursday, food counter: Thursday
Fees: meals on wheels: $6, community dinner: $5
Financing: Centraide Laurentides, provincial
Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE
Confidential Address
819 324-8240
Email: ressourcescommunautaires@adolphins.com
Coverage area: Saint-Adolphe-d'Howard
Fees: none
Financing: provincial, self-financing, donations, foundations
Legal status: non-profit organization

SOUE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR
205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 744-0207
Website: www.soupeetcompagnie.com/en
Email: info@soupeetcompagnie.com
Eligibility: people in vulnerable situations and people with low income, delivery: people with reduced mobility
Coverage area: MRC Les Pays-d'en-Haut
Hours: distribution and delivery of frozen meals: Tuesday 9h30 to 11h30, Thursday 9h30 to 11h30, community dinner: Tuesday and Thursday 12h00 to 13h00
Fees: minimum contribution: $3
Financing: donations
Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDEÎRE
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 Quebec or forced to remain in Quebec, 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
Seniors

**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

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**CENTRE D’ACTION BÂNÉVOLE SOLANGE-BEAUCHAMP**

65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9

**450 430-5056 Fax:** 450 430-0203

**Website:** www.cab-solange-beauchamp.com

**Email:** info@cab-sb.org


**Eligibility:** seniors aged 65 and over, people aged between 55 and 65 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

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**CENTRE D’ASSISTANCE ET D’ACCOMPAGNEMENT AUX PLAÎNTES - LAURENTIDES**

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

**1 800 563-6261 Fax:** 450 565-1114

**Website:** www.caaplaurentides.org

**Email:** info@caaplaurentides.org

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

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

**Coverage area:** Laurentians

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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

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

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

**Website:** centredefemmeslesunesetlesautres.org

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


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

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

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

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

**Fees:** none

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CONCERT ACTION SOUTIEN AUTONOMIE DES LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
1 855 766-6387 ext. 33167
Services: Grouping for consultation between organizations, municipalities and establishments for seniors in order to meet the needs of seniors and persons in loss of autonomy, and to promote home support. * Consultation and representation with deciding authorities. * Directory Services aux personnes aînées: www.cab-laurentides.org/images/publications/mini-bottin-MRC-laurentides.pdf
Eligibility: organizations for seniors or people in loss of autonomy, municipalities
Coverage area: MRC Les Laurentides
Financing: self-financing
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MIRABEL
17505 du Val d'Espoir Street, Mirabel, Laurentides, QC, J7J 1M3
450 848-6059
Services: Grouping and consultation of organizations in Mirabel. * Community resources repertory. * Mobilizing projects development and support. * Committees: seniors, youth, food safety, poverty-housing-homelessness, school perseverance. * RAPPID-OR: information and safety program including home visits for elders and providing a safety kit that usually includes a smoke detector, a night light, a bath mat, etc.
Eligibility: individuals and organizations
Capacity: 50
Coverage area: Mirabel
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

FADOQ - LAURENTIANS REGION
1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5
819 429-5858 Fax: 819 429-6850
Services: Grouping and representation in instances requiring the defense of seniors’ rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Ainé-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.
Eligibility: people 50 years and over
Coverage area: Laurentians
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $30 per year or $50 for 2 years
Financing: membership fees, grants, self-financing
Legal status: non-profit organization

LEGAL AID OFFICE - LACHUTE
505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6
450 562-2462 Fax: 450 562-1758
Services: Providing legal advice and representation to seniors who are unable to pay for legal services. * Aiding seniors in accessing government programs and services.
Eligibility: seniors
Coverage area: Lachute
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: free
Financing: provincial, donations, membership fees
Legal status: non-profit organization

FINDING: provincial, donations, membership fees
Legal status: non-profit organization
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Lachute
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - MONT-LAURIER
555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2Y4
819 623-2827 Fax: 819 623-4894
Website: www.ccjll.qc.ca
Email: bajml@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Mont-Laurier
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-EUSTACHE
11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3
450 472-0134 Fax: 450 472-0409
Website: ccjll.qc.ca
Email: bajeust@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Reception and processing legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-JÉRÔME
460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3
450 436-5712 Fax: 450 436-8004
Website: www.ccjll.qc.ca
Email: bajstje@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization
LEGAL AID OFFICE - SAINTE-AGATHE
118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1
819 326-6111     Fax: 819 326-1767
Website: www.ccjll.qc.ca
Email: bajagathe@ccjll.qc.ca

Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially
eligible, and with a legal need that is covered by the Law
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on
their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE
220 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 individuals. * Reception and processing legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially
eligible and with a legal need that is covered by the Law
Coverage area: 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: provincial government agency

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES
Confidential Address
1 844 551-6032
Website: prevoyanceaineslaurentides.org
Email: prevoyance.aines.laurentides@gmail.com

Services: * PAIR program: personalized automated daily call service to ensure the safety of people living
alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness
sessions in community settings against senior abuse, fraud and bullying. * Training of the program les
Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more
effectively.
Eligibility: seniors
Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Argenteuil
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: municipal, provincial, donations
Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES AÎNÉS DES LAURENTIDES
9 Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J2
819 326-5657 ext. 27
Website: tcral.ca
Email: tralaurentides@gmail.com

Services: Place for exchange and dialogue to improve the living conditions of seniors in the Laurentians.
Eligibility: senior community of the Laurentians
Volunteer Transportation

ACTION BÉNÉVOLE DE LA ROUGE (L') - ACCOMPANIMENT-TRANSPORTATION

284 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-1241 ext. 2    Fax: 819 275-1700
Website: www.actionbenevoledelarouge.com
Email: directionabr@gmail.com

Services: * Transportation-accompaniment to medical appointments by volunteers.
Eligibility: people with temporary or permanent autonomy loss, people living with a physical disability or chronic disease, people in recovery, receiving help from CSST, social assistance or curatorship
Coverage area: Rivière-Rouge
Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: federal, donations, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’ARGENTEUIL - ACCOMPANIMENT-TRANSPORTATION

212, rue Wilson, Lachute, Laurentides, QC, J8H 3J3
450 562-7447    Fax: 450 562-6184
Website: cabargenteuil.ca
Email: info@cabargenteuil.ca

Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: people aged 65 years old and over
Coverage area: MRC Argenteuil
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - ACCOMPANIMENT-TRANSPORTATION

1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819 326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org

Services: * Accompaniment and transportation to medical appointments or important errands (groceries, bank, pharmacy), by volunteers. * Grocery van: community transportation allowing seniors to go for errands or groceries in a van driven by a volunteer.
Eligibility: important errands: people 60 years old and over, medical: any adult with a permanent or temporary loss of autonomy, grocery van: any elderly person living alone who has no means of transportation
Coverage area: MRC Les Laurentides
Hours: office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: contribution according to the distance of the trip, grocery van: $5
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412   Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org


Eligibility: seniors, caregivers, people wishing to volunteer, community and volunteering organizations


Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: Tuesday for Mont-Laurier and Lac-des-Écorces, Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

Fees: meals on wheels: $5, community lunch: $7, Transport Gérontin: variable

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

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER - ACCOMPANIMENT-TRANSPORTATION
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412 ext. 224
Website: www.cableonie-belanger.org
Email: info@cableonie-belanger.org

Services: * Transport and accompaniment by volunteers for medical appointments.

Eligibility: seniors aged 60 years old and over

Coverage area: accompaniment-transportation: Mont-Laurier, appointment: MRC Antoine-Labelle

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

Fees: transportation and accompaniment: $9.50 for a local accompaniment and $0.40 per kilometer for an accompaniment outside of Mont-Laurier

Financing: self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L’AIDE - ACCOMPANIMENT-TRANSPORTATION
184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540    Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org

Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.

Eligibility: seniors 65 years and over, adults with loss of autonomy


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

Fees: fixed rates according to the destination

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization
Seniors

CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME - ACCOMPANIMENT-TRANSPORTATION
225 de la Gare Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200 ext. 223 and 225  Fax: 450 432-7354
Website: www.cbsj.qc.ca Email: info@cbsj.qc.ca
Services:  * Accompaniment and transportation to medical appointments and outings by volunteers.
Eligibility:  people over 60 years old or people 60 years old and under with a temporary or permanent loss of autonomy, who are in convalescence or who have a chronic illness and need accompaniment to their medical appointments
Financing:  foundations
Legal status:  non-profit organization

CENTRE D’ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP - ACCOMPANIMENT-TRANSPORTATION
65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9
450 430-5056 ext. 226  Fax: 450 430-0203
Website:  www.cab-solange-beauchamp.com Email: info@cabsb.org
Services:  * Accompaniment and transportation to medical and community appointments by volunteers.
Eligibility:  seniors 65 years and over
Coverage area:  MRC Thérèse-De Blainville, transportation in Greater Montréal
Hours:  Monday to Friday 8h30 to 16h30, depending on the availability of volunteers
Fees:  $0.42 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:  seniors, people with a loss of autonomy, people on a low income
Coverage area:  MRC Thérèse-De Blainville, transportation in Greater Montréal
Hours:  7 days
Fees:  annual membership: $10, $0.50 per km
Financing:  provincial
Legal status:  non-profit organization

COMITÉ DE BÉNÉVOLAT POUR S’ENTRAIDER DE FERME-NEUVE
159 8th Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1C0
819 587-4792
Services:  * Transport and accompaniment of seniors to medical appointments.
Eligibility:  seniors over 60 years old in Ferme-Neuve
Coverage area:  Ferme-Neuve
Hours:  Monday to Sunday 8h00 to 18h00
Fees:  variable depending on the trip
Financing:  donations
Legal status:  non-profit organization
ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020  Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com


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

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

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

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

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - ACCOMPAGNEMENT-TRANSPORT
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020  Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com

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

Eligibility: people with temporary or permanent loss of autonomy

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

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

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

Financing: self-financing

Legal status: non-profit organization

KANESATAKE HEALTH CENTER - TRANSPORTATION
12 Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-6000  Fax: 450 479-8313
Website: www.kanesatakethealthcenter.ca
Email: info@kanesatakethealthcenter.ca

Services: * Medical transportation by employees.

Eligibility: people member of First Nations

Coverage area: Kanesatake

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal

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 theaters, etc. * List of locations serviced:
Eligibility: seniors 65 years old and over
Coverage area: Rosemère
Hours: transportation: Tuesday, Thursday and Friday 7h00 to 23h00
Fees: round-trip: $2
Financing: municipal
Legal status: municipal agency

SERCAN - TRANSPORTATION
50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912 Fax: 450 491-5770
Website: www.maisonsercan.ca
Email: communication@maisonsercan.ca
Services: * Medical transportation by volunteers for people with cancer.
Eligibility: people with cancer
Coverage area: MRC Deux-Montagnes
Hours: Monday to Friday, daytime
Fees: membership fee: $10 per year, transport: fixed rated based on the destination
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization

TRANSPORT ADAPTÉ ET COLLECTIF D’ANTOINE-LABELLE
294 Du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 623-5565
Website: tacal.ca
Email: info@tacal.ca
Eligibility: public transportation: residents, paratransit: people with disabilities and mobility limitations, volunteer transportation: people with special transportation needs
Coverage area: MRC Antoine-Labelle and surroundings
Hours: customer service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: public and paratransit: $3 per trip, volunteer transportation: fees according to kilometers travelled
Financing: municipal, self-financing, grants
Legal status: non-profit organization

TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD
1272 de la Traverse Pré?vost Street, Prévost, Laurentides, QC, J0R 1T0
450 224-8800
Website: www.mrcrdn.qc.ca/tac-rdn
Email: tacmrcrdn@hotmail.com
Services: * Collective and adapted transportation in minibus and taxibus.
Eligibility: collective transportation: residents, adapted transportation: people living with a disability that limits their mobility
Coverage area: Prévost, Saint-Colomban, Saint-Hippolyte, Sainte-Sophie
Hours: offices: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, transportation: 7 days, 6h30 to 19h30
Seniors

Fees: collective transportation: $5 per trip, mensual card: $150 per month
Financing: provincial, municipal, grants, self-financing
Legal status: non-profit organization

TRANSPORT ADAPTÉ ET COLLECTIF DES LAURENTIDES
16 Saint-Paul Street East, Suite 102, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3R2
819 774-0467 Fax: 819 774-0473
Website: www.transportlaurentides.ca Email: info@transportlaurentides.ca

Eligibility: public transit: general public, paratransit: people living with a disability and with mobility limitations
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, L'Ascension, La Macaza, Nominingue, Prévost, Rivière-Rouge
Hours: offices: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, L'Inter call centre: 7 days, 8h00 to 19h00
Fees: public transit: $6 per trip, free for children aged 0 to 11, taxibus: $6 per trip, free for children aged 0 to 11, paratransit: price depending on the distance to be traveled
Financing: self-financing, grants, municipal
Legal status: non-profit organization
Sex and gender

LGBTQ ASSOCIATIONS

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS
LGBTQ associations

DISPENSAIRE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE
527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 431-7432     Fax: 450 431-6536
Website: www.dispensaire.org
Email: info@csalaurentides.com


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

Coverage area: Laurentians

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

Fees: free

Financing: donations, provincial, federal

Legal status: non-profit organization

Women’s centres

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)
310 de l’Église Street, Lachute, Laurentides, QC, J8H 4A8
450 562-7122
Website: www.cafela.org
Email: info@cafela.org


Eligibility: women, drop-in day care centre: children 18 months to 5 years old, respite care: children 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership card: $5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)
741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2
450 432-5642     Fax: 450 432-8673
Website: centredefemmeslesunesetlesautres.org
Email: centrelesunes@qc.aira.com


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

Capacity: daycare and respite care: limited places
Coverage area: MRC La Rivière-du-Nord
Hours: Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings
Fees: none
Financing: provincial, donations, membership fees
Legal status: non-profit organization

CENTRE DES FEMMES LIBER’ELLES
9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4
450 594-0556
Website: www.liberelles.org
Email: liberelles@videotron.ca
Eligibility: women
Coverage area: Lower Laurentians
Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00
Financing: Centraide Laurentides, provincial, federal, donations, membership fees
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: crdf.ca
Email: info@crdf.ca
Eligibility: women 18 years and over
Coverage area: MRC Sainte-Thérèse-de Blainville
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership card and services: free
Financing: provincial, donations
Legal status: non-profit organization

COLOMBE (LA)
9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5
819 326-4779    Fax: 819 326-0233
Website: centrelacolombe.ca
Email: info@centrelacolombe.ca
Eligibility: women
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 16h30
Financing: self-financing, donations
Legal status: non-profit organization
MOUVANCE, CENTRE DE FEMMES (LA)
83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9
450 472-7245
Website: www.lamouvance.ca
Email: info@lamouvance.ca


Eligibility: women

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

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

Fees: workshops: variable

Financing: provincial

Legal status: non-profit organization

SIGNÉE FEMMES - LE CENTRE DE FEMMES
383 Labelle Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-5455
Website: www.signeefemmes.com
Email: signeefemmes@signeefemmes.com


Eligibility: women

Coverage area: Rivière-Rouge

Hours: Monday to Thursday 9h00 to 16h00

Financing: municipal

Legal status: non-profit organization

Women’s associations

ASSOCIATION FÉMININE D’ÉDUCATION ET D’ACTION SOCIALE - HAUTES-RIVIÈRES
Confidential Address
819 587-3199
Email: dodore3@hotmail.com

Services: * Information, social action and promotion of women's issues. * Advocacy and representation.

Eligibility: women 16 years old and older

Coverage area: Bouchette, Ferme-Neuve, Gracefield, Saint-Aimé-du-Lac-des-Îles

Fees: annual membership: $35

Financing: membership fees

Legal status: non-profit organization

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)
310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8
450 562-7122
Website: www.cafela.org
Email: info@cafela.org
Sex and gender

Eligibility: women, drop-in day care centre: children 18 months to 5 years old, respite care: children 0 to 5 years old  
Coverage area: Lachute  
Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00  
Fees: membership card: $5 per year, clothing counter: free for women and children  
Financing: contributions  
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES
2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
514 712-3075  
Email: info@ccblaurentide.ca

Eligibility: Muslim community, municipal activities: general public  
Coverage area: Lower Laurentians  
Hours: variable, 7 days between 9h00 and 21h00  
Fees: annual membership: $25, some activities: variable  
Financing: donations, self-financing, membership fees  
Legal status: non-profit organization

CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)
741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2
450 432-5642  Fax: 450 432-8673  
Website: centredefemmeslesunesetlesautres.org  
Email: centrelesunes@qc.aira.com

Eligibility: women, daycare and respite care: children 6 months to 5 years old  
Capacity: daycare and respite care: limited places  
Coverage area: MRC La Rivière-du-Nord  
Hours: Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings  
Fees: none  
Financing: provincial, donations, membership fees  
Legal status: non-profit organization

CENTRE DES FEMMES LIBER'ELLES
9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4
450 594-0556  
Website: www.liberelles.org  
Email: liberelles@videotron.ca

Eligibility: women
Coverage area: Lower Laurentians
Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00
Financing: Centraide Laurentides, provincial, federal, donations, membership fees
Legal status: non-profit organization

CENTRE RAYONS DE FEMMES THÉRÈSE-DE-BLANIVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3
450 437-0890
Website: crdf.ca
Email: info@crdf.ca


Eligibility: women 18 years and over
Coverage area: MRC Sainte-Thérèse-de Blainville
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership card and services: free
Financing: provincial, donations
Legal status: non-profit organization

COLOMBE (LA)

9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5
819 326-4779     Fax: 819 326-0233
Website: centrelacolombe.ca
Email: info@centrelacolombe.ca


Eligibility: women
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 16h30
Financing: self-financing, donations
Legal status: non-profit organization

COMMISSION DE L'ÉQUITÉ SALARIALE - LAURENTIDES

275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7
1 844 838-0808     Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca
Sex and gender

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

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

PASSE-R-ELLE DES HAUTES-LAURENTIDES (LA)

Confidential Address
819 623-1523   Fax: 819 623-6747
Website: www.maisonpasserelle.com
Email: intervention@maisonpasserelle.com


Eligibility: women victims of domestic violence and their children
Coverage area: MRC Antoine-Labelle
Hours: 24 hours / 7 days
Fees: none
Financing: donations, grants
Legal status: non-profit organization

RÉSEAU DES FEMMES DES LAURENTIDES

342 Parent Street, Saint-Jérôme, Laurentides, QC, J7Z 2A2
450 431-1896
Website: www.femmeslaurentides.org
Email: info@femmeslaurentides.org


Eligibility: women’s groups and committees, general public
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: grants
Legal status: non-profit organization

SIGNÉE FEMMES - LE CENTRE DE FEMMES

383 Labelle Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-5455
Website: www.signeefemmes.com
Email: signeefemmes@signeefemmes.com

Eligibility: women
Coverage area: Rivière-Rouge
Hours: Monday to Thursday 9h00 to 16h00
Financing: municipal
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

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES
62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2
819 326-5202     Fax: 819 326-1475
Website: aphiil.ca
Email: direction@aphil.ca
Eligibility: people 5 to 90 years living with an intellectual disability, day camp: children 5 to 17 years old
Coverage area: Laurentians
Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks
Fees: annual subscription: $12, activities: none, outings: variable
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

AVENUE 12-17 (L’)
450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1
450 438-2691
Website: www.avenue1217.wixsite.com/avenue1217
Email: avenue1217@hotmail.com
Eligibility: youth from 12 to 17 years old
Coverage area: Saint-Jérôme
Hours: Thursday and Friday 18h00 to 21h30, Saturday and Sunday 13h00 to 20h00
Fees: variable
Financing: municipal, provincial, grants
Legal status: non-profit organization

BLAINVILLE PUBLIC LIBRARY
1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7
450 434-5275
Website: biblio.ville.blainville.qc.ca
Email: bibliotheque@blainville.ca
Coverage area: Blainville
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: free
Financing: municipal
Legal status: municipal agency

CAFÉ COMMUNAUTAIRE COUP DE COEUR
12 Préfontaine Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1C2
819 217-5728
Email: cafecoupdecoeur@hotmail.com

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

Coverage area: Sainte-Agathe-des-Monts

Hours: Thursday and Friday 12h00 to 15h00

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

Financing: donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

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

450 432-5642    Fax: 450 432-8673

Website: centredefemmeslesunesetlesautres.org

Email: centrelesunes@qc.aira.com


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

Capacity: daycare and respite care: limited places

Coverage area: MRC La Rivière-du-Nord

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

Fees: none

Financing: provincial, donations, membership fees

Legal status: non-profit organization

CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME

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

450 431-1239    Fax: 450 431-5543

Website: www.centredelafamille.ca

Email: direction@centredelafamille.ca


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

Coverage area: Grand Saint-Jérôme

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

Financing: self-financing, donations

Legal status: non-profit organization

DEUX-MONTAGNES PUBLIC LIBRARY

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-2796    Fax: 450 473-2816

Website: bibliotheque.ville.deux-montagnes.qc.ca/page.php?lang=en

Email: biblio@ville.deux-montagnes.qc.ca

Eligibility: children, youth and adults  
Coverage area: Deux-Montagnes  
Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 13h00  
Fees: subscription: free for residents, activities: variable  
Financing: municipal, provincial  
Legal status: municipal agency

ENTRAIDE BÉNÉVOLE DES PAYS-D’EN-HAUT (L’)  
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4  
450 229-9020  Fax: 450 229-7539  
Website: www.entraidebenevolepdh.com  
Email: info@entraidebenevolepdh.com  
Eligibility: people with temporary or permanent loss of autonomy, seniors  
Coverage area: MRC Les Pays-d’en-Haut  
Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d’Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request  
Fees: meals on wheels: $6 per meal, community meal: $6 per meal, light housework: travel expenses, van: low contribution  
Financing: donations, self-financing  
Legal status: non-profit organization

FADOQ - CLUB DE L’ÂGE D’OR LORR’AINÉS  
4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1  
450 965-2247  
Website: www.clublorraines.com  
Email: clublorraine@outlook.com  
Eligibility: people 50 years and over  
Coverage area: Lorraine  
Hours: Monday to Thursday 8h00 to 17h00  
Fees: annual membership: $25  
Financing: self-financing, contributions  
Legal status: non-profit organization

FORAINS ABYSSAUX (LES)  
51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6  
514 892-3271  
Website: ecoledecirquelesforains.com  
Email: ecoleforains@videotron.ca  
Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.
Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants
Coverage area: Province of Québec
Hours: 7 days
Fees: variable, financial assistance program available
Financing: self-financing
Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY
31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9
450 621-1071
Website: www.ville.lorraine.qc.ca
Email: bibliotheque@ville.lorraine.qc.ca
Coverage area: Lorraine
Hours: Monday and Wednesday 10h00 to 17h00, Tuesday, Thursday and Friday 10h00 to 19h30, Saturday and Sunday: 10h00 to 16h00, from June 24th: closed on Sunday
Financing: municipal
Legal status: municipal agency

MAISON DES JEUNES LA MINERVE
181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0
819 274-1797
Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes
Email: maisondesjeunes.laminerve@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: La Minerve
Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

RÉSEAU BIBLIO DES LAURENTIDES - OKA LIBRARY
15 de L'Annonciation Street, Oka, Laurentides, QC, J0N 1E0
450 479-8333 ext. 228
Website: www.municipalite.oka.qc.ca/bibliotheque
Email: biblio@municipalite.oka.qc.ca
Coverage area: Oka, South of Laurentians
Hours: Tuesday and Thursday 13h00 to 20h00, Wednesday 13h00 to 17h00, Friday 10h00 to 17h00, Saturday 10h00 to 15h00
Financing: municipal
Legal status: municipal agency
RÉSEAU BIBLIO DES LAURENTIDES - SAINT-JOSEPH-DU-LAC PUBLIC LIBRARY
70 Montée du Village, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072 ext. 267
Website: www.sjdl.qc.ca/loisirs-et-culture/bibliotheque
Email: biblio@sjdl.qc.ca
Coverage area: Saint-Joseph-du-Lac
Hours: Tuesday and Thursday 13h00 to 20h00, Wednesday and Friday 13h00 to 16h00, Saturday 9h00 to 15h00
Fees: residents: none
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    Fax: 450 621-6131
Website: www.ville.rosemere.qc.ca/library-services
Email: biblio@ville.rosemere.qc.ca
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

SAINT-EUSTACHE PUBLIC LIBRARY
12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2
450 974-5035
Website: www.saint-eustache.ca/citoyens/bibliotheque
Coverage area: Saint-Eustache
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: subscription: free
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
Coverage area: Sainte-Anne-des-Plaines
Hours: Tuesday and Thursday 13h00 to 20h30, Wednesday 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
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
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

4KORNERS
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
1 888 974-3940
Website: 4korners.org
Email: info@4korners.org
Services: Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d’Oka Road, Deux-Montagnes; 195 Rue Brissette, local 72, Sainte-Agathe-des-Monts; and 508 Principale Street, Lachute.
Eligibility: English-speaking community members
Coverage area: Laurentians
Hours: Deux-Montagnes: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, Lachute: Tuesday 9h00 to 15h00, Sainte-Agathe-des-Monts: Monday to Friday 9h00 to 16h00
Fees: annual membership: $10, most programs and services are free for members
Financing: provincial, federal, fundraising campaigns, grants, donations, foundations
Legal status: non-profit organization

