



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LAURENTIDES / ALL MRC / ALL CITIES



2-1-1



WWW.211.QC.CA

Summary

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Child, Youth and Family**CHILD WELFARE****DAYCARE AND RESPITE****FAMILY SUPPORT****JUVENILE DELINQUENCY****MATERNITY SUPPORT AND ADOPTION****PARENTING EDUCATION****RECREATIONAL ACTIVITIES****YOUTH CENTRES AND SUPPORT****YOUTH EMPLOYMENT****YOUTH SHELTERS AND SUPPORT**

Child welfare

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. * Healthy and supervised living spaces, complementary to family and school. * Help and accompaniment by outreach work and community action. * Intervention regarding: social and affective difficulties, substance abuse, poverty, homelessness, delinquency, etc. * Referral to appropriate resources. * Awareness and prevention. * Promoting community involvement. * Youth rights' advocacy. * Sainte-Scholastique youth centre and one youth job cooperative.

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

Coverage area: Mirabel

Hours: administration: 9h00 to 16h00, youth centre: 16h00 to 21h00

Fees: none

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

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 Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

CENTRE D'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

Services: Treatment relative to sexual abuse. * Group and individual treatment for victims. * Group and individual treatment for sexual offenders. * Psychosexual assessment for sexual offenders.

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

Coverage area: Laurentians

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

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

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

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

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

Coverage area: MRC Deux-Montagnes

Financing: provincial

Legal status: parapublic organization

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

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

450 971-1718

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

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

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

Coverage area: MRC Thérèse-De Blainville

Financing: provincial

Legal status: parapublic organization

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

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

819 687-3211

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

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

Eligibility: youth 12 to 18 years old

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION - SAINT-JÉRÔME (RUE DANIS)

66 Danis Street, Saint-Jérôme, Laurentides, QC, J7Y 2R3

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: youth 12 to 18 years old

Coverage area: Laurentians

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

Services: Temporary shelter for women and children. * Helpline. * Chat service. * External support without shelter. * Youth intervention. * Social reintegration. * Animation of workshops and trainings.

Eligibility: women and children victims of domestic violence, workshops and trainings: schools, organizations, institutional and professional environment

Capacity: 19

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

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

Eligibility: children 4 to 12 years old of elementary 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 - SAINT-EUSTACHE

11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

450 472-0134 Fax: 450 472-0409

Website: www.ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

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

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

Coverage area: 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: non-profit organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE

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

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

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

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

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

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

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

Financing: provincial

Legal status: non-profit organization

MAISON D'ARIANE (LA)

Confidential Address

450 432-9355 Fax: 450 432-8005

Website: maisondariane.ca/en

Email: info@maisondariane.ca

Services: Help centre and shelter for women and children who are victims of domestic violence. * Shelter services. * Mother and child service. * External services: 24/7 help line, one-on-one meetings with a shelter worker, thematic group meetings, support and assistance 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: 20 women and children

Coverage area: shelter: Province of Québec, external services: MRC Rivière-du-Nord, Nord-de-Mirabel

Hours: telephone assistance: 24 hours / 7 days

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 18 years old and over victims of domestic violence, with or without children 18 years old and under

Capacity: 15 beds

Coverage area: external services: 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: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

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

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

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

Services: * Supervised visits. * Supervised custody exchange. * Other service point in Saint-Jérôme: 66 Danis Street. * Annual garage sale to raise funds.

Eligibility: children 0 to 17 years old 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 Les 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

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

Services: Women's centre. * Reception, listening, support and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy and representation.

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

Coverage area: Lachute

Hours: Carrefour: Monday to Thursday 9h00 to 16h00, living environment: 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

Services: * Individual and group support and accompaniment. * Information and referrals. * Workshops: prenatal, family health, stimulation and development of the child, early reading, language and music, collective cooking, etc. * Group prenatal classes. * Coffee meetings and group talk. * Daycare. * Family thrift shop. * Relevailles: home support. * Conferences.

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, group prenatal classes: free

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE REGAIN DE VIE (LE)

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

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

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

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

Coverage area: MRC Thérèse-De Blainville

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

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

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

Legal status: non-profit organization

GROUPE MARRAINE TENDRESSE (LE)

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

450 435-6924

Website: www.groupemarrainetendresse.ca

Email: lgmt@bellnet.ca

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

Eligibility: families with children aged 0 to 18 months

Coverage area: MRC Thérèse-De Blainville and surrounding towns

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

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

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

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

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, municipal, 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: maisondefamillebdf.com

Email: administration@maisondefamillebdf.com

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

Eligibility: families, individuals

Coverage area: MRC Thérèse-De Blainville

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

Fees: membership: \$7 per year

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

Legal status: non-profit organization

MAISON DE LA FAMILLE DE MIRABEL

15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2

450 414-2121

Website: famillemirabel.com

Email: info@famillemirabel.com

Services: * Family support. * Le plaisir de découvrir: reading, writing and mathematics development parent-child workshops for 2 to 5 years old children. * Workshops for parents. * Collective and solidarity kitchens. * Morning chats. * Daycare for 18 months to 5-year-old children. * Relevailles: at-home support and child care for families with 0 to 12 months old newborns. * Strollers respite for children 18 months old and under. * Solidarity and collective kitchens. * Breastfeeding drop-in in collaboration with Nourri-Source Laurentides. * Sac à dos et boîte à lunch, Kindergarten preparation for children 3 to 5 years old. * Postpartum service for families with a baby under 12 months. * Bonhomme à lunettes: low-cost glasses.

Eligibility: children, families and grandparents, Bonhomme à lunettes: general public

Capacity: variable

Coverage area: Mirabel

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00. activities: variable, Relevailles: 8h45 to 11h45 or 13h00 to 16h00

Fees: membership: free, activities and services: 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, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

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

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

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

Financing: self-financing, grants

Legal status: non-profit organization

MAISON PARENFAANT DES BASSES-LAURENTIDES

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

450 434-9934

Website: www.maisonparenfant.ca/en

Email: info@maisonparenfant.ca

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

Eligibility: families and children under 12

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 9h00 to 16h00

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

Financing: grants, donations, contributions

Legal status: non-profit organization

Family Support

4KORNER - MRC DE DEUX-MONTAGNES

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

450 974-3940

Email: info@4korners.org

Services: Services and information for the English-speaking community. Individual, family and youth * Social and emotional learning activities for children. * Parenting Circle: weekly discussion meeting to learn new parenting skills, kids are welcomed and will be kept entertained with an animator. * Prenatal classes. * Post-natal services. * Tiny Tots: fun activity session for young kids. * Living without violence: anger management program for men, online and confidential. * Support and referrals. * Neurodiversity workshops for kids, young adults and their caregivers. * Online workshops and conferences. * Tax clinic. Seniors and caregivers * Caregivers support group. * Workshops for caregivers. * Online drawing and painting classes. * Chair yoga. * Support and referrals. * Informative workshops and conferences.

Eligibility: general public, English-speaking community, seniors, caregivers, neurodiversity groups

Coverage area: Laurentides

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

Fees: annual membership: \$10

Financing: self-financing, provincial

Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES

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

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

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

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

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

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

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

BIBLIOTHÈQUE CLAUDE-JASMIN DE POINTE-CALUMET

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 473-5918 ext. 266

Website: www.mabiblioamoi.ca/fr/bibliotheques-horaires-et-localisation/b15/pointe-calumet-bibliotheque-la-sabliere.

Email: bibliotheque@pointe-calumet.ca

Services: Loan and consultation of printed documents. * Book club for children. * Story time. * Conferences, events and workshops. * Loan of board games. * Une naissance, un livre: introductory reading kit for children from 0 to 12 months.

Coverage area: Pointe-Calumet, South of Laurentians

Hours: Tuesday 9h00 to 17h00, Wednesday to Friday 13h00 to 20h00, Saturday 9h00 to 15h00

Fees: variable

Financing: municipal

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

Services: * Individual and group support and accompaniment. * Information and referrals. * Workshops: prenatal, family health, stimulation and development of the child, early reading, language and music, collective cooking, etc. * Group prenatal classes. * Coffee meetings and group talk. * Daycare. * Family thrift shop. * Relevailles: home support. * Conferences.

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, group prenatal classes: free

Financing: provincial, donations, self-financing

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: Maintenance and improvement of mental health in children. * Support for children, parents, families and the community. * Early stimulation workshops for children. * Parenting skills development workshops: Vive la discipline and Pères Présents Enfants Gagnants. * Home support for families, up to 4 meetings. * Community activities. * Educational summer camp. * Conferences.

Eligibility: children 3 to 12 years old, siblings, their parents, camp: 6 to 12 years old, stimulation workshops: 3 to 5 years old

Coverage area: MRC Deux-Montagnes, south of Mirabel

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

Fees: annual membership: \$15, activities: variable

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: open to all, people on a low income

Coverage area: food aid: Saint-Augustin, Saint-Benoît, Saint-Hermas, Saint-Scholastique, Domaine Vert-Sud, donations pickup: Saint-Benoît, Saint-Scholastique, Saint-Hermas, Saint-Augustin, Sainte-Thérèse, Blainville, school supplies: Saint-Augustin, Saint-Scholastique

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 13h00 to 15h00

Fees: none

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

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Story time. * Reading workshops for toddlers. * Book club for children. * Coffee-reading. * Conferences, shows, exhibitions.

Eligibility: children, youth, adults

Coverage area: Deux-Montagnes

Hours: September 1st to May 31st: Monday to Wednesday 13h00 to 20h00, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00, June 1st to August 31st: Monday and Thursday 10h00 to 20h00, Tuesday and Wednesday 13h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 16h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

GRANDS FRÈRES GRANDES SOURS DE LA PORTE DU NORD

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

450 565-4562 Fax: 450 432-9005

Website: portedunord.grandsfreresgrandesoeurs.ca

Email: info.portedunord@grandsfreresgrandesoeurs.ca

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

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

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

Hours: Monday to Friday 9h00 to 17h00

Fees: none

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

Legal status: non-profit organization

GRIFFE D'ALPHA (LA)

420 de Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: info@griffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy programme for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

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

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

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

Fees: none

Financing: donations

Legal status: non-profit organization

INSTITUT DE FORMATION D'AIDE COMMUNAUTAIRE À L'ENFANT ET À LA FAMILLE - SAINT-JÉRÔME

177 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

450 438-7708

Website: www.ifacef.com

Email: ifacef@ifacef.com

Services: * Individual, marital and family therapy. * Psychodrama. * Parenting consultation. * Schools: student intervention, teacher and non-teacher development programs, supervision, evaluation. * Services for youth centers. * Training and workshops for community organizations. * Training in psychotherapy. * Clinical supervision for practitioners. * Conferences, training.

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

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: \$140 per hour

Financing: self-financing

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

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

450 621-8550 ext. 263

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

Email: bibliotheque@ville.lorraine.qc.ca

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

Coverage area: Lorraine

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

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

Financing: municipal

Legal status: municipal agency

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

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

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

Services: * Drop-in centre for infants: moments of sharing for parents, activities and services for parents and infants. * Socialization groups. * Parent-child workshops. * Educational workshops for parents. * Outings, educational and recreational activities for children.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents

Coverage area: Laurentides

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

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: maisondefamillebdf.com

Email: administration@maisondefamillebdf.com

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

Eligibility: families, individuals

Coverage area: MRC Thérèse-De Blainville

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

Fees: membership: \$7 per year

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

Legal status: non-profit organization

MAISON DE LA FAMILLE DE MIRABEL

15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2

450 414-2121

Website: famillemirabel.com

Email: info@famillemirabel.com

Services: * Family support. * Le plaisir de découvrir: reading, writing and mathematics development parent-child workshops for 2 to 5 years old children. * Workshops for parents. * Collective and solidarity kitchens. * Morning chats. * Daycare for 18 months to 5-year-old children. * Relevailles: at-home support and child care for families with 0 to 12 months old newborns. * Strollers respite for children 18 months old and under. * Solidarity and collective kitchens. * Breastfeeding drop-in in collaboration with Nourri-Source Laurentides. * Sac à dos et boîte à lunch, Kindergarten preparation for children 3 to 5 years old. * Postpartum service for families with a baby under 12 months. * Bonhomme à lunettes: low-cost glasses.

Eligibility: children, families and grandparents, Bonhomme à lunettes: general public

Capacity: variable

Coverage area: Mirabel

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00. activities: variable, Relevailles: 8h45 to 11h45 or 13h00 to 16h00

Fees: membership: free, activities and services: 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, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

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

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

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

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

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

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

MAISON OXYGÈNE LAURENTIDES

Confidential Address

438 825-1651

Website: www.maisonoxygenelaurentides.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. * Christmas baskets for the fathers and children.

Eligibility: fathers and their children

Capacity: housing: 4 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 PARENFAANT DES BASSES-LAURENTIDES

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

450 434-9934

Website: www.maisonparenfant.ca/en

Email: info@maisonparenfant.ca

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

Eligibility: families and children under 12

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 9h00 to 16h00

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

Financing: grants, donations, contributions

Legal status: non-profit organization

MATINS MÈRES ET MONDES (LES)

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

514 773-8551

Email: mmm.lorraine@gmail.com

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

Eligibility: parents with children

Coverage area: Lorraine and the surroundings

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

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

Financing: self-financing, donations

Legal status: non-profit organization

MIRABEL PUBLIC LIBRARY - DOMAINE-VERT NORD BRANCH

17530 Jacques-Cartier Street, Mirabel, Laurentides, QC, J7J 2R1

450 475-2059

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Thursday 15h30 to 20h00, Friday 12h00 to 16h30, Saturday and Sunday 12h00 to 16h30

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-BENOÎT BRANCH

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

450 475-2073

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Tuesday and Thursday 15h30 to 20h00, Sunday 12h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-CANUT BRANCH

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

450 475-2123

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

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

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Service for children with special needs. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday and Wednesday 15h30 to 20h00, Saturday 12h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

PETITE MAISON DE POINTE-CALUMET (LA)

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

1 877 755-7272 Fax: 450 974-1960

Email: info@petitemaisonpointecalumet.org

Services: * Family activities. * Child-mother mornings. * Services and activities for parents. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Bonhomme à lunettes service point: low-cost glasses. * Food distribution. * Collective kitchens. * Conference lunches for seniors.

Eligibility: individuals, families

Coverage area: Pointe-Calumet and surroundings, food distribution: Pointe-Calumet

Hours: Monday to Thursday 9h00 to 16h30, Friday on appointment

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

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

Services: Loan and consultation of books. * Computers and Internet access. * Book club for children. * Book club for teenagers. * Activities and events. * Board games. * E-reader rental. * A birth a book. * Grainothèque: seed library. * Story time.

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

RESSOURCES OLIVIER

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

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

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

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

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Workshops, conferences, exhibitions.