ASSOCIATION DE L’ÂGE D’OR DE BOIS-DES-FILOIN
30 Gagnon Montée, Rosemère, Laurentides, QC, J6Z 4N9
450 420-3448
Website: www.agedorbdf.com
Email: g.flanagan@videotron.ca
Eligibility: people 50 years old and over
Coverage area: Bois-des-Filion
Hours: Tuesday and Thursday 9h00 to 16h00
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
Email: info@associationhorizonrosemere.com
Eligibility: people 50 years old and over
Coverage area: MRC Thérèse-De-Blainville
Hours: Monday to Friday, variable
Fees: annual membership: $10 for people of Rosemère, $15 for the others
Financing: membership fees, municipal, fundraising campaigns
Legal status: non-profit organization

BONHEUR DE VIVRE SAINT-CANUT (LE)
9950 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1K1
450 436-3286
Email: bonheurdevivrestcanut@hotmail.com
Eligibility: people 50 years old and over
Coverage area: Mirabel
Hours: variable
Fees: membership card: $25
Financing: self-financing, membership fees
Legal status: non-profit organization

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)
310 de l'Église Street, Lachute, Laurentides, QC, J8H 4A8
450 562-7122
Website: www.cafela.org
Email: info@cafela.org
Eligibility: women, drop-in day care centre: children 18 months to 5 years old, respite care: children 0 to 5 years old
Coverage area: Lachute
Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00
Fees: membership card: $5 per year, clothing counter: free for women and children
Financing: contributions
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES
2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
514 712-3075
Email: info@ccblaurentide.ca
Eligibility: Muslim community, municipal activities: general public
Coverage area: Lower Laurentians
Hours: variable, 7 days between 9h00 and 21h00
Fees: annual membership: $25, some activities: variable
Financing: donations, self-financing, membership fees
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412    Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org


Eligibility: seniors, caregivers, people wishing to volunteer, community and volunteering organizations


Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: Tuesday for Mont-Laurier and Lac-des-Écorces, Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

Fees: meals on wheels: $5, community lunch: $7, Transport Gérontin: variable

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

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L’AIDE
184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540    Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org


Eligibility: adults with a loss of autonomy, seniors 65 years and over


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

Fees: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)
741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2
450 432-5642    Fax: 450 432-8673
Website: centredefemmeslesunesetlesautres.org
Email: centrelesunes@qc.aira.com
Sports, Recreation and Culture


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

Capacity: daycare and respite care: limited places

Coverage area: MRC La Rivière-du-Nord

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

Fees: none

Financing: provincial, donations, membership fees

Legal status: non-profit organization

CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME
200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8
450 431-1239 Fax: 450 431-5543
Website: www.centredelafamille.ca


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

Coverage area: Grand Saint-Jérôme

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

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE DES FEMMES LIBER'ELLES
9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4
450 594-0556
Website: www.liberelles.org
Email: liberelles@videotron.ca


Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Financing: Centraide Laurentides, provincial, federal, donations, membership fees

Legal status: non-profit organization

CERCLE D'AMITIÉ DE STE-THÉRÈSE (LE)
37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H2
514 790-9049


Eligibility: seniors 50 years and over

Coverage area: Sainte-Thérèse

Hours: bingo: Monday 12h30 à 15h30

Fees: annual membership: $12, activities: $1 for members and $2 for non-members, snacks included
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE DEUX-MONTAGNES
141 Grand-Moulin Street, Deux-Montagnes, Laurentides, QC, J7R 3C8
450 974-7960
Eligibility: seniors
Coverage area: Deux-Montagnes
Hours: Monday 13h00 to 16h00
Fees: membership card: $15 per year
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE MIRABEL
13816 de l’Église Street, Mirabel, Laurentides, QC, J7J 1L3
514 991-9672
Eligibility: people 40 years old and over
Coverage area: Mirabel
Hours: variable
Fees: annual membership: $15
Financing: self-financing, contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR LE BLAINVILLOIS
1001 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 4N4
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 and over
Capacity: 300 people
Coverage area: Blainville and surroundings
Hours: Monday 9h00 to 16h00, Wednesday 18h45 to 21h00, Friday 9h00 to 11h15
Fees: residents: $10, non-residents: $55
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINTE-MARTHE-SUR-LE-LAC
99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
514 886-5108
Services: * Social and recreational activities: card games, petanque. * Christmas and end of season dinners.
Eligibility: people 45 years and over
Coverage area: Sainte-Marthe-sur-le-Lac and surroundings
Hours: September to May: Tuesday 19h00 to 22h00
Fees: membership: $5 or $25 for people living outside of Sainte-Marthe-sur-le-Lac
Financing: membership fees, municipal
Legal status: non-profit organization

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CLUB DES LOISIRS ENTRE-GENS SAINT-EUSTACHE
109 Saint-Nicolas Street, Saint-Eustache, Laurentides, QC, J7R 2N9
450 472-7511
Website: club-des-loisirs-entre-gens-saint-eustache-43.webself.net
Email: misimard@videotron.ca
Services: * Social and recreational activities: dances, dinners, card games, etc. * Outings and trips.
Eligibility: people 40 years old and over
Coverage area: Saint-Eustache
Hours: Tuesday and Thursday 10h00 to 15h00, by phone: Monday to Thursday 10h00 to 15h00, closed June to August
Fees: membership: $8
Financing: municipal, self-financing, membership fees
Legal status: non-profit organization

COLOMBE (LA)
9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5
819 326-4779     Fax: 819 326-0233
Website: centrelacolombe.ca
Email: info@centrelacolombe.ca
Eligibility: women
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 16h30
Financing: self-financing, donations
Legal status: non-profit organization

DIOCÈSE DE SAINT-JÉRÔME
355 du Curé-Labelle Place, Saint-Jérôme, Laurentides, QC, J7Z 5A9
450 432-9742     Fax: 450 432-8155
Website: ecdl.ca
Email: chancellerie@ecdl.ca
Services: Diocesan activities. * List of parishes and churches online: https://ecdl.ca/bottin
Coverage area: Lower Laurentians, Terrebonne
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: donations
Legal status: non-profit organization

FADOQ - CLUB COEURS JOYEUX ST-EUSTACHE
184 Saint-Eustache Street, Suite 216, Saint-Eustache, Laurentides, QC, J7R 2L7
450 491-6860
Email: coeursjoyeux1@hotmail.com
Services: Community centre for people 50 years and over. * Courses and sporting activities to bring seniors out of their isolation.
Eligibility: seniors 50 years and over
Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h30
Fees: annual subscription
Financing: contributions, self-financing
Legal status: non-profit organization
FADOQ - CLUB DE L’ÂGE D’OR LORR’ÂÎNÉS
4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1
450 965-2247
Website: www.clublorraine.com
Email: clublorraine@outlook.com
Eligibility: people 50 years and over
Coverage area: Lorraine
Hours: Monday to Thursday 8h00 to 17h00
Fees: annual membership: $25
Financing: self-financing, contributions
Legal status: non-profit organization

FADOQ - LAURENTIANS REGION
1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5
819 429-5858   Fax: 819 429-6850
Website: www.fadoq.ca/en/laurentides
Email: info@fadoqlaurentides.org
Services: Grouping and representation in instances requiring the defense of seniors’ rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Aîné-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.
Eligibility: people 50 years and over
Coverage area: Laurentians
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $30 per year or $50 for 2 years
Financing: membership fees, grants, self-financing
Legal status: non-profit organization

GRANDS-PARENTS TENDRESSE
374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9
450 436-6664
Website: grandsparentstendresse.org
Email: administration@grandsparentstendresse.org
Eligibility: seniors, adults 45 years and over, families and parents of children from 0 to 12 months old
Coverage area: Saint-Jérôme, pairing: MRC La Rivière-du-Nord
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per year
Financing: self-financing
Legal status: non-profit organization

JOYEUX AÎNÉS THÉRÉSIENS (LES)
37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4
450 434-1440 ext. 2551
Website: www.fadoqsth.com
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: lepetitpeupleblainville@gmail.com
Eligibility: teenagers, young adults, families
Coverage area: Blainville
Hours: Wednesday 19h00 to 21h00, other days by appointment
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

POPOTE À ROLAND (LA)
421 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4
450 435-9707
Website: www.popotearoland.com
Email: info@popotearoland.com
Services: Meals and activities to break the isolation of seniors.
Eligibility: seniors
Capacity: 40 people
Coverage area: Blainville
Hours: early September to mid-May, Wednesday 10h00 to 15h00
Fees: day of activities including meal: 6$
Financing: municipal, provincial, donations, self-financing
Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE
3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304 Fax: 450 226-5048
Website: rcsophie.org
Email: ressourcesophie@gmail.com
Eligibility: kids and teenagers, their families, seniors and people on a low income
Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors
Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00
Fees: yearly membership: $10
Financing: provincial, Centraide Laurentides, grants, donations
Legal status: non-profit organization
SÉNIORS DE BLAINVILLE (LES)
1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9
450 625-4892
Email: clubblainville@fadoqlaurentides.org

Eligibility: seniors 50 years and over
Coverage area: Blainville
Fees: membership card: $25 per year
Financing: self-financing
Legal status: non-profit organization

SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS
170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-3355
Website: www.notre-dame-dulaus.ca/service-collectif-aux-familles-0
Email: maisondelafamille.ndl@outlook.com

Eligibility: families
Coverage area: Notre-Dame-du-Laus
Hours: Monday to Friday, variable hours
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

SIGNÉE FEMMES - LE CENTRE DE FEMMES
383 Labelle Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-5455
Website: www.signeefemmes.com
Email: signeefemmes@signeefemmes.com

Eligibility: women
Coverage area: Rivière-Rouge
Hours: Monday to Thursday 9h00 to 16h00
Financing: municipal
Legal status: non-profit organization

Community recreation centres

4KORNERS
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
1 888 974-3940
Website: 4korners.org
Email: info@4korners.org
Services: Services and information for the English-speaking community. * Information and referral to services offered in English. * Information sessions and support groups for caregivers. * Senior Wellness Centre for physical and mental health. * Parent and tot activities. * Physical, social, cultural and creative activities. * Other points of service: 1650 d’Oka Road, Deux-Montagnes; 195 Rue Brissette, local 72, Sainte-Agathe-des-Monts; and 508 Principale Street, Lachute.

Eligibility: English-speaking community members

Coverage area: Laurentians

Hours: Deux-Montagnes: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, Lachute: Tuesday 9h00 to 15h00, Sainte-Agathe-des-Monts: Monday to Friday 9h00 to 16h00

Fees: annual membership: $10, most programs and services are free for members

Financing: provincial, federal, fundraising campaigns, grants, donations, foundations

Legal status: non-profit organization

ANTRE-JEUNES (L’)
655 9th Street, Saint-Jérôme, Laurentides, QC, J7Z 2Z3
450 436-1547 Fax: 450 436-1816
Website: www.antre-jeunes.org
Email: info@antre-jeunes.org

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

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

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

Hours: Monday to Thursday from September to June

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSOCIATION HORIZON ROSEMÈRE (L’)
202 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H4
450 621-3500 ext. 7390
Email: info@associationhorizonrosemere.com


Eligibility: people 50 years old and over

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: $10 for people of Rosemère, $15 for the others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

AVENUE 12-17 (L’)
450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1
450 438-2691
Website: www.avenue1217.wixsite.com/avenue1217
Email: avenue1217@hotmail.com


Eligibility: youth from 12 to 17 years old

Coverage area: Saint-Jérôme

Hours: Thursday and Friday 18h00 to 21h30, Saturday and Sunday 13h00 to 20h00
Fees: variable  
Financing: municipal, provincial, grants  
Legal status: non-profit organization

**BLAINVILLE - LOISIRS, CULTURE, BIBLIOTHEQUE 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 8h00 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. 148  
Website: 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

**CAFÉ COMMUNAUTAIRE COUP DE COEUR**

12 Préfontaine Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1C2  
819 217-5728  
Email: cafecoupdecoeur@hotmail.com  

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

**Eligibility:** people on a low income, people living in difficult situations, people living in social isolation  
**Coverage area:** Sainte-Agathe-des-Monts  
**Hours:** Thursday and Friday 12h00 to 15h00  
**Fees:** annual membership fee: $12, meals: $4 for members, $5 for non-members  
**Financing:** donations, membership fees, self-financing  
**Legal status:** non-profit organization

**CAFÉ COMMUNAUTAIRE L’ENTRE-GENS**

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

**Services:**  
* Food and clothing assistance.  
* Collection and sale of clothing.  
* Economical community meals.  
* Collective kitchen.  
* Recreational and educational activities: yoga, gymnastics, arts, community garden, etc.  
* Support in the procedures and telephone support.  
* Telephone, computer, photocopies, Internet connection.  
* Christmas baskets.
Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: full meal: $5

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
514 712-3075

Email: info@ccblaurentide.ca


Eligibility: Muslim community, municipal activities: general public

Coverage area: Lower Laurentians

Hours: variable, 7 days between 9h00 and 21h00

Fees: annual membership: $25, some activities: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’ARGENTEUIL

212 Wilson Street, Lachute, Laurentides, QC, J8H 3J3
450 562-7447  Fax: 450 562-6184

Website: cabargenteuil.ca

Email: info@cabargenteuil.ca


Eligibility: seniors, caregivers, volunteers, organizations, meals on wheels: people over 65 years old, people with health problems

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00

Fees: meals on wheels: $6 per hot meal and $6.50 per frozen meal

Financing: provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L’AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540  Fax: 450 472-9586

Website: cabartisans.org/en

Email: info@cabartisans.org


Eligibility: adults with a loss of autonomy, seniors 65 years and over
Sports, Recreation and Culture

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financial status: provincial, fundraising campaigns, donations
Legal status: non-profit organization

COMITÉ DE BÉNÉVOLAT DE SAINTE ANNE DU LAC
1 Saint-François-Xavier Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1V0
819 586-2099
Email: baudrycarmen@gmail.com
Eligibility: people 65 years and over, medical appointment service: people 65 years and over living in Sainte-Anne-du-Lac, blood test service: residents of Sainte-Anne-du-Lac
Coverage area: Sainte-Anne-du-Lac
Hours: delivery of prepared meals: once every two weeks
Financial status: self-financing, municipal
Legal status: non-profit organization

ENTRE-NOUS (L')
605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4
450 504-1001
Website: www.lamieduquartier.com/lentre-nous
Email: lamieduquartier@hotmail.com
Services: Community support in social housing and services to families and children. * Community garden. * Individualized follow-up with a counsellor, help relationship and neighbourhood mediation. * Activities for children 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings. * Homework assistance. * Access to computers.
Eligibility: children 6 to 12 years old, families, residents of the Notre-Dame neighbourhood
Coverage area: Saint-Jérôme: Notre-Dame neighbourhood
Fees: none
Financial status: self-financing
Legal status: non-profit organization

FADOQ - CLUB COEURS JOYEUX ST-EUSTACHE
184 Saint-Eustache Street, Suite 216, Saint-Eustache, Laurentides, QC, J7R 2L7
450 491-6860
Email: coeursjoyeux1@hotmail.com
Services: Community centre for people 50 years and over. * Courses and sporting activities to bring seniors out of their isolation.
Eligibility: seniors 50 years and over
Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h30
Fees: annual subscription
Financial status: contributions, self-financing
Legal status: non-profit organization
FADOQ - CLUB DE L’ÂGE D’OR LORR’AINÉS
4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1
450 965-2247
Website: www.clublorraines.com
Email: clublorraine@outlook.com
Eligibility: people 50 years and over
Coverage area: Lorraine
Hours: Monday to Thursday 8h00 to 17h00
Fees: annual membership: $25
Financing: self-financing, contributions
Legal status: non-profit organization

FADOQ - LAURENTIANS REGION
1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5
819 429-5858 Fax: 819 429-6850
Website: www.fadoq.ca/en/laurentides
Email: info@fadoqlaurentides.org
Services: Grouping and representation in instances requiring the defense of seniors’ rights and needs. * Support to affiliated clubs. * Recreational and sporting activities. * Aîné-Avisé conferences. * Duo en Action: intergeneration and multicultural 2-month and more pairing by phone or videocall in order to reach a goal according to a common interest or passion. * Privilege Program: discounts on various products and services.
Eligibility: people 50 years and over
Coverage area: Laurentians
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $30 per year or $50 for 2 years
Financing: membership fees, grants, self-financing
Legal status: non-profit organization

FORAINS ABYSSAUX (LES)
51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6
514 892-3271
Website: ecoledecirquelesforains.com
Email: ecoleforains@videotron.ca
Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.
Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants
Coverage area: Province of Québec
Hours: 7 days
Fees: variable, financial assistance program available
Financing: self-financing
Legal status: non-profit organization

JOYEUX AÎNÉS THÉRÉSIENS (LES)
37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4
450 434-1440 ext. 2551
Website: www.fadoqsth.com
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

LUDOTHÈQUE ESPACE LUDIKO
1280 Dion Street, Val-David, Laurentides, QC, J0T 2N0
Email: espaceludiko@gmail.com
Eligibility: families, parents, children
Coverage area: Val-David
Hours: Tuesday and Sunday 9h30 to 11h30, Thursday 15h00 to 17h30
Fees: membership card: $65 per family per year, $30 if involvement with the organization
Financing: membership fees, grants
Legal status: non-profit organization

MAISON DE JEUNES RIVIÈRE DU NORD
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 436-2573
Email: info@mdjrdn.com
Eligibility: youth from 12 to 17 years old
Coverage area: Saint-Jérôme
Hours: Monday to Friday 16h00 to 21h00
Fees: variable
Financing: municipal, grants, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D’ARGENTEUIL
232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8
450 562-0503
Email: info@familleargenteuil.org
Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents, drop-in: children 0 to 24 months old
Coverage area: Laurentides
Hours: Monday to Thursday 8h00 to 16h00
Fees: variable
Financing: Centraide Laurentides, donations
Legal status: non-profit organization
MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES
238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 478-6537
Website: maisondelafamillesadp.com
Email: mdf.sadp@videotron.ca
Eligibility: single people, families, couples
Coverage area: Sainte-Anne-des-Plaines
Hours: Monday to Thursday 8h30 to 16h00
Fees: variable, daycare: free during activities, respite: $5 for half a day or $10 for an entire day, thrift store: free
Financing: self-financing, grants
Legal status: non-profit organization

MAISON DES JEUNES DE BROWNSBURG-CHATHAM
385 Principale Street, Brownsburg-Chatham, Laurentides, QC, J8G 2V2
450 533-6948
Website: www.mdjbrownsburgchatham.com
Email: mdjbrownsburgchatham@gmail.com
Eligibility: youth from 11 to 17 years old
Coverage area: Brownsburg-Chatham
Hours: school period: Monday 16h30 to 20h30, Tuesday to Friday 16h30 to 21h00, summer period: Monday to Friday 14h00 to 22h00
Fees: none
Financing: municipal
Legal status: non-profit organization

MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)
201 Principale Street, Grenville, Laurentides, QC, J0V 1J0
819 242-2126     Fax: 819 242-2126
Email: mdjgrenville@gmail.com
Eligibility: youth from 10 to 16 years old
Coverage area: Grenville, Grenville-sur-la-Rouge
Hours: Monday to Thursday 18h00 to 20h30
Fees: membership card: $2 per year
Financing: self-financing, municipal, grants
Legal status: non-profit organization

MAISON DES JEUNES DE LA VALLÉE DE LA ROUGE
2113 Tour-du-Lac Road, Nomingue, Laurentides, QC, J0W 1R0
819 278-0560
Email: mdj.valleedelarouge@gmail.com
Services: Meeting place for youth from 12 to 17 years old where, in contact with meaningful adults, they can become critical, active and responsible citizens. * Sports, cultural and entertainment activities. * Workshops. * Financing activity through a sorting centre for refundable containers.
Eligibility: youth from 12 to 17 years old
Capacity: 30 young people
Coverage area: L'ascension, La Macaza, Lac-Saguay, Nomingue, Rivière-Rouge and surroundings
**MAISON DES JEUNES DE LABELLE**

44 de l’Église Street, Labelle, Laurentides, QC, J0T 1H0
819 686-3434
Website: www.mdjlabelle.com
Email: mdjlabelle@hotmail.com

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

**Eligibility:** youth from 11 to 18 years old

**Coverage area:** Labelle

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

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

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

**Legal status:** non-profit organization

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**MAISON DES JEUNES DE MONT-LAURIER**

513 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1K8
819 623-2835
Website: www.mdjml.org
Email: admin@mdjml.org

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

**Eligibility:** youth from 11 to 17 years old

**Coverage area:** Mont-Laurier and surrounding areas

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

**Fees:** free, except for special activities

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

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**MAISON DES JEUNES DE POINTE-CALUMET (LA)**

871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0
450 491-6509
Email: mdj.pointe-calumet@hotmail.com


**Eligibility:** youth 11 to 17 years

**Coverage area:** Pointe-Calumet

**Hours:** Tuesday, Wednesday and Friday 16h00 to 21h00, on the platform Zoom: Thursday 18h00 to 19h30

**Fees:** none

**Financing:** fundraising campaigns, provincial

**Legal status:** non-profit organization

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**MAISON DES JEUNES DE SAINTE-ADÈLE**

1215 du Bourg-Joli Street, Sainte-Adèle, Laurentides, QC, J8B 1W8
450 229-7452 Fax: 450 229-7972
Website: www.mdj-ste-adele.org
Email: intervenants@mdj-ste-adele.org

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**Hours:** Wednesday and Thursday 15h00 to 20h00, Friday 15h00 to 22h00, Saturday 13h00 to 22h00

**Fees:** variable

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

**Legal status:** non-profit organization

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

Coverage area: Sainte-Adèle

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

Fees: variable, membership: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-AGATHE
19 Saint-André Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1R3
819 326-0804

Website: www.mdjsa.ca

Email: mdjsa@cgocable.ca

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

Eligibility: youth from 12 to 17 years old

Coverage area: Sainte-Agathe-Des-Monts

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

Fees: variable

Financing: self-financing

Legal status: non-profit organization

MAISON DES JEUNES 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


Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Thérèse and surroundings

Hours: Monday to Friday 17h00 to 22h00, 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 LA MINERVE
181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0
819 274-1797

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

Email: maisondesjeunes.laminerve@gmail.com


Eligibility: youth 12 to 17 years old

Coverage area: La Minerve

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

Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

MAISONS DES JEUNES LA SENSASSION
4 Principale Street West, L'Ascension, Laurentides, QC, J0T 1W0
819 275-7528
Email: mdj.lasensassion1@gmail.com
Services: Animated meeting place. * Living environment, animation, activities and support for young people.
Eligibility: youth 12 to 17 years old
Coverage area: L'Ascension
Hours: Friday 15h00 to 22h00, Saturday 14h00 to 22h00
Financing: donations
Legal status: non-profit organization

MAISONS DES JEUNES LOCO LOCAL
1508 d'Argenteuil Montée, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0
819 327-5021
Website: www.adolphins.com
Email: locolocal@adolphins.com
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Adolphe-D'howard
Hours: summer period: Monday to Friday 8h00 to 17h00, Friday and Saturday 17h00 to 22h00, school period: Friday and Saturday 15h00 to 21h00
Fees: variable
Financing: self-financing, municipal, donations, grants
Legal status: non-profit organization

MAISONS DES JEUNES SAINT-SAUVEUR - PIEDMONT
57 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 694-2504
Email: mdjssp@gmail.com
Services: Meeting place for young people. * Sports, cultural and entertainment activities.
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Sauveur, Piedmont
Hours: Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 16h30 to 22h00
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

MAISONS DES JEUNES SAINTE-ANNE-DES-PLAINES
225 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 478-1011
Website: mdjsadp.wixsite.com/mdjsadp
Email: mdjsadp@videotron.ca
Eligibility: youth 12 to 17 years old, street work: marginalized people, homeless people
Capacity: 30
Coverage area: Sainte-Anne-des-Plaines
Hours: Monday to Friday 12h00 to 20h00
Fees: none
Financing: provincial
Legal status: non-profit organization
MOUVEMENT D’ENTRAIDE DE BELLEFEUILLE

1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7
450 431-5757     Fax: 450 431-4615
Website: www.mouvementdentreide.org
Email: mouventraide@videotron.ca


Eligibility: general public, seniors
Capacity: 50 people
Coverage area: Mille-Isles, Mirabel, Prévost, Saint-Colomban, Saint-Hippolyte, Saint-Jérôme, Saint-Sauveur, Sainte-Adèle, Val-Morin
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: annual membership card: $10
Financing: provincial, municipal, donations, self-financing
Legal status: non-profit organization

SÉNIORS DE BLAINVILLE (LES)

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9
450 625-4892
Email: clubblainville@fadoqlaurentides.org


Eligibility: seniors 50 years and over
Coverage area: Blainville
Fees: membership card: $25 per year
Financing: self-financing
Legal status: non-profit organization

SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS

170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-3355
Website: www.notre-dame-du-laus.ca/service-collectif-aux-familles-0
Email: maisondelafamille.ndl@outlook.com