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

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

Coverage area: Sainte-Anne-des-Plaines

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

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE PUBLIC LIBRARY

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

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

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

Coverage area: Sainte-Thérèse

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

Fees: none

Financing: municipal

Legal status: municipal agency

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

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

450 435-0808

Website: www.domremystetherese.com

Email: info@domremystetherese.com

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

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

Capacity: 35

Coverage area: Laurentians, Lanaudière

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

Fees: free

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

Legal status: non-profit organization

Juvenile Delinquency

ANTRE-JEUNES (L')

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

450 436-1547

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

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

Capacity: 48

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

Hours: September to June, Monday to Thursday

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

Services: Youth organization offering various projects and approaches promoting health and global well-being. * Healthy and supervised living spaces, complementary to family and school. * Help and accompaniment by outreach work and community action. * Intervention regarding: social and affective difficulties, substance abuse, poverty, homelessness, delinquency, etc. * Referral to appropriate resources. * Awareness and prevention. * Promoting community involvement. * Youth rights' advocacy. * Sainte-Scholastique youth centre and one youth job cooperative.

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

Coverage area: Mirabel

Hours: administration: 9h00 to 16h00, youth centre: 16h00 to 21h00

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

Website: www.ccblautentides.ca

Email: info@ccblautentide.ca

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 and academic support: 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 DES JEUNES SAINTE-ANNE-DES-PLAINES

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

450 478-1011

Website: mdjsadp.wixsite.com/mdjsadp

Email: mdjsadp@videotron.ca

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

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

Capacity: 35

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Friday 12h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MESURES ALTERNATIVES DES BASSES-LAURENTIDES

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

450 437-9903 Fax: 450 437-8293

Website: www.mabl.ca

Email: admin@mabl.ca

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

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

Coverage area: Basses-Laurentides
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6
1 800 265-6749 Fax: 450 436-1863
Website: mavn.ca/en
Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. 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 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

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

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Maternity support and adoption

4KORNER - MRC DE DEUX-MONTAGNES

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9
450 974-3940
Email: info@4korners.org

Services: Services and information for the English-speaking community. Individual, family and youth * Social and emotional learning activities for children. * Parenting Circle: weekly discussion meeting to learn new parenting skills, kids are welcomed and will be kept entertained with an animator. * Prenatal classes. * Post-natal services. * Tiny Tots: fun activity session for young kids. * Living without violence: anger management program for men, online and confidential. * Support and referrals. * Neurodiversity workshops for kids, young adults and their caregivers. * Online workshops and conferences. * Tax clinic. Seniors and caregivers * Caregivers support group. * Workshops for caregivers. * Online drawing and painting classes. * Chair yoga. * Support and referrals. * Informative workshops and conferences.

Eligibility: general public, English-speaking community, seniors, caregivers, neurodiversity groups

Coverage area: Laurentides

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

Fees: annual membership: \$10

Financing: self-financing, provincial

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

Services: * Individual and group support and accompaniment. * Information and referrals. * Workshops: prenatal, family health, stimulation and development of the child, early reading, language and music, collective cooking, etc. * Group prenatal classes. * Coffee meetings and group talk. * Daycare. * Family thrift shop. * Relevailles: home support. * Conferences.

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, group prenatal classes: free

Financing: 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 Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE - 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 - 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 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: info@centremarieeve.ca

Services: * Reception and psychosocial support. * At-home visits. * Phone support. * Various workshops. * Material donations.

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, by appointment

Fees: none

Financing: grants, donations

Legal status: non-profit organization

CENTRE MARIE EVE - SAINTE-THÉRÈSE

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

450 491-1494 ext. 6

Website: centremarieeve.ca

Email: info@centremarieeve.ca

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

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

Coverage area: MRC Thérèse-De Blainville

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

Fees: none

Financing: grants, donations

Legal status: non-profit organization

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Breast pump (rental). * Bandage change and follow-up. * Nurse consultation. * Screening. * Distribution of new injection material to drug users (free service). * Collection of used needles and syringes. * Breastfeeding room. * SIDEPE - Integrated screening and prevention service for STIs. * Pap test. * General vaccination.

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

COURT OF QUÉBEC - YOUTH DIVISION - SAINT-JÉRÔME

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

1 866 536-5140 option 3

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

Email: informations@justice.gouv.qc.ca

Services: Court of Justice of the Judiciary of Quebec. * Hearing of all cases involving minors. * Hearing of adoption cases. * Out-of-court settlement conference in youth protection matters. * Relevant documents for all regions: [click here](#) * Online schedule of hearings: [click here](#)

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

GROUPE MARRAINE TENDRESSE (LE)

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

450 435-6924

Website: www.groupemarrainetendresse.ca

Email: lgmt@bellnet.ca

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

Eligibility: families with children aged 0 to 18 months

Coverage area: MRC Thérèse-De Blainville and surrounding towns

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

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

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

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: www.ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

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

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

Coverage area: 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: non-profit organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE

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

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

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

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

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

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

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

Financing: provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE DE MIRABEL

15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2

450 414-2121

Website: famillemirabel.com

Email: info@famillemirabel.com

Services: * Family support. * Le plaisir de découvrir: reading, writing and mathematics development parent-child workshops for 2 to 5 years old children. * Workshops for parents. * Collective and solidarity kitchens. * Morning chats. * Daycare for 18 months to 5-year-old children. * Relevailles: at-home support and child care for families with 0 to 12 months old newborns. * Strollers respite for children 18 months old and under. * Solidarity and collective kitchens. * Breastfeeding drop-in in collaboration with Nourri-Source Laurentides. * Sac à dos et boîte à lunch, Kindergarten preparation for children 3 to 5 years old. * Postpartum service for families with a baby under 12 months. * Bonhomme à lunettes: low-cost glasses.

Eligibility: children, families and grandparents, Bonhomme à lunettes: general public

Capacity: variable

Coverage area: Mirabel

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00. activities: variable, Relevailles: 8h45 to 11h45 or 13h00 to 16h00

Fees: membership: free, activities and services: free or at affordable price

Financing: fundraising campaigns, provincial, Centraide Laurentides

Legal status: non-profit organization

MAISON DE NAISSANCE DU BOISÉ

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

450 431-8623

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

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

Eligibility: pregnant women

Coverage area: Laurentides

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

Financing: provincial

Legal status: parapublic organization

NOURRI-SOURCE - LAURENTIDES

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

450 990-1031

Website: nourrisourcelaurentides.ca

Email: nourrisourcelaurentides@gmail.com

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

Eligibility: families wishing to learn about or practice breastfeeding

Coverage area: Laurentides

Hours: Monday to Friday 9h00 to 15h00

Fees: variable for conferences and workshops

Financing: self-financing, donations, provincial

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

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance. * Grant programs for the purchase of a tree to plant, rain barrels, shredder blade, cloth diapers, menstrual hygiene products, transition from oil to electricity. * Recreation department. * Library.

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

SAINT-PLACIDE - MUNICIPALITY

281 Montée Saint-Vincent, Saint-Placide, Laurentides, QC, J0V 2B0

450 258-2305 Fax: 450 258-3059

Website: saintplacide.ca

Email: info@saintplacide.ca

Services: Municipal service management. * Municipal tax management and payment. * Public security services: fire safety, animal control. * Urbanism service and construction permits. * Public work department: infrastructure maintenance, construction work, snow removal. * Calendar of recyclable and garbage collections and information on waste management: saintplacide.ca/services-municipaux/environnement/diverses-collectes * Financial assistance for the purchase of cloth diapers. * Recreation services, library.

Coverage area: Saint-Placide

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

Financing: municipal

Legal status: municipal agency

Parenting Education

4KORNER - MRC DE DEUX-MONTAGNES

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

450 974-3940

Email: info@4korners.org

Services: Services and information for the English-speaking community. Individual, family and youth * Social and emotional learning activities for children. * Parenting Circle: weekly discussion meeting to learn new parenting skills, kids are welcomed and will be kept entertained with an animator. * Prenatal classes. * Post-natal services. * Tiny Tots: fun activity session for young kids. * Living without violence: anger management program for men, online and confidential. * Support and referrals. * Neurodiversity workshops for kids, young adults and their caregivers. * Online workshops and conferences. * Tax clinic. Seniors and caregivers * Caregivers support group. * Workshops for caregivers. * Online drawing and painting classes. * Chair yoga. * Support and referrals. * Informative workshops and conferences.

Eligibility: general public, English-speaking community, seniors, caregivers, neurodiversity groups

Coverage area: Laurentides

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

Fees: annual membership: \$10

Financing: self-financing, provincial

Legal status: non-profit organization

ASSOCIATION PANDA BASSES-LAURENTIDES SUD-OUEST

Confidential Address

514 713-5353

Website: www.pandablso.ca/en

Email: info_en@pandablso.ca

Services: Information and support related to ADHD. * Monthly conferences. * Phone and email support. * Loan of books and material. * Workshops. * Literacy skill program for children in the 3rd and 4th grade. * Training for counsellors. * Summer day camp.

Eligibility: parents, children, teenagers and adults living with ADHD, counsellors, professionals, summer day camp: children living with ADHD with or without an official diagnosis

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

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

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

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

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

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

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

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

AUTISME LAURENTIDES

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

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

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

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

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

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

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

Services: * Individual and group support and accompaniment. * Information and referrals. * Workshops: prenatal, family health, stimulation and development of the child, early reading, language and music, collective cooking, etc. * Group prenatal classes. * Coffee meetings and group talk. * Daycare. * Family thrift shop. * Relevailles: home support. * Conferences.

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, group prenatal classes: free

Financing: provincial, donations, self-financing

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: Maintenance and improvement of mental health in children. * Support for children, parents, families and the community. * Early stimulation workshops for children. * Parenting skills development workshops: Vive la discipline and Pères Présents Enfants Gagnants. * Home support for families, up to 4 meetings. * Community activities. * Educational summer camp. * Conferences.

Eligibility: children 3 to 12 years old, siblings, their parents, camp: 6 to 12 years old, stimulation workshops: 3 to 5 years old

Coverage area: MRC Deux-Montagnes, south of Mirabel

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

Fees: annual membership: \$15, activities: variable

Financing: federal, provincial, municipal, donations, 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

Services: * Drop-in centre for infants: moments of sharing for parents, activities and services for parents and infants. * Socialization groups. * Parent-child workshops. * Educational workshops for parents. * Outings, educational and recreational activities for children.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents

Coverage area: Laurentides

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

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

Services: * Family support. * Le plaisir de découvrir: reading, writing and mathematics development parent-child workshops for 2 to 5 years old children. * Workshops for parents. * Collective and solidarity kitchens. * Morning chats. * Daycare for 18 months to 5-year-old children. * Relevailles: at-home support and child care for families with 0 to 12 months old newborns. * Strollers respite for children 18 months old and under. * Solidarity and collective kitchens. * Breastfeeding drop-in in collaboration with Nourri-Source Laurentides. * Sac à dos et boîte à lunch, Kindergarten preparation for children 3 to 5 years old. * Postpartum service for families with a baby under 12 months. * Bonhomme à lunettes: low-cost glasses.

Eligibility: children, families and grandparents, Bonhomme à lunettes: general public

Capacity: variable

Coverage area: Mirabel

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00. activities: variable, Relevailles: 8h45 to 11h45 or 13h00 to 16h00

Fees: membership: free, activities and services: 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, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

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

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

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

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

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

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

RESSOURCES OLIVIER

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

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

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

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Recreational Activities**4KORNERS**

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

1 450 974-3940

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 Oka Road, Deux-Montagnes; 31 Principale Street, Sainte-Agathe-des-Monts; 19D de la Gare Avenue, Saint-Sauveur; 508 Principale Street, Lachute; 2 de Ravin Street, Sainte-Thérèse.

Eligibility: general public

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 CLAUDE-JASMIN DE POINTE-CALUMET

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 473-5918 ext. 266

Website: www.mabiblioamoi.ca/fr/bibliotheques-horaires-et-localisation/b15/pointe-calumet-bibliotheque-la-sabliere.

Email: bibliotheque@pointe-calumet.ca

Services: Loan and consultation of printed documents. * Book club for children. * Story time. * Conferences, events and workshops. * Loan of board games. * Une naissance, un livre: introductory reading kit for children from 0 to 12 months.

Coverage area: Pointe-Calumet, South of Laurentians

Hours: Tuesday 9h00 to 17h00, Wednesday to Friday 13h00 to 20h00, Saturday 9h00 to 15h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

BLAINVILLE PUBLIC LIBRARY

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

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

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

Coverage area: Blainville

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

Fees: none

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LIBRARY

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

450 621-1460 ext. 4101

Website: biblio.villebdf.ca

Email: biblio@villebdf.ca

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

Coverage area: Bois-des-Filion

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

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

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

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

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

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

Coverage area: Bois-des-Filion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

BOISBRIAND PUBLIC LIBRARY

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

450 435-7466 Fax: 450 435-0627

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

Email: rsbiblio@ville.boisbriand.qc.ca

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

Eligibility: children, youth and adults

Coverage area: Boisbriand

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

Fees: variable

Financing: municipal

Legal status: municipal agency

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

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

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

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

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

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

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

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Story time. * Reading workshops for toddlers. * Book club for children. * Coffee-reading. * Conferences, shows, exhibitions.

Eligibility: children, youth, adults

Coverage area: Deux-Montagnes

Hours: September 1st to May 31st: Monday to Wednesday 13h00 to 20h00, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00, June 1st to August 31st: Monday and Thursday 10h00 to 20h00, Tuesday and Wednesday 13h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 16h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

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. * Summer circus classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations.

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

Coverage area: Province of Québec

Hours: variable

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

450 621-8550 ext. 263

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

Email: bibliotheque@ville.lorraine.qc.ca

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

Coverage area: Lorraine

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

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

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE AU COEUR DES GÉNÉRATIONS D'ARGENTEUIL

232 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M8

450 562-0503

Email: info@familleargenteuil.org

Services: * Drop-in centre for infants: moments of sharing for parents, activities and services for parents and infants. * Socialization groups. * Parent-child workshops. * Educational workshops for parents. * Outings, educational and recreational activities for children.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents

Coverage area: Laurentides

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

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: maisondefamillebdf.com

Email: administration@maisondefamillebdf.com

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

Eligibility: families, individuals

Coverage area: MRC Thérèse-De Blainville

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

Fees: membership: \$7 per year

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

Legal status: non-profit organization

MAISON DE LA FAMILLE DE MIRABEL

15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2

450 414-2121

Website: famillemirabel.com

Email: info@famillemirabel.com

Services: * Family support. * Le plaisir de découvrir: reading, writing and mathematics development parent-child workshops for 2 to 5 years old children. * Workshops for parents. * Collective and solidarity kitchens. * Morning chats. * Daycare for 18 months to 5-year-old children. * Relevailles: at-home support and child care for families with 0 to 12 months old newborns. * Strollers respite for children 18 months old and under. * Solidarity and collective kitchens. * Breastfeeding drop-in in collaboration with Nourri-Source Laurentides. * Sac à dos et boîte à lunch, Kindergarten preparation for children 3 to 5 years old. * Postpartum service for families with a baby under 12 months. * Bonhomme à lunettes: low-cost glasses.

Eligibility: children, families and grandparents, Bonhomme à lunettes: general public

Capacity: variable

Coverage area: Mirabel

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00. activities: variable, Relevailles: 8h45 to 11h45 or 13h00 to 16h00

Fees: membership: free, activities and services: 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 Beauré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

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

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

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

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

Financing: self-financing, grants

Legal status: non-profit organization

MAISON OXYGÈNE LAURENTIDES

Confidential Address

438 825-1651**Website:** www.maisonoxxygenelaurentides.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. * Christmas baskets for the fathers and children.**Eligibility:** fathers and their children**Capacity:** housing: 4 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 PARENFAANT DES BASSES-LAURENTIDES**

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

450 434-9934**Website:** www.maisonparenfant.ca/en**Email:** info@maisonparenfant.ca**Services:** * Respite: drop-in daycare, evening drop-in, weekend respite, Spring Break respite. * Parents, parent-child and kitchen workshops. * Chat. * Family events.**Eligibility:** families and children under 12**Coverage area:** MRC Thérèse-De Blainville**Hours:** Monday to Friday 9h00 to 16h00**Fees:** annual membership: \$15 to \$25 per family**Financing:** grants, donations, contributions**Legal status:** non-profit organization**MIRABEL PUBLIC LIBRARY - DOMAINE-VERT NORD BRANCH**

17530 Jacques-Cartier Street, Mirabel, Laurentides, QC, J7J 2R1

450 475-2059**Website:** mirabel.ca/bibliotheque**Email:** bib@mirabel.ca**Services:** * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default**Coverage area:** Mirabel**Hours:** Monday to Thursday 15h30 to 20h00, Friday 12h00 to 16h30, Saturday and Sunday 12h00 to 16h30**Fees:** subscription: none**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:** mirabel.ca/bibliotheque**Email:** bib@mirabel.ca**Services:** * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-BENOÎT BRANCH

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

450 475-2073

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Tuesday and Thursday 15h30 to 20h00, Sunday 12h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-CANUT BRANCH

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

450 475-2123

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

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

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Service for children with special needs. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday and Wednesday 15h30 to 20h00, Saturday 12h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

PETITE MAISON DE POINTE-CALUMET (LA)

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

1 877 755-7272 Fax: 450 974-1960

Email: info@petitemaisonpointecalumet.org

Services: * Family activities. * Child-mother mornings. * Services and activities for parents. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Bonhomme à lunettes service point: low-cost glasses. * Food distribution. * Collective kitchens. * Conference lunches for seniors.

Eligibility: individuals, families

Coverage area: Pointe-Calumet and surroundings, food distribution: Pointe-Calumet

Hours: Monday to Thursday 9h00 to 16h30, Friday on appointment

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-Lacs, Laurentides, QC, J5N 0W9

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, Kanesatake, Laurentides, QC, J0N 1E0

450 479-8333 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 clubs for adults and children. * Computer course. * Activities and conferences. * Genealogy. * Board games. * Biblio-Santé: resources for caregivers. * Grainothèque: seed library. * Embroidery and knitting.

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

Services: Loan and consultation of books. * Computers and Internet access. * Book club for children. * Book club for teenagers. * Activities and events. * Board games. * E-reader rental. * A birth a book. * Grainothèque: seed library. * Story time.

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

Website: biblio.ville.rosemere.qc.ca

Email: biblio@ville.rosemere.qc.ca

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

Coverage area: Rosemère

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

Fees: none

Financing: municipal

Legal status: municipal agency

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

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Workshops, conferences, exhibitions.

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: introductory reading kit. * Rental of board games. * Occasional activities.

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

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

Coverage area: Sainte-Anne-des-Plaines

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

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SAINTE-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 printing devices. * Story time. * Book club for children. * Conferences and activities.

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

Coverage area: Sainte-Thérèse

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

Fees: none

Financing: municipal

Legal status: municipal agency

Youth Centres and Support

ANTRE-JEUNES (L')

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

450 436-1547

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

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

Capacity: 48

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

Hours: September to June, Monday to Thursday

Fees: none

Financing: provincial

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 6h15 to 20h30, Saturday and Sunday 7h00 to 16h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

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

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

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

Coverage area: Bois-des-Filion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

CARREFOUR JEUNESSE-EMPLOI 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

Services: Accompaniment in the processes of employment and of returning to school. * Psychosocial accompaniment. * Career counselling. * School and professional information. * Job search assistance: resume, cover letter, interview preparation and simulation, etc. * Info-centre: computers, printers, telephones, etc. * Financial education. * School perseverance. * Development of autonomy. * Internships. * Job postings and pairing with businesses. * Entrepreneurship and volunteering projects.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Deux-Montagnes

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

Fees: none

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

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

Eligibility: youth 16 to 35 years old

Coverage area: MRC Thérèse-De Blainville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

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

514 712-3075

Website: www.ccblaurentides.ca

Email: info@ccblaurentide.ca

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 and academic support: 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: centreomega.org

Email: info@centreomega.org

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

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

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

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: open to all, people on a low income

Coverage area: food aid: Saint-Augustin, Saint-Benoît, Saint-Hermas, Saint-Scolastique, Domaine Vert-Sud, donations pickup: Saint-Benoît, Saint-Scolastique, Saint-Hermas, Saint-Augustin, Sainte-Thérèse, Blainville, school supplies: Saint-Augustin, Saint-Scolastique

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 13h00 to 15h00

Fees: none

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. * Summer circus classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations.

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

Coverage area: Province of Québec

Hours: variable

Fees: variable, financial assistance program available

Financing: 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: mdjblainville.com

Email: info@mdjblainville.com

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

Eligibility: youth 12 to 17 years old

Coverage area: Blainville and surroundings

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

Financing: self-financing, provincial

Legal status: non-profit organization

MAISON DES JEUNES DE DEUX-MONTAGNES

108 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T8

450 491-3958 Fax: 450 491-3445

Website: www.mdjdm.net

Email: mdjdmintervenants@gmail.com

Services: * Social, sporting, cultural, and culinary activities. * Community dinners. * Thematic meetings. * Conferences and seminars. * Volunteering.

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 POINTE-CALUMET (LA)

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

450 491-6509

Email: mdj.pointe-calumet@hotmail.com

Services: Lively meeting place. * Awareness, information, prevention. * Cultural, educational, sports and social activities. * Cooking and art workshops. * Lunch boxes. * Help with homework. * Improvisation league for youth 12 to 17 years old. * Green projects for the environment.

Eligibility: youth 11 to 17 years old

Coverage area: Pointe-Calumet

Hours: Tuesday, Wednesday and Friday 16h00 to 21h00, on Zoom: Thursday 18h00 to 19h30

Fees: none

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-SCHOLASTIQUE (LA)

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

Hours: Monday to Friday 17h00 to 21h00

Fees: none

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: mdjbasseslaurentides@hotmail.com

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

Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Thérèse and surroundings

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

Fees: none

Financing: provincial, self-financing, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES SAINTE-ANNE-DES-PLAINES

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

450 478-1011

Website: mdjsadp.wixsite.com/mdjsadp

Email: mdjsadp@videotron.ca

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

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

Capacity: 35

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Friday 12h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES SODARRID DE BOISBRIAND

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

450 434-3104

Email: direction@mdjsodarrid.com

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

Eligibility: teenagers 12 to 17 years old, their families

Coverage area: Boisbriand

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

Fees: none

Financing: provincial, federal, municipal, fundraising campaigns

Legal status: non-profit organization

SPOT (LE) - MAISON DES JEUNES DE SAINT-EUSTACHE

365 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1G7

450 983-4990

Website: mdjsteustache.com

Email: info@mdjsteustache.com

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

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: mdjsteustache.com

Email: info@mdjsteustache.com

Services: Safe and healthy meeting place. * Educational, cultural and recreational activities. * Awareness and prevention. * 6th grade project.

Eligibility: youth 11 to 17 years old

Coverage area: Saint-Eustache

Hours: Tuesday to Friday 16h00 to 21h00

Fees: none

Financing: provincial, municipal, federal, self-financing, donations

Legal status: non-profit organization

Youth Employment**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

Services: Accompaniment in the processes of employment and of returning to school. * Psychosocial accompaniment. * Career counselling. * School and professional information. * Job search assistance: resume, cover letter, interview preparation and simulation, etc. * Info-centre: computers, printers, telephones, etc. * Financial education. * School perseverance. * Development of autonomy. * Internships. * Job postings and pairing with businesses. * Entrepreneurship and volunteering projects.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Deux-Montagnes

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

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

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

Eligibility: people 15 to 35 years old, employers

Coverage area: Mirabel

Hours: Monday to Thursday 9h00 to 12h00 and 12h30 to 16h00

Fees: none

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

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

Eligibility: youth 16 to 35 years old

Coverage area: MRC Thérèse-De Blainville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE 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. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

450 473-0606

Website: jatout.wixsite.com/jeunesseatout

Email: info@jeunesseatout.org

Services: * Academic motivation and intervention. * In school workshops. * Referral to work platforms.

Eligibility: students at risk of dropping out referred by school principals

Coverage area: French high schools of the MRC Deux-Montagnes

Hours: 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: mrc2m.qc.ca

Email: mjmaltais@mrc2m.qc.ca

Services: * Business start-up and development assistance. * Project funding. * Business mentoring.

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: non-profit organization

PALETTES FGL

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

450 437-1146 Fax: 450 437-0938

Website: www.palettesfgl.org

Email: info@palettesfgl.org

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

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

Coverage area: Laurentians

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

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

TROUSSO DIRECTION EMPLOI

206 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M5

450 562-6006

Website: troussso.ca/en/

Email: info@troussso.ca

Services: * Support for professional reflection. * Job search assistance: help with curriculum vitae, consulting services, interview readiness assistance and labour market information. * Youth Volunteers program: realization of a project allowing personal and professional development, the choice of an employment objective or a return to studies. * Training in personal and work skills.

Eligibility: people seeking employment or considering a career, Young Volunteers program: youth aged 16 to 29

Coverage area: MRC Argenteuil, Youth Volunteers program: Laurentians

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

Financing: self-financing, provincial

Legal status: non-profit organization

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

Eligibility: people 16 to 25 years old in a difficult situation, 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

AIRE OUVERTE DES LAURENTIDES

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

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.cisslaur@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

ANTRE-JEUNES (L')

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

450 436-1547

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

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

Capacity: 48

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

Hours: September to June, Monday to Thursday

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: people 17 to 25 years old facing a difficult situation who have resided at l'Accueil communautaire jeunesse or have a referral from a social worker

Capacity: 3 places

Coverage area: Basses-Laurentides and the 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. * Street work and proximity work. * Referrals.

Eligibility: young people 17 to 35 years old without a fixed address

Capacity: 9 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

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

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

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

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

Fees: none

Financing: donations

Legal status: non-profit organization

INSTITUT DE FORMATION D'AIDE COMMUNAUTAIRE À L'ENFANT ET À LA FAMILLE - SAINT-JÉRÔME

177 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

450 438-7708

Website: www.ifacef.com

Email: ifacef@ifacef.com

Services: * Individual, marital and family therapy. * Psychodrama. * Parenting consultation. * Schools: student intervention, teacher and non-teacher development programs, supervision, evaluation. * Services for youth centers. * Training and workshops for community organizations. * Training in psychotherapy. * Clinical supervision for practitioners. * Conferences, training.

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

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: \$140 per hour

Financing: self-financing

Legal status: non-profit organization

MAISON D'HÉBERGEMENT JEUNESSE LA PARENTHÈSE

582 du Boisé Street, Saint-Jérôme, Laurentides, QC, J7Z 0C7

450 565-0958 Fax: 450 565-1648

Website: mhjlaparenthese.org

Email: info@mhjlaparenthese.org

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

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

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: administration@petitpatro.ca

Services: * Shelter for a maximum of 90 days.

Eligibility: youth 12 to 17 years old

Capacity: 9 beds

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

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization

MAISON D'HÉBERGEMENT LE PRÉFIXE DES BASSES-LAURENTIDES

140 Saint-Nicolas Street, Saint-Eustache, Laurentides, QC, J7R 2B9

450 974-1510

Website: www.acjbl.org

Email: info@acjbl.org

Services: Mixed housing. * 3-month stay. * Accompaniment, individual, parental or family meetings. * Conflict resolution assistance. * Reintegration. * Post-shelter follow-up. * Phone support.

Eligibility: youth 12 to 17 years old, their families

Capacity: 6 places

Coverage area: Basses-Laurentides and the surroundings

Hours: 7 days, 8h00 to 23h00

Financing: grants, donations

Legal status: non-profit organization

MAISON DES JEUNES DE BLAINVILLE (LA)

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

450 435-8866

Website: mdjblainville.com

Email: info@mdjblainville.com

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

Eligibility: youth 12 to 17 years old

Coverage area: Blainville and surroundings

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

Financing: self-financing, provincial

Legal status: non-profit organization

MAISON DES JEUNES SODARRID DE BOISBRIAND

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

450 434-3104

Email: direction@mdjsodarrid.com

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

Eligibility: teenagers 12 to 17 years old, their families

Coverage area: Boisbriand

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

Fees: none

Financing: provincial, federal, municipal, fundraising campaigns

Legal status: non-profit organization

RÉINSERTION SOCIALE DU SOLEIL LEVANT - CLINIQUE COMMUNAUTAIRE DE PSYCHOTHÉRAPIE

Confidential Address

450 430-0284

Website: rsoleillevant.org

Email: info@rcentredecrisesoleillevant.org

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

Eligibility: people of all ages

Coverage area: Laurentians

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

Fees: depending on the income

Financing: grants, donations

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

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

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

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

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

Coverage area: MRC Thérèse-De Blainville

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

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

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

Legal status: non-profit organization

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 couples counselling. * Counselling for caregivers. * Counselling for children and for teens.

Eligibility: adults, couples, caregivers, consultation for children: 6 years old and over

Coverage area: Laurentians, Greater Montréal

Hours: Monday to Friday 9h00 and 18h00

Fees: registration: \$15, consultation: \$40 per session for the first 3 meetings, according to income afterwards

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

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

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. * Healthy and supervised living spaces, complementary to family and school. * Help and accompaniment by outreach work and community action. * Intervention regarding: social and affective difficulties, substance abuse, poverty, homelessness, delinquency, etc. * Referral to appropriate resources. * Awareness and prevention. * Promoting community involvement. * Youth rights' advocacy. * Sainte-Scholastique youth centre and one youth job cooperative.