Eligibility: families
Coverage area: Notre-Dame-du-Laus
Hours: Monday to Friday, variable hours
Fees: variable
Financing: self-financing, municipal
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

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

Hours: Monday to Friday 8h00 to 17h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILON - LOISIRS ET VIE COMMUNAUTAIRE

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

450 621-1460 ext. 148

Website: villebdf.ca


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

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

Fees: variable

Financing: municipal

Legal status: municipal agency

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL

509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5

450 472-2555

Website: carrefourperinaissance.org

Email: info@carrefourperinaissance.org


Eligibility: future parents, parents, children 0 to 12 years old

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

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

Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free

Financing: provincial, donations, 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
Eligibility: people on a low income, friendship meals and collective kitchens: everybody, day camp: youth 6 to 12 years old
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: $3.5 and, food assistance: $3, emergency food assistance: free, summer camp: $360
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: www.centreomega.org
Email: info@centreomega.org
Eligibility: youth 18 years old and under presenting dropout risk factors
Coverage area: MRC Thérèse-De Blainville and Lower Laurentians
Hours: Monday to Thursday 9h00 to 16h30
Fees: most services are free
Financing: provincial, donations
Legal status: non-profit organization

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998   Fax: 450 565-3577
Website: www.lecoffret.ca
Eligibility: newcomers
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: municipal, provincial, federal, Centraide Laurentides
Legal status: non-profit organization
DEUX-MONTAGNES - LEISURE AND COMMUNITY SERVICES
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-2796 ext. 4   Fax: 450 473-4225
Email: loisirs@ville.deux-montagnes.qc.ca
Services: * Community, cultural and sporting activities. * Community centre, swimming pool, ice rink, parks, sports fields and playgrounds. * Coordination with community organizations. * Summer day camp.
Coverage area: Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

FORAINS ABYSSAUX (LES)
51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6
514 892-3271
Website: ecoledecirquelesforains.com
Email: ecoleforains@videotron.ca
Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.
Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants
Coverage area: Province of Québec
Hours: 7 days
Fees: variable, financial assistance program available
Financing: self-financing
Legal status: non-profit organization

LORRAINE - SERVICE DES LOISIRS ET DE LA CULTURE
33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9
450 621-8550
Website: www.ville.lorraine.qc.ca
Email: loisirs@ville.lorraine.qc.ca
Coverage area: Lorraine
Fees: variable
Financing: municipal
Legal status: municipal agency

MIRABEL - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-8656
Website: ville.mirabel.qc.ca/culture-et-loisirs/sports-et-loisirs/programmation-de-loisirs
Email: communications@mirabel.ca
Services: * Community, sociocultural and sporting activities. * Supervision of several sports clubs. * Parks, cultural centre, ice rinks, arenas and sports fields. * Coordination with community organizations. * Summer day camp.
Coverage area: Mirabel
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency
OKA - LOISIRS ET CULTURE
183 des Anges Street, Kanesatake, Laurentides, QC, J0N 1E0
450 479-8333     Fax: 450 479-1886
Website: www.municipalite.oka.qc.ca/loisirs-et-culture
Email: info@municipalite.oka.qc.ca
Coverage area: Oka
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Fees: variable
Financing: municipal
Legal status: municipal agency

ORGANISME KINA8AT (L’)
Confidential Address
Website: www.kina8at.ca/en
Email: info@kina8at.ca
Eligibility: indigenous peoples, families, general population, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence
Coverage area: Province of Québec
Hours: variable
Fees: variable
Financing: federal, donations
Legal status: non-profit organization

POINTE-CALUMET - RECREATION, CULTURE AND COMMUNITY LIFE
190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2
450 473-5930
Website: www.pointe-calumet.ca
Email: j.rivest@pointe-calumet.ca
Coverage area: Pointe-Calumet
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 à 16h30, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

REGROUPEMENT EN TOXICOMANIE PRISME
147 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 5H6
450 491-3670
Email: organisme.prisme@hotmail.com
Eligibility: youth 5 to 17 years old, counsellors, parents
Capacity: variable
Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-De Blainville
Hours: Monday to Friday 8h00 to 16h00
Fees: variable
Financing: 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    Fax: 450 621-0426
Website: www.ville.rosemere.qc.ca/recreation-and-community-life
Email: info@ville.rosemere.qc.ca


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: municipal agency

SAINT-EUSTACHE - LOISIRS
230 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
450 974-5111    Fax: 450 974-5135
Website: www.saint-eustache.ca


Coverage area: Saint-Eustache
Hours: Sport and Outdoor Services counter: Monday to Friday 8h30 to 9h00, Saturday and Sunday 8h00 to 17h00, summer: Monday to Friday 8h30 to 21h00, Saturday 13h00 to 16h00, Culture and Community Animation: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - LOISIRS, CULTURE ET TOURISME
1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072 ext. 229    Fax: 450 623-2889
Website: www.sjdl.qc.ca
Email: vialonde@sjdl.qc.ca


Coverage area: Saint-Joseph-du-Lac
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Fees: variable
Financing: municipal, auto-financing
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

**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-MARTHE-SUR-LE-LAC - LOISIRS ET VIE COMMUNAUTAIRE**

99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 472-7310 ext. 245

Website: www.ville.sainte-marthe-sur-le-lac.qc.ca/loisirs-et-culture/loisirs-et-vie-communautaire

**Services:** * Community, sociocultural and sporting activities. * Community centre, aquatic complex, gyms, arena, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Shows and events. * Hall rental.

**Coverage area:** Sainte-Marthe-sur-le-Lac

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

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

**SAINTE-THÉRÈSE - CULTURE ET LOISIRS**

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H2

450 434-1440 ext. 2540

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**

**AMIE DU QUARTIER**

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

450 431-1424

Website: www.lamieduquartier.com

Email: lamieduquartier@hotmail.com


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

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme
AMIS DE LA RÉSERVE ALFRED-KELLY (LES)
100 de la Gare Street, Piedmont, Laurentides, QC, J0R 1K0
Website: www.reservealfredkelly.org
Email: amis.reservealfredkelly@gmail.com
Eligibility: people invested in protection of the environment
Coverage area: Piedmont
Fees: adult members: $10, members under 17 years old: free
Financing: membership fees
Legal status: non-profit organization

ARTS-TISANES DE BLAINVILLE (LES)
1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4
Email: montminymadeleine@gmail.com
Services: * Craft workshops: knitting, crochet, weaving, crafts, bobbin lace, quilt, etc.
Coverage area: Blainville
Hours: Monday and Thursday 10h00 to 15h00, from September to June
Fees: membership fees: $30 for residents of Blainville, $85 for non-residents
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION ALPHA-LAURENTIDES
21 Saint-Henri Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3C6
819 324-9400
Email: alpha-laurentides@hotmail.com
Services: Literacy and basic adult education. * Literacy in French and francization. * Basic arithmetic. * Basic computer use.
Eligibility: adults 16 years and over
Capacity: 4 people per group
Coverage area: MRC Les Laurentides, MRC Les Pays d'en Haut
Hours: Monday to Friday 9h00 to 15h00
Fees: registration: $40
Financing: donations
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL
585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9
819 425-7447     Fax: 819 425-2343
Website: www.association-clairssoleil.com
Email: clairssoleil@cgocable.ca
Services: Promotion and advocacy of the rights and interests of people living with an intellectual or physical disability. * Information, referral and awareness. * Events and occasional activities: community meals, barbecue, restaurant, sugar shack, cooking workshop, etc. * Adapted day camp. * Individual and personalized activities at home, outside or on site. * Social, sporting, recreational and artistic activities. * Cultural outings.

Eligibility: people living with an intellectual or physical disability, their family, day camp: children from 5 to 17 years old

Coverage area: Laurentians

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

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

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES

62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2
819 326-5202  Fax: 819 326-1475

Website: aphil.ca
Email: direction@aphil.ca


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

Coverage area: Laurentians

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

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

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION HORIZON ROSEMÈRE (L’)

202 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H4
450 621-3500 ext. 7390

Email: info@associationhorizonrosemere.com


Eligibility: people 50 years old and over

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: $10 for people of Rosemère, $15 for the 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

Website: atelieraltitudeinc.wordpress.com
Email: atelieraltitudeinc@gmail.com


Eligibility: people living with an intellectual disability

Capacity: 38 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Fees: membership card: $10, plus $3 per day
Financing: membership fees, grants
Legal status: non-profit organization

AVENUE 12-17 (L’)
450 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J5L 2J1
450 438-2691
Website: www.avenue1217.wixsite.com/avenue1217
Email: avenue1217@hotmail.com


Eligibility: youth from 12 to 17 years old
Coverage area: Saint-Jérôme
Hours: Thursday and Friday 18h00 to 21h30, Saturday and Sunday 13h00 to 20h00
Fees: variable
Financing: municipal, provincial, grants
Legal status: non-profit organization

BIBLIOTHÈQUE LA SABLIERE DE POINTE-CALUMET
190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G0
450 473-5918 ext. 266
Website: www.mabiblioamoi.ca/pointe-calumet.
Email: bibliotheque@pointe-calumet.ca


Coverage area: Pointe-Calumet, South of Laurentides
Hours: Tuesday 9h00 to 17h00, Thursday and Friday 13h00 to 20h00, Saturday 9h00 to 13h00
Fees: variable
Financing: municipal
Legal status: municipal agency

BLAINVILLE PUBLIC LIBRARY
1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7
450 434-5275
Website: biblio.ville.blainville.qc.ca
Email: bibliotheque@blainville.ca


Coverage area: Blainville
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: free
Financing: municipal
Legal status: municipal agency

BOIS-DES-FILION - LIBRARY
60 36th Avenue, Bois-des-Filion, Laurentides, QC, J6Z 2G6
450 621-1460 ext. 160 Fax: 450 621-8483
Website: biblio.villebdf.ca
Email: biblio@villebdf.ca

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, fee for non-residents

Financing: municipal

Legal status: municipal agency

CAFÉ COMMUNAUTAIRE COUP DE COEUR

12 Préfontaine Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1C2
819 217-5728

Email: cafecoupdecoeur@hotmail.com


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

Coverage area: Sainte-Agathe-des-Monts

Hours: Thursday and Friday 12h00 to 15h00

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

Financing: donations, membership fees, self-financing

Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

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

Website: lentregens.org

Email: cafe@lentregens.org


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

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: full meal: $5

Financing: self-financing

Legal status: non-profit organization

CARREFOUR D'ACTIONS POPULAIRES DE SAINT-JÉRÔME

227 Saint-Georges Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Z 5A1
450 432-8696

Website: carrefouractionspopulaires.org

Email: info@carrefouractionspopulaires.org

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

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

Coverage area: MRC La Rivière-du-Nord

Hours: Monday to Thursday 9h30 to 16h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization
CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)
310 de l’Église Street, Lachute, Laurentides, QC, J8H 4A8
450 562-7122
Website: www.cafela.org
Email: info@cafela.org


Eligibility: women, drop-in day care centre: children 18 months to 5 years old, respite care: children 0 to 5 years old

Coverage area: Lachute

Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: membership card: $5 per year, clothing counter: free for women and children

Financing: contributions

Legal status: non-profit organization

CENTRE D’ACCÈS COMMUNAUTAIRE INFORMATIQUE
33 de l’Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 227-0000
Website: www.caci.saint-sauveur.qc.ca
Email: info.caci.saint.sauveur@gmail.com


Eligibility: people of 55 years old and over

Coverage area: Laurentians

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

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

Financing: membership fees, self-financing

Legal status: non-profit organization

CENTRE D’ENTRAIDE D’ARGENTEUIL
171 Mary Street, Lachute, Laurentides, QC, J8H 2C1
450 562-5151     Fax: 450 562-0633
Website: www.centreentraideargenteuil.org
Email: centreentraide@videotron.ca


Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization
CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME
200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8
450 431-1239 Fax: 450 431-5543
Website: www.centredelafamille.ca
Email: direction@centredelafamille.ca


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

Coverage area: Grand Saint-Jérôme

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

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE DES FEMMES LIBER'ELLES
9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4
450 594-0556
Website: www.liberelles.org
Email: liberelles@videotron.ca


Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Financing: Centraide Laurentides, provincial, federal, donations, membership fees

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE MIRABEL
13816 de l'Église Street, Mirabel, Laurentides, QC, J7J 1L3
514 991-9672


Eligibility: people 40 years old and over

Coverage area: Mirabel

Hours: variable

Fees: annual membership: $15

Financing: self-financing, contributions

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LE BLAINVILLOIS
1001 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 4N4
514 616-0290
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 and over

Capacity: 300 people

Coverage area: Blainville and surroundings

Hours: Monday 9h00 to 16h00, Wednesday 18h45 to 21h00, Friday 9h00 to 11h15
Fees: residents: $10, non-residents: $55
Financing: self-financing
Legal status: non-profit organization

CLUB DES LOISIRS ENTRE-GENS SAINT-EUSTACHE
109 Saint-Nicolas Street, Saint-Eustache, Laurentides, QC, J7R 2N9
450 472-7511
Website: club-des-loisirs-entre-gens-saint-eustache-43.webself.net
Email: misimard@videotron.ca

Services: * Social and recreational activities: dances, dinners, card games, etc. * Outings and trips.
Eligibility: people 40 years old and over
Coverage area: Saint-Eustache
Hours: Tuesday and Thursday 10h00 to 15h00, by phone: Monday to Thursday 10h00 to 15h00, closed June to August
Fees: membership: $8
Financing: municipal, self-financing, membership fees
Legal status: non-profit organization

COLOMBE (LA)
9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5
819 326-4779     Fax: 819 326-0233
Website: centrelacolombe.ca
Email: info@centrelacolombe.ca

Eligibility: women
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 16h30
Financing: self-financing, donations
Legal status: non-profit organization

DEUX-MONTAGNES PUBLIC LIBRARY
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-2796     Fax: 450 473-2816
Website: bibliothèque.ville.deux-montagnes.qc.ca/page.php?lang=en
Email: bibli@ville.deux-montagnes.qc.ca

Eligibility: children, youth and adults
Coverage area: Deux-Montagnes
Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 13h00
Fees: subscription: free for residents, activities: variable
Financing: municipal, provincial
Legal status: municipal agency
ENTRAIDE BÉNÉVOLE DES PAYS-D’EN-HAUT (L’)
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020  Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com
Eligibility: people with temporary or permanent loss of autonomy, seniors
Coverage area: MRC Les Pays-d’en-Haut
Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d'Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request
Fees: meals on wheels: $6 per meal, community meal: $6 per meal, light housework: travel expenses, van: low contribution
Financing: donations, self-financing
Legal status: non-profit organization

ENTRE-NOUS (L’)
605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4
450 504-1001
Website: www.lamieduquartier.com/lentre-nous
Email: lamieduquartier@hotmail.com
Services: Community support in social housing and services to families and children. * Community garden. * Individualized follow-up with a counsellor, help relationship and neighbourhood mediation. * Activities for children 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings. * Homework assistance. * Access to computers.
Eligibility: children 6 to 12 years old, families, residents of the Notre-Dame neighbourhood
Coverage area: Saint-Jérôme: Notre-Dame neighbourhood
Fees: none
Financing: self-financing
Legal status: non-profit organization

FADOQ - CLUB DE L’ÂGE D’OR LORR’AINÉS
4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1
450 965-2247
Website: www.clublorraines.com
Email: clublorraine@outlook.com
Eligibility: people 50 years and over
Coverage area: Lorraine
Hours: Monday to Thursday 8h00 to 17h00
Fees: annual membership: $25
Financing: self-financing, contributions
Legal status: non-profit organization
G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - BLAINVILLE
245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years 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

GRANDS-PARENTS TENDRESSE
374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9
450 436-6664
Website: grandsparentstendresse.org
Email: administration@grandsparentstendresse.org
Eligibility: seniors, adults 45 years and over, families and parents of children from 0 to 12 months old
Coverage area: Saint-Jérôme, pairing: MRC La Rivière-du-Nord
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per year
Financing: self-financing
Legal status: non-profit organization

JOYEUX AÎNÉS THÉRÉSIENS (LES)
37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4
450 434-1440 ext. 2551
Website: www.fadoqsth.com
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

LAURENTIAN LITERACY CENTRE
505 Bethany Avenue, Suite 302, Lachute, Laurentides, QC, J8H 4A6
450 562-3719
Website: laurentianliteracy.ca
Email: literacycentre@bellnet.ca
Services: English literacy centre. * Private tutoring: reading, writing, numeracy, digital assistance. * Youth literacy programs: after school tutoring, individual summer tutoring to prepare students for the upcoming academic year. * Assistance with reading, understanding and filling out forms or paperwork.

Eligibility: English-speaking people of all ages who want to improve their literacy skills

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 19h30, Friday 13h00 to 18h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

LITTLE BROTHERS - MAISON JULIETTE-HUOT

440 Saint-Michel Street, Oka, Laurentides, QC, J0N 1E0

450 479-6136

Website: www.domainedejuliettehuot.ca

Email: domainejuliettehuot@petitsfreres.ca

Services: Little Brothers holiday residence for lonely seniors.

Eligibility: seniors 75 years and over without present family or significant social contact

Capacity: 25 beds in 16 rooms and a small dormitory

Coverage area: Greater Montreal

Hours: depending on the period

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

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

450 621-1071

Website: www.ville.lorraine.qc.ca

Email: bibliothèque@ville.lorraine.qc.ca


Coverage area: Lorraine

Hours: Monday and Wednesday 10h00 to 17h00, Tuesday, Thursday and Friday 10h00 to 19h30, Saturday and Sunday: 10h00 to 16h00, from June 24th: closed on Sunday

Financing: municipal

Legal status: municipal agency

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

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-6537

Website: maisondelafamillesadp.com

Email: mdf.sadp@videotron.ca


Eligibility: single people, families, couples

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h30 to 16h00

Fees: variable, daycare: free during activities, respite: $5 for half a day or $10 for an entire day, thrift store: free

Financing: self-financing, grants

Legal status: non-profit organization
MAISON DES JEUNES DE POINTE-CALUMET (LA)
871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0
450 491-6509
Email: mdj.pointe-calumet@hotmail.com
Eligibility: youth 11 to 17 years
Coverage area: Pointe-Calumet
Hours: Tuesday, Wednesday and Friday 16h00 to 21h00, on the platform Zoom: Thursday 18h00 to 19h30
Fees: none
Financing: fundraising campaigns, provincial
Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE
181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0
819 274-1797
Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes
Email: maisondesjeunes.laminerve@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: La Minerve
Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)
4 du Ravin Road, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 434-9593     Fax: 450 434-5181     TTY: 450 434-9593
Website: maisondesmots.ca
Email: info@maisondesmots.com
Eligibility: people aged 16 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 PARENFFANT DES BASSES-LAURENTIDES
310 Montée Sanche, Rosemère, Laurentides, QC, J7A 3R6
450 434-9934     Fax: 450 434-9981
Website: www.maisonparentfant.ca/en
Email: info@maisonparentfant.ca
Eligibility: families (parents, guardians, others) and children 0 to 12 years old
Coverage area: MRC Thérèse-De Blainville
Hours: Monday to Friday 8h30 to 16h00
Fees: yearly membership: $10 per family
Financing: grants, donations, contributions
Legal status: non-profit organization

MIRABEL PUBLIC LIBRARY - DOMAINE-VERT NORD BRANCH
17530 Jacques-Cartier Street, Mirabel, Laurentides, QC, J7J 2R1
450 475-2059
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-BENOÎT BRANCH
9020 Dumouchel Street, Mirabel, Laurentides, QC, J7N 2N7
450 475-2073
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Tuesday 10h00 to 12h00 and 13h00 to 17h00, Wednesday and Thursday 13h00 to 17h00 and 18h00 to 20h00
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINTE-SCHOLASTIQUE BRANCH
9975 Saint-Vincent Street, Mirabel, Laurentides, QC, J7N 2Y3
450 475-2057
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday 13h00 to 20h00, Wednesday 16h00 to 20h00, Saturday 13h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency
MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE
1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7
450 431-5757  Fax: 450 431-4615
Website: www.mouvementdentreai.de.org
Email: mouventraide@videotron.ca

Services:  * Healthy meals.  * Community meals.  * Games and recreational activities: rummy games, card
games, pocket games, Wii Shuffleboard, bowling, knitting, Pergamano.  * Physical exercises adapted for
Eligibility: general public, seniors
Capacity: 50 people
Coverage area: Mille-Isles, Mirabel, Prévost, Saint-Colomban, Saint-Hippolyte, Saint-Jérôme, Saint-Sauveur,
Sainte-Adèle, Val-Morin
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: annual membership card: $10
Financing: provincial, municipal, donations, self-financing
Legal status: non-profit organization

ORGANISME KINA8AT (L')
Confidential Address
Website: www.kina8at.ca/en
Email: info@kina8at.ca

Services:  Promotion and transmission of Indigenous culture.  * Creative workshops and art therapy.  *
Language courses and language camps.  * Resourcing centre.  * Traditional accompaniment program: healing
and cultural reconnection stays.  * Awareness and training activities in schools and workplaces.  * 1 to 3 day
resourcing internships in Quebec and Europe.  * Thematic trips in Quebec.  * Various training activities.
Eligibility: indigenous peoples, families, general population, schools, companies, institutions, traditional
accompaniment program: indigenous groups and families experiencing physical, psychological or emotional
violence
Coverage area: Province of Québec
Hours: variable
Fees: variable
Financing: federal, donations
Legal status: non-profit organization

RÉSEAU BIBLIO DES LAURENTIDES - OKA LIBRARY
15 de L'Annonciation Street, Oka, Laurentides, QC, J0N 1E0
450 479-6333 ext. 228
Website: www.municipalite.oka.qc.ca/bibliotheque
Email: biblio@municipalite.oka.qc.ca

Services:  Loan and access to books and audio-visual documents.  * Internet access and computers.  * Book
Biblio-Santé: resources for caregivers.
Coverage area: Oka, South of Laurentians
Hours: Tuesday and Thursday 13h00 to 20h00, Wednesday 13h00 to 17h00, Friday 10h00 to 17h00, Saturday
10h00 to 15h00
Financing: municipal
Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES - SAINT-JOSEPH-DU-LAC PUBLIC LIBRARY
70 Montée du Village, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072 ext. 267
Website: www.sjdl.qc.ca/loisirs-et-culture/bibliotheque
Email: biblio@sjdl.qc.ca

Coverage area: Saint-Joseph-du-Lac

Hours: Tuesday and Thursday 13h00 to 20h00, Wednesday and Friday 13h00 to 16h00, Saturday 9h00 to 15h00

Fees: residents: none

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


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

SERRES DE CLARA (LES)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998 ext. 121
Website: en.serresdeclara.org
Email: serresdeclara@yahoo.ca


Eligibility: families and people living with food insecurity, people living with psycho-social problems and wanting to increase their autonomy, young offenders

Coverage area: Saint-Jérôme

Hours: Monday to Friday 8h30 to 16h00

Fees: collective garden: none, community gardens: $20 or $30 per year depending on the size of the plot

Financing: donations, contributions, grants

Legal status: non-profit organization

SERVICE COLLECTIF AUX FAMILLES DE NOTRE-DAME-DU-LAUS
170 Principale Street, Notre-Dame-du-Laus, Laurentides, QC, J0X 2M0
819 767-3355
Website: www.notre-dame-du-laus.ca/service-collectif-aux-familles-0
Email: maisondelafamille.ndl@outlook.com


Eligibility: families

Coverage area: Notre-Dame-du-Laus

Hours: Monday to Friday, variable hours

Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

TABLE FORÊT LAURENTIDES
Confidential Address
819 951-2647
Website: www.tableforet.ca
Email: communication@tableforet.ca
Services: Forestry education and support for the forestry-wood industry. * School activities: workshops in the woods, workshops to discover the forestry trades, etc. * Educational tools. * Conferences.
Eligibility: general public, schools, municipalities
Coverage area: Laurentides
Financing: municipal
Legal status: non-profit organization

Libraries

BIBLIOTHÈQUE LA SABLIÈRE DE POINTE-CALUMET
190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G0
450 473-5918 ext. 266
Website: www.mabiblioamoi.ca/pointe-calumet.
Email: bibliotheque@pointe-calumet.ca
Coverage area: Pointe-Calumet, South of Laurentides
Hours: Tuesday 9h00 to 17h00, Thursday and Friday 13h00 to 20h00, Saturday 9h00 to 13h00
Fees: variable
Financing: municipal
Legal status: municipal agency

BLAINVILLE PUBLIC LIBRARY
1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7
450 434-5275
Website: biblio.ville.blainville.qc.ca
Email: bibliotheque@blainville.ca
Coverage area: Blainville
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: free
Financing: municipal
Legal status: municipal agency

BOIS-DES-FILOGIN - LIBRARY
60 36th Avenue, Bois-des-Filion, Laurentides, QC, J6Z 2G6
450 621-1460 ext. 160  Fax: 450 621-8483
Website: biblio.villebdf.ca
Email: biblio@villebdf.ca

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, fee 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


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 D’ALPHABÉTISATION POPULAIRE DES PATRIOTES
52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7

450 473-2277 Fax: 450 473-2277

Website: alphabetisationdespatriotes.com

Email: alpha.patriote@videotron.ca


Eligibility: people 16 years old and over with reading, writing and calculation difficulties, poorly educated immigrants, people living with an intellectual disability

Capacity: 8 students per group

Coverage area: Kanesatake, MRC Deux-Montagnes, Saint-Augustin-de-Mirabel, Saint-Benoît, Saint-Hermas, Sainte-Monique and Sainte-Scholastique sectors of Mirabel

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME
200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8

450 431-1239 Fax: 450 431-5543

Website: www.centredelafamille.ca

Email: direction@centredelafamille.ca


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

Coverage area: Grand Saint-Jérôme

Hours: office: Monday to Friday 8h30 to 16h00, activities: Monday to Friday 9h00 to 15h00
Financing: self-financing, donations
Legal status: non-profit organization

DEUX-MONTAGNES PUBLIC LIBRARY
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-2796 Fax: 450 473-2816
Website: bibliotheque.ville.deux-montagnes.qc.ca/page.php?lang=en
Email: biblio@ville.deux-montagnes.qc.ca


Eligibility: children, youth and adults
Coverage area: Deux-Montagnes
Hours: Monday, Tuesday, Thursday and Friday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday and Wednesday 10h00 to 20h00, Tuesday and Thursday 13h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 13h00
Fees: subscription: free for residents, activities: variable
Financing: municipal, provincial
Legal status: municipal agency

GRANDS-PARENTS TENDRESSE
374 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9
450 436-6664
Website: grandsparentstendresse.org
Email: administration@grandsparentstendresse.org


Eligibility: seniors, adults 45 years and over, families and parents of children from 0 to 12 months old
Coverage area: Saint-Jérôme, pairing: MRC La Rivière-du-Nord
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per year
Financing: self-financing
Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY
31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9
450 621-1071
Website: www.ville.lorraine.qc.ca
Email: biblioteque@ville.lorraine.qc.ca

Coverage area: Lorraine
Hours: Monday and Wednesday 10h00 to 17h00, Tuesday, Thursday and Friday 10h00 to 19h30, Saturday and Sunday: 10h00 to 16h00, from June 24th: closed on Sunday
Financing: municipal
Legal status: municipal agency

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MIRABEL PUBLIC LIBRARY - DOMAINE-VERT NORD BRANCH
17530 Jacques-Cartier Street, Mirabel, Laurentides, QC, J7J 2R1
450 475-2059
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-AUGUSTIN BRANCH
15005 des Saules Street, Mirabel, Laurentides, QC, J7N 1Z9
450 475-6558
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 16h30
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-BENOÎT BRANCH
9020 Dumouchel Street, Mirabel, Laurentides, QC, J7N 2N7
450 475-2073
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca
Coverage area: Mirabel
Hours: Tuesday 10h00 to 12h00 and 13h00 to 17h00, Wednesday and Thursday 13h00 to 17h00 and 18h00 to 20h00
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-CANUT BRANCH
9950 de Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1K1
450 436-7816
Website: ville.mirabel.qc.ca/culture-et-loisirs/bibliotheque
Email: biblio@ville.mirabel.qc.ca

Coverage area: Mirabel

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-JANVIER BRANCH

17710 du Val-d'Espoir Street, Mirabel, Laurentides, QC, J7J 1V7
450 475-2011

Website: ville.mirabel.qc.ca/culture-et- Loisirs/bibliotheque

Email: biblio@ville.mirabel.qc.ca


Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINTE-SCHOLASTIQUE BRANCH

9975 Saint-Vincent Street, Mirabel, Laurentides, QC, J7N 2Y3
450 475-2057

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

Email: biblio@ville.mirabel.qc.ca


Coverage area: Mirabel

Hours: Monday 13h00 to 20h00, Wednesday 16h00 to 20h00, Saturday 13h00 to 16h30

Fees: membership for residents: none, membership for non-residents: $30 per adult, $15 per child

Financing: municipal, membership fees

Legal status: municipal agency

POINTE-CALUMENT PUBLIC LIBRARY

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G0
450 473-5918 ext. 266

Website: www.mabiblioamoai.ca/fr/bibliotheques- horaires-et-localisation/b15/pointe-calumet-bibliotheque-la- sabliere


Coverage area: Pointe-Calumet

Hours: Tuesday 9h00 to 17h00, Thursday and Friday 13h00 to 20h00, Saturday 9h00 to 13h00

Fees: membership for residents: none, membership for non-residents: $30 per adult, $15 per child

Financing: municipal, membership fees

Legal status: municipal agency
RÉSEAU BIBLIO DES LAURENTIDES
29 Brissette Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3L1
819 326-6440
Website: www.mabiblioamoi.ca
Eligibility: member libraries
Coverage area: Laurentides and west of Lanaudière
Financing: municipal, provincial
Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES - OKA LIBRARY
15 de L'Annonciation Street, Oka, Laurentides, QC, J0N 1E0
450 479-8333 ext. 228
Website: www.municipalite.oka.qc.ca/bibliotheque
Email: biblio@municipalite.oka.qc.ca
Coverage area: Oka, South of Laurentians
Hours: Tuesday and Thursday 13h00 to 20h00, Wednesday 13h00 to 17h00, Friday 10h00 to 17h00, Saturday 10h00 to 15h00
Financing: municipal
Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES - SAINT-JOSEPH-DU-LAC PUBLIC LIBRARY
70 Montée du Village, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072 ext. 267
Website: www.sjdl.qc.ca/loisirs-et-culture/bibliotheque
Email: biblio@sjdl.qc.ca
Coverage area: Saint-Joseph-du-Lac
Hours: Tuesday and Thursday 13h00 to 20h00, Wednesday and Friday 13h00 to 16h00, Saturday 9h00 to 15h00
Fees: residents: none
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   Fax: 450 621-6131
Website: www.ville.rosemere.qc.ca/library-services
Email: biblio@ville.rosemere.qc.ca
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
SAINT-EUSTACHE PUBLIC LIBRARY
12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2
450 974-5035
Website: www.saint-eustache.ca/citoyens/bibliotheque
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00
Fees: subscription: free
Financing: municipal
Legal status: municipal agency

SAINT-JOSEPH-DU-LAC PUBLIC LIBRARY
70 Montée du Village, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072 ext. 267
Website: www.sjdl.qc.ca/loisirs-et-culture/bibliotheque
Email: biblio@sjdl.qc.ca
Hours: Tuesday and Thursday 13h00 to 20h00, Wednesday and Friday 13h00 to 16h00, Saturday 9h00 to 15h00
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
Hours: Tuesday and Thursday 13h00 to 20h30, Wednesday 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
Financing: municipal
Legal status: municipal agency

SAINTE-MARTHE-SUR-LE-LAC PUBLIC LIBRARY
99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 472-7310 ext. 101
Website: ville.sainte-marthe-sur-le-lac.qc.ca/loisirs-et-culture/bibliotheque
Email: bibliotheque@vsmsfl.ca
Hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 11h00 to 16h00
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
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
Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse
Hours: Monday to Friday 8h00 to 17h00
Fees: variable
Financing: municipal
Legal status: municipal agency

BOIS-DÉS-FILION - LOISIRS ET VIE COMMUNAUTAIRE
479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9
450 621-1460 ext. 148
Website: villebdf.ca
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
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: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15
DEUX-MONTAGNES - LEISURE AND COMMUNITY SERVICES
200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-2796 ext. 4 Fax: 450 473-4225
Email: loisirs@ville.deux-montagnes.qc.ca
Services: * Community, cultural and sporting activities. * Community centre, swimming pool, ice rink, parks, sports fields and playgrounds. * Coordination with community organizations. * Summer day camp.
Coverage area: Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

LORRAINE - SERVICE DES LOISIRS ET DE LA CULTURE
33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9
450 621-8550
Website: www.ville.lorraine.qc.ca
Email: loisirs@ville.lorraine.qc.ca
Coverage area: Lorraine
Fees: variable
Financing: municipal
Legal status: municipal agency

MIRABEL - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-8656
Website: ville.mirabel.qc.ca/culture-et-loisirs/sports-et-loisirs/programmation-de-loisirs
Email: communications@mirabel.ca
Services: * Community, sociocultural and sporting activities. * Supervision of several sports clubs. * Parks, cultural centre, ice rinks, arenas and sports fields. * Coordination with community organizations. * Summer day camp.
Coverage area: Mirabel
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

OKA - LOISIRS ET CULTURE
183 des Anges Street, Kanesatake, Laurentides, QC, J0N 1E0
450 479-8333 Fax: 450 479-1886
Website: www.municipalite.oka.qc.ca/loisirs-et-culture
Email: info@municipalite.oka.qc.ca
Coverage area: Oka
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
POINTE-CALUMET - RECREATION, CULTURE AND COMMUNITY LIFE
190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2
450 473-5930
Website: www.pointe-calumet.ca
Email: j.rivest@pointe-calumet.ca

Coverage area: Pointe-Calumet
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 à 16h30, Friday 8h30 to 12h00
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     Fax: 450 621-0426
Website: www.ville.rosemere.qc.ca/recreation-and-community-life
Email: info@ville.rosemere.qc.ca

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: municipal agency

SAINT-EUSTACHE - LOISIRS
230 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
450 974-5111     Fax: 450 974-5135
Website: www.saint-eustache.ca

Coverage area: Saint-Eustache
Hours: Sport and Outdoor Services counter: Monday to Friday 8h30 to 9h00, Saturday and Sunday 8h00 to 17h00, summer: Monday to Friday 8h30 to 21h00, Saturday 13h00 to 16h00, Culture and Community Animation: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00, summer: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - LOISIRS, CULTURE ET TOURISME
1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 623-1072 ext. 229     Fax: 450 623-2889
Website: www.sjdl.qc.ca
Email: vlalonde@sjdl.qc.ca

Coverage area: Saint-Joseph-du-Lac

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

Fees: variable

Financing: municipal, auto-financing

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


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-MARTHE-SUR-LE-LAC - LOISIRS ET VIE COMMUNAUTAIRE

99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 472-7310 ext. 245

Website: www.ville.sainte-marthe-sur-le-lac.qc.ca/loisirs-et-culture/loisirs-et-vie-communautaire


Coverage area: Sainte-Marthe-sur-le-Lac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - CULTURE ET LOISIRS

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H2

450 434-1440 ext. 2540

Website: www.sainte-therese.ca

Email: culturetloisirs@sainte-therese.ca


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

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CAFÉ COMMUNAUTAIRE L’ENTRE-GENS
1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3
450 229-2211
Website: lentregens.org
Email: cafe@lentregens.org


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

Coverage area: Sainte-Adèle and surroundings
Hours: Monday to Friday 9h00 to 16h00
Fees: full meal: $5
Financing: self-financing
Legal status: non-profit organization

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL
509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5
450 472-2555
Website: carrefourperinaissance.org
Email: info@carrefourperinaissance.org


Eligibility: future parents, parents, children 0 to 12 years old
Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00
Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free
Financing: provincial, donations, self-financing
Legal status: non-profit organization

COLOMBE (LA)
9 Liboiron Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2X5
819 326-4779 Fax: 819 326-0233
Website: centrelacolombe.ca
Email: info@centrelacolombe.ca


Eligibility: women
Coverage area: MRC Les Laurentides
Hours: Monday to Thursday 8h30 to 16h30
Financing: self-financing, donations
Legal status: non-profit organization
MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES
238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 478-6537
Website: maisondelafamillesadp.com
Email: mdf.sadp@videotron.ca
Eligibility: single people, families, couples
Coverage area: Sainte-Anne-des-Plaines
Hours: Monday to Thursday 8h30 to 16h00
Fees: variable, daycare: free during activities, respite: $5 for half a day or $10 for an entire day, thrift store: free
Financing: self-financing, grants
Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D’EN-HAUT (LA)
480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5
450 229-3354
Website: maisondelafamille.com
Email: info@maisondelafamille.com
Eligibility: families, children aged 0 to 12 years old
Coverage area: MRC Les Pays-d’en-Haut
Fees: $20 per year
Financing: self-financing
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER
2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7
1 866 623-3009 Fax: 819 623-7040
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca
Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d’Antoine-Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: grants, donations
Legal status: non-profit organization
MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE
1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-7653   Fax: 819 275-2161
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca


Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d'Antoine-Labelle
Financing: grants, donations
Legal status: non-profit organization

PALLIACCO
2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8
819 717-9646
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE
35 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
819 717-9646   Fax: 819 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization
PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8
819 717-9646     Fax: 818 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org
Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge
Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

RECYC-DONS
246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 838-9954     Fax: 450 707-1579
Website: www.recyc-dons.org
Email: info@recyc-dons.org
Eligibility: people on a low income, people who care about environmental issues
Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 19h00
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: accoloisirs@videotron.ca
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
Legal status: non-profit organization
ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES
701 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5C7
1 877 705-7766  Fax: 450 569-7769
Website: www.fibromyalgie-des-laurentides.ca
Email: afl@videotron.ca
Eligibility: people living with fibromyalgia, their close ones
Coverage area: Laurentians
Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h30 to 17h00
Fees: annual membership: $20
Financing: provincial, membership fees, donations
Legal status: non-profit organization

ASSOCIATION DES PARENTS D’ENFANTS HANDICAPÉS DES HAUTES-LAURENTIDES
764 Labelle North Street, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-3828
Email: asshandicaphl@qc.aira.com
Eligibility: parents of a child with functional limitations related to an intellectual, sensory or neurological disability or an autism spectrum disorder
Coverage area: MRC Antoine-Labelle
Financing: municipal, dons
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
Eligibility: deaf, deafened, hard of hearing or deaf blind people, their family
Coverage area: Laurentians
Hours: reception: Monday to Thursday 9h00 to 16h00, support service and activities: Monday to Thursday 9h00 to 16h00, by appointment or reservation
Fees: annual membership: $10
Financing: contributions, provincial, donations
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL
585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9
819 425-7447  Fax: 819 425-2343
Website: www.association-clairssoleil.com
Email: clairsoleil@cogocable.ca
Services: Promotion and advocacy of the rights and interests of people living with an intellectual or physical disability. * Information, referral and awareness. * Events and occasional activities: community meals, barbecue, restaurant, sugar shack, cooking workshop, etc. * Adapted day camp. * Individual and personalized activities at home, outside or on site. * Social, sporting, recreational and artistic activities. * Cultural outings.
Eligibility: people living with an intellectual or physical disability, their family, day camp: children from 5 to 17 years old
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (block of maximum 3 hours)
Fees: membership card: $5, day camp: variable
Financing: provincial, donations
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES INTELLECTUELLES DES LAURENTIDES
62 Préfontaine Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1S2
819 326-5202 Fax: 819 326-1475
Website: aphil.ca
Email: direction@aphil.ca
Eligibility: people 5 to 90 years living with an intellectual disability, day camp: children 5 to 17 years old
Coverage area: Laurentians
Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks
Fees: annual subscription: $12, activities: none, outings: variable
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES
300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9
450 431-3388
Website: arlphl.org
Email: info@arlphl.org
Eligibility: people of all ages with all sorts of disabilities
Coverage area: Laurentians
Hours: activities: weekend, adapted day centre: week
Fees: between $150 and $200
Financing: donations, provincial, municipal
Legal status: non-profit organization

CENTRE AUX SOURCES D’ARGENTEUIL
546 Sidney Street, Lachute, Laurentides, QC, J8H 1L1
450 562-0673
Email: ctauxsources@videotron.ca
Eligibility: adults living with or who have lived with mental health issues
Coverage area: MRC Argenteuil
Hours: Monday 9h00 to 12h00, Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 14h00
Fees: none
Financing: provincial
Legal status: non-profit organization
CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE
1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2
450 229-8440
Email: clsm227@gmail.com


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

Coverage area: Laurentians

Fees: none

Financing: donations, grants

Legal status: non-profit organization

FIBROMYALGIE SAINT-EUSTACHE ET BASSES-LAURENTIDES
Confidential Address
450 472-3374
Email: fibro.fsebl@videotron.ca


Eligibility: people with fibromyalgia, their close ones

Coverage area: Basses-Laurentides

Hours: variable

Financing: donations, contributions

Legal status: non-profit organization

FORAINS AYBSSAUX (LES)
51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6
514 892-3271
Website: ecoledecirquelesforains.com
Email: ecoleforains@videotron.ca

Services: * Circus workshops and classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations. * Specialized day camp.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: 7 days

Fees: variable, financial assistance program available

Financing: self-financing

Legal status: non-profit organization

GROUPE HARFANG DES NEIGES DES LAURENTIDES (LE)
290 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L1
450 565-1161 Fax: 450 565-6317
Website: www.groupeharfangdesneiges.org
Email: info@groupeharfangdesneiges.org


Eligibility: people living with mental health problems

Coverage area: Laurentians

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

Fees: none

Financing: grants

Legal status: non-profit organization
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, Wednesday to Friday 9h00 to 15h30, Tuesday 12h00 to 15h30
Fees: none
Financing: grants
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES
1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8
450 974-1888  Fax: 450 974-3757
Website: grpa.ca/en
Email: info@grpa.ca
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: $20 per year
Financing: provincial
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - MONT-LAURIER SERVICE POINT
411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1
1 866 974-1888  Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Laurentides
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $20 per year
Financing: provincial
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE SERVICE POINT
168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5
1 866 974-1888  Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca

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

Coverage area: Laurentides

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

Fees: membership: $40 per year

Financing: provincial

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Road, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 434-9593  Fax: 450 434-5181  TTY: 450 434-9593
Website: maisondesmots.ca
Email: info@maisondesmots.com


Eligibility: people aged 16 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 DES PARENTS D’ENFANTS HANDICAPÉS DES LAURENTIDES

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3
450 431-7428  Fax: 450 431-7916
Website: site.lmdp.org
Email: info@lmdp.org


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

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: $25 per year

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

MOUVEMENT DES PERSONNES D’ABORD DE LACHUTE

442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3
450 562-5846
Email: mouvement_lachute1@outlook.com

Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. * Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and others items.

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

Coverage area: Lachute

Hours: Tuesday to Friday 10h00 to 15h00

Fees: membership card: $10
MOUVEMENT PERSONNE D’ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2
450 623-7792
Email: mpdasteustache@gmail.com


Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes
Hours: Monday to Thursday 8h30 to 16h00
Fees: membership: $10 per year
Financing: provincial

MOUVEMENT PERSONNE D’ABORD DE SAINT-JÉRÔME ET SES ENVIRONS

768 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M3
450 438-6256
Email: mpdastjerome@hotmail.ca

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

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

Coverage area: Saint-Jérôme
Fees: none
Financing: provincial

MOUVEMENT PERSONNE D’ABORD DE SAINTE-THÉRÈSE

12 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6
450 818-1883
Website: www.mpdatherese12.com
Email: mpdatherese@videotron.ca


Eligibility: adults living with an intellectual disability

Coverage area: MRC Thérèse-De Blainville
Hours: Monday, Tuesday, Thursday 8h00 to 15h00, Friday 12h00 to 21h00
Fees: membership: $5
Financing: provincial

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

Confidential Address
Email: mpdasteagathe@bell.net

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

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

Coverage area: Sainte-Agathe-Des-Monts
Financing: self-financing

Legal status: non-profit organization
MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION
500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2
1 866 590-4469     Fax: 450 436-3273
Website: mssociety.ca/chapter/section-laurentides
Email: info.laurentides@mssociety.ca
Eligibility: people diagnosed with multiple sclerosis and their relatives
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: fundraising campaigns
Legal status: non-profit organization

PAPILLONS DE NOMININGUE (LES)
2252 Sacré-Coeur Street, Nominingue, Laurentides, QC, J0W 1R0
819 278-4748
Website: www.cdchl.org/les-papillons-de-nominingue
Email: papillonsnominingue@bellnet.ca
Eligibility: disabled people
Coverage area: Vallée de la Rouge
Financing: self-financing
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: 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: Centraide, provincial, fundraising campaigns
Legal status: non-profit organization

PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME
651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8
1 866 974-1888
Website: www.grpa.ca
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Saint-Jérôme
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
**Financing:** provincial  
**Legal status:** non-profit organization

**SOCIÉTÉ DE L'AUTISME DES LAURENTIDES**  
1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9  
**450 569-1794**  
**Fax:** 450 569-6022  
**Website:** autismelaurentides.org  
**Email:** info@autismelaurentides.org

**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  
**Financing:** foundations, donations, provincial  
**Legal status:** non-profit organization
Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES
Clothing

BOOK HUMANITAIRE (LE)
215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 436-2665
Website: lebookhumanitaire.com
Email: rlapierre@lebookhumanitaire.com

Eligibility: people in a difficult situation, volunteers
Coverage area: Laurentians, Laval, South Shore, Terrebonne, Verdun, emergency food assistance delivery: Saint-Jérôme, on a case-by-case basis
Hours: Monday to Thursday 9h00 to 17h00, Friday to Sunday 9h00 to 12h00
Financing: donations
Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE L’ENTRE-GENS
1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3
450 229-2211
Website: lentregens.org
Email: cafe@lentregens.org

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless
Coverage area: Sainte-Adèle and surroundings
Hours: Monday to Friday 9h00 to 16h00
Fees: full meal: $5
Financing: self-financing
Legal status: non-profit organization

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)
310 de l’Église Street, Lachute, Laurentides, QC, J8H 4A8
450 562-7122
Website: www.cafela.org
Email: info@cafela.org

Eligibility: women, drop-in day care centre: children 18 months to 5 years old, respite care: children 0 to 5 years old
Coverage area: Lachute
Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00
Fees: membership card: $5 per year, clothing counter: free for women and children
Financing: contributions
Legal status: non-profit organization
CENTRE MARIE EVE - BLAINVILLE
2 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2
450 491-1494 ext. 6
Website: www.centremarieeve.ca
Email: stetherese@centremarieeve.ca
Services: * Support to pregnant women through and after the pregnancy. * Workshops, individual accompaniment and emergency 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 16h15
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CENTRE MARIE EVE - SAINT-EUSTACHE
232 Féret Street, Saint-Eustache, Laurentides, QC, J7R 2T8
450 491-1494 ext. 5
Website: www.centremarieeve.ca
Email: info@centremarieeve.ca
Services: * Support to pregnant women through and after the pregnancy. * Workshops, individual accompaniment and emergency material assistance. * Mobile family counter.
Eligibility: pregnant women, mothers with children 0 to 2 years old
Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h15
Fees: none
Financing: grants, donations
Legal status: non-profit organization

COMITÉ D’ACTION SOCIALE DE POINTE-CALUMET
810 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0
450 473-9877
Services: * Food assistance. * Clothing bank.
Eligibility: families and individuals on a low income, newcomers
Coverage area: Pointe-Calumet
Hours: clothing bank: Monday and Wednesday from 11h00 to 15h00, food assistance: by appointment
Financing: self-financing
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE SAINTE-MARTHE
3101 de l’Église Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 473-9877 ext. 1007
Email: sophie.lescarbeau@maparoisse.info
Services: * Food assistance and emergency food assistance. * Thrift store.
Eligibility: people on a low income
Coverage area: Sainte-Marthe-sur-le-Lac
Hours: food assistance: Tuesday 11h00 to 12h30, thrift store: Thursday 9h30 to 16h00
Fees: food assistance: $2 per week
Financing: donations
Legal status: non-profit organization
COMPTOIR DÉPANNE-TOUT STE-THÉRÈSE
69 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H5
450 979-4955
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

**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

GROUPE MARRAINE TENDRESSE (LE)
3 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L4
450 435-6924

**Website:**
www.groupearrainetendresse.ca

**Email:**
lgmt@bellnet.ca

**Services:**
* Respite and accompaniment 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 DES PAYS-D'EN-HAUT (LA)
480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5
450 229-3354

**Website:**
maisondelafamille.com

**Email:**
info@maisondelafamille.com

**Services:**

**Eligibility:**
families, children aged 0 to 12 years old

**Coverage area:**
MRC Les Pays-d’en-Haut

**Fees:**
$20 per year

**Financing:**
self-financing

**Legal status:**
non-profit organization

MONTAGNE D’ESPOIR (LA)
2523 1ère Rue, Sainte-Sophie, Laurentides, QC, J5J 2R7
450 436-4747

**Email:**
lamontagneespoir@bellnet.ca

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

**Eligibility:**
people in need

**Coverage area:**
Sainte-Sophie

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

**Fees:**
annual membership: $10

**Financing:**
donations

**Legal status:**
non-profit organization
MOUVANCE, CENTRE DE FEMMES (LA)
83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9
450 472-7245
Website: www.lamouvance.ca
Email: info@lamouvance.ca
Eligibility: women
Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: workshops: variable
Financing: provincial
Legal status: non-profit organization

RECYC-DONS
246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 838-9954     Fax: 450 707-1579
Website: www.recyc-dons.org
Email: info@recyc-dons.org
Eligibility: people on a low income, people who care about environmental issues
Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 19h00
Financing: provincial, donations
Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)
2 Masson Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0
450 228-8606
Email: larencontre@qc.aira.com
Eligibility: residents
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Thursday 8h30 to 14h30, meal delivery: Tuesday to Thursday, food counter: Thursday
Fees: meals on wheels: $6, community dinner: $5
Financing: Centraide Laurentides, provincial
Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE
3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304     Fax: 450 226-5048
Website: rcsophie.org
Email: ressourcessophie@gmail.com

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

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

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

Fees: yearly membership: $10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

RESSOURCES OLIVIER
2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3
819 660-2842

Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com


Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people

Capacity: temporary housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 19h00, by appointment

Fees: housing: variable

Financing: self-financing

Legal status: non-profit organization

SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - SAINT-JÉRÔME
241 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3B1
450 432-9191

Website: salvationarmy.ca/quebec/home/locations/saint-gerome


Eligibility: people and families on a low income

Coverage area: Saint-Jérôme

Hours: Monday to Saturday 9h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ D'ENTRAIDE FAMILIALE DE SAINTE-THÉRÈSE
62 Saint-Jean Street, Sainte-Thérèse, Laurentides, QC, J7E 3N4
450 430-5840

Services: Sale of clothing and household items. * Donation to people in dire need. * Reception of donations: clothing, furniture, appliances, mattresses, books and other items. * At-home pick-up of furniture.