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

Coverage area: Mirabel

Hours: administration: 9h00 to 16h00, youth centre: 16h00 to 21h00

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 ext. 0

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 living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

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: rlapiere@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

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 9h00 to 12h00

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE TOUS À TABLE

13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3

450 848-0219

Website: www.centretousatable.org

Email: centretousatable@gmail.com

Services: Multifunctional space promoting access to healthy food. * P'tit panier vert: bi-monthly fruit and vegetable buying group. * Collective kitchen for seniors. * Solidarity grocery. * Glanage aux champs: varied activities during summer in local agricultural fields. * Les invendus: recovery of unsold produce from a local fruit shop in order to give it away or transform it into meals. * Solidarity kitchen: distribution of meals to community organizations in food assistance.

Eligibility: general public, collective kitchen: people 55 years old and over

Coverage area: Laurentians

Hours: P'tit panier vert: September to June, every 2nd Wednesday, closed during the holidays, solidarity kitchen: Thursday 12h00 to 16h00

Fees: variable

Financing: municipal, provincial, donations, self-financing

Legal status: non-profit organization

CONSEIL RÉGIONAL DE DÉVELOPPEMENT SOCIAL DES LAURENTIDES

Confidential Address

450 848-7263

Website: www.crdsl.org

Email: info@crdsl.org

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

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MIRABEL

13950 de la Chapelle Street, Suite 103D, Mirabel, Laurentides, QC, J7J 2C8

450 848-6059

Website: www.cdcdemirabel.com

Email: info@cdcdemirabel.com

Services: Grouping of community organizations and social economy enterprises to promote cooperation and participation in local socioeconomic development. * Support and services for community organizations. * Cooperation between community organizations and stimulation of associative life. * Information on local, regional and national issues affecting the community movement: memos, phone tours, emails, newsletters, website, etc. * Consolidation and development of the community: assistance with funding, welcoming, integrating and supporting new members or employees, participation in think-tank committees, start-up support, support for associative life. * Training courses based on members' needs. * Organization of activities to promote and raise the profile of community action. * Representation of members before community, socio-economic and political bodies. * Work in partnership. * Support for social economy and community economic development. * Research: study the social and economic impact of the community movement on its territory.

Eligibility: organizations

Capacity: 50

Coverage area: Mirabel

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: municipal, provincial

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: info@rpns.ca

Services: Organization ensuring the integrated management of water and living environments. * Development and establishment of a master plan for water. * Concerted action with other organizations. * 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 Argenteuil, MRC Papineau, MRC Les Laurentides, MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: membership 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

514 914-7003

Website: perseveronsensemble.com

Email: info@perseveronsensemble.com

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

Eligibility: organizations supporting academic perseverance, organizations working with youth

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

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

Financing: donations, provincial, municipal

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES SPÉCIALISÉS POUR L'EMPLOI DES PERSONNES HANDICAPÉES

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

438 798-0788

Website: rosephe.ca

Email: info@rosephe.ca

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

Eligibility: community organizations, people living with a disability

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 à 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU DES FEMMES DES LAURENTIDES

342 Parent Street, Saint-Jérôme, Laurentides, QC, J7Z 2A2

450 431-1896

Website: www.femmeslaurentides.org

Email: info@femmeslaurentides.org

Services: Regional autonomous community action grouping. * Representation. * Improvement of women's quality of life. * Citizen involvement projects. * Awareness-raising.

Eligibility: women's groups and committees, general public

Coverage area: Laurentians

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

Fees: none

Financing: grants

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: none

Financing: donations

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES AÎNÉ-E-S DES LAURENTIDES

19 de la gare Street, Room D, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 602-8477

Website: tcral.ca

Email: tralaurentides@gmail.com

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

Eligibility: seniors, organizations that provide services to seniors

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

TABLE FORÊT LAURENTIDES

Confidential Address

819 951-2647

Website: www.tableforet.ca

Email: sensibilisation@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

Fees: variable

Financing: municipal

Legal status: non-profit organization

TOUS COMPLICES POUR NOTRE COMMUNAUTÉ

184 Saint-Eustache Street, Suite 319, Saint-Eustache, Laurentides, QC, J7R 2L7

438 492-8447

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, general population

Coverage area: MRC Deux-Montagnes

Fees: none

Financing: provincial

Legal status: non-profit organization

Charity Organizations

CENTRAIDE LAURENTIDES

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

450 436-1584

Website: www.centraidelalaurentides.org

Email: bureau@centraidelalaurentides.org

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

Eligibility: non-profit organizations

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

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

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

FILLES D'ISABELLE (LES) - BOIS-DES-FILION

Confidential Address

514 919-9038

Website: www.paroisse-st-luc.org/fillesdisabellebois-des-filion

Services: * Fundraising activities. * Community meals. * Volunteer work with local organisations helping vulnerable people, mainly the elderly.

Eligibility: women 21 years old and over, community organisations

Coverage area: Bois-Des-Filion and surroundings

Hours: monthly meeting: 2nd Tuesday of the month

Financing: self-financing, donations

Legal status: non-profit organization

FONDATION ÉMILE Z. LAVIOLETTE

3101, rue de l'Église, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

Website: www.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: campagnes de financement, dons

Legal status: None or unknown

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

Community centres

CARREFOUR ALIMENTER L'ESPOIR DE BLAINVILLE

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

438 801-2976

Website: caleblainville.org

Email: info@caleblainville.org

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

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

Coverage area: Blainville

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

Fees: food assistance: \$4

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE RACINE-LAVOIE

154, rue Dorion, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution. * Collective kitchen. * Lunch box: preparation of lunches by parents for their children's school. * Bonhomme à lunettes service point. * Referral and listening. * Tax clinic. * Distribution of school supplies.

Eligibility: people and families on a low income

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

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 11h00 to 12h00 and 13h15 to 15h00, kitchen: 2 times a month

Fees: variable

Financing: subventions, dons

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

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

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

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

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

Capacity: 50 people

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

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

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

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

Community development

BOISBRIAND - CITY

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

450 435-1954

Website: www.ville.boisbriand.qc.ca

Email: accueil@ville.boisbriand.qc.ca

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

Coverage area: Boisbriand

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

Financing: municipal

Legal status: municipal agency

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

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

Eligibility: people 15 to 35 years old, employers

Coverage area: Mirabel

Hours: Monday to Thursday 9h00 to 12h00 and 12h30 to 16h00

Fees: none

Financing: provincial

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 Rivière-du-Nord, MRC Thérèse-De-Blainville, Mirabel, Terrebonne

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

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE MIRABEL

13816 de l'Église Street, Mirabel, Laurentides, QC, J7J 1L3

514 991-9672

Services: * Social and recreational activities: bean bags, bocce, cards, dancing, bingo. * Bingo with community meals. * Line dancing. * Trips and outings. * Room rental.

Eligibility: people 50 years old and over

Coverage area: Laurentides

Hours: variable

Fees: annual membership: \$15

Financing: self-financing, contributions

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MIRABEL

13950 de la Chapelle Street, Suite 103D, Mirabel, Laurentides, QC, J7J 2C8

450 848-6059

Website: www.cdcdemirabel.com

Email: info@cdc-demirabel.com

Services: Grouping of community organizations and social economy enterprises to promote cooperation and participation in local socioeconomic development. * Support and services for community organizations. * Cooperation between community organizations and stimulation of associative life. * Information on local, regional and national issues affecting the community movement: memos, phone tours, emails, newsletters, website, etc. * Consolidation and development of the community: assistance with funding, welcoming, integrating and supporting new members or employees, participation in think-tank committees, start-up support, support for associative life. * Training courses based on members' needs. * Organization of activities to promote and raise the profile of community action. * Representation of members before community, socio-economic and political bodies. * Work in partnership. * Support for social economy and community economic development. * Research: study the social and economic impact of the community movement on its territory.

Eligibility: organizations

Capacity: 50

Coverage area: Mirabel

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: municipal, 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: ville.deux-montagnes.qc.ca/en

Email: info@ville.deux-montagnes.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Collections of waste materials and depots calendar: ville.deux-montagnes.qc.ca/en/infocollects. * Pet licenses. * Construction permits. * Emergency notification system. * Hall rental.

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

ESPACE CULTUREL SAINT-GILLES (L')

562 des Outaouais Road, Brownsburg-Chatham, Laurentides, QC, J8G 1V2

579 791-0551 Fax: 579 791-0558

Website: www.espaceculturelsaintgilles.com

Email: info@espaceculturelsaintgilles.com

Services: Meeting place for the artistic community. * Artistic activities: film club, conferences, and shows. * Medicine of the art: group workshop and individual consultation. * Room and tourist accommodation rental service.

Eligibility: general public

Capacity: 125

Coverage area: MRC Argenteuil

Hours: activities: variable hours

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

LORRAINE - CITY

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

450 621-8550 Fax: 450 621-4763

Website: www.ville.lorraine.qc.ca

Email: info@ville.lorraine.qc.ca

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

Coverage area: Lorraine

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

Financing: municipal

Legal status: municipal agency

MESURES ALTERNATIVES DES VALLÉES DU NORD

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

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. 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 12 to 17 years old, 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

MICROENTREPRENDRE BASSES-LAURENTIDES

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

450 818-4830 Fax: 450 818-4832

Website: microentreprendrebasseslaurentides.quebec/en

Email: info@mebl.quebec

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

Eligibility: people with entrepreneurial projects and excluded from traditional credit

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

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

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

Services: * Community, sociocultural and sports activities. * Community hall, arena, ice rinks, parks and playgrounds. * Summer day camp. * Coordination with community organizations. * Room rental. * Events.

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

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

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

450 621-3500 ext. 7380

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

Email: info@ville.rosemere.qc.ca

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

Coverage area: Rosemère

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

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

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

Services: * Community, sociocultural and sporting activities. * Aquatic centre, multisport centre, arts centre, arenas, swimming pools, ice rinks, parks and playgrounds. * Maison du citoyen at 184 Saint-Eustache Street. * Coordination with community organizations. * Shows, activities and events. * Summer day camp. * Hall rental.

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 Fax: 450 623-2889

Website: www.sjdl.qc.ca

Email: info@sjdl.qc.ca

Services: * Sporting and recreational activities. * Parks, ice rinks, sports fields. * Summer and spring break day camps. * Hall rental. * Parties and events.

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

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.sjdl.qc.ca/services-municipaux/environnement * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency notification system. * Financial assistance for sports registration. * Recreation services: activities, day camp, etc. * Collective kitchen. * Municipal library. * Rental of halls.

Eligibility: general public

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

SAINTE-ANNE-DES-PLAINES - RECREATION DEPARTMENT

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

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

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

Email: loisirs@villesadp.ca

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

Coverage area: Sainte-Anne-des-Plaines

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-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

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

450 434-1440 ext. 2640

Website: www.sainte-therese.ca

Email: cultureetloisirs@sainte-therese.ca

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

Coverage area: Sainte-Thérèse

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

Fees: variable

Financing: municipal

Legal status: municipal agency

Information and referral

ABL ACCÈS ACCUEIL ACTION BASSES-LAURENTIDES POUR L'IMMIGRATION

184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7

514 570-3313

Website: www.abl-immigration.org

Email: info@abl-immigration.org

Services: Integration assistance for newcomers. * Welcoming, installation and integration. * Support with administrative procedures. * Intercultural rapprochement. * Community awareness. * Group activities. * Objective integration session. * Intercultural twinning. * ICI-Santé: link between immigrants and the healthcare system, social services and the community network.

Eligibility: newcomers, immigrants

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

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00

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

Services: Support for caregivers. * Phone reception and listening. * Information, needs assessment and referral. * Individual accompaniment, counselling and follow-up. * Caregiver coaching. * Weekly support group in person and online. * Awareness activities, conferences and workshops. * Online tools and capsules.

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 La Rivière-du-Nord, Sud de Mirabel, North of 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.ca

Email: bibliotheque@blainville.ca

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

Coverage area: Blainville

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

Fees: none

Financing: municipal

Legal status: municipal agency

CENTRE AUX SOURCES D'ARGENTEUIL

546 Sidney Street, Lachute, Laurentides, QC, J8H 1L1

450 562-0673 Fax: 450 562-2944

Email: coordo@centreauxsources.org

Services: Day centre in mental health. * Support group. * Listening, support and referrals. * Community meals.
* Mental health workshops. * Leisure activities and group outings.

Eligibility: people 18 years old and over living with or who have lived with a mental health issue

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 9h00 à 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉCOUTE AGRICOLE

Confidential Address

514 929-2476

Website: www.ecouteagricole.com

Email: direction.eal@gmail.com

Services: Support for agricultural producers and their relatives, and for those working in the agricultural sector.
* Listening and referral. * Support network aiming to break isolation. * Personalized accompaniment through conflict resolution process. * Awareness among the population to demystify the profession.

Eligibility: people working in the agricultural sector (producers, employees, their families), agricultural stakeholders

Coverage area: Laurentians, Laval, Montréal, Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: services: free, annual membership (optional): free for farmers, \$20 for regular members, \$100 for corporate members

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: none

Financing: provincial

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

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

450 621-8550 ext. 263

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

Email: bibliotheque@ville.lorraine.qc.ca

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

Coverage area: Lorraine

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

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

Financing: municipal

Legal status: municipal agency

ROSEMÈRE PUBLIC LIBRARY

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

450 621-3500 ext. 7221

Website: biblio.ville.rosemere.qc.ca

Email: biblio@ville.rosemere.qc.ca

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

Coverage area: Rosemère

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

Fees: none

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES PUBLIC LIBRARY

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

450 478-4337 Fax: 450 478-6733

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

Email: bibliotheque@villesadp.ca

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

Coverage area: Sainte-Anne-des-Plaines

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

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

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.canada.ca

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

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

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

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office:

www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder:

www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch *

Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and

reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment

insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. *

Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner

Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-

ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs

Canada * Support and services related to mental and physical health. * Education and employment: finding a

job, returning to school, etc. * Financial programs and services: income support, emergency financial

assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the

services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. *

Assessment of credentials. * Find free newcomer services near you:

ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International

benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age

Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Volunteering and volunteer centres

ARTS-TISANES DE BLAINVILLE (LES)

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

450 971-5786

Email: art-tisanesblainville@outlook.com

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

Eligibility: women 18 years old and over

Coverage area: Blainville

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

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

Financing: self-financing

Legal status: non-profit organization

BOOK HUMANITAIRE (LE)

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

450 436-2665

Website: lebookhumanitaire.com

Email: rlapierre@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

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 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

Services: Women's centre. * Reception, listening, support and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy and representation.

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

Coverage area: Lachute

Hours: Carrefour: Monday to Thursday 9h00 to 16h00, living environment: 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 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

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counselling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: physical, cultural, learning and social activities.