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:** pick-up: free  
**Financing:** donations, self-financing  
**Legal status:** non-profit organization

### Donation pick-ups

**ACTION SOURCE DE VIE - USED ITEMS RECOVERY**  
445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8  
450 504-8775  
**Website:** [www.actionsourcedevie.com](http://www.actionsourcedevie.com)  
**Email:** info@actionsourcedevie.com  
**Services:**  
* On-site used items recovery: clothing, furniture and household items.  
* At-home collection of used furniture and appliances.  
**Coverage area:** Saint-Jérôme  
**Hours:** Tuesday to Friday 10h00 to 14h00  
**Fees:** free  
**Financing:** donations, self-financing  
**Legal status:** non-profit organization

**BAZAR DE LA FONDATION DE LA POINTE BLEUE**  
249 Sainte-Marguerite Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0  
450 228-2441  
**Services:**  
* Bazaar.  
* Collection and sale of used items: jewelry, clothes, furniture, decorations, paintings and more.  
* The funds go towards aid for people in need.  
**Coverage area:** Sainte-Marguerite-Du-Lac-Masson  
**Hours:** Friday and Saturday 12h00 to 16h00  
**Financing:** donations  
**Legal status:** non-profit organization

**CENTRE DE DÉPANNAGE LE VISAGE - USED ITEMS RECOVERY**  
374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7  
450 473-3200 ext. 5  
**Fax:** 450 473-5055  
**Website:** [paroissest-eustache.com](http://paroissest-eustache.com)  
**Email:** gpineault@st-eustache.qc.ca  
**Services:** Used items recovery: food, clothes, furniture, appliances.  
* Home pick-up.  
**Coverage area:** Saint-Eustache  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  
**Financing:** self-financing  
**Legal status:** non-profit organization

**CENTRE DE DÉPANNAGE ST-JANVIER DE MIRABEL - USED ITEMS RECOVERY**  
17599 Victor Street, Mirabel, Laurentides, QC, J7J 1A9  
450 434-4037  
**Website:** [www.centrededepannagest-janvier.ca](http://www.centrededepannagest-janvier.ca)  
**Email:** centre@videotron.ca  
**Services:**  
* Used items recovery: clothing, furniture, appliances, office furniture, small household items, toys, leisure equipment, books, magazines.  
* Collection on site and at-home pickup.  
**Coverage area:** donations pick-up: Sainte-Thérèse, Blainville, Saint-Janvier and Saint-Antoine  
**Hours:** on-site items recovery: Monday to Wednesday 9h00 to 15h30, donation pick-up: by appointment  
**Financing:** self-financing, donations  
**Legal status:** non-profit organization
CENTRE DE LA FAMILLE DES HAUTES-LAURENTIDES
362 Salaberry Street, Mont-Laurier, Laurentides, QC, J9L 1N7
819 623-7215  Fax: 819 623-9718
Email: ctre.famille@ireseau.com

Eligibility: families
Coverage area: Hautes-Laurentides, MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h30
Fees: $1 per day
Financing: provincial, grants and donations
Legal status: non-profit organization

COMPTOIR D'ENTRAIDE POPULAIRE MIRABEL
8555 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3
450 475-7609
Email: cepmi@videotron.ca

Services: * Recovery and sale of used clothing, items and furniture. * Food baskets. * Financial assistance for school supplies and day camps.
Eligibility: families, people on a low income
Coverage area: food baskets and assistance for school supplies: Mirabel, collection of used items: Saint-Benoît, Saint-Hermas and Saint-Augustin parishes, cities of Sainte-Thérèse, Blainville, Boisbriand
Hours: thriftstore: Monday and Thursday 13h00 to 17h00, Tuesday and Wednesday 13h00 to 16h00, Saturday 9h00 to 12h00, donations: 7/7, 7h30 to 20h00, food assistance: Tuesday 13h30 to 15h00
Financing: self-financing, donations
Legal status: non-profit organization

COMPTOIR FAMILIAL SAINT-JOSEPH
1845, chemin du Village, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0
819 327-2711
Email: saintadolphe@hotmail.com

Services: * Recovery and sale of items at low prices: clothing, toys, books, dishes, household items, etc.
Coverage area: MRC Les Pays-d'en-Haut
Hours: Tuesday to Thursday 13h00 to 16h00, Saturday 9h00 to 12h00, winter: Tuesday to Thursday 13h00 to 16h00, Saturday 10h00 to 13h00
Financing: self-financing, donations
Legal status: non-profit organization

ENTRAIDE DIABÉTIQUE DU QUÉBEC
18185 J.-A.-Bombardier Street, Mirabel, Laurentides, QC, J7J 0E7
1 866 313-7800
Website: entraidediabetique.org/en
Email: administration@entraidediabetique.org

Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization
GRENIER POPULAIRE DES BASSES-LAURENTIDES - USED ITEMS RECOVERY

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4
450 623-5891     Fax: 450 623-3797
Website: www.grenierpopulaire.com
Email: info@grenierpopulaire.com


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

Hours: Monday to Saturday 9h00 to 17h00

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

RECYC-DONS

246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 838-9954     Fax: 450 707-1579
Website: www.recyc-dons.org
Email: info@recyc-dons.org


Eligibility: people on a low income, people who care about environmental issues


Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 19h00

Financing: provincial, 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

Services: Sale of clothing and household items. * Donation to people in dire need. * Reception of donations: clothing, furniture, appliances, mattresses, books and other items. * At-home pick-up of furniture.

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: pick-up: free

Financing: donations, self-financing

Legal status: non-profit organization

School supplies

ACTION SOURCE DE VIE

445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8
450 504-8775
Website: www.actionsourcedevie.com
Email: info@actionsourcedevie.com


Eligibility: food aid, moving service and Christmas baskets: families on a low income, other services: general public

Coverage area: Saint-Jérôme
AMIE DU QUARTIER
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 431-1424
Website: www.lamieduquartier.com
Email: lamieduquartier@hotmail.com
Eligibility: individuals and families on a low income
Coverage area: Notre-Dame neighbourhood of Saint-Jérôme
Hours: Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food assistance: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30
Fees: annual contribution: $5
Financing: contributions, self-financing
Legal status: non-profit organization

CENTRE DE DÉPANNAGE LE VISAGE
374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7
450 473-3200 ext. 5    Fax: 450 473-5055
Website: paroissest-eustache.com
Email: gpineault@st-eustache.qc.ca
Eligibility: families, people in need
Coverage area: Saint-Eustache
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

GARDE-MANGER DES PAYS-D’EN-HAUT (LE)
100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7
450 227-3757    Fax: 450 745-1811
Website: www.gardemangerphd.ca
Email: secretariat@gardemangerphd.ca
Eligibility: families and people in need
Coverage area: MRC Les Pays-d’en-Haut
Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday
Fees: food counter: $3, collective kitchen: $18 for 5 meals, food assistance: free
Financing: donations, self-financing
Legal status: non-profit organization
PARENTS UNIQUES DES LAURENTIDES
126 Demontigny Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3H7
819 324 1004 Fax: 819 324-1004
Email: parents.uniques@cgocable.ca


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

Coverage area: MRC Les Laurentides

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

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

Financing: self-financing

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE
Confidential Address
819 324-8240
Email: ressourcescommunautaires@adolphins.com


Coverage area: Saint-Adolphe-d'Howard

Fees: none

Financing: provincial, self-financing, donations, foundations

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE
3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304 Fax: 450 226-5048
Website: rcsophie.org
Email: ressourcessophie@gmail.com


Eligibility: kids and teenagers, their families, seniors and people on a low income

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: yearly membership: $10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

SALVATION ARMY - COMMUNITY AND FAMILY SERVICES - SAINT-JÉRÔME
241 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3B1
450 432-9191
Website: salvationarmy.ca/quebec/home/locations/saint-gerome


Eligibility: people and families on a low income
Coverage area: Saint-Jérôme
Hours: Monday to Saturday 9h30 to 16h30
Fees: none
Financing: donations
Legal status: non-profit organization

SERVICES D'ENTRAIDE LE RELAIS
305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3
450 939-0501
Website: www.traidelerelais.org
Email: info@traidelerelais.org
Eligibility: individuals and families in financial need
Coverage area: Boisbriand
Hours: Monday to Friday 8h30 to 16h00, food distribution: Friday
Fees: food assistance: $1 per visit
Financing: Centraide Laurentides, grants, fundraising campaigns
Legal status: non-profit organization

Thrift Stores

ACTION BÉNÉVOLE DE LA ROUGE (L')
284 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-1241 Fax: 819 275-1700
Website: www.actionbenevoledelarouge.com
Email: directionabr@gmail.com
Eligibility: people and families on a low income, seniors, Par’Aînés: seniors 55 years and older living in a precarious situation or socially isolated
Coverage area: Rivière-Rouge
Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, thrift shop: Wednesday to Friday 9h00 to 16h30, Saturday 9h00 to 15h30, meals on wheels: Tuesday and Thrusday 12h00
Fees: food aid: variable, Par’Aînés: free
Financing: federal, donations, self-financing
Legal status: non-profit organization

ACTION SOURCE DE VIE
445 Blanchard Street, Saint-Jérôme, Laurentides, QC, J7Y 3K8
450 504-8775
Website: www.actionsourcedevie.com
Email: info@actionsourcedevie.com
Eligibility: food aid, moving service and Christmas baskets: families on a low income, other services: general public
Coverage area: Saint-Jérôme
Hours: Tuesday to Friday 10h00 to 14h00, moving service: July 1st only
Fees: moving service: free
Financing: donations, self-financing
Legal status: non-profit organization

AMIE DU QUARTIER
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 431-1424
Website: www.lamieduquartier.com
Email: lamieduquartier@hotmail.com


Eligibility: individuals and families on a low income

Coverage area: Notre-Dame neighbourhood of Saint-Jérôme

Hours: Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food assistance: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

Fees: annual contribution: $5

Financing: contributions, self-financing

Legal status: non-profit organization

BAZAR DE LA FONDATION DE LA Pointe BLEUE
249 Sainte-Marguerite Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0
450 228-2441


Coverage area: Sainte-Marguerite-Du-Lac-Masson

Hours: Friday and Saturday 12h00 to 16h00

Financing: donations

Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE L’ENTRE-GENS
1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3
450 229-2211
Website: lentregens.org
Email: cafe@lentregens.org


Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: full meal: $5

Financing: self-financing

Legal status: non-profit organization
CARREFOUR ALIMENTER L’ESPOIR DE BLAINVILLE
1015A Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2
438 801-2976
Email: info@caleblainville.org
Eligibility: families in need
Coverage area: Blainville
Hours: thrift store: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h00, Saturday 9h00 to 12h00, food assistance: Tuesday
Financing: self-financing
Legal status: non-profit organization

CARREFOUR DES FEMMES DU GRAND LACHUTE (LE)
310 de l’Église Street, Lachute, Laurentides, QC, J8H 4A8
450 562-7122
Website: www.cafela.org
Email: info@cafela.org
Eligibility: women, drop-in day care centre: children 18 months to 5 years old, respite care: children 0 to 5 years old
Coverage area: Lachute
Hours: Monday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00
Fees: membership card: $5 per year, clothing counter: free for women and children
Financing: contributions
Legal status: non-profit organization

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL
509 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1K5
450 472-2555
Website: carrefourperinaissance.org
Email: info@carrefourperinaissance.org
Eligibility: future parents, parents, children 0 to 12 years old
Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Augustin, Saint-Benoît, Saint-Hermas, Sainte-Scholastique
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00
Fees: thrift shop: voluntary contribution, activities: variable, online group prenatal classes: free
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE FERME-NEUVE
130 13th Street, Ferme-Neuve, Laurentides, QC, J0W 1C0
819 587-4189
Email: centre.fn@gmail.com
Thrift store and material aid


**Eligibility:** single people and families on a low income

**Coverage area:** Ferme-Neuve, Lac-Saint-Paul, Mont-Saint-Michel and Sainte-Anne-du-Lac

**Hours:** Monday to Thursday 8h00 to 16h00, thrift store: Monday to Thursday 10h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

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**CENTRE D’ENTRAIDE DE SAINT-COLOMBAN**

326 de l’Église Montée, Saint-Colomban, Laurentides, QC, J5K 0M4

450 504-4605

Email: entraidesaintcolomban@yahoo.ca

**Services:** * Food assistance. * Thrift store and sale of various utility items. * On-site recovery of clothes, toys, CDs, decorative or useful items, etc.

**Eligibility:** people on a low income

**Coverage area:** Saint-Colomban

**Hours:** thrift store: Monday, Tuesday and Thursday 13h00 to 15h45, Saturday 9h00 to 11h45, food assistance: every other Thursday 13h30 to 15h00

**Fees:** food assistance: $5

**Financing:** donations

**Legal status:** non-profit organization

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**CENTRE DE DÉPANNAGE ST-CANUT**

9615 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2

450 530-7094

**Services:** * Food assistance, emergency assistance. * Clothing depot: sale of used items and furniture. * Christmas baskets.

**Eligibility:** families on a low income, people in need, clothing depot: general public

**Coverage area:** Saint-Canut

**Hours:** food assistance: Thursday afternoon, clothing depot: Monday to Friday 13h00 to 15h45, Saturday 9h00 to 11h45

**Fees:** food assistance: free

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**CENTRE DE DÉPANNAGE ST-JANVIER DE MIRABEL**

17599 Victor Street, Mirabel, Laurentides, QC, J7J 1A9

450 434-4037

**Website:** www.centrededepannage-st-janvier.ca

**Email:** centre@videotron.ca

**Services:** * Food bank. * Recovery and sale of used material goods.

**Eligibility:** families on a low income, store open to all

**Coverage area:** Saint-Janvier

**Hours:** centre: Monday to Wednesday 13h00 to 16h00, food bank: Thursday 13h30 to 15h30

**Financing:** self-financing, donations

**Legal status:** non-profit organization
CENTRE DE LA FAMILLE DU GRAND SAINT-JÉRÔME
200 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5K8
450 431-1239  Fax: 450 431-5543
Website: www.centredelafamille.ca
Email: direction@centredelafamille.ca


Eligibility: persons that are unemployed, on a low income, income security providers, single-parent families, anyone who needs to break isolation

Coverage area: Grand Saint-Jérôme

Hours: office: Monday to Friday 8h30 to 16h30, activities: Monday to Friday 9h00 to 15h00

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE DES FEMMES LIBER'ELLES
9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4
450 594-0556
Website: www.liberelles.org
Email: liberelles@videotron.ca


Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Financing: Centraide Laurentides, provincial, federal, donations, membership fees

Legal status: non-profit organization

CENTRE MARIE EVE - BOUTIK (LA)
1803 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1N3
450 491-1494 ext. 11
Website: www.centremarieeve.ca/la-boutik

Services: Thrift store used to finance the Marie Eve Centre.  * On-site recovery and sale of clothing, toys, books, jewelry and household goods.  * Mobile family counter.

Coverage area: Deux-Montagnes

Hours: Tuesday and Wednesday 9h00 to 15h00, Friday 9h00 to 18h00, Sunday 9h00 to 17h00

Fees: mobile family counter: $5 per bag, variable cost for individual items

Financing: grants, self-financing, donations

Legal status: non-profit organization

COFFRET (LE)
181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7
450 565-2998  Fax: 450 565-3577
Website: www.lecoffret.ca

Eligibility: newcomers
Coverage area: Laurentians
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: municipal, provincial, federal, Centraide Laurentides
Legal status: non-profit organization

COMITÉ D’ACTION SOCIALE ST-JOSEPH-DU-LAC
1028A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0
450 473-2440
Website: www.comiteactionsociale.org
Email: info@comiteactionsociale.org
Eligibility: people in precarious situations
Coverage area: Saint-Joseph-du-Lac
Hours: distribution of baskets: Tuesday 10h00 to 12h00, sale of second-hand items: Thursday 15h00 to 19h00, Friday 10h00 to 15h00
Fees: none
Financing: fundraising campaigns, donations, self-financing
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE D’OKA
174 Saint-Jean-Baptiste Street, Oka, Laurentides, QC, J0N 1E0
450 473-9877 ext. 1007
Email: sophie.lescarbeau@maparoisse.info
Services: * Food assistance and emergency food assistance. * Clothing counter.
Eligibility: people on a low income
Coverage area: Oka
Hours: food assistance: Thursday 10h00 to 12h00 clothing counter: Saturday 9h30 to 15h00
Financing: donations
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE DEUX-MONTAGNES
1002 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L7
450 473-9877 ext. 1007
Email: sophie.lescarbeau@maparoisse.info
Eligibility: people on a low income
Coverage area: Deux-Montagnes
Hours: food assistance: Tuesday 11h00 to 13h00, clothing counter: Wednesday and Friday 9h30 to 16h00, collective kitchen: Wednesday by appointment, emergency food assistance: upon request
Fees: food assistance: $2 per week
Financing: donations
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE SAINTE-MARTHE
3101 de l’Église Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
450 473-9877 ext. 1007
Email: sophie.lescarbeau@maparoisse.info
Services: * Food assistance and emergency food assistance. * Thrift store.
Eligibility: people on a low income
Coverage area: Sainte-Marthe-sur-le-Lac
COMPTOIR CABRINI
210 de l’Église Street, Rosemère, Laurentides, QC, J7A 2X2
450 621-5521 ext. 211
Website: www.paroissesstluc.org
Email: aidealimentaire@paroissesstluc.org
Services: * Sale of used clothing and items at a low price. * On-site collection of used items.
Eligibility: general population
Coverage area: Bois-des-Filion, Lorraine, Rosemère
Hours: Tuesday to Friday 13h00 to 16h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

COMPTOIR D’ENTRAIDE BOIS-DES-FILION
388 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H6
450 621-5521 ext. 233
Website: www.paroissesstluc.org
Email: info@paroissesstluc.org
Services: * Sale of used clothing and items at a low price. * On-site collection of used items.
Eligibility: general population
Coverage area: Bois-des-Filion, Lorraine, Rosemère
Hours: Monday to Wednesday 9h00 to 15h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

COMPTOIR D’ENTRAIDE DE LABELLE
127 du Collège Street, Labelle, Laurentides, QC, J0T 1H0
819 686-1878  Fax: 873 284-3888
Email: c.entraide.labelle@outlook.com
Services: Food and clothing assistance counter. * Weekly food distribution. * Sale at low prices of clothing, household items, small and large appliances, toys, board games, books, sports items, furniture, etc.
Eligibility: people on a low income or in need
Coverage area: Labelle, La Minerve
Hours: Monday to Friday 9h00 to 16h00, 1st Saturday of the month 10h00 to 12h00
food assistance: Thursday 9h30 to 15h00
Fees: food assistance: $5
Financing: donations
Legal status: non-profit organization

COMPTOIR D’ENTRAIDE DE LACHUTE
273 Principale Street, Lachute, Laurentides, QC, J8H 2Z7
450 562-9932
Services: * Sale of used clothes and other items. * Collection of donations on-site: furniture, toys, clothes, books, household appliances, dishware, household items, etc. * Welcoming participants to various employability measures, volunteers.
Coverage area: Laurentides
Hours: Tuesday to Saturday 9h30 to 16h00, store: Saturday 12h00 to 16h00
Financing: self-financing  
Legal status: non-profit organization

COMPTOIR D'ENTRAIDE POPULAIRE MIRABEL
8555 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3  
450 475-7609  
Email: cepmi@videotron.ca  
Services: * Recovery and sale of used clothing, items and furniture. * Food baskets. * Financial assistance for school supplies and day camps.  
Eligibility: families, people on a low income  
Coverage area: food baskets and assistance for school supplies: Mirabel, collection of used items: Saint-Benoît, Saint-Hermas and Saint-Augustin parishes, cities of Sainte-Thérèse, Blainville, Boisbriand  
Hours: thriftstore: Monday and Thursday 13h00 to 17h00, Tuesday and Wednesday 13h00 to 16h00, Saturday 9h00 to 12h00, donations: 7/7, 7h30 to 20h00, food assistance: Tuesday 13h30 to 15h00  
Financing: self-financing, donations  
Legal status: non-profit organization

COMPTOIR DÉPANNE-TOUT STE-THÉRÈSE
69 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H5  
450 979-4955  
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  
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

COMPTOIR FAMILIAL SAINT-JOSEPH
1845, chemin du Village, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0  
819 327-2711  
Email: saintadolphe@hotmail.com  
Services: * Recovery and sale of items at low prices: clothing, toys, books, dishes, household items, etc.  
Coverage area: MRC Les Pays-d'en-Haut  
Hours: Tuesday to Thursday 13h00 to 16h00, Saturday 9h00 to 12h00, winter: Tuesday to Thursday 13h00 to 16h00, Saturday 10h00 to 13h00  
Financing: self-financing, donations  
Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINT-EUSTACHE (LA) - AIDE AUX PERSONNES EN DIFFICULTÉ
374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7  
450 473-3200 ext. 5     Fax: 450 473-5055  
Website: paroissest-eustache.com  
Email: gpineault@st-eustache.qc.ca  
Eligibility: families, individuals in need  
Coverage area: Saint-Eustache
**FABRIQUE DE LA PAROISSE DE SAINT-JÉRÔME**

920 du Curé-Labelle Boulevard, Saint-Jérôme, Laurentides, QC, J7C 2L2  
450 432-9742  
Email: gervaisp@ecdl.ca  
Eligibility: people on a low income, people experiencing homelessness  
Capacity: 200  
Coverage area: Saint-Jérôme, Sainte-Paule sector  
Hours: food: Monday 11h00 to 13h00  
clothing: Tuesday 9h30 to 14h30  
Fees: free for resident of Sainte Paule  
Financing: donations  
Legal status: non-profit organization

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**FABRIQUE DE LA PAROISSE DE SAINTE-MARGUERITE (LA) - FRIPERIE DE L'ÉGLISE SAINE-MARGUERITE**

81 Masson Road, Estérel, Laurentides, QC, J0T 1L0  
450 228-2410  
Email: friperiestemarguerite@hotmail.com  
Services: * Sale of used items: clothing, toys, dishes, furniture, mattresses, small appliances, electronics, books, sporting goods. * On-site recovery of used items.  
Coverage area: Sainte-Marguerite-du-Lac-Masson  
Hours: Wednesday 9h00 to 15h00  
Fees: variable  
Financing: self-financing  
Legal status: non-profit organization

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**FONDATION MÉDICALE DES LAURENTIDES ET DES PAYS-D'EN-HAUT**

50 Corbeil Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1X2  
819 323-4565  Fax: 819 323-4568  
Website: www.fondationmedicale.com  
Email: info@fondationmedicale.com  
Services: Improving and supporting the health and well-being of the population. * Acquisition and modernization of medical equipment in health facilities. * Aux Trésors de la Fondation: sale of used items at low prices.  
Eligibility: population, health facilities, municipalities  
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, Saint-Donat, Notre-Dame-de-la-Merci  
Hours: Tuesday to Saturday 9h30 to 12h00 and 13h00 to 16h30, Aux Trésors de la Fondation: Friday and Saturday 9h00 to 17h00  
Financing: donations  
Legal status: non-profit organization

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**FOUILLERIE (LA)**

28 Bennett Street, Morin-Heights, Laurentides, QC, J0R 1H0  
450 644-0087  
Website: www.gardemangerpdh.ca/fouillerie  
Email: secretariat@gardemangerpdh.ca  
Services: * Collecting and selling used clothing and household items at affordable prices.
**GRENIER POPULAIRE DES BASSES-LAURENTIDES**

Coverage area: MRC Les Pays-d'en-Haut

Hours: Thursday and Friday 9h00 to 13h00, 1st Saturday of the month 9h00 to 14h00, summer period: variable hours

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

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**HAVRE D’ESPOIR**


Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC Mirabel

Hours: Monday to Saturday 9h00 to 17h00

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

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**L’ENTRE-AMIS**


Eligibility: families, people in need

Coverage area: Saint-Eustache

Hours: community meals: Wednesday 11h00 to 13h00

Fees: lunch: free

Financing: self-financing

Legal status: non-profit organization

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**MAISON D’ENTRAIDE DE PRÉVOST**


Eligibility: people on a low income, general population
Coverage area: Prévost
Hours: Monday to Friday 9h00 to 11h45 and 13h00 to 15h45, food distribution: Thursday 10h00 to 11h30, family counter, donations storage and thrift store: Monday 13h00 to 15h45, Tuesday and Friday 9h00 to 11h45 and 13h00 to 15h45, donations of furniture and other items: Monday to Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

MAISON DU PARTAGE (LA)
151-A Notre-Dame Street, Oka, Laurentides, QC, J0N 1E0
450 479-6221
Website: maisondupartage.com
Email: info@maisondupartage.com
Services: Recovery and redistribution of clothing, furniture and small house items. * Thrift shop.
Coverage area: Oka
Hours: Saturday 9h00 to 15h00
Financing: self-financing
Legal status: non-profit organization

MAISON POPULAIRE D’ARGENTEUIL
335 Principale Street, Lachute, Laurentides, QC, J8H 2Z7
450 562-1996
Email: maisonpopulairearg@videotron.ca
Eligibility: adults
Coverage area: MRC Argenteuil
Hours: Monday to Friday 9h30 to 12h00 and 13h30 to 16h00
Financing: self-financing
Legal status: non-profit organization

MANNE DU JOUR
386 Hébert Road, Mont-Laurier, Laurentides, QC, J9L 2X2
819 623-6604
Website: www.mannedujour.ca
Email: mannedujour@gmail.com
Eligibility: low income families, the Boutik: general public
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 17h00, food bank: Friday 9h00 to 12h00 and 13h00 to 15h00, Saturday to play: Saturday and Sunday during the school year, Homework-Club: 2 evenings per week, the Boutik: Monday to Friday 9h00 to 17h00
Fees: food bank: $5, the Boutik: variable
Financing: donations, grants, self-financing
Legal status: non-profit organization
MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE MONT-LAURIER
2797 Adolphe-Chapleau Road, Mont-Laurier, Laurentides, QC, J9L 2N7
1 866 623-3009     Fax: 819 623-7040
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca
Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: grants, donations
Legal status: non-profit organization

MÈREVEILLE (LA) - CENTRE DE RESSOURCES PÉRINATALES - POINT DE SERVICE RIVIÈRE-ROUGE
1475 L'Annonciation Nord Street, 2nd floor, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-7653     Fax: 819 275-2161
Website: www.lamereveille.ca
Email: directioncrp@lamereveille.ca
Eligibility: pregnant women, new parents, families, children 0 to 5 years old
Coverage area: MRC d'Antoine-Labelle
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: grants, donations
Legal status: non-profit organization

MOUVEMENT DES PERSONNES D'ABORD DE LACHUTE
442 Principale Street, Lachute, Laurentides, QC, J8H 1Y3
450 562-5846
Email: mouvement_lachute1@outlook.com
Services: Advocacy of the collective rights of people living or having been labeled with an intellectual disability. * Awareness, mobilization and representation actions. * Weekly and annual activities. * Bazaar: used clothes for the family, books, DVD and others items.
Eligibility: people living or having been labeled with an intellectual disability, their relatives
Coverage area: Lachute
Hours: Tuesday to Friday 10h00 to 15h00
Fees: membership card: $10
Financing: provincial, self-financing
Legal status: non-profit organization
OUVROIR SAINT-SAUVEUR-DES-MONTS
382 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 227-1445
Services: * Thrift store: clothes, items for infants, decorative items, sports gear, furniture, etc.
Eligibility: people on a low income
Coverage area: Saint-Sauveur
Hours: Tuesday and Thursday 9h00 to 11h30 and 12h30 to 15h00, first Saturday of the month 9h00 to 12h00, courtyard sale: every other Thursday 9h00 to 13h00
Fees: variable
Financing: self-financing, donations
Legal status: non-profit organization

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 and electronic devices. * On-site collection of used items.
Coverage area: Sainte-Anne-des-Plaines, Terrebonne
Hours: Monday and Wednesday 9h00 to 12h00 and 13h00 to 15h00, Tuesday and Saturday 9h00 to 12h00
Financing: donations
Legal status: non-profit organization

PAROISSE SAINTE-FAMILLE - SAINT-RÉDEMPTEUR
421 Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4
450 437-2018 ext. 406
Email: info@paroissesaintefamille.com
Services: Family assistance services. * Thrift store. * Recovery of used items on site: clothing, baby items, small appliances, toys, books, jewelry and accessories.
Eligibility: families in need
Coverage area: Blainville
Hours: thrift store: Monday to Thursday and Saturday 9h00 to 12h00
Financing: self-financing, donations
Legal status: non-profit organization

RECYC-DONS
246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0
450 838-9954 Fax: 450 707-1579
Website: www.recyc-dons.org
Email: info@recyc-dons.org
Eligibility: people on a low income, people who care about environmental issues
Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 19h00
Financing: provincial, donations
Legal status: non-profit organization
RECYPRO
70 Simon Street, Lachute, Laurentides, QC, J8H 3R8
450 562-7740  Fax: 450 562-7918
Website: www.recypro.com
Email: info@recypro.com
Eligibility: employment: adults with difficulties obtaining or maintaining a job
Coverage area: Laurentides
Hours: store: Monday to Wednesday 12h00 to 17h00, Thursday and Friday 12h00 to 19h00
Financing: grants, self-financing
Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)
2 Masson Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0
450 228-8606
Email: larencontre@qc.aira.com
Eligibility: residents
Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: Monday to Thursday 8h30 to 14h30, meal delivery: Tuesday to Thursday, food counter: Thursday
Fees: meals on wheels: $6, community dinner: $5
Financing: Centraide Laurentides, provincial
Legal status: non-profit organization

SAMARITAINE DE MONT-TREMBLANT (LA)
120 de Brébeuf Road, Mont-Tremblant, Laurentides, QC, J8E 1A1
819 429-5938  Fax: 819 429-5200
Website: www.lasamaritaine.ca
Email: lasamaritaine@bellnet.ca
Eligibility: people and families on a low income, people in vulnerable situations
Coverage area: Amherst, Arundel, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Mont-Tremblant, Montcalm, Saint-Faustin-Lac-Carré, food assistance: Brébeuf, La Conception, Saint-Faustin-Lac-Carré, Mont-Tremblant
Hours: Monday to Friday 9h00 to 11h30 and 12h30 to 16h00, food assistance: Wednesday 12h30 to 15h30, Eco-warehouse: Tuesday and Wednesday 9h00 to 11h30 and 12h30 to 16h00, Bonhomme à lunettes: Thursday 9h30 to 12h00
Fees: food assistance: $5, emergency food assistance: none
Financing: donations, self-financing
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

*Services:* Sale of clothing and household items. * Donation to people in dire need. * Reception of donations: clothing, furniture, appliances, mattresses, books and other items. * At-home pick-up of furniture.

*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:* pick-up: free

*Financing:* donations, self-financing

*Legal status:* non-profit organization

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**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE MONT-LAURIER**
656 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-6499

*Website:* csvp-mont-laurier.org

*Email:* info@csvp-mont-laurier.org


*Eligibility:* people on a low income

*Coverage area:* Mont-Laurier

*Hours:* Tuesday and Wednesday 13h00 to 17h00, Thursday 13h00 to 20h00, Friday 13h00 to 17h00

*Financing:* donations

*Legal status:* non-profit organization

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**TIROIRS DE SAINTE-ADÈLE (LES)**
1360 Dumouchel Street, Sainte-Adèle, Laurentides, QC, J8B 1V9
450 229-7208

*Services:* * Thrift store: clothes, household items, small furniture.

*Eligibility:* people on a low income

*Coverage area:* Sainte-Adèle

*Hours:* Tuesday to Thursday 10h00 to 16h00

*Fees:* variable

*Financing:* self-financing, donations

*Legal status:* collective name society

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**TROUVAILLES D'EUSTACHE (LES)**
123 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9
450 473-6124  Fax: 450 472-5416

*Website:* paroissest-eustache.com

*Email:* gpineault@st-eustache.qc.ca

*Services:* Recovery and sale of used clothing and other items.

*Coverage area:* Saint-Eustache

*Hours:* Monday to Friday 13h00 to 16h00

*Financing:* self-financing

*Legal status:* non-profit organization
Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

PUBLIC TRANSPORTATION
Accompanied transport

ACTION BÉNÉVOLE DE LA ROUGE (L') - ACCOMPANIMENT-TRANSPORTATION
284 L'Annonciation Street South, Rivièrे-Rouge, Laurentides, QC, J0T 1T0
819 275-1241 ext. 2  Fax: 819 275-1700
Website: www.actionbenevoledelarouge.com
Email: directionabr@gmail.com

Services: * Transportation-accompaniment to medical appointments by volunteers.
Eligibility: people with temporary or permanent autonomy loss, people living with a physical disability or chronic disease, people in recovery, receiving help from CSST, social assistance or curatorship
Coverage area: Rivièrе-Rouge
Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: federal, donations, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’ARGENTEUIL - ACCOMPANIMENT-TRANSPORTATION
212, rue Wilson, Lachute, Laurentides, QC, J8H 3J3
450 562-7447  Fax: 450 562-6184
Website: cabargenteuil.ca
Email: info@cabargenteuil.ca

Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: people aged 65 years old and over
Coverage area: MRC Argenteuil
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00
Fees: variable, fee for each accompaniment-transportation
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - ACCOMPANIMENT-TRANSPORTATION
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819 326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org

Services: * Accompaniment and transportation to medical appointments or important errands (groceries, bank, pharmacy), by volunteers. * Grocery van: community transportation allowing seniors to go for errands or groceries in a van driven by a volunteer.
Eligibility: important errands: people 60 years old and over, medical: any adult with a permanent or temporary loss of autonomy, grocery van: any elderly person living alone who has no means of transportation
Coverage area: MRC Les Laurentides
Hours: office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: contribution according to the distance of the trip, grocery van: $5
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412  Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org

Eligibility: seniors, caregivers, people wishing to volunteer, community and volunteering organizations


Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: Tuesday for Mont-Laurier and Lac-des-Écorces, Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain

Fees: meals on wheels: $5, community lunch: $7, Transport Gérontin: variable

Financing: donations, self-financing, provincial, foundations, Centraide Laurentides

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER - ACCOMPANIMENT-TRANSPORTATION

610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412 ext. 224
Website: www.cableonie-belanger.org
Email: info@cableonie-belanger.org

Services: * Transport and accompaniment by volunteers for medical appointments.

Eligibility: seniors aged 60 years old and over

Coverage area: accompaniment-transporation: Mont-Laurier, appointment: MRC Antoine-Labelle

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00

Fees: transportation and accompaniment: $9.50 for a local accompaniment and $0.40 per kilometer for an accompaniment outside of Mont-Laurier

Financing: self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L’AIDE - ACCOMPANIMENT-TRANSPORTATION

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540     Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org

Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.

Eligibility: seniors 65 years and over, adults with loss of autonomy


Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, variable

Fees: fixed rates according to the destination

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME - ACCOMPANIMENT-TRANSPORTATION

225 de la Gare Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200 ext. 223 and 225     Fax: 450 432-7354
Website: www.cbsj.qc.ca
Email: info@cbsj.qc.ca

Services: * Accompaniment and transportation to medical appointments and outings by volunteers.
Transportation

Eligibility: people over 60 years old or people 60 years old and under with a temporary or permanent loss of autonomy, who are in convalescence or who have a chronic illness and need accompaniment to their medical appointments


Financing: foundations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP - ACCOMPANIMENT-TRANSPORTATION
65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9
450 430-5056 ext. 226 Fax: 450 430-0203
Website: www.cab-solange-beauchamp.com
Email: info@cabsb.org

Services: * Accompaniment and transportation to medical and community appointments by volunteers.

Eligibility: seniors 65 years and over

Coverage area: MRC Thérèse-De Blainville, transportation in Greater Montréal

Hours: Monday to Friday 8h30 to 16h30, depending on the availability of volunteers

Fees: $0.42 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: seniors, people with a loss of autonomy, people on a low income

Coverage area: MRC Thérèse-De Blainville, transportation in Greater Montréal

Hours: 7 days

Fees: annual membership: $10, $0.50 per km

Financing: provincial

Legal status: non-profit organization

COMITÉ DE BÉNÉVOLAT POUR S'ENTRAIDER DE FERME-NEUVE
159 8th Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1C0
819 587-4792

Services: * Transport and accompaniment of seniors to medical appointments.

Eligibility: seniors over 60 years old in Ferme-Neuve

Coverage area: Ferme-Neuve

Hours: Monday to Sunday 8h00 to 18h00

Fees: variable depending on the trip

Financing: donations

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020 Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d’en-Haut

Hours: Monday to Friday 8h30 to 16h30, van: weekly grocery shopping for residents of Morin Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, bi-monthly grocery shopping for residents of Monfort and Saint-Adolphe-d’Howard, monthly shopping outing in Saint-Jérôme and Rosemère for all residents, special outings on request

Fees: meals on wheels: $6 per meal, community meal: $6 per meal, light housework: travel expenses, van: low contribution

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D’EN-HAUT (L’) - ACCOMPAGNEMENT-TRANSPORT

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020    Fax: 450 229-7539

Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com

Services: * Transportation and accompaniment to medical appointments by volunteers. * Van: public transportation service for shopping trips (grocery store, bank, etc.).

Eligibility: people with temporary or permanent loss of autonomy

Coverage area: MRC Les Pays-d’en-Haut

Hours: medical appointments: Monday to Friday, medical appointment service: 7 days

Fees: medical appointments: contribution set according to source of income and distance, grocery shopping: $10

Financing: self-financing

Legal status: non-profit organization

KANESATAKE HEALTH CENTER - TRANSPORTATION

12 Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-6000    Fax: 450 479-8313

Website: www.kanesatakehealthcenter.ca
Email: info@kanesatakehealthcenter.ca

Services: * Medical transportation by employees.

Eligibility: people member of First Nations

Coverage area: Kanesatake

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal

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 theaters, etc. * List of locations serviced:


Eligibility: seniors 65 years old and over
Transportation

Coverage area: Rosemère
Hours: transportation: Tuesday, Thursday and Friday 7h00 to 23h00
Fees: round-trip: $2
Financing: municipal
Legal status: municipal agency

SERCAN - TRANSPORTATION
50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912     Fax: 450 491-5770
Website: www.maisonsercan.ca
Email: communication@maisonsercan.ca
Services: * Medical transportation by volunteers for people with cancer.
Eligibility: people with cancer
Coverage area: MRC Deux-Montagnes
Hours: Monday to Friday, daytime
Fees: membership fee: $10 per year, transport: fixed rated based on the destination
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization

TRANSPORT ADAPTÉ ET COLLECTIF D’ANTOINE-LABELLE
294 Du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 623-5565
Website: tacal.ca
Email: info@tacal.ca
Eligibility: public transportation: residents, paratransit: people with disabilities and mobility limitations, volunteer transportation: people with special transportation needs
Coverage area: MRC Antoine-Labelle and surroundings
Hours: customer service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: public and paratransit: $3 per trip, volunteer transportation: fees according to kilometers travelled
Financing: municipal, self-financing, grants
Legal status: non-profit organization

TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD
1272 de la Traverse Pré?vost Street, Prévost, Laurentides, QC, J0R 1T0
450 224-8800
Website: www.mrcrdn.qc.ca/tac-rdn
Email: tacmrcrdn@hotmail.com
Services: * Collective and adapted transportation in minibus and taxibus.
Eligibility: collective transportation: residents, adapted transportation: people living with a disability that limits their mobility
Coverage area: Prévost, Saint-Colomban, Saint-Hippolyte, Sainte-Sophie
Hours: offices: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, transportation: 7 days, 6h30 to 19h30
Fees: collective transportation: $5 per trip, mensual card: $150 per month
Financing: provincial, municipal, grants, self-financing
Legal status: non-profit organization
TRANSPORT ADAPTÉ ET COLLECTIF DES LAURENTIDES
16 Saint-Paul Street East, Suite 102, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3R2
819 774-0467 Fax: 819 774-0473
Website: www.transportlaurentides.ca
Email: info@transportlaurentides.ca
Eligibility: public transit: general public, paratransit: people living with a disability and with mobility limitations
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, L'Ascension, La Macaza, Nominingue, Prévol, Rivière-Rouge
Hours: offices: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, L'Inter call centre: 7 days, 8h00 to 19h00
Fees: public transit: $6 per trip, free for children aged 0 to 11, taxibus: $6 per trip, free for children aged 0 to 11, paratransit: price depending on the distance to be traveled
Financing: self-financing, grants, municipal
Legal status: non-profit organization

Accompanied transport for medical reasons

ACTION BÉNÉVOLE DE LA ROUGE (L') - ACCOMPANIMENT-TRANSPORTATION
284 L'Annonciation Street South, Rivière-Rouge, Laurentides, QC, J0T 1T0
819 275-1241 ext. 2 Fax: 819 275-1700
Website: www.actionbenevolodelarouge.com
Email: directionabr@gmail.com
Services: * Transportation-accompanyment to medical appointments by volunteers.
Eligibility: people with temporary or permanent autonomy loss, people living with a physical disability or chronic disease, people in recovery, receiving help from CSST, social assistance or curatorship
Coverage area: Rivière-Rouge
Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: federal, donations, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’ARGENTEUIL - ACCOMPANIMENT-TRANSPORTATION
212, rue Wilson, Lachute, Laurentides, QC, J8H 3J3
450 562-7447 Fax: 450 562-6184
Website: cabargenteuil.ca
Email: info@cabargenteuil.ca
Services: * Transportation and accompaniment to medical appointments or important errands (groceries, bank, pharmacy), by volunteers. * Grocery van: community transportation allowing seniors to go for errands or groceries in a van driven by a volunteer.
Coverage area: MRC Argenteuil
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 11h00
Fees: variable, fee for each accompaniment-transportation
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - ACCOMPANIMENT-TRANSPORTATION
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819 326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org
Services: * Accompaniment and transportation to medical appointments or important errands (groceries, bank, pharmacy), by volunteers. * Grocery van: community transportation allowing seniors to go for errands or groceries in a van driven by a volunteer.
Eligibility: important errands: people 60 years old and over, medical: any adult with a permanent or temporary loss of autonomy, grocery van: any elderly person living alone who has no means of transportation

Coverage area: MRC Les Laurentides

Hours: office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30

Fees: contribution according to the distance of the trip, grocery van: $5

Financing: donations, provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER - ACCOMPANIMENT-TRANSPORTATION
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412 ext. 224
Website: www.cableonie-belanger.org
Email: info@cableonie-belanger.org

Services: * Transport and accompaniment by volunteers for medical appointments.

Eligibility: seniors aged 60 years old and over

Coverage area: accompaniment-transportation: Mont-Laurier, appointment: MRC Antoine-Labelle

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00

Fees: transportation and accompaniment: $9.50 for a local accompaniment and $0.40 per kilometer for an accompaniment outside of Mont-Laurier

Financing: self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE - ACCOMPANIMENT-TRANSPORTATION
184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7
450 472-9540     Fax: 450 472-9586
Website: cabartisans.org/en
Email: info@cabartisans.org

Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.

Eligibility: seniors 65 years and over, adults with loss of autonomy


Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, variable

Fees: fixed rates according to the destination

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE SAINT-JÉRÔME - ACCOMPANIMENT-TRANSPORTATION
225 de la Gare Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4
450 432-3200 ext. 223 and 225     Fax: 450 432-7354
Website: www.cbsj.qc.ca
Email: info@cbsj.qc.ca

Services: * Accompaniment and transportation to medical appointments and outings by volunteers.

Eligibility: people over 60 years old or people 60 years old and under with a temporary or permanent loss of autonomy, who are in convalescence or who have a chronic illness and need accompaniment to their medical appointments


Financing: foundations

Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP - ACCOMPANIMENT-TRANSPORTATION
65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9
450 430-5056 ext. 226  Fax: 450 430-0203
Website: www.cab-solange-beauchamp.com
Email: info@cabsb.org
Services: * Accompaniment and transportation to medical and community appointments by volunteers.
Eligibility: seniors 65 years and over
Coverage area: MRC Thérèse-De Blainville, transportation in Greater Montréal
Hours: Monday to Friday 8h30 to 16h30, depending on the availability of volunteers
Fees: $0.42 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: seniors, people with a loss of autonomy, people on a low income
Coverage area: MRC Thérèse-De Blainville, transportation in Greater Montréal
Hours: 7 days
Fees: annual membership: $10, $0.50 per km
Financing: provincial
Legal status: non-profit organization

COMITÉ DE BÉNÉVOLAT POUR S’ENTRAIDER DE FERME-NEUVE
159 8th Street, Sainte-Anne-du-Lac, Laurentides, QC, J0W 1C0
819 587-4792
Services: * Transport and accompaniment of seniors to medical appointments.
Eligibility: seniors over 60 years old in Ferme-Neuve
Coverage area: Ferme-Neuve
Hours: Monday to Sunday 8h00 to 18h00
Fees: variable depending on the trip
Financing: donations
Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D’EN-HAUT (L’) - ACCOMPAGNEMENT-TRANSPORT
1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020  Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com
Services: * Transportation and accompaniment to medical appointments by volunteers. * Van: public transportation service for shopping trips (grocery store, bank, etc.).
Eligibility: people with temporary or permanent loss of autonomy
Coverage area: MRC Les Pays-d’en-Haut
Hours: medical appointments: Monday to Friday, medical appointment service: 7 days
Fees: medical appointments: contribution set according to source of income and distance, grocery shopping: $10
Financing: self-financing
Legal status: non-profit organization
KANESATAKE HEALTH CENTER - TRANSPORTATION
12 Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0
450 479-6000 Fax: 450 479-8313
Website: www.kanesatakehealthcenter.ca
Email: info@kanesatakehealthcenter.ca
Services: * Medical transportation by employees.
Eligibility: people member of First Nations
Coverage area: Kanesatake
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: federal
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 theaters, etc. * List of locations serviced:
Eligibility: seniors 65 years old and over
Coverage area: Rosemère
Hours: transportation: Tuesday, Thursday and Friday 7h00 to 23h00
Fees: round-trip: $2
Financing: municipal
Legal status: municipal agency

SERCAN - TRANSPORTATION
50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912 Fax: 450 491-5770
Website: www.maisonsercan.ca
Email: communication@maisonsercan.ca
Services: * Medical transportation by volunteers for people with cancer.
Eligibility: people with cancer
Coverage area: MRC Deux-Montagnes
Hours: Monday to Friday, daytime
Fees: membership fee: $10 per year, transport: fixed rated based on the destination
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization

TRANSPORT ADAPTÉ ET COLLECTIF D’ANTOINE-LABELLE
294 Du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 623-5565
Website: tacal.ca
Email: info@tacal.ca
Eligibility: public transportation: residents, paratransit: people with disabilities and mobility limitations, volunteer transportation: people with special transportation needs
Coverage area: MRC Antoine-Labelle and surroundings
Hours: customer service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: public and paratransit: $3 per trip, volunteer transportation: fees according to kilometers travelled
Paratransit

TRANSPORT ADAPTÉ ET COLLECTIF D'ANTOINE-LABELLE
294 Du Pont Street, Mont-Laurier, Laurentides, QC, J9L 2R2
819 623-5565
Website: tacal.ca
Email: info@tacal.ca


Eligibility: public transportation: residents, paratransit: people with disabilities and mobility limitations, volunteer transportation: people with special transportation needs

Coverage area: MRC Antoine-Labelle and surroundings

Hours: customer service: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: public and paratransit: $3 per trip, volunteer transportation: fees according to kilometers travelled

Financing: municipal, self-financing, grants

Legal status: non-profit organization

TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC D'ARGENTEUIL
540, Berry Street, Lachute, Laurentides, QC, J8H 1S5
450 562-5797     Fax: 450 562-6199
Website: argenteuil.qc.ca/services/transport-adapte-et-collectif/transport-adapte
Email: transports@argenteuil.qc.ca

Services: * Public transit: taxibus in the 9 municipalities of Argenteuil, Argenteuil-Saint-Jérôme circuit, free circuit to Le Carrefour shopping centre. * Door to door paratransit: serving the 9 municipalities of Argenteuil.

Eligibility: paratransit: people living with functional limitations in their movements

Coverage area: MRC Argenteuil

Hours: customer service: Monday to Friday 7h30 to 12h00 and 13h00 to 16h30

Fees: variable, shopping centre circuit: free

Financing: municipal, self-financing, grants

Legal status: parapublic organization

TRANSPORT ADAPTÉ ET COLLECTIF DE LA MRC RIVIÈRE-DU-NORD
1272 de la Traverse Pré?vost Street, Prévost, Laurentides, QC, J0R 1T0
450 224-8800
Website: www.mrcrdn.qc.ca/tac-rdn
Email: tacmrcrdn@hotmail.com

Services: * Collective and adapted transportation in minibus and taxibus.