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

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

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

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

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

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

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

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

Coverage area: MRC Thérèse-De Blainville

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

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

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

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

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

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

Capacity: 50 people

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

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

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

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

CENTRE TOUS À TABLE

13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3

450 848-0219

Website: www.centretousatable.org

Email: centretousatable@gmail.com

Services: Multifunctional space promoting access to healthy food. * P'tit panier vert: bi-monthly fruit and vegetable buying group. * Collective kitchen for seniors. * Solidarity grocery. * Glanage aux champs: varied activities during summer in local agricultural fields. * Les invendus: recovery of unsold produce from a local fruit shop in order to give it away or transform it into meals. * Solidarity kitchen: distribution of meals to community organizations in food assistance.

Eligibility: general public, collective kitchen: people 55 years old and over

Coverage area: Laurentians

Hours: P'tit panier vert: September to June, every 2nd Wednesday, closed during the holidays, solidarity kitchen: Thursday 12h00 to 16h00

Fees: variable

Financing: municipal, provincial, donations, self-financing

Legal status: non-profit organization

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

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

450 229-8440

Website: www.leclsm.org

Email: clsm227@gmail.com

Services: Unite, advocate, promote and raise awareness of the needs and interests of people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

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

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: donations, grants

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: * Clothing bank.

Eligibility: people in need, newcomers

Coverage area: Pointe-Calumet

Hours: Monday 11h00 to 15h00, Wednesday 11h00 to 15h00

Fees: variable, low cost

Financing: self-financing

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MIRABEL

13950 de la Chapelle Street, Suite 103D, Mirabel, Laurentides, QC, J7J 2C8

450 848-6059

Website: www.cdcdemirabel.com

Email: info@cdcdemirabel.com

Services: Grouping of community organizations and social economy enterprises to promote cooperation and participation in local socioeconomic development. * Support and services for community organizations. * Cooperation between community organizations and stimulation of associative life. * Information on local, regional and national issues affecting the community movement: memos, phone tours, emails, newsletters, website, etc. * Consolidation and development of the community: assistance with funding, welcoming, integrating and supporting new members or employees, participation in think-tank committees, start-up support, support for associative life. * Training courses based on members' needs. * Organization of activities to promote and raise the profile of community action. * Representation of members before community, socio-economic and political bodies. * Work in partnership. * Support for social economy and community economic development. * Research: study the social and economic impact of the community movement on its territory.

Eligibility: organizations

Capacity: 50

Coverage area: Mirabel

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: municipal, provincial

Legal status: non-profit organization

FILLES D'ISABELLE (LES) - BOIS-DES-FILION

Confidential Address

514 919-9038

Website: www.paroisse-st-luc.org/fillesdisabellebois-des-filion

Services: * Fundraising activities. * Community meals. * Volunteer work with local organisations helping vulnerable people, mainly the elderly.

Eligibility: women 21 years old and over, community organisations

Coverage area: Bois-Des-Filion and surroundings

Hours: monthly meeting: 2nd Tuesday of the month

Financing: self-financing, donations

Legal status: non-profit organization

MAISON EMMANUEL (CENTRE ÉDUCATIF)

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

819 322-7014 Fax: 819 322-6930

Website: maisonemmanuel.org/en

Email: contact@maisonemmanuel.org

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

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

Capacity: 45 residents

Coverage area: Province of Québec

Financing: self-financing, donations

Legal status: non-profit organization

PETIT PEUPLE (LE)

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

450 971-2250

Website: www.lepetitpeuple.org

Email: info@lepetitpeuple.org

Services: Recruitment, training and volunteer involvement of teenagers, young adults and seniors. * Humanitarian missions. * Christmas party. * Community breakfasts. * Intergenerational activities.
Eligibility: teenagers, young adults, families, people living with a disability or in a vulnerable situation, seniors
Coverage area: Blainville, Boisbriand, Sainte-Thérèse, Mirabel
Hours: Monday to Friday 9h00 to 18h00
Fees: none
Financing: donations, self-financing, grants
Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

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

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.
Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public
Coverage area: MRC Thérèse-De Blainville
Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30
Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers
Financing: donations, self-financing, municipal, provincial, federal, fundraising campaigns, Centraide Laurentides
Legal status: non-profit organization

SERCAN

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912 ext. 210 Fax: 450 491-5770
Website: www.maisonsercan.ca
Email: communication@maisonsercan.ca

Services: Support for people living with cancer and their relatives. * Support group for people living with cancer and bereaved people. * Pairing by phone and in person. * Individual and group accompaniment. * Community luncheons. * Medical transportation.
Eligibility: people living with cancer, their caregivers, bereaved people of all ages
Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, south of Mirabel
Hours: office: Monday to Friday 8h30 to 16h30, support groups: day and evening
Fees: membership card: \$10 per year
Financing: subventions, campagnes de financement, autofinancement, dons
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

RESPIRE 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

Website: atelierensembleonsetient.wordpress.com

Email: atelierensemble@videotron.ca

Services: Day centre. * Social reintegration and rehabilitation. * Socialization and learning activities. * Pre-employability group. * Support and self-help group. * Follow-up program.

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

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

Hours: Monday to Friday 10h00 to 16h00, support group: during the day and the evening

Fees: none

Financing: provincial

Legal status: non-profit organization

AUTISME LAURENTIDES

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

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

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

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

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

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - HEAD OFFICE

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

1 877 772-2738 Fax: 450 569-8299

Website: capemploi.ca

Email: info@capemploi.ca

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

Eligibility: people 18 to 65 years old

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 - 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: people 18 to 65 years old

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: people 18 to 65 years old

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

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: people 18 to 65 years old

Coverage area: Laurentians

Hours: Monday to Friday 9h00 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: 450 491-2586

Website: cible-emploi.qc.ca

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

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

Eligibility: adults

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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

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

Services: * Collection, sorting, processing and distribution of foodstuffs to organizations in the Deux-Montagnes MRC. * Paniers santé: fruit and vegetable baskets. * Cantine pour tous: home-delivered frozen meals. * Catering buffet. * Social integration through employment.

Eligibility: collection and distribution: food banks, Cantine pour tous: general population, social reintegration through employment: people living with intellectual or physical disability, autistic people or with a desire to reinsert the job market

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h00 to 16h30

Fees: variables, Cantine pour tous: social pricing

Financing: Centraide Laurentides, provincial, donations, foundations

Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

450 623-5891

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Sale of second-hand clothing, household items, books, sports equipment, toys, dishes, electrical appliances and furniture at low prices. * Delivery. * Employment integration program: handling, maintenance, sale, production and customer service.

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

Hours: Monday 13h00 to 17h00, Tuesday to Saturday 9h30 to 17h00

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES

55 Castonguay Street, Suite 102 and 103, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024 Fax: 450 436-6607

Website: i-tl.org

Email: info@i-tl.org

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

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

Coverage area: 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

55 Castonguay Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024

Website: i-tl.org

Email: info@i-tl.org

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

Eligibility: people living with a physical or intellectual disability, with mental health problems, 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 D and E, Saint-Eustache, Laurentides, QC, J7P 5G1

450 623-0398 Fax: 450 983-5033

Website: i-tl.org

Email: info@i-tl.org

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

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

Coverage area: MRC 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: info@i-tl.org

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

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

Coverage area: MRC Thérèse-de-Blainville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

450 473-0606

Website: jatout.wixsite.com/jeunesseatout

Email: info@jeunesseatout.org

Services: * Academic motivation and intervention. * In school workshops. * Referral to work platforms.

Eligibility: students at risk of dropping out referred by school principals

Coverage area: French high schools of the MRC Deux-Montagnes

Hours: by appointment

Financing: fundraising campaigns

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

Website: lalibellule.org

Email: info@lalibellule.org

Services: * Day and weekend respite for adults. * Families and caregivers support: information, referral, technical or psychosocial support. * Adapted woodworking workshops. * Social Assistance and Support Program-Action: employment support. * Information sessions and conferences.

Eligibility: autistic people 21 years and over or people living with an intellectual disability, their relatives

Capacity: day centre: 45 respite: 8

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: day respite: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day respite: \$15, week-end respite: \$200 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

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

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

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

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

Coverage area: MRC Thérèse-De Blainville

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

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

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

Legal status: non-profit organization

Advocacy for people with a physical disability

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL

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

819 425-7447 Fax: 819 425-2343

Website: www.association-clairsoleil.com

Email: clairsoleil@cgocable.ca

Services: Promotion and advocacy 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: people 5 to 17 years old

Coverage area: MRC des Laurentides

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

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

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVIÈRE DU CHÊNE

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

514 902-8010

Email: aphrc123@hotmail.com

Services: Advocacy and promotion of interests of people living with a handicap. * Information. * Social and cultural activities: weekly bowling, cards workshops, outings. * Annual activities: Christmas lunch, Valentine's Day, sugar shack.

Eligibility: people living with physical disabilities

Coverage area: MRC Deux-Montagnes, Mirabel-Sud

Hours: see planning with the association

Fees: membership card: \$10 each year, minimum contribution for special activities

Financing: grants, contributions

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: info@aphil.ca

Services: * Collective kitchens. * Bistro lunches. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Advocacy of rights. * Bonhomme à lunette service point: low-cost glasses.

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

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks, bonhomme à lunette: by appointment

Fees: annual subscription: \$12, activities: free, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES

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

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

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

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

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

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

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

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

450 431-3388 ext. 0

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 living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

Financing: donations, provincial, municipal

Legal status: non-profit organization

AUTISME LAURENTIDES

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

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

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

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

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

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

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: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

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

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

Financing: donations, provincial, grants

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

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

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

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

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

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

Coverage area: Basses-Laurentides

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

Fees: membership: \$2 per year

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

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

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

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social accompaniment. * Promotion and advocacy. * Mutual aid. * Monthly dance. * Collective kitchens. * Adapted karate. * Workshops.

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

Coverage area: MRC Deux-Montagnes

Hours: Tuesday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES SPÉCIALISÉS POUR L'EMPLOI DES PERSONNES HANDICAPÉES

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

438 798-0788

Website: roseph.ca

Email: info@roseph.ca

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

Eligibility: community organizations, people living with a disability

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 à 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

REGROUPEMENT POUR LA CONCERTATION DES PERSONNES HANDICAPÉES DES LAURENTIDES

Confidential Address

450 432-2229

Website: handicap laurentides.ca

Email: info@handicap laurentides.ca

Services: Advocacy of people living with disabilities. * Grouping, information, animation and consultation of member organizations. * Support to members. * Representation to government agencies, public, private and community organizations.

Eligibility: people living with disabilities, their relatives, organizations working with people living with disabilities

Coverage area: Laurentians

Financing: provincial

Legal status: non-profit organization

Advocacy for people with an intellectual disability

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL

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

819 425-7447 Fax: 819 425-2343

Website: www.association-clairsoleil.com

Email: clairsoleil@cgocable.ca

Services: Promotion and advocacy 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: people 5 to 17 years old

Coverage area: MRC des Laurentides

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

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: info@aphil.ca

Services: * Collective kitchens. * Bistro lunches. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Advocacy of rights. * Bonhomme à lunette service point: low-cost glasses.

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

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks, bonhomme à lunette: by appointment

Fees: annual subscription: \$12, activities: free, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

AUTISME LAURENTIDES

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

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

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

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

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

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

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

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social accompaniment. * Promotion and advocacy. * Mutual aid. * Monthly dance. * Collective kitchens. * Adapted karate. * Workshops.

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

Coverage area: MRC Deux-Montagnes

Hours: Tuesday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

Deaf and hearing impaired**ASSOCIATION DES PERSONNES AVEC PROBLÈMES AUDITIFS DES LAURENTIDES**

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

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

Website: w2.appal.ca

Email: info@appal.ca

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

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

Coverage area: Laurentians

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

Fees: annual membership: \$10

Financing: contributions, provincial, donations

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

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

450 431-3388 ext. 0

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 living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE

29 d'Oka Road, 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 vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

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

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

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

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

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

Coverage area: Basses-Laurentides

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

Fees: membership: \$2 per year

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

Legal status: non-profit organization

Language disorders**AVC APHASIE LAURENTIDES**

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

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

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

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

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE

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

811

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE

29 d'Oka Road, 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 vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

Mobility aids

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE

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

811

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE

29 d'Oka Road, 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 vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINTE-AGATHE

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

819 324-4000

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

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

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

FONDATION ROSEMÈRE

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

514 919-3713

Website: fondationrosemere.com

Email: guilbeaultandree@gmail.com

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

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

Coverage area: Rosemère
Hours: Monday to Sunday 9h00 à 17h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

MOUVEMENT DES PERSONNES HANDICAPÉES ST-COLOMBAN ET ST-CANUT

323 Montée de l'Église, Saint-Colomban, Laurentides, QC, J5K 2H8
450 432-1993

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
Fees: voluntary contributions
Financing: municipal
Legal status: non-profit organization

Paratransit

EXO - RÉSEAU DE TRANSPORT MÉTROPOLITAIN - PARATRANSIT

83 Turgeon Street, 2nd floor, Sainte-Thérèse, Laurentides, QC, J7E 3H7
1 877 433-4004

Website: exo.quebec/en/trip-planner/para-transit
Email: transport.adapte@exo.quebec

Services: Paratransit service by cab and adapted minibus. * Application form: exo.quebec/Media/Default/pdf/section8/admission_ta_exo_EN.pdf * Online appointment reservation service: exo.quebec/en/customer-service/TransportAdapteReservation

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

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

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

Fees: variables

Financing: self-financing, municipal, provincial

Legal status: parapublic organization

Recreation and camps

4KORNER - MRC DE DEUX-MONTAGNES

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9
450 974-3940

Email: info@4korners.org

Services: Services and information for the English-speaking community. Individual, family and youth * Social and emotional learning activities for children. * Parenting Circle: weekly discussion meeting to learn new parenting skills, kids are welcomed and will be kept entertained with an animator. * Prenatal classes. * Post-natal services. * Tiny Tots: fun activity session for young kids. * Living without violence: anger management program for men, online and confidential. * Support and referrals. * Neurodiversity workshops for kids, young adults and their caregivers. * Online workshops and conferences. * Tax clinic. Seniors and caregivers * Caregivers support group. * Workshops for caregivers. * Online drawing and painting classes. * Chair yoga. * Support and referrals. * Informative workshops and conferences.

Eligibility: general public, English-speaking community, seniors, caregivers, neurodiversity groups

Coverage area: Laurentides

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

Fees: annual membership: \$10

Financing: self-financing, provincial

Legal status: non-profit organization

ACCO-LOISIRS

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

450 433-5559 Fax: 450 433-0453

Website: www.accoloisirs.com

Email: info@accoloisirs.com

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

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

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: non-profit organization

ASSOCIATION 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. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

Hours: Administration: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h30

Fees: annual membership: \$20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES AVEC PROBLÈMES AUDITIFS DES LAURENTIDES

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

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

Website: w2.appal.ca

Email: info@appal.ca

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

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

Coverage area: Laurentians

Hours: reception and information: Monday to Thursday 9h00 to 16h00, help and activities: Tuesday to Thursday (according to calendar), other days by appointment, Friday 9h00 to 16h00 by email or phone only
Fees: annual membership: \$10
Financing: contributions, provincial, donations
Legal status: non-profit organization

ASSOCIATION 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: people 5 to 17 years old

Coverage area: MRC des Laurentides

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

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

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVIÈRE DU CHÊNE

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

514 902-8010

Email: aphrc123@hotmail.com

Services: Advocacy and promotion of interests of people living with a handicap. * Information. * Social and cultural activities: weekly bowling, cards workshops, outings. * Annual activities: Christmas lunch, Valentine's Day, sugar shack.

Eligibility: people living with physical disabilities

Coverage area: MRC Deux-Montagnes, Mirabel-Sud

Hours: see planning with the association

Fees: membership card: \$10 each year, minimum contribution for special activities

Financing: grants, contributions

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: info@aphil.ca

Services: * Collective kitchens. * Bistro lunches. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Advocacy of rights. * Bonhomme à lunette service point: low-cost glasses.

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

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks, bonhomme à lunette: by appointment

Fees: annual subscription: \$12, activities: free, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES

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

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

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

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

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

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

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

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

450 431-3388 ext. 0

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 living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

Financing: donations, provincial, municipal

Legal status: non-profit organization

ATELIER ALTITUDE

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

450 437-5053

Email: atelieraltitudeinc@gmail.com

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

Eligibility: people living with a mild to moderate intellectual disability

Capacity: 40 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Financing: membership fees, grants, fundraising campaigns

Legal status: non-profit organization

AUTISME LAURENTIDES

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

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

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

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

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

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

AVC APHASIE LAURENTIDES

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

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

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

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

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

BASE DE PLEIN AIR BON DÉPART

4610 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-3336

Website: www.bpabondepart.ca/en/

Email: info@bpabondepart.ca

Services: 4-season camp. * Respite camp for people living with intellectual disabilities. * Holiday and school break camp, day camp. * Group reception, nature class. * Open air activities for campers.

Eligibility: respite: mixed clientele 7 to 99 years old, autistic or living with intellectual disabilities, holiday camp: youth 6 to 14 years old, day camp: youth 6 to 12 years old, nature class: schools and childcare services at a primary level, group reception: autonomous group of children, teenagers, adults, people with disabilities and families

Capacity: 6,500 holidaymakers per year

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: donations, provincial, grants

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: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivière-du-Nord, MRC Antoine-Labelle, MRC Les Pays-d'en-Haut, MRC Argenteuil, MRC Mirabel
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: donations, provincial, 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 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2
450 229-8440
Website: www.leclsm.org
Email: clsm227@gmail.com

Services: Unite, advocate, promote and raise awareness of the needs and interests of people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

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

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

DOMAINE DES PRÉS D'OR

960 du Domaine Road, 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
1 877 429-5858 **Fax:** 819 429-6850
Website: www.fadoq.ca/en/laurentides
Email: info@fadoqlaurentides.org

Services: Grouping and representation in all 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 old 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. * Summer circus classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations.

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

Coverage area: Province of Québec

Hours: variable

Fees: variable, financial assistance program available

Financing: self-financing

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

Services: Recreational activities for children and teenagers with learning disorders. * Summer day camp: for children 5 to 17 years old. * Les Explorateurs: weekly sessions of gymnastics and swimming pool games aimed at developing motor skills for children 5 to 10 years old. * Les Survolteurs: weekly sessions of recreational and sports activities and outings for teenagers 10 to 15 years old. * Les Survolt'art: weekly arts and crafts sessions and outings for teenagers 15 to 17 years old.

Eligibility: children and teenagers 5 to 17 years old with learning disorders

Capacity: day camp: 25 places per day, Explorateurs: 24 places, Survolteurs: 15 places, Survolt'art: 20 places

Coverage area: Laurentians

Hours: variable depending on the activity

Fees: variable according to the program

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

LITTLE BROTHERS - BASSES-LAURENTIDES

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

1 866 627-8653

Website: littlebrothers.ca/about-us/regional-teams/basses-laurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Fees: none

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 isolated seniors.

Eligibility: people 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: variable depending on the period

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

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

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

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

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

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

Coverage area: Basses-Laurentides

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

Fees: membership: \$2 per year

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

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

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

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

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

Services: * Reception and referral. * Support and social accompaniment. * Promotion and advocacy. * Mutual aid. * Monthly dance. * Collective kitchens. * Adapted karate. * Workshops.

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

Coverage area: MRC Deux-Montagnes

Hours: Tuesday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2

1 866 590-4469 Fax: 450 436-3273

Website: mscanada.ca/ms-canada-laurentides

Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: SPécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

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

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

Financing: fundraising campaigns

Legal status: non-profit organization

PARRAINAGE CIVIQUE BASSES-LAURENTIDES

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

450 430-8177 Fax: 450 430-8150

Website: www.parrainagecivique.ca

Email: info@parrainagecivique.ca

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

Eligibility: people of all ages living with an intellectual disability

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: free membership, activities: variable cost

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE

19 de la Gare Avenue, Suite I, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.repitbienetre.com

Email: repit.bienetre@gmail.com

Services: Respite and home help services. * Individual respite at home. * Social respite: community lunches, activities. * Respite camp: 3-day camp for caregivers and people receiving care.

Eligibility: seniors with a loss of autonomy, caregivers

Coverage area: Laurentides

Fees: variable according to income
Financing: donations, grants
Legal status: non-profit organization

Respite services and housing

ACCO-LOISIRS

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

450 433-5559 Fax: 450 433-0453

Website: www.accoloisirs.com

Email: info@accoloisirs.com

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

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

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: non-profit organization

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@icloud.com

Services: Home environment for people living with an intellectual disability or a mental health issue. * Accommodation. * Care.

Eligibility: people living with an intellectual disability or a mental health issue

Capacity: 9 places

Coverage area: North Shore

Fees: variable

Financing: self-financing

Legal status: non-profit organization

ATELIER ALTITUDE

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

450 437-5053

Email: atelieraltitudeinc@gmail.com

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

Eligibility: people living with a mild to moderate intellectual disability

Capacity: 40 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Financing: membership fees, grants, fundraising campaigns

Legal status: non-profit organization

AUTISME LAURENTIDES

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

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

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

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

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

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

BASE DE PLEIN AIR BON DÉPART

4610 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-3336

Website: www.bpabondepart.ca/en/

Email: info@bpabondepart.ca

Services: 4-season camp. * Respite camp for people living with intellectual disabilities. * Holiday and school break camp, day camp. * Group reception, nature class. * Open air activities for campers.

Eligibility: respite: mixed clientele 7 to 99 years old, autistic or living with intellectual disabilities, holiday camp: youth 6 to 14 years old, day camp: youth 6 to 12 years old, nature class: schools and childcare services at a primary level, group reception: autonomous group of children, teenagers, adults, people with disabilities and families

Capacity: 6,500 holidaymakers per year

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: donations, provincial, 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

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

Website: lalibellule.org

Email: info@lalibellule.org

Services: * Day and weekend respite for adults. * Families and caregivers support: information, referral, technical or psychosocial support. * Adapted woodworking workshops. * Social Assistance and Support Program-Action: employment support. * Information sessions and conferences.

Eligibility: autistic people 21 years and over or people living with an intellectual disability, their relatives

Capacity: day centre: 45 respite: 8

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: day respite: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day respite: \$15, week-end respite: \$200 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

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

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

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

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

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

Capacity: 45 residents

Coverage area: Province of Québec

Financing: self-financing, donations

Legal status: non-profit organization

VIGIL'ANGE

347 Saint-Georges Street, Suite 104, Saint-Jérôme, Laurentides, QC, J7Z 5A8

450 275-5131

Website: vigilange.org

Email: info@vigilange.org

Services: Support for seniors and family caregivers in vulnerable situations.* Referrals to support resources.

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

4KORNER - MRC DE DEUX-MONTAGNES

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

450 974-3940

Email: info@4korners.org

Services: Services and information for the English-speaking community. Individual, family and youth * Social and emotional learning activities for children. * Parenting Circle: weekly discussion meeting to learn new parenting skills, kids are welcomed and will be kept entertained with an animator. * Prenatal classes. * Post-natal services. * Tiny Tots: fun activity session for young kids. * Living without violence: anger management program for men, online and confidential. * Support and referrals. * Neurodiversity workshops for kids, young adults and their caregivers. * Online workshops and conferences. * Tax clinic. Seniors and caregivers * Caregivers support group. * Workshops for caregivers. * Online drawing and painting classes. * Chair yoga. * Support and referrals. * Informative workshops and conferences.

Eligibility: general public, English-speaking community, seniors, caregivers, neurodiversity groups

Coverage area: Laurentides

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

Fees: annual membership: \$10

Financing: self-financing, provincial

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

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. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

Hours: Administration: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h30

Fees: annual membership: \$20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES AVEC PROBLÈMES AUDITIFS DES LAURENTIDES

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

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

Website: w2.appal.ca

Email: info@appal.ca

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

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

Coverage area: Laurentians

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

Fees: annual membership: \$10

Financing: contributions, provincial, donations

Legal status: non-profit organization

ASSOCIATION PANDA BASSES-LAURENTIDES SUD-OUEST

Confidential Address

514 713-5353

Website: www.pandablso.ca/en

Email: info_en@pandablso.ca

Services: Information and support related to ADHD. * Monthly conferences. * Phone and email support. * Loan of books and material. * Workshops. * Literacy skill program for children in the 3rd and 4th grade. * Training for counsellors. * Summer day camp.

Eligibility: parents, children, teenagers and adults living with ADHD, counsellors, professionals, summer day camp: children living with ADHD with or without an official diagnosis

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

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

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

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

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

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

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

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

AVC APHASIE LAURENTIDES

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

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

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

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

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

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

Services: * Individual and group support and accompaniment. * Information and referrals. * Workshops: prenatal, family health, stimulation and development of the child, early reading, language and music, collective cooking, etc. * Group prenatal classes. * Coffee meetings and group talk. * Daycare. * Family thrift shop. * Relevailles: home support. * Conferences.

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, 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

Services: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

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

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

Financing: donations, provincial, 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.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

DIABÈTE DES DRAVEURS

Confidential Address

819 438-2139

Email: diabetedesdrapeurs@gmail.com

Services: Association providing help to diabetic people and their close ones. * Information and referral. * Raising awareness, prevention and advocacy for their interests. * Physical and social activities. * Collective kitchen.

Eligibility: diabetic people, their close ones

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

Fees: \$10 per year

Financing: donations, contributions, grants

Legal status: non-profit organization

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

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

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

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: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

Fees: none

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

Website: lenvoleerasm.ca

Email: info@lenvoleerasm.ca

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

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

Coverage area: Laurentians, mainly Sainte-Agathe

Hours: Monday 12h30 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial, Centraide Hautes-Laurentides, donations

Legal status: non-profit organization

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

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

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

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

Fees: none

Financing: donations

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

Services: Community health programs. * Health of mothers, infants and families. * Mental health and addictions prevention. * Diabetes and injuries prevention. * Primary care: community health nurse, vaccination, home care. * Drinking water monitoring.

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 people living with a cancer, caregivers and their families.

Eligibility: people living with a cancer, 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

Website: lalibellule.org

Email: info@lalibellule.org

Services: * Day and weekend respite for adults. * Families and caregivers support: information, referral, technical or psychosocial support. * Adapted woodworking workshops. * Social Assistance and Support Program-Action: employment support. * Information sessions and conferences.

Eligibility: autistic people 21 years and over or people living with an intellectual disability, their relatives

Capacity: day centre: 45 respite: 8

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: day respite: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day respite: \$15, week-end respite: \$200 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

LITTLE BROTHERS - BASSES-LAURENTIDES

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

1 866 627-8653

Website: littlebrothers.ca/about-us/regional-teams/basses-laurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Fees: none

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

Services: * Drop-in centre for infants: moments of sharing for parents, activities and services for parents and infants. * Socialization groups. * Parent-child workshops. * Educational workshops for parents. * Outings, educational and recreational activities for children.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents

Coverage area: Laurentides

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: Centraide Laurentides, donations

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

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

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

MATINS MÈRES ET MONDES (LES)

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

514 773-8551

Email: mmm.lorraine@gmail.com

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

Eligibility: parents with children

Coverage area: Lorraine and the surroundings

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

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

Financing: self-financing, donations

Legal status: non-profit organization

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: mscanada.ca/ms-canada-laurentides

Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: SPécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

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

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

Financing: fundraising campaigns

Legal status: non-profit organization

NOURRI-SOURCE - LAURENTIDES

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

450 990-1031

Website: nourrisourcelarentides.ca

Email: nourrisourcelarentides@gmail.com

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

Eligibility: families wishing to learn about or practice breastfeeding

Coverage area: Laurentides

Hours: Monday to Friday 9h00 to 15h00

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 for 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, MRC Mirabel
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Fees: membership: one-time fee of \$10
Financing: donations, grant
Legal status: None or unknown

PARRAINAGE CIVIQUE BASSES-LAURENTIDES

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

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

Eligibility: people of all ages living with an intellectual disability

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: free membership, activities: variable cost

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

SERCAN

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1
450 491-1912 ext. 210 Fax: 450 491-5770
Website: www.maisonsercan.ca
Email: communication@maisonsercan.ca

Services: Support for people living with cancer and their relatives. * Support group for people living with cancer and bereaved people. * Pairing by phone and in person. * Individual and group accompaniment. * Community luncheons. * Medical transportation.

Eligibility: people living with cancer, their caregivers, bereaved people of all ages

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, south of Mirabel

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

Fees: membership card: \$10 per year

Financing: subventions, campagnes de financement, autofinancement, dons

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER LAURENTIDES

14 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2
1 800 978-7881 Fax: 819 326-9664
Website: www.alzheimerlaurentides.com
Email: admin@salaurentides.ca

Services: Information on Alzheimer's disease. * Helpline. * Individual and family consultations. * Support group and activity centre for people living with Alzheimer's disease or another neurocognitive disorder. * Home respite, accompaniment and stimulation. * Conferences, training workshops and monthly support groups for caregivers. * Professional training program. * Documentation centre. * Service point at 341 de la Madone 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 and health professionals, volunteers, students, 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

ATELIER ALTITUDE

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

450 437-5053

Email: atelieraltitudeinc@gmail.com

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

Eligibility: people living with a mild to moderate intellectual disability

Capacity: 40 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Financing: membership fees, grants, fundraising campaigns

Legal status: non-profit organization

CENTRE 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

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 9h00 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

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

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

Coverage area: MRC 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

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

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

Coverage area: 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 - THÉRÈSE-DE BLAINVILLE

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

811

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

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

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

Coverage area: MRC Thérèse-De Blainville

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

Financing: provincial

Legal status: parapublic organization

PARRAINAGE CIVIQUE BASSES-LAURENTIDES

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

450 430-8177 Fax: 450 430-8150

Website: www.parrainagecivique.ca

Email: info@parrainagecivique.ca

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

Eligibility: people of all ages living with an intellectual disability

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: free membership, activities: variable cost

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

The Blind

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

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

450 431-3388 ext. 0

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 living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE

29 d'Oka Road, 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 vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

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

450 432-1993

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

Fees: voluntary contributions

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. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

Hours: Administration: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h30

Fees: annual membership: \$20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

AVC APHASIE LAURENTIDES

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

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

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

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

Coverage area: Laurentians

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

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE 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

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

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

Coverage area: MRC 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

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

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

Coverage area: 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 - THÉRÈSE-DE BLAINVILLE

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

811

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

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

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

Coverage area: MRC Thérèse-De Blainville

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

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE

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

811

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE

29 d'Oka Road, 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 vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

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

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

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

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

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

AIRE OUVERTE DES LAURENTIDES

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

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.cissslau@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government 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

Services: Accompaniment in the processes of employment and of returning to school. * Psychosocial accompaniment. * Career counselling. * School and professional information. * Job search assistance: resume, cover letter, interview preparation and simulation, etc. * Info-centre: computers, printers, telephones, etc. * Financial education. * School perseverance. * Development of autonomy. * Internships. * Job postings and pairing with businesses. * Entrepreneurship and volunteering projects.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Deux-Montagnes

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

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

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

Eligibility: people 15 to 35 years old, employers

Coverage area: Mirabel

Hours: Monday to Thursday 9h00 to 12h00 and 12h30 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: 450 491-2586

Website: cible-emploi.qc.ca

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

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

Eligibility: adults

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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

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

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

Eligibility: adults

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

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

PORTE DE L'EMPLOI (LA)

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

450 435-4565 Fax: 450 435-5586

Website: www.laportedeemploi.com/en

Email: info@laportedeemploi.com

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

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

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

Hours: Monday to Friday 8h30 to 16h15

Fees: none

Financing: provincial

Legal status: non-profit organization

PORTE DE L'EMPLOI (LA) - SAINT-EUSTACHE

460 du Parc Street, Suite 302, Saint-Eustache, Laurentides, QC, J7R 0C9

450 435-4565

Website: www.laportedeemploi.com/en

Email: info@laportedeemploi.com

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

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

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h15

Fees: none

Financing: provincial

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.canada.ca

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

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

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

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

TROUSSO DIRECTION EMPLOI

206 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M5

450 562-6006

Website: trouso.ca/en/

Email: info@trouso.ca

Services: * Support for professional reflection. * Job search assistance: help with curriculum vitae, consulting services, interview readiness assistance and labour market information. * Youth Volunteers program: realization of a project allowing personal and professional development, the choice of an employment objective or a return to studies. * Training in personal and work skills.

Eligibility: people seeking employment or considering a career, Young Volunteers program: youth aged 16 to 29

Coverage area: MRC Argenteuil, Youth Volunteers program: Laurentians

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

Financing: self-financing, provincial

Legal status: non-profit organization

Computer workshops

BLAINVILLE PUBLIC LIBRARY

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

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

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

Coverage area: Blainville

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

Fees: none

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LIBRARY

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

450 621-1460 ext. 4101

Website: biblio.villebdf.ca

Email: biblio@villebdf.ca

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

Coverage area: Bois-des-Filion

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

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

Financing: municipal

Legal status: municipal agency

CENTRE D'ACCÈS COMMUNAUTAIRE INFORMATIQUE

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

514 473-1232

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

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

Services: * Computer training workshops. * Computer help desk clinic.

Eligibility: people of 55 years and over

Capacity: workshops: 40

Coverage area: Laurentians

Hours: clinic: by appointment, workshops: first Tuesday of each month 10h00 to 11h00

Fees: annual membership: \$10 for residents of Saint-Sauveur or Piedmont, \$15 for non-residents, workshops: free for members, \$15 per workshop for non-members, computer clinic: \$20 per hour for everyone

Financing: membership fees, self-financing

Legal status: non-profit organization

FADOQ - JOYEUX ÂÎNÉS THÉRÉSIENS (LES)

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

450 434-1440 ext. 2551

Website: www.fadoqsth.com

Email: clubstetherese@fadoqlaurentides.org

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

Eligibility: people 50 years and over

Capacity: 120 people

Coverage area: Sainte-Thérèse

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

Fees: membership: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

GRIFFE D'ALPHA (LA)

420 de Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy programme for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

LAURENTIAN LITERACY CENTRE

505 Bethany Avenue, Suite 300, Lachute, Laurentides, QC, J8H 4A6

450 562-3719

Website: laurentianliteracy.ca

Email: llc.marlene@icloud.com

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 15h00 to 18h30, Saturday 9h00 to 13h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

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

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

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

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

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

Coverage area: Basses-Laurentides

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

Fees: membership: \$2 per year

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

Legal status: non-profit organization

RÉSEAU BIBLIO DES LAURENTIDES - OKA LIBRARY

15 de L'Annonciation Street, Kanesatake, Laurentides, QC, J0N 1E0

450 479-8333 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 clubs for adults and children. * Computer course. * Activities and conferences. * Genealogy. * Board games. * Biblio-Santé: resources for caregivers. * Grainothèque: seed library. * Embroidery and knitting.

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

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

Coverage area: Sainte-Thérèse

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

Fees: none

Financing: municipal

Legal status: municipal agency

Difficulties and learning disabilities**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

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 9h00 to 16h00

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

Services: Recreational activities for children and teenagers with learning disorders. * Summer day camp: for children 5 to 17 years old. * Les Explorateurs: weekly sessions of gymnastics and swimming pool games aimed at developing motor skills for children 5 to 10 years old. * Les Survolteurs: weekly sessions of recreational and sports activities and outings for teenagers 10 to 15 years old. * Les Survolt'art: weekly arts and crafts sessions and outings for teenagers 15 to 17 years old.

Eligibility: children and teenagers 5 to 17 years old with learning disorders

Capacity: day camp: 25 places per day, Explorateurs: 24 places, Survolteurs: 15 places, Survolt'art: 20 places

Coverage area: Laurentians

Hours: variable depending on the activity

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

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

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

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

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

Coverage area: Basses-Laurentides

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

Fees: membership: \$2 per year

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

Legal status: non-profit organization

Homework assistance and tutoring

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

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

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

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

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

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

COFFRET (LE)

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

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

LAURENTIAN LITERACY CENTRE

505 Bethany Avenue, Suite 300, Lachute, Laurentides, QC, J8H 4A6

450 562-3719

Website: laurentianliteracy.ca

Email: llc.marlene@icloud.com

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 15h00 to 18h30, Saturday 9h00 to 13h00

Fees: none

Financing: provincial, 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

Services: * Family support. * Le plaisir de découvrir: reading, writing and mathematics development parent-child workshops for 2 to 5 years old children. * Workshops for parents. * Collective and solidarity kitchens. * Morning chats. * Daycare for 18 months to 5-year-old children. * Relevailles: at-home support and child care for families with 0 to 12 months old newborns. * Strollers respite for children 18 months old and under. * Solidarity and collective kitchens. * Breastfeeding drop-in in collaboration with Nourri-Source Laurentides. * Sac à dos et boîte à lunch, Kindergarten preparation for children 3 to 5 years old. * Postpartum service for families with a baby under 12 months. * Bonhomme à lunettes: low-cost glasses.

Eligibility: children, families and grandparents, Bonhomme à lunettes: general public

Capacity: variable

Coverage area: Mirabel

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00. activities: variable, Relevailles: 8h45 to 11h45 or 13h00 to 16h00

Fees: membership: free, activities and services: free or at affordable price

Financing: fundraising campaigns, provincial, Centraide Laurentides

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

Services: Lively meeting place. * Awareness, information, prevention. * Cultural, educational, sports and social activities. * Cooking and art workshops. * Lunch boxes. * Help with homework. * Improvisation league for youth 12 to 17 years old. * Green projects for the environment.

Eligibility: youth 11 to 17 years old

Coverage area: Pointe-Calumet

Hours: Tuesday, Wednesday and Friday 16h00 to 21h00, on Zoom: Thursday 18h00 to 19h30

Fees: none

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-SCHOLASTIQUE (LA)

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

Hours: Monday to Friday 17h00 to 21h00

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET (LA)

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

1 877 755-7272 Fax: 450 974-1960

Email: info@petitemaisonpointecalumet.org

Services: * Family activities. * Child-mother mornings. * Services and activities for parents. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Bonhomme à lunettes service point: low-cost glasses. * Food distribution. * Collective kitchens. * Conference lunches for seniors.

Eligibility: individuals, families

Coverage area: Pointe-Calumet and surroundings, food distribution: Pointe-Calumet

Hours: Monday to Thursday 9h00 to 16h30, Friday on appointment

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

Language courses**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

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 9h00 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: centreomega.org

Email: info@centreomega.org

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

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

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

COFFRET (LE)

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

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

GRIFFE D'ALPHA (LA)

420 de Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy programme for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

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 public, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

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

Fees: variable

Financing: federal, provincial, donations

Legal status: non-profit organization

Literacy

ATELIER ALTITUDE

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

450 437-5053

Email: atelieraltitudeinc@gmail.com

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

Eligibility: people living with a mild to moderate intellectual disability

Capacity: 40 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Financing: membership fees, grants, fundraising campaigns

Legal status: non-profit organization

BIBLIOTHÈQUE CLAUDE-JASMIN DE POINTE-CALUMET

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 473-5918 ext. 266

Website: www.mabiblioamoi.ca/fr/bibliotheques-horaires-et-localisation/b15/pointe-calumet-bibliotheque-la-sabliere.

Email: bibliotheque@pointe-calumet.ca

Services: Loan and consultation of printed documents. * Book club for children. * Story time. * Conferences, events and workshops. * Loan of board games. * Une naissance, un livre: introductory reading kit for children from 0 to 12 months.

Coverage area: Pointe-Calumet, South of Laurentians

Hours: Tuesday 9h00 to 17h00, Wednesday to Friday 13h00 to 20h00, Saturday 9h00 to 15h00

Fees: variable

Financing: municipal

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

Services: * Individual and group support and accompaniment. * Information and referrals. * Workshops: prenatal, family health, stimulation and development of the child, early reading, language and music, collective cooking, etc. * Group prenatal classes. * Coffee meetings and group talk. * Daycare. * Family thrift shop. * Relevailles: home support. * Conferences.

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, group prenatal classes: free

Financing: provincial, donations, self-financing

Legal status: non-profit 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

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 9h00 to 16h00

Financing: provincial

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

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Story time. * Reading workshops for toddlers. * Book club for children. * Coffee-reading. * Conferences, shows, exhibitions.

Eligibility: children, youth, adults

Coverage area: Deux-Montagnes

Hours: September 1st to May 31st: Monday to Wednesday 13h00 to 20h00, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00, June 1st to August 31st: Monday and Thursday 10h00 to 20h00, Tuesday and Wednesday 13h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 16h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

GRIFFE D'ALPHA (LA)

420 de Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy programme for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

LAURENTIAN LITERACY CENTRE

505 Bethany Avenue, Suite 300, Lachute, Laurentides, QC, J8H 4A6

450 562-3719

Website: laurentianliteracy.ca

Email: llc.marlene@icloud.com

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 15h00 to 18h30, Saturday 9h00 to 13h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

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

450 621-8550 ext. 263

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

Email: bibliotheque@ville.lorraine.qc.ca

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

Coverage area: Lorraine

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

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

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE DE MIRABEL

15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2

450 414-2121

Website: famillemirabel.com

Email: info@famillemirabel.com

Services: * Family support. * Le plaisir de découvrir: reading, writing and mathematics development parent-child workshops for 2 to 5 years old children. * Workshops for parents. * Collective and solidarity kitchens. * Morning chats. * Daycare for 18 months to 5-year-old children. * Relevailles: at-home support and child care for families with 0 to 12 months old newborns. * Strollers respite for children 18 months old and under. * Solidarity and collective kitchens. * Breastfeeding drop-in in collaboration with Nourri-Source Laurentides. * Sac à dos et boîte à lunch, Kindergarten preparation for children 3 to 5 years old. * Postpartum service for families with a baby under 12 months. * Bonhomme à lunettes: low-cost glasses.

Eligibility: children, families and grandparents, Bonhomme à lunettes: general public

Capacity: variable

Coverage area: Mirabel

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00. activities: variable, Relevailles: 8h45 to 11h45 or 13h00 to 16h00

Fees: membership: free, activities and services: free or at affordable price

Financing: fundraising campaigns, provincial, Centraide Laurentides

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

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

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

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

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

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

Coverage area: Basses-Laurentides

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

Fees: membership: \$2 per year

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

Legal status: non-profit organization

MIRABEL PUBLIC LIBRARY - DOMAINE-VERT NORD BRANCH

17530 Jacques-Cartier Street, Mirabel, Laurentides, QC, J7J 2R1

450 475-2059

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Thursday 15h30 to 20h00, Friday 12h00 to 16h30, Saturday and Sunday 12h00 to 16h30

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-BENOÎT BRANCH

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

450 475-2073

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Tuesday and Thursday 15h30 to 20h00, Sunday 12h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-CANUT BRANCH

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

450 475-2123

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

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

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Service for children with special needs. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday and Wednesday 15h30 to 20h00, Saturday 12h00 to 16h30

Fees: subscription: none

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

Services: Loan and consultation of books. * Computers and Internet access. * Book club for children. * Book club for teenagers. * Activities and events. * Board games. * E-reader rental. * A birth a book. * Grainothèque: seed library. * Story time.

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

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

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Workshops, conferences, exhibitions.

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

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

Coverage area: Sainte-Anne-des-Plaines

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

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE PUBLIC LIBRARY

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

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

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

Coverage area: Sainte-Thérèse

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

Fees: none

Financing: municipal

Legal status: municipal agency

Public education**BEACON OF THE FREED**

Confidential Address

450 990-9595 ext. 1

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. * Training and awareness-raising for a variety of clientele. * 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, federal

Legal status: non-profit 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

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 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DE LA RIVIÈRE-DU-NORD

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. * Complaints reception. * Parent resources: parents' committee and information articles. * School transportation coordination: transportation requests for medical reasons, accommodations, and shared-custody students.

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

Fees: variable

Financing: self-financing

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.

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Deux-Montagnes, Lorraine, Mirabel (Saint-Augustin, Saint-Benoît, Sainte-Scholastique and Parc du Domaine Vert), Oka, Pointe-Calumet, Rosemère, Sainte-Anne-des-Plaines, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide and a part of Terrebonne (quartier 2, Germain-Raby and quartier 3, Louis-Gilles-Ouimet)

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, information on school transportation: Monday to Friday 7h30 to 17h30

Fees: variable

Financing: self-financing, provincial

Legal status: parapublic organization

ÉCLUSE DES LAURENTIDES (L')

1008 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2887 Fax: 450 229-5687

Website: www.ecluse.org

Email: eclusedeslaurentides@bellnet.ca

Services: * Street work: presence, listening, information, personalized referral, support and accompaniment. * Needle exchange and distribution. * Naloxone kits distribution. * Awareness activities. * Street workers available for each intervention sector. * Distribution and delivery of fentanyl test strips.

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 Rivière-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

SERVICES D'ENTRAIDE LE RELAIS

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

450 939-0501

Website: www.entraidelerelais.org

Email: info@entraidelerelais.org

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

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

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

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

SIR WILFRID LAURIER SCHOOL BOARD

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

1 866 621-5600 Fax: 450 621-7929

Website: www.swlauriersb.qc.ca/en

Email: communications@swlauriersb.qc.ca

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

Coverage area: Laurentians, Lanaudière, Laval

Hours: Monday to Friday 7h00 to 18h00

Fees: variable

Financing: provincial, self-financing, foundations

Legal status: parapublic organization

School perseverance

AIRE OUVERTE DES LAURENTIDES

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

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.cissslau@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government 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

Services: Accompaniment in the processes of employment and of returning to school. * Psychosocial accompaniment. * Career counselling. * School and professional information. * Job search assistance: resume, cover letter, interview preparation and simulation, etc. * Info-centre: computers, printers, telephones, etc. * Financial education. * School perseverance. * Development of autonomy. * Internships. * Job postings and pairing with businesses. * Entrepreneurship and volunteering projects.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Deux-Montagnes

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

Fees: none

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

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

Eligibility: youth 16 to 35 years old

Coverage area: MRC Thérèse-De Blainville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0
514 712-3075

Website: www.ccblaurentides.ca

Email: info@ccblaurentide.ca

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 and academic support: 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: centreomega.org

Email: info@centreomega.org

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

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

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7
450 473-0606

Website: jatout.wixsite.com/jeunesseatout

Email: info@jeunesseatout.org

Services: * Academic motivation and intervention. * In school workshops. * Referral to work platforms.

Eligibility: students at risk of dropping out referred by school principals

Coverage area: French high schools of the MRC Deux-Montagnes

Hours: by appointment

Financing: fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES SAINTE-ANNE-DES-PLAINES

225 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 3L8
450 478-1011

Website: mdjsadp.wixsite.com/mdjsadp

Email: mdjsadp@videotron.ca

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

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

Capacity: 35

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Friday 12h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

PARTENAIRES POUR LA RÉUSSITE ÉDUCATIVE DANS LES LAURENTIDES

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

450 434-7735

Website: prel.qc.ca

Email: info@prel.qc.ca

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

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

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

PERSÉVÉRONS ENSEMBLE

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

514 914-7003

Website: perseveronsensemble.com

Email: info@perseveronsensemble.com

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

Eligibility: organizations supporting academic perseverance, organizations working with youth

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

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

Financing: donations, provincial, municipal

Legal status: non-profit organization

School service centers

CENTRE DE SERVICES SCOLAIRE DE LA RIVIÈRE-DU-NORD

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. * Complaints reception. * Parent resources: parents' committee and information articles. * School transportation coordination: transportation requests for medical reasons, accommodations, and shared-custody students.

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

Fees: variable

Financing: self-financing

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.

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Deux-Montagnes, Lorraine, Mirabel (Saint-Augustin, Saint-Benoît, Sainte-Scholastique and Parc du Domaine Vert), Oka, Pointe-Calumet, Rosemère, Sainte-Anne-des-Plaines, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide and a part of Terrebonne (quartier 2, Germain-Raby and quartier 3, Louis-Gilles-Ouimet)

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, information on school transportation: Monday to Friday 7h30 to 17h30

Fees: variable

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/en

Email: communications@swlauriersb.qc.ca

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

Coverage area: Laurentians, Lanaudière, Laval

Hours: Monday to Friday 7h00 to 18h00

Fees: variable

Financing: provincial, self-financing, foundations

Legal status: parapublic organization

Employment and Income Support

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR SENIORS

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

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

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

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

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

Coverage area: Lanaudière, Laurentians

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

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

Financing: provincial

Legal status: provincial government agency

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

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: www.ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

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

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

Coverage area: 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: non-profit organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE

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

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

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

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

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

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

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

Financing: provincial

Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

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

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. 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 12 to 17 years old, people living in housing cooperatives, social housing or low-rent housing (HLM), businesses

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

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Budget management and consumption

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DES BASSES LAURENTIDES

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

450 430-2228

Website: acefbl.org

Email: info@acefbl.org

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

Eligibility: consumers

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 17h00

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

Financing: grants, self-financing

Legal status: Cooperative

BOOK HUMANITAIRE (LE)

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

450 436-2665

Website: lebookhumanitaire.com

Email: rlapierre@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

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 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

Services: Accompaniment in the processes of employment and of returning to school. * Psychosocial accompaniment. * Career counselling. * School and professional information. * Job search assistance: resume, cover letter, interview preparation and simulation, etc. * Info-centre: computers, printers, telephones, etc. * Financial education. * School perseverance. * Development of autonomy. * Internships. * Job postings and pairing with businesses. * Entrepreneurship and volunteering projects.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Deux-Montagnes

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'AIDE LA TRAVERSE (LE)

374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7

450 983-5084 Fax: 450 473-5055

Email: gpineault@centrelataverse.org

Services: * Food assistance. * Community lunches. * Financial aid. * Clothing bank. * School supplies. * Ouvroir: recovery and sale of used clothing and articles.

Eligibility: families, individuals in need

Coverage area: Saint-Eustache and surroundings

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

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: open to all, people on a low income

Coverage area: food aid: Saint-Augustin, Saint-Benoît, Saint-Hermas, Saint-Scolastique, Domaine Vert-Sud, donations pickup: Saint-Benoît, Saint-Scolastique, Saint-Hermas, Saint-Augustin, Sainte-Thérèse, Blainville, school supplies: Saint-Augustin, Saint-Scolastique

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 13h00 to 15h00

Fees: none

Financing: self-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 ROSEMÈRE

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

514 919-3713

Website: fondationrosemere.com

Email: guilbeaultandree@gmail.com

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

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

Coverage area: Rosemère

Hours: Monday to Sunday 9h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

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

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

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

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

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

Coverage area: Basses-Laurentides

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

Fees: membership: \$2 per year

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

Legal status: non-profit organization

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

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.sjdl.qc.ca/services-municipaux/environnement * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency notification system. * Financial assistance for sports registration. * Recreation services: activities, day camp, etc. * Collective kitchen. * Municipal library. * Rental of halls.

Eligibility: general public

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

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.canada.ca

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

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

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

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

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

CHAMBRE DE COMMERCE ET D'INDUSTRIE DE LA MRC DE DEUX-MONTAGNES

460 du Parc Street, Suite 201, Saint-Eustache, Laurentides, QC, J7R 0C9

450 491-1991 Fax: 450 491-1648

Website: www.chambrecommerce.com

Email: info@chambrecommerce.com

Services: Group of business people promoting the economic and social development of the Deux-Montagnes MRC. * Professional, personalized support for businesses. * Networking events.

Eligibility: businesses, non-profit organizations, foundations, self-employed workers

Coverage area: MRC de Deux-Montagnes

Fees: membership: variable

Financing: municipal, subventions

Legal status: non-profit organization

EVOL - LAURENTIANS

17660 Charles Street, Suite 101, Mirabel, Laurentides, QC, J7J 0C3

1 844 523-7767

Website: evol.ca/en

Email: info@evol.ca

Services: Support for diversely owned and inclusive businesses seeking to make a positive impact on society.

* Financing. * Accompaniment. * Training. * Networking events.

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

MESURES ALTERNATIVES DES VALLÉES DU NORD

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

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice

Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL):

accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. 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 12 to 17 years old, 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

MICROENTREPRENDRE BASSES-LAURENTIDES

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

450 818-4830 Fax: 450 818-4832

Website: microentreprendrebasseslaurentides.quebec/en

Email: info@mebl.quebec

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

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

Eligibility: people with entrepreneurial projects and excluded from traditional credit

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

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

MICROENTREPRENDRE COEUR ET HAUTES-LAURENTIDES

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

1 888 782-3553

Website: microentreprenrechl.com/en

Email: info@microentreprenrechl.com

Services: * Business start-up assistance. * Individual follow-up. * Microcredit. * Training. * Shared workspace.

Eligibility: entrepreneurs, future entrepreneurs with little or no access to conventional sources of financing to start up or consolidate a business project

Coverage area: entrepreneurship: MRC Argenteuil, MRC La Rivière-du-Nord, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle, Lanaudière, Abitibi

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 14h00

Financing: provincial, federal, foundations

Legal status: non-profit organization

MIRABEL ÉCONOMIQUE

17690 du Val-d'Espoir Street, Mirabel, Laurentides, QC, J7J 1A1

450 475-2110

Website: mirabel.ca

Email: info@mirabeleconomique.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 Thursday 8h30 to 16h45, Friday 8h30 to 12h00

Fees: none

Financing: municipal

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: mrc2m.qc.ca

Email: mjmaltais@mrc2m.qc.ca

Services: * Business start-up and development assistance. * Project funding. * Business mentoring.

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: non-profit organization

MRC THÉRÈSE-DE BLAINVILLE

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

450 621-5546 Fax: 450 621-2628

Website: mrc-tdb.org

Email: reception@mrc-tdb.org

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

Eligibility: residents, businesses

Coverage area: MRC Thérèse-De Blainville

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

Financing: municipal, self-financing, provincial

Legal status: municipal agency

SERVICE CANADA CENTRE - SAINT-EUSTACHE

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

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

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Employment support and training

AIRE OUVERTE DES LAURENTIDES

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

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.cissslau@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. * Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

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

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - HEAD OFFICE

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

1 877 772-2738 Fax: 450 569-8299

Website: capemploi.ca

Email: info@capemploi.ca

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

Eligibility: people 18 to 65 years old

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 - 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: people 18 to 65 years old

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: people 18 to 65 years old

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

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: people 18 to 65 years old

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: none

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.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. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 12h00 and 13h00 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: 450 491-2586

Website: cible-emploi.qc.ca

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

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

Eligibility: adults

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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

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

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

Eligibility: adults

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

Hours: Monday to Friday 8h30 to 16h30

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

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Sale of second-hand clothing, household items, books, sports equipment, toys, dishes, electrical appliances and furniture at low prices. * Delivery. * Employment integration program: handling, maintenance, sale, production and customer service.

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

Hours: Monday 13h00 to 17h00, Tuesday to Saturday 9h30 to 17h00

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

PALETTES FGL

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

450 437-1146 Fax: 450 437-0938

Website: www.palettesfgl.org

Email: info@palettesfgl.org

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

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

Coverage area: Laurentians

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

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

PORTE DE L'EMPLOI (LA)

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

450 435-4565 Fax: 450 435-5586

Website: www.laportedeemploi.com/en

Email: info@laportedeemploi.com

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

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

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

Hours: Monday to Friday 8h30 to 16h15

Fees: none

Financing: provincial

Legal status: non-profit organization

PORTE DE L'EMPLOI (LA) - SAINT-EUSTACHE

460 du Parc Street, Suite 302, Saint-Eustache, Laurentides, QC, J7R 0C9

450 435-4565

Website: www.laportedeemploi.com/en

Email: info@laportedeemploi.com

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

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

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 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

Services: Professional integration business specialized in maintenance and recycling of computers and electronic material. * 26 week training with post-employment follow-up and job search assistance. * Dropping point for the Recycler mes électroniques program. * Sale, installation and reparation of new and used equipment.

Eligibility: employment integration: adults with difficulties obtaining or maintaining a job

Coverage area: Laurentides

Hours: store: Monday to Wednesday 9h30 to 16h00, Thursday and Friday 9h30 to 19h00, Saturday 9h30 to 16h00

Financing: 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

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

TROUSSO DIRECTION EMPLOI

206 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M5

450 562-6006

Website: troussso.ca/en/

Email: info@troussso.ca

Services: * Support for professional reflection. * Job search assistance: help with curriculum vitae, consulting services, interview readiness assistance and labour market information. * Youth Volunteers program: realization of a project allowing personal and professional development, the choice of an employment objective or a return to studies. * Training in personal and work skills.

Eligibility: people seeking employment or considering a career, Young Volunteers program: youth aged 16 to 29

Coverage area: MRC Argenteuil, Youth Volunteers program: Laurentians

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

Financing: self-financing, provincial

Legal status: non-profit organization

Employment support for immigrants

ABL ACCÈS ACCUEIL ACTION BASSES-LAURENTIDES POUR L'IMMIGRATION

184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7

514 570-3313

Website: www.abl-immigration.org

Email: info@abl-immigration.org

Services: Integration assistance for newcomers. * Welcoming, installation and integration. * Support with administrative procedures. * Intercultural rapprochement. * Community awareness. * Group activities. * Objective integration session. * Intercultural twinning. * ICI-Santé: link between immigrants and the healthcare system, social services and the community network.

Eligibility: newcomers, immigrants

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

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00

Fees: none

Financing: grants

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.cielarentides.com

Email: info@cielarentides.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. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 12h00 and 13h00 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.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

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.canada.ca

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

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

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

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Employment support for 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.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. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

GRIFFE D'ALPHA (LA)

420 de Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: info@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy programme for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

Employment support for youth

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

Services: Accompaniment in the processes of employment and of returning to school. * Psychosocial accompaniment. * Career counselling. * School and professional information. * Job search assistance: resume, cover letter, interview preparation and simulation, etc. * Info-centre: computers, printers, telephones, etc. * Financial education. * School perseverance. * Development of autonomy. * Internships. * Job postings and pairing with businesses. * Entrepreneurship and volunteering projects.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Deux-Montagnes

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

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

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

Eligibility: people 15 to 35 years old, employers

Coverage area: Mirabel

Hours: Monday to Thursday 9h00 to 12h00 and 12h30 to 16h00

Fees: none

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

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

Eligibility: youth 16 to 35 years old

Coverage area: MRC Thérèse-De Blainville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE 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. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

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

Fees: none

Financing: provincial

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

450 473-0606

Website: jatout.wixsite.com/jeunesseatout

Email: info@jeunesseatout.org

Services: * Academic motivation and intervention. * In school workshops. * Referral to work platforms.

Eligibility: students at risk of dropping out referred by school principals

Coverage area: French high schools of the MRC Deux-Montagnes

Hours: 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: mrc2m.qc.ca

Email: mjmaltais@mrc2m.qc.ca

Services: * Business start-up and development assistance. * Project funding. * Business mentoring.

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: non-profit organization

PALETTES FGL

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

450 437-1146 Fax: 450 437-0938

Website: www.palettesfgl.org

Email: info@palettesfgl.org

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

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

Coverage area: Laurentians

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

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

TROUSSO DIRECTION EMPLOI