Eligibility: collective transportation: residents, adapted transportation: people living with a disability that limits their mobility

Coverage area: Prévost, Saint-Colomban, Saint-Hippolyte, Sainte-Sophie

Hours: offices: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, transportation: 7 days, 6h30 to 19h30

Fees: collective transportation: $5 per trip, mensual card: $150 per month

Financing: provincial, municipal, grants, self-financing

Legal status: non-profit organization
TRANSPORT ADAPTÉ ET COLLECTIF DES LAURENTIDES
16 Saint-Paul Street East, Suite 102, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3R2
819 774-0467    Fax: 819 774-0473
Website: www.transportlaurentides.ca
Email: info@transportlaurentides.ca

Eligibility: public transit: general public, paratransit: people living with a disability and with mobility limitations
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, L'Ascension, La Macaza, Nominingue, Prévost, Rivièr-Rouge
Hours: offices: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, L'Inter call centre: 7 days, 8h00 to 19h00
Fees: public transit: $6 per trip, free for children aged 0 to 11, taxibus: $6 per trip, free for children aged 0 to 11, paratransit: price depending on the distance to be traveled
Financing: self-financing, grants, municipal
Legal status: non-profit organization

Public Transportation

CENTRE D’ACTION BÉNÉVOLE LÉONIE BÉLANGER
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 623-4412    Fax: 819 623-3081
Website: cableonie-belanger.org
Email: info@cableonie-belanger.org

Eligibility: seniors, caregivers, people wishing to volunteer, community and volunteering organizations
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, Transport Gérontin: Tuesday for Mont-Laurier and Lac-des-Écorces, Thursday for Kiamika, Lac-du-Cerf, Saint-Aimé-du-Lac-des-Îles and Notre-Dame-de-Pontmain
Fees: meals on wheels: $5, community lunch: $7, Transport Gérontin: variable
Financing: donations, self-financing, provincial, foundations, Centraide Laurentides
Legal status: non-profit organization

FONDATION MARTIN PAQUETTE
Confidential Address
819 660-9771
Email: fondation.martin-paquette@hotmail.com

Eligibility: children with leukemia, cancer or rare diseases, their families
Hours: variable
Fondation Yvan Laurin
1300 des Cerisiers Road, Mont-Laurier, Laurentides, QC, J9L 0Y3
819 623-6229 Fax: 819 440-2579
Email: jassflo@videotron.ca
Services: Assistance to people on a low income with cancer, to ensure them a better quality of life. * Financial assistance for services not covered.
Eligibility: people on a low income with cancer
Coverage area: MRC Antoine-Labelle
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization

Mont-Tremblant Public Transit
1145 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 1V1
819 425-8614 ext. 2609
Website: www.villedemont-tremblant.qc.ca/fr/citoyens/transport/transport-en-commun-de-mont-tremblant-tcmt
Services: Public transit service linking downtown, Le Village and The Centre de villégiature Tremblant.
Coverage area: Mont-Tremblant
Hours: line A: 7 days, 5h38 to 23h38, line B: 7 days, 6h12 to 18h40
Fees: none
Financing: municipal
Legal status: non-profit organization

Transport Adapté et Collectif de la MRC d'Argenteuil
540, Berry Street, Lachute, Laurentides, QC, J8H 1S5
450 562-5797 Fax: 450 562-6199
Website: argenteuil.qc.ca/services/transport-adapte-et-collectif/transport-adapte
Email: transports@argenteuil.qc.ca
Services: * Public transit: taxibus in the 9 municipalities of Argenteuil, Argenteuil-Saint-Jérôme circuit, free circuit to Le Carrefour shopping centre. * Door to door paratransit: serving the 9 municipalities of Argenteuil.
Eligibility: paratransit: people living with functional limitations in their movements
Coverage area: MRC Argenteuil
Hours: customer service: Monday to Friday 7h30 to 12h00 and 13h00 to 16h30
Fees: variable, shopping centre circuit: free
Financing: municipal, self-financing, grants
Legal status: parapublic organization

Transport Adapté et Collectif des Laurentides
16 Saint-Paul Street East, Suite 102, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3R2
819 774-0467 Fax: 819 774-0473
Website: www.transportlaurentides.ca
Email: info@transportlaurentides.ca
Eligibility: public transit: general public, paratransit: people living with a disability and with mobility limitations
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, L'Ascension, La Macaza, Nominingue, Prévost, Rivière-Rouge
Hours: offices: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, L'Inter call centre: 7 days, 8h00 to 19h00
Transportation

**Fees:** public transit: $6 per trip, free for children aged 0 to 11, taxibus: $6 per trip, free for children aged 0 to 11, paratransit: price depending on the distance to be traveled

**Financing:** self-financing, grants, municipal

**Legal status:** non-profit organization
Violence and abuse

CHILD ABUSE

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

ELDER ABUSE

HELP LINES RELATED TO VIOLENCE AND ABUSE

PREVENTION OF VIOLENCE AND CRIME

SEXUAL ASSAULT AND INCEST

SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES

SUPPORT FOR VICTIMS AND THEIR FAMILIES

THERAPY AND COUNSELLING
Child abuse

CENTRE D’ÉVALUATION ET DE TRAITEMENT DES AGRESSIONS SEXUELLES
8 de La Salette Boulevard, Suite 101C, Saint-Jérôme, Laurentides, QC, J7Y 5C8
450 431-6400   Fax: 450 431-2475
Website: www.info-cetas.com
Email: cetas@info-cetas.com

Eligibility: victims of sexual abuse during childhood or adolescence, their parents, adults or teenagers who committed sexual abuse, their spouse
 Coverage area: Laurentians
Hours: administration: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, treatment: availabilities in the evening
Fees: variable
Financing: self-financing, provincial
Legal status: non-profit organization

CITAD’ELLE DE LACHUTE (LA)
Confidential Address
450 562-7797   Fax: 450 562-1311
Website: citadellelachute.ca
Email: administration@citadellelachute.ca

Eligibility: women and children victims of conjugal violence, workshops and trainings: schools, organizations, institutional and professional environment
Capacity: 14
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

ESCOUADE POUR L’ENFANCE
1332 Sainte-Adèle Boulevard, Suite 200, Sainte-Adèle, Laurentides, QC, J8B 0J7
450 229-6650
Website: escouade.org
Email: info@escouade.org

Eligibility: children 4 to 12 years old of primary schools and early childhood care centre, adults close to them
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 17h00, closed for summer
Financing: donations, self-financing, contributions
Legal status: non-profit organization

MAISON D’ARIANE (LA)
Confidential Address
450 432-9355   Fax: 450 432-8005
Website: maisondariane.ca
Email: info@maisondariane.ca
Services: Help Centre and Shelter for women and children who are victims of domestic violence. * Shelter services. * Mother & Child service. * External services: 24/7 help line, one-on-one meetings with a shelter worker, Assistance and support with procedures such as attending superior or criminal court, the DPJ and other needs. * Prevention and awareness.

Eligibility: women and children victims of domestic violence

Capacity: 17 women and children

Coverage area: Laurentides

Hours: telephone assistance: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)

201 Principale Street, Grenville, Laurentides, QC, J0V 1J0

819 242-2126 Fax: 819 242-2126

Email: mdjgrenville@gmail.com


Eligibility: youth from 10 to 16 years old

Coverage area: Grenville, Grenville-sur-la-Rouge

Hours: Monday to Thursday 18h00 to 20h30

Fees: membership card: $2 per year

Financing: self-financing, municipal, grants

Legal status: non-profit organization

MAISON DES JEUNES DE LABELLE

44 de l’Église Street, Labelle, Laurentides, QC, J0T 1H0

819 686-3434

Website: www.mdjlabelle.com

Email: mdjlabelle@hotmail.com

Services: Place of gathering, exchange and meeting for young people. * Prevention and learning workshops. * Sports, cultural, artistic, entertainment and other activities.

Eligibility: youth from 11 to 18 years old

Coverage area: Labelle

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 15h00 to 22h00, Saturday 12h00 to 16h00

Fees: youth member: $12 per year, adult member: $22 per year

Financing: membership fees, provincial, municipal, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DES JEUNES DE MONT-LAURIER

513 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1K8

819 623-2835

Website: www.mdjml.org

Email: admin@mdjml.org

Services: Animated meeting place for young people. * Sports, cultural and entertainment activities. * Prevention, health promotion and wellness activities.

Eligibility: youth from 11 to 17 years old

Coverage area: Mont-Laurier and surrounding areas

Hours: Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00

Fees: free, except for special activities

Financing: self-financing, municipal

Legal status: non-profit organization
MAISON DES JEUNES LA MINERVE
181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0
819 274-1797
Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes
Email: maisondesjeunes.laminerve@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: La Minerve
Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD
515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 436-6749 Fax: 450 436-1863
Website: www.mavn.ca/en
Email: info@mavn.ca
Eligibility: people living in conflict, teenagers aged 12 to 17, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses
Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Mirabel, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides
Hours: Monday to Friday 8h30 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

OMBRE-ELLE, MAISON D’AIDE ET D’HÉBERGEMENT POUR FEMMES VICTIMES DE VIOLENCE CONJUGALE (L’)
Confidential Address
819 326-1321 Fax: 819 326-7795
Website: lombrelle.qc.ca/en/home-2/
Email: info@lombrelle.qc.ca
Services: Assistance and shelter for women victims of domestic violence. * Outreach services: support, consultation and youth worker. * Information, prevention and awareness. * Duration of stay from a few days to a few months.
Eligibility: women victims of domestic violence with or without children
Capacity: 15 lits
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

Violence and abuse
Domestic violence: shelters and support

ACCUEIL COLLECTIF DES CONJOINTS EN RELATION OPPRIMANTE ET COLÉRIQUE
60 des Hauteurs Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1R4
1 877 460-9966   Fax: 450 569-8208
Website: www.accroc.qc.ca/wordpress
Email: info@accroc.qc.ca

Eligibility: boys and girls 12 to 18 years old and adult men with violent behaviors
Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC Mirabel, MRC Rivière-du-Nord, MRC Thérèse-De Blainville
Hours: 7 days, 8h00 to 0h00
Fees: depending on income
Financing: grants
Legal status: non-profit organization

CENTRE 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 Quebec or forced to remain in Quebec, 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: crdf.ca
Email: info@crdf.ca

Eligibility: women 18 years and over
Coverage area: MRC Sainte-Thérèse-de Blainville
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership card and services: free
Financing: provincial, donations
Legal status: non-profit organization
CITADELLE DE LACHUTE (LA)
Confidential Address
450 562-7797  Fax: 450 562-1311
Website: citadellelachute.ca
Email: administration@citadellelachute.ca
Eligibility: women and children victims of conjugal violence, workshops and trainings: schools, organizations, institutional and professional environment
Capacity: 14
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

LEGAL AID OFFICE - LACHUTE
505 Béthany Street, Suite 200, Lachute, Laurentides, QC, J8H 4A6
450 562-2462  Fax: 450 562-1758
Website: www.ccjll.qc.ca
Email: bajlach@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals.  * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Lachute
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - MONT-LAURIER
555 Hébert Street, Mont-Laurier, Laurentides, QC, J9L 2X4
819 623-2827  Fax: 819 623-4894
Website: www.ccjll.qc.ca
Email: bajml@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals.  * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Mont-Laurier
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-EUSTACHE
11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3
450 472-0134  Fax: 450 472-0409
Website: ccjll.qc.ca
Email: bajeust@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals.  * Reception and processing legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Saint-Eustache
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-JÉRÔME
460 Labelle Street, Suite 101, Saint-Jérôme, Laurentides, QC, J7Z 5L3
450 436-5712  Fax: 450 436-8004
Website: www.ccjll.qc.ca
Email: bajstje@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Saint-Jérôme
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-AGATHE
118 Principale Street East, Suite 107, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1
819 326-6111  Fax: 819 326-1767
Website: www.ccjll.qc.ca
Email: bajagathe@ccjll.qc.ca
Services: Free or low cost legal services to eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Sainte-Agathe-des-Monts
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE
220 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 individuals. * Reception and processing legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: 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: provincial government agency
**MAISON D'ARIANE (LA)**

Confidential Address  
**450 432-9355**  
Fax: 450 432-8005  
Website: maisondariane.ca  
Email: info@maisondariane.ca  

**Services:** Help Centre and Shelter for women and children who are victims of domestic violence.  
* Shelter services.  
* Mother & Child service.  
* External services: 24/7 help line, one-on-one meetings with a shelter worker, Assistance and support with procedures such as attending superior or criminal court, the DPJ and other needs.  
* Prevention and awareness.  

**Eligibility:** women and children victims of domestic violence  
**Capacity:** 17 women and children  
**Coverage area:** Laurentides  
**Hours:** telephone assistance: 24 hours / 7 days  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

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**MAISON OXYGÈNE LAURENTIDES**

154 Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 1Y1  
**438 825-1651**  
Website: www.maisonoxygene laurentides.org  
Email: maison.oxygene.laurentides@gmail.com  

**Services:** Housing for fathers and their children going through difficulties.  
* Temporary housing.  
* Reception, information and accompaniment.  
* Fathers-children activities.  
* Outpatient psychosocial follow-up.  
* Group workshops.  

**Eligibility:** fathers and their children  
**Capacity:** housing: 2 families  
**Coverage area:** Laurentians  
**Hours:** Monday to Friday 8h00 to 16h00  
**Fees:** external services: free, housing: minimal fee  
**Financing:** grants, donations  
**Legal status:** non-profit organization

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**MITAN (LE)**

92 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L8  
**450 435-3651**  
Fax: 450 435-3653  
Website: www.lemitan.org  
Email: adjointadministrative@lemitan.org  

**Services:**  
* Housing and psychosocial support.  
* Hotline.  
* Individual counselling and occasional helping relationship.  
* Domestic violence prevention and awareness.  
* External awareness group.  

**Eligibility:** women victims of domestic violence, their children  
**Capacity:** 21 people  
**Coverage area:** Province of Québec  
**Hours:** 24 hours / 7 days  
**Fees:** none  
**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

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**MOUVANCE, CENTRE DE FEMMES (LA)**

83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9  
**450 472-7245**  
Website: www.lamouvance.ca  
Email: info@lamouvance.ca
Violence and abuse


Eligibility: women

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: workshops: variable

Financing: provincial

Legal status: non-profit organization

OMBRE-ELLE, MAISON D'AIDE ET D'HÉBERGEMENT POUR FEMMES VICTIMES DE VIOLENCE CONJUGALE (L')

Confidential Address
819 326-1321 Fax: 819 326-7795
Website: lombrelle.qc.ca/en/home-2/
Email: info@lombrelle.qc.ca

Services: Assistance and shelter for women victims of domestic violence. * Outreach services: support, consultation and youth worker. * Information, prevention and awareness. * Duration of stay from a few days to a few months.

Eligibility: women victims of domestic violence with or without children

Capacity: 15 lits

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

PAIX PROGRAMME D'AIDE ET D'INTERVENTION

81A Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A5
819 326-1400 Fax: 819 326-9667
Website: organismepaix.ca
Email: paix@cgocable.ca


Eligibility: people 14 and over in a situation of conjugal or family violence

Coverage area: MRC des Laurentides, MRC Les Pays-d'en-Haut

Hours: Monday to Sunday 9h00 to 19h00

Fees: free

Financing: provincial

Legal status: non-profit organization

PASSE-R-ELLE DES HAUTES-LAURENTIDES (LA)

Confidential Address
819 623-1523 Fax: 819 623-6747
Website: www.maisonpasserelle.com
Email: intervention@maisonpasserelle.com

Eligibility: women victims of domestic violence and their children
Coverage area: MRC Antoine-Labelle
Hours: 24 hours / 7 days
Fees: none
Financing: donations, grants
Legal status: non-profit organization

RESSOURCES OLIVIER
2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3
819 660-2842
Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com


Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people
Capacity: temporary housing: 12 families
Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau
Hours: 7 days, 9h00 to 19h00, by appointment
Fees: housing: variable
Financing: self-financing
Legal status: non-profit organization

Elder abuse

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES
1 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819-326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org


Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector
Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - MONT-TREMBLANT OFFICE
682 de Saint-Jovite Street, Mont-Tremblant, Laurentides, QC, J8E 3J8
819 425-8433
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org

Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LAURENTIDES - SAINT-AGATHE-DES-MONTS OFFICE
1 de Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A3
819 326-0819
Website: www.cab-laurentides.org/index.html
Email: info@cab-laurentides.org


Eligibility: people 60 years old and over, convalescent people, caregivers, people who need accompaniment and who have been referred by organisations who work in the sector

Coverage area: MRC les Laurentides
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable depending on the service
Financing: donations, provincial
Legal status: non-profit organization

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES
Confidential Address
1 844 551-6032
Website: prevoyanceaineslaurentides.org
Email: prevoyance.aines.laurentides@gmail.com

Services: * PAIR program: personalized automated daily call service to ensure the safety of people living alone. * Réseau de Sentinelles: volunteers trained to support, accompany and refer seniors. * Awareness sessions in community settings against senior abuse, fraud and bullying. * Training of the program les Éclaireurs: recognize signs of vulnerability and identify seniors at risk of abuse or in loss of autonomy more effectively.

Eligibility: seniors
Coverage area: MRC Les Pays-d’en-Haut, MRC Les Laurentides, MRC Argenteuil
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: municipal, provincial, donations
Legal status: non-profit organization
Help lines related to violence and abuse

CITAD'ELLE DE LACHUTE (LA)
Confidential Address
450 562-7797  Fax: 450 562-1311
Website: citadellelachute.ca
Email: administration@citadellelachute.ca


Eligibility: women and children victims of conjugal violence, workshops and trainings: schools, organizations, institutional and professional environment

Capacity: 14
Coverage area: Province of Québec
Hours: 24 hours / 7 days

Fees: none
Financing: provincial
Legal status: non-profit organization

ESCOUADE POUR L'ENFANCE
1332 Sainte-Adèle Boulevard, Suite 200, Sainte-Adèle, Laurentides, QC, J8B 0J7
450 229-6650
Website: escouade.org
Email: info@escouade.org


Eligibility: children 4 to 12 years old of primary schools and early childhood care centre, adults close to them
Coverage area: Laurentians
Hours: Monday to Friday 9h00 to 17h00, closed for summer
Financing: donations, self-financing, contributions
Legal status: non-profit organization

MITAN (LE)
92 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L8
450 435-3651  Fax: 450 435-3653
Website: www.lemitan.org
Email: adjointadministrative@lemitan.org


Eligibility: women victims of domestic violence, their children
Capacity: 21 people
Coverage area: Province of Québec
Hours: 24 hours / 7 days

Fees: none
Financing: provincial, self-financing
Legal status: non-profit organization

PASSE-R-ELLE DES HAUTES-LAURENTIDES (LA)
Confidential Address
819 623-1523  Fax: 819 623-6747
Website: www.maisonpasserelle.com
Email: intervention@maisonpasserelle.com
Eligibility: women victims of domestic violence and their children
Coverage area: MRC Antoine-Labelle
Hours: 24 hours / 7 days
Fees: none
Financing: donations, grants
Legal status: non-profit organization

Prevention of violence and crime

ACCUEIL COLLECTIF DES CONJOINTS EN RELATION OPPRIMANTE ET COLÉRIQUE
60 des Hauteurs Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1R4
1 877 460-9966     Fax: 450 569-8208
Website: www.accroc.qc.ca/wordpress
Email: info@accroc.qc.ca

Eligibility: boys and girls 12 to 18 years old and adult men with violent behaviors
Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC Mirabel, MRC Rivière-du-Nord, MRC Thérèse-De Blainville
Hours: 7 days, 8h00 to 0h00
Fees: depending on income
Financing: grants
Legal status: non-profit organization

BEACON OF THE FREED
Confidential Address
450 990-9595
Website: en.affranchies.ca
Email: intervention@affranchies.ca

Services: Organization working against human trafficking. * Education and public awareness. * Contribution to the improvement of existing services and the creation of new services and programs. * Assistance relationship for people living with the consequences of a situation of exploitation or exchange of sexual services. * Program for tourist accommodation and transportation companies.
Eligibility: victims or close ones of victims of human trafficking of all forms, from sexual exploitation to labor exploitation, both locally and internationally, workers working on the issue or likely to be in contact with victims
Coverage area: Laurentides, with few exceptions
Hours: Monday to Friday 8h00 to 17h00
Fees: direct services: none, workshops and public awareness: variable
Financing: provincial
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: crdf.ca
Email: info@crdf.ca

Eligibility: women 18 years and over
Coverage area: MRC Sainte-Thérèse-de Blainville
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership card and services: free
Financing: provincial, donations
Legal status: non-profit organization

CITAD'ELLE DE LACHUTE (LA)

Confidential Address
450 562-7797 Fax: 450 562-1311
Website: citadellelachute.ca
Email: administration@citadellelachute.ca


Eligibility: women and children victims of conjugal violence, workshops and trainings: schools, organizations, institutional and professional environment
Capacity: 14
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON D'ARIAINE (LA)

Confidential Address
450 432-9355 Fax: 450 432-8005
Website: maisondariane.ca
Email: info@maisondariane.ca

Services: Help Centre and Shelter for women and children who are victims of domestic violence. * Shelter services. * Mother &amp Child service. * External services: 24/7 help line, one-on-one meetings with a shelter worker, Assistance and support with procedures such as attending superior or criminal court, the DPJ and other needs. * Prevention and awareness.

Eligibility: women and children victims of domestic violence
Capacity: 17 women and children
Coverage area: Laurentides
Hours: telephone assistance: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DES JEUNES DE GRENVILLE ET AGGLOMÉRATION (LA)

201 Principale Street, Grenville, Laurentides, QC, J0V 1J0
819 242-2126 Fax: 819 242-2126
Email: mdjgrenville@gmail.com


Eligibility: youth from 10 to 16 years old
Coverage area: Grenville, Grenville-sur-la-Rouge
Hours: Monday to Thursday 18h00 to 20h30
Fees: membership card: $2 per year
MAISON DES JEUNES DE LABELLE
44 de l’Église Street, Labelle, Laurentides, QC, J0T 1H0
819 686-3434
Website: www.mdjlabelle.com
Email: mdjlabelle@hotmail.com
Services: Place of gathering, exchange and meeting for young people. * Prevention and learning workshops. * Sports, cultural, artistic, entertainment and other activities.
Eligibility: youth from 11 to 18 years old
Coverage area: Labelle
Hours: Tuesday to Thursday 17h00 to 21h00, Friday 15h00 to 22h00, Saturday 12h00 to 16h00
Fees: youth member: $12 per year, adult member: $22 per year
Financing: membership fees, provincial, municipal, fundraising campaigns, grants
Legal status: non-profit organization

MAISON DES JEUNES DE MONT-LAURIER
513 Albiny-Paquette Boulevard, Mont-Laurier, Laurentides, QC, J9L 1K8
819 623-2835
Website: www.mdjml.org
Email: admin@mdjml.org
Services: Animated meeting place for young people. * Sports, cultural and entertainment activities. * Prevention, health promotion and wellness activities.
Eligibility: youth from 11 to 17 years old
Coverage area: Mont-Laurier and surrounding areas
Hours: Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00
Fees: free, except for special activities
Financing: self-financing, municipal
Legal status: non-profit organization

MAISON DES JEUNES LA MINERVE
181 des Fondateurs Road, La Minerve, Laurentides, QC, J0T 1S0
819 274-1797
Website: www.municipalite.laminerve.qc.ca/maison-des-jeunes
Email: maisondesjeunes.laminerve@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: La Minerve
Hours: Summer: Tuesday, Wednesday, Friday and Saturday 11h00 to 21h00, Thursday 10h00 to 22h00, Fall-Winter-Spring: Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

MAISON OXYGÈNE LAURENTIDES
154 Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 1Y1
438 825-1651
Website: www.maisonoxygenelaurentides.org
Email: maison.oxygene.laurentides@gmail.com

**Eligibility**: fathers and their children

**Capacity**: housing: 2 families

**Coverage area**: Laurentians

**Hours**: Monday to Friday 8h00 to 16h00

**Fees**: external services: free, housing: minimal fee

**Financing**: grants, donations

**Legal status**: non-profit organization

**MITAN (LE)**

92 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L8

450 435-3651   Fax: 450 435-3653

Website: www.lemitan.org

Email: adjointadministrative@lemitan.org


**Eligibility**: women victims of domestic violence, their children

**Capacity**: 21 people

**Coverage area**: Province of Québec

**Hours**: 24 hours / 7 days

**Fees**: none

**Financing**: provincial, self-financing

**Legal status**: non-profit organization

**OMBRE-ELLE, MAISON D’AIDE ET D’HÉBERGEMENT POUR FEMMES VICTIMES DE VIOLENCE CONJUGALE (L’)**

Confidential Address

819 326-1321   Fax: 819 326-7795

Website: lombrelle.qc.ca/en/home-2/

Email: info@lombrelle.qc.ca

**Services**: Assistance and shelter for women victims of domestic violence. * Outreach services: support, consultation and youth worker. * Information, prevention and awareness. * Duration of stay from a few days to a few months.

**Eligibility**: women victims of domestic violence with or without children

**Capacity**: 15 lits

**Coverage area**: MRC Les Laurentides, MRC Les Pays-d’en-Haut

**Hours**: 24 hours / 7 days

**Fees**: none

**Financing**: provincial, fundraising campaigns, donations

**Legal status**: non-profit organization

**PAIX PROGRAMME D’AIDE ET D’INTERVENTION**

81A Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A5

819 326-1400   Fax: 819 326-9667

Website: organismepaix.ca

Email: paix@cgcable.ca

**Services**: * One-on-one assessment prior to follow-up. * Therapeutic intervention. * Support groups and one-on-one counselling. * Information on the problem and the tools to help. * Help for people at the Saint-Jérôme detention facility.

**Eligibility**: people 14 and over in a situation of conjugal or family violence

**Coverage area**: MRC des Laurentides, MRC Les Pays-d’en-Haut

**Hours**: Monday to Sunday 9h00 to 19h00
Fees: free
Financing: provincial
Legal status: non-profit organization

PASSE-R-ELLE DES HAUTES-LAURENTIDES (LA)
Confidential Address
819 623-1523   Fax: 819 623-6747
Website: www.maisonpasserelle.com
Email: intervention@maisonpasserelle.com
Eligibility: women victims of domestic violence and their children
Coverage area: MRC Antoine-Labelle
Hours: 24 hours / 7 days
Fees: none
Financing: donations, grants
Legal status: non-profit organization

RESSOURCES OLIVIER
2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3
819 660-2842
Website: www.maisonstjoseph.ressourcesolivier.com
Email: ressourcesolivier@gmail.com
Eligibility: fathers and their children in a situation of vulnerability, people at risk of experiencing suicidal distress, their loved ones, bereaved people, vulnerable people
Capacity: temporary housing: 12 families
Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau
Hours: 7 days, 9h00 to 19h00, by appointment
Fees: housing: variable
Financing: self-financing
Legal status: non-profit organization

SERVICE DE POLICE DE LA VILLE DE MIRABEL
14113 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y4
450 475-7708    TTY: 911
Website: mirabel.ca/police
Coverage area: Mirabel, Saint-Colomban
Financing: municipal
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE SAINT-EUSTACHE
144 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7
450 974-5300      TTY: 911
Website: www.saint-eustache.ca/police
 Coverage area: Saint-Eustache
Financing: municipal
Legal status: municipal agency

TOIT POUR SE RECONSTRUIRE (UN)
Confidential Address
514 688-5644
Website: untoitpoursereconstruire.jimdo.com
Email: untoitpoursereconstruire@gmail.com
Eligibility: sexually assaulted people who have developed a traumatic memory, general public, organizations, associations and groups
Coverage area: Basses-Laurentides, videoconferencing: Province of Québec
Hours: by appointment
Fees: variable
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

Sexual assault and incest

CALACS L’ANCRAGE
Confidential Address
450 565-6231     Fax: 450 565-8561
Website: calacslancrage.ca
Email: info@calacs-laurentides.com
Eligibility: women and teenagers 12 years and over who have experienced sexual assault, their close ones, social workers
Coverage area: MRC Argenteuil, MRC Deux-Montagnes, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Mirabel, MRC Thérèse-De Blainville
Hours: Monday to Friday 9h00 to 17h00
Fees: free, except for some services (e.g.: prevention, self-defense courses, training)
Financing: provincial, federal, donations
Legal status: non-profit organization

CENTRE D’ÉVALUATION ET DE TRAITEMENT DES AGRESSIONS SEXUELLES
8 de La Salette Boulevard, Suite 101C, Saint-Jérôme, Laurentides, QC, J7Y 5C8
450 431-6400     Fax: 450 431-2475
Website: www.info-cetas.com
Email: cetas@info-cetas.com
Eligibility: victims of sexual abuse during childhood or adolescence, their parents, adults or teenagers who committed sexual abuse, their spouse
Coverage area: Laurentians
Hours: administration: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, treatment: availabilities in the evening
Fees: variable
Financing: self-financing, provincial
Legal status: non-profit organization

ÉLAN, CENTRE D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L’) - MONT-LAURIER
Confidential Address
819 623-2624
Website: www.lelan.org
Email: mlaurier@lelan.org
Eligibility: women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general public
Coverage area: MRC Antoine-Labelle, MRC Les Laurentides
Hours: Monday to Friday, variable hours
Fees: none
Financing: donations, grants
Legal status: non-profit organization

ÉLAN, CENTRE D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L’) - SAINTE-AGATHE-DES-MONTS
Confidential Address
819 326-8484
Website: www.lelan.org
Email: steagathe@lelan.org
Eligibility: women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general public
Coverage area: MRC Antoine-Labelle, MRC Les Laurentides
Hours: Monday to Friday, variable hours
Fees: none
Financing: donations, grants
Legal status: non-profit organization

TOIT POUR SE RECONSTRUIRE (UN)
Confidential Address
514 688-5644
Website: untoitpoursereconstruire.jimdo.com
Email: untoitpoursereconstruire@gmail.com
Eligibility: sexually assaulted people who have developed a traumatic memory, general public, organizations, associations and groups
Coverage area: Basses-Laurentides, videoconferencing: Province of Québec
Hours: by appointment
Fees: variable
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

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Support for perpetrators of violence and their families

ACCUEIL COLLECTIF DES CONJOINTS EN RELATION OPPRIMANTE ET COLÉRIQUE
60 des Hauteurs Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1R4
1 877 460-9966    Fax: 450 569-8208
Website: www.accroc.qc.ca/wordpress
Email: info@accroc.qc.ca

Eligibility: boys and girls 12 to 18 years old and adult men with violent behaviors
Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC Mirabel, MRC Rivièredu-Nord, MRC Thérèse-De Blainville
Hours: 7 days, 8h00 to 0h00
Fees: depending on income
Financing: grants
Legal status: non-profit organization

CENTRE D’ÉVALUATION ET DE TRAITEMENT DES AGRESSIONS SEXUELLES
8 de La Salette Boulevard, Suite 101C, Saint-Jérôme, Laurentides, QC, J7Y 5C8
450 431-6400    Fax: 450 431-2475
Website: www.info-cetas.com
Email: cetas@info-cetas.com

Eligibility: victims of sexual abuse during childhood or adolescence, their parents, adults or teenagers who committed sexual abuse, their spouse
Coverage area: Laurentians
Hours: administration: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, treatment: availabilities in the evening
Fees: variable
Financing: self-financing, provincial
Legal status: non-profit organization

PAIX PROGRAMME D’AIDE ET D’INTERVENTION
81A Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A5
819 326-1400    Fax: 819 326-9667
Website: organismepaix.ca
Email: paix@cgocable.ca

Eligibility: people 14 and over in a situation of conjugal or family violence
Coverage area: MRC des Laurentides, MRC Les Pays-d’en-Haut
Hours: Monday to Sunday 9h00 to 19h00
Fees: free
Financing: provincial
Legal status: non-profit organization
Support for victims and their families

**CALACS L’ANCRAGE**
Confidential Address
450 565-6231     Fax: 450 565-8561
Website: calacslancrage.ca
Email: info@calacs-laurentides.com


**Eligibility:** women and teenagers 12 years and over who have experienced sexual assault, their close ones, social workers

**Coverage area:** MRC Argenteuil, MRC Deux-Montagnes, MRC La Rivièr du-Nord, MRC Les Pays-d'en-Haut, MRC Mirabel, MRC Thérèse-De Blainville

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** free, except for some services (e.g.: prevention, self-defense courses, training)

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

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**CENTRE D’AIDE AUX VICTIMES D’ACTES CRIMINELS DES LAURENTIDES**
510 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B3
450 569-0332     Fax: 450 569-0966
Website: www.cavac.qc.ca
Email: administration.cavac.lau@bellnet.ca

**Services:** * Crisis intervention phoneline. * Psychological and post-trauma support. * Information on rights and recourses. * Assistance with compensation procedures. * Guidance with specialized resources.

**Eligibility:** victims, close ones and witnesses of a crime

**Coverage area:** Laurentians

**Hours:** Monday, Wednesday and Friday 8h00 to 16h30, Tuesday and Thursday 8h00 to 20h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**ÉLAN, CENTRE D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L’) - MONT-LAURIER**
Confidential Address
819 623-2624
Website: www.lelan.org
Email: mtlaurier@lelan.org


**Eligibility:** women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general public

**Coverage area:** MRC Antoine-Labelle, MRC Les Laurentides

**Hours:** Monday to Friday, variable hours

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization
ÉLAN, CENTRE D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (L’) - SAINTE-AGATHE-DES-MONTS

Confidential Address
819 326-8484
Website: www.lelan.org
Email: steagathe@lelan.org


Eligibility: women and adolescent girls who have suffered sexual assault, social workers, prevention, awareness and training: general public

Coverage area: MRC Antoine-Labelle, MRC Les Laurentides

Hours: Monday to Friday, variable hours

Fees: none

Financing: donations, grants

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: mabl@b2b2c.ca

Services: Prevention, awareness and information program in relation with the Youth Criminal justice Act. * Offers alternative sentencing for the traditional justice system and solutions for conflict management. * Citizen mediation service.

Eligibility: teenagers from 12 to 17 years old who have been prosecuted under the criminal or criminal procedure Code, general population

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
450 436-6749 Fax: 450 436-1863
Website: www.mavn.ca/en
Email: info@mavn.ca


Eligibility: people living in conflict, teenagers aged 12 to 17, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses


Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization
MOTHERS AGAINST DRUNK DRIVING - LANAUDIÈRE CHAPTER
Confidential Address
1 877 392-6233
Website: maddsections.ca/lanaudiere
Email: madd-lanaudiere@hotmail.com
Eligibility: impaired driving victims, their relatives, general public, students
Coverage area: Lanaudière
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

MOTHERS AGAINST DRUNK DRIVING - QUÉBEC REGIONAL OFFICE
Confidential Address
1 877 392-6233
Website: madd.ca/pages
Email: mcmorin@madd.ca
Eligibility: impaired driving victims and relatives, general public, students
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

ORGANISME KINA8AT (L')
Confidential Address
Website: www.kina8at.ca/en
Email: info@kina8at.ca
Eligibility: indigenous peoples, families, general population, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence
Coverage area: Province of Québec
Hours: variable
Fees: variable
Financing: federal, donations
Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINT-EUSTACHE
250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2358

Coverage area: Sainte-Eustache
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-AGATHE-DES-MONTS
118 Principale Street East, Suite 200, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K5
1 800 622-6232    TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Sainte-Agathe-Des-Monts
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE
100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 3G7
1 800 622-6232    TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2471


Coverage area: Sainte-Thérèse
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
Therapy and counselling

**ALBATROS MONT-LAURIER (MRC ANTOINE-LABELLE)**
610 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9
819 449-4540
Website: www.albatrosgvm.ca
Email: albatrosmontlaurier@gmail.com

**Services:** Volunteer support for people in palliative or end-of-life care. * Support, telephone listening and assistance to people in terminal phase. * Individual follow-up. * Support groups for people experiencing loss of loved ones. * Training for caregivers: bereavement, family dynamics and terminal phase.

**Eligibility:** people 18 years of age and older at the end of life, in mourning, as well as their family and caregivers

**Coverage area:** MRC Antoine-Labelle

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**AMIE DU QUARTIER**
655 Filion Street, Saint-Jérôme, Laurentides, QC, J7Z 1J6
450 431-1424
Website: www.lamieduquartier.com
Email: lamieduquartier@hotmail.com


**Eligibility:** individuals and families on a low income

**Coverage area:** Notre-Dame neighbourhood of Saint-Jérôme

**Hours:** Monday and Friday 13h00 to 16h00, Tuesday to Thursday 9h00 to 16h00, food assistance: Wednesday 9h00 to 11h00, community meal: Tuesday and Thursday 12h00, bazaar: Wednesday 11h00 to 13h00, bingo and knitting club: Thursday 13h30 to 15h30

**Fees:** annual contribution: $5

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

**ATTITUDE RESOURCE CENTER**
19 de la Gare Street, Suite i, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 240-0404     Fax: 450 240-0340
Website: centreattitude.com
Email: info@centreattitude.com

**Services:** * Individual counselling in a helping relationship. * 5-day intensive in-patient workshops on addiction issues, based on the 12 steps of remission (various issues, non-exclusive) every two weeks (Wednesday to Sunday). * 3-day intensive in-patient workshops for couples or teens every two months (Friday to Sunday). * Weekly addiction support groups based on the 12 stages of remission (various issues, non-exclusive).

**Eligibility:** adults, teenagers 12 to 17 years old and couples struggling with addiction (alcohol, drugs, gambling, cyberaddiction) or on a journey, support groups: 16 years old and over

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** individual consultations and intensive sessions: variable, support groups: voluntary contribution

**Financing:** donations, self-financing, fundraising campaigns

**Legal status:** non-profit organization
AU COEUR DE L'ARBRE MAISON DE RÉPIT JEUNESSE

Confidential Address
819 951-8484
Email: aucoeurdelarbre@outlook.com


Eligibility: youth, families

Coverage area: MRC Antoine-Labelle
Hours: 7 days, 9h00 to 17h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

CAFÉ PARENTHÈSE

221 Hémond Street, Saint-Eustache, Laurentides, QC, J7P 2C3
450 623-1561
Website: cafeparenthese.wordpress.com
Email: cafeparenthese@gmail.com


Eligibility: people in situations of social disorganization and emotional distress

Coverage area: mainly Saint-Eustache, MRC Deux-Montagnes
Hours: Monday 11h00 to 17h00, Tuesday to Friday 10h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

CENTRE D'ENTRAIDE D'ARGENTEUIL

171 Mary Street, Lachute, Laurentides, QC, J8H 2C1
450 562-5151     Fax: 450 562-0633
Website: www.centreentraideargenteuil.org
Email: centreentraide@videotron.ca


Eligibility: people and families on a low income, people living in difficult conditions

Coverage area: Lachute
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, community meal: from September to June, emergency assistance: by appointment

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

CENTRE DE FEMMES LES UNES ET LES AUTRES (LE)

741 Monseigneur-Dubois Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 3X2
450 432-5642     Fax: 450 432-8673
Website: centredefemmeslesunesetlesautres.org
Email: centrelesunes@qc.aira.com

Eligibility: women, daycare and respite care: children 6 months to 5 years old

Capacity: daycare and respite care: limited places

Coverage area: MRC La Rivière-du-Nord

Hours: Monday to Thursday 8h30 to 16h30, activities: variable, days and evenings

Fees: none

Financing: provincial, donations, membership fees

Legal status: non-profit organization

CENTRE ÉQUESTRE THÉRAPEUTIQUE ÉQUI-SENS
20661 Victor Street, Mirabel, Laurentides, QC, J7J 1P4
450 434-7367

Website: www.equi-sens.ca
Email: equissens@gmail.com

Services: Therapeutic horseback riding. * Therapy assisted by the horse.

Eligibility: people living with a handicap, a disability, a behavioural disorder, an illness or psychosocial difficulties, veterans and first responders with a post-traumatic stress disorder

Capacity: 15 to 20 persons

Coverage area: Montréal Island, North Shore

Hours: Monday to Sunday 9h00 to 17h00

Fees: variable

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

CENTRE PRÉVENTION SUICIDE FAUBOURG
Confidential Address
1 866 277-3553  Fax: 450 565-9726
Website: cpsfaubourg.org
Email: administration@cpsfaubourg.org


Eligibility: people who are suicidal, their close ones, people bereaved by suicide, counselors

Coverage area: Laurentians

Hours: crisis hotline: 24 hours / 7 days, administration: Monday to Friday 8h30 to 16h30

Fees: crisis line and grief counseling: free, training, awareness and conferences: variable

Financing: provincial, 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: crdf.ca
Email: info@crdf.ca


Eligibility: women 18 years and over

Coverage area: MRC Sainte-Thérèse-de Blainville

Hours: Monday to Thursday 9h00 to 16h00
**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


**Eligibility:** individuals, families on a low income  
**Coverage area:** MRC Thérèse-De Blainville

**Hours:** office: Monday to Wednesday 8h00 to 16h00, Thursday 11h00 to 16h00, Friday 16h30 to 20h00, food distribution for individuals: Wednesday 8h30 to 11h30, food distribution for families: Wednesday 13h30 to 14h30, popular evenings: Friday 16h30 to 20h00, daycare: Monday to Friday 8h00 to 16h00, collective kitchen: Wednesday and Thursday

**Fees:** annual membership: $5, food assistance: $2 per week, collective kitchen: $5 for 6 meals, daycare: $4 per child per day or $2 for half a day per child

**Financing:** Centraide, provincial, membership fees, self-financing  
**Legal status:** non-profit organization

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**COOP SANTÉ LAC-MASSON**

25 des Pins Street, Estérel, Laurentides, QC, J0T 1L0  
**450 228-3100**  
**Fax:** 450 228-1702

**Website:** macoopsantesme.org  
**Email:** info@macoopsantesme.org


**Coverage area:** MRC Les-Pays-d’en-Haut

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

**Fees:** variable, discount for members, samples: $25 for members, $40 for non-members

**Financing:** municipal, donations, grants, self-financing  
**Legal status:** cooperative

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**COOPÉRATIVE DE SOLIDARITÉ SANTÉ BELLEFEUILLE**

1000 Nadon Street, Saint-Jérôme, Laurentides, QC, J5L 2B1  
**450 504-6001**  
**Fax:** 450 504-6003

**Website:** coopsantebellefeuille.org  
**Email:** coopsantebellefeuille@videotron.ca


**Coverage area:** Saint-Jérôme and surroundings

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00 and 13h00 to 16h00

**Fees:** annual subscription: $95

**Financing:** self-financing, contributions  
**Legal status:** cooperative

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**COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JÉRÔME**

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1  
**450 431-4407**

**Website:** www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse
Violence and abuse

**Services**: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit. * Other point of service for voluntary deposits and for receiving claims, by appointment: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.

**Coverage area**: Laurentians: Terrebonne judicial district

**Hours**: Monday to Friday 8h30 to 16h30

**Financing**: provincial

**Legal status**: provincial government agency

**ÉCOUTE AGRICOLE DES LAURENTIDES**

Confidential Address
514 929-2476

**Website**: www.ecouteagricole.com

**Email**: travailleurrang.eal@gmail.com

**Services**: Support for agricultural producers and their relatives, and for those working in the agricultural sector. * Listening and referrals. * Support network aiming to break isolation. * Personalized accompaniment through conflict resolution process. * Awareness among the population to demystify the profession.

**Eligibility**: agricultural producers, agricultural workers, their relatives and people from the agricultural sector

**Coverage area**: Laurentians, Outaouais

**Hours**: Monday to Friday 9h00 to 17h00

**Fees**: services: free, agricultural member: free, individual member: $20, corporate member: $100

**Financing**: self-financing

**Legal status**: non-profit organization

**ENTRE-NOUS (L')**

605 Ouimet Street, Apartment 103, Saint-Jérôme, Laurentides, QC, J7Z 1R4
450 504-1001

**Website**: www.lamieduquartier.com/lentre-nous

**Email**: lamieduquartier@hotmail.com

**Services**: Community support in social housing and services to families and children. * Community garden. * Individualized follow-up with a counsellor, help relationship and neighbourhood mediation. * Activities for children 6 to 12 years old: sporting activities, culinary activities, arts and crafts activities, parent/child activities, free play and outings. * Homework assistance. * Access to computers.

**Eligibility**: children 6 to 12 years old, families, residents of the Notre-Dame neighbourhood

**Coverage area**: Saint-Jérôme: Notre-Dame neighbourhood

**Fees**: none

**Financing**: self-financing

**Legal status**: non-profit organization

**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, Wednesday to Friday 9h00 to 15h30, Tuesday 12h00 to 15h30

**Fees**: none
Financing: grants
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES
1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8
450 974-1888   Fax: 450 974-3757
Website: grpa.ca/en
Email: info@grpa.ca
Eligibility: people who have experienced a stroke with or without aphasia, caregivers
Coverage area: Laurentides
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $20 per year
Financing: provincial
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - MONT-LAURIER
SERVICE POINT
411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1
1 866 974-1888   Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Laurentides
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $20 per year
Financing: provincial
Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - SAINTE-ADÈLE
SERVICE POINT
168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5
1 866 974-1888   Fax: 450 974-3757
Website: grpa.ca/fr/home
Email: info@grpa.ca
Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Laurentides
Hours: services: Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Financing: provincial
Legal status: non-profit organization
INFO-SOCIAL 8-1-1 - LAURENTIANS

Confidential Address
811 option 2
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811
Services: Psychosocial consultation by phone. * Information and referral to assistance resources.
Coverage area: Laurentides
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

INSTITUT DE FORMATION D'AIDE COMMUNAUTAIRE À L'ENFANT ET À LA FAMILLE

179 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8
450 438-7708
Website: www.ifacef.com
Email: ifacef@ifacef.com
Eligibility: children, families, schools, youth centers, community organizations, stakeholders
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 19h00
Fees: $90 per hour
Financing: grants, self-financing
Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - PRÉVENTION ET POSTVENTION DU SUICIDE

770, rue Olivier-Guimond, Mont-Laurier, Laurentides, QC, J9L 2Y6
819 623-3719 ext. 225
Website: maisonlysebeauchamp.org/prevention-et-postvention-suicide
Email: info@maisonlysebeauchamp.org
Services: * Postvention follow-up.
Eligibility: people bereaved by suicide
Coverage area: MRC Antoine-Labelle
Legal status: non-profit organization

MOUVANCE, CENTRE DE FEMMES (LA)

83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9
450 472-7245
Website: www.lamouvance.ca
Email: info@lamouvance.ca
Eligibility: women
Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoit, Saint-Hermas, Sainte-Scholastique, Saint-Augustin
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: workshops: variable
Financing: provincial
Legal status: non-profit organization
ORGANISME KINA8AT (L')

Confidential Address
Website: www.kina8at.ca/en
Email: info@kina8at.ca


Eligibility: indigenous peoples, families, general population, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec
Hours: variable
Fees: variable
Financing: federal, donations
Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8
450 431-3331     Fax: 450 431-5929
Website: pallia-vie.ca
Email: admin@pallia-vie.ca

Services: * Support for people with cancer or a degenerative disease and their caregivers. * Support for bereaved people, including youth.

Eligibility: people with cancer or a degenerative disease, caregivers, bereaved people, including youth

Coverage area: MRC Les Pays-d'en-Haut, MRC La Rivière-du-Nord, MRC Thérèse-De Blainville, MRC Argenteuil and MRC Mirabel

Hours: Monday to Friday 8h00 to 16h30
Fees: membership: one-time fee of $10
Financing: donations
Legal status: non-profit organization

PALLIACCO

2280 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 1T8
819 717-9646
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: Monday to Friday 8h30 to 16h30, end of life services: 24 hours / 7 days
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization
PALLIACCO - SAINTE-AGATHE-DES-MONTS POINT OF SERVICE
99, rue Saint-Vincent, local 2, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A8
819 717-9646   Fax: 818 717-4411
Website: www.palliacco.org/en
Email: references@palliacco.org


Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people
Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET
861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0
450 974-7556   Fax: 450 974-1960
Email: petitemaison-pointe-calumet@hotmail.com


Eligibility: individuals and families
Coverage area: Pointe-Calumet and surroundings
Hours: Monday to Thursday 8h30 to 17h00, Friday on call
Fees: annual membership: $5 per family
Financing: Centraide Laurentides, provincial, donations
Legal status: non-profit organization

PROGRAMME: GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC - LAURENTIDES - POINT DE SERVICE SAINT-JÉRÔME
651 5e Rue, Saint-Jérôme, Laurentides, QC, J7Z 2W8
1 866 974-1888
Website: www.grpa.ca
Email: info@grpa.ca


Eligibility: people who experienced a stroke with or without aphasia, caregivers
Coverage area: Saint-Jérôme
Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00
Fees: membership: $40 per year
Financing: provincial
Legal status: non-profit organization
RÉINSERTION SOCIALE DU SOLEIL LEVANT - CLINIQUE COMMUNAUTAIRE DE
PSYCHOTHÉRAPIE
Confidential Address
450 430-0284
Website: rssoleilelevant.org
Email: info@rssoleilelevant.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
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

SERCAN
50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912     Fax: 450 491-5770
Website: www.maisonsercan.ca
Email: communication@maisonsercan.ca
Eligibility: people with cancer and their caregivers, bereaved adults, adolescents and children
Coverage area: MRC Deux-Montagnes
Hours: office: Monday to Friday 8h30 to 16h30, self-help groups: day and evening
Fees: membership card: $10 per year
Financing: grants, fundraising campaigns, self-financing, donations
Legal status: non-profit organization
SERVICE DE RELATION D’AIDE LAVAL-LAURENTIDES
Confidential Address
514 990-2619
Website: srall.ca
Email: info@srall.ca

Services: Helping relationship therapy. * Counselling for personal, relational or work-related difficulties. * Individual or couple counselling. * Counselling for caregivers. * Counselling for children 6 years and older and for adolescents.
Coverage area: Laval, Laurentians
Hours: Monday to Friday 9h00 and 18h00, by appointment
Fees: registration: $15, session: $40 for the first 3 meetings, then according to the income
Financing: grants, self-financing
Legal status: non-profit organization

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.
56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4
450 435-0808 Fax: 450 435-2772
Website: www.domremystetherese.com
Email: info@domremystetherese.com

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones
Coverage area: Laurentides, Lanaudière
Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h00
Fees: free
Financing: provincial, self-financing, Centraide Laurentides, grants
Legal status: non-profit organization
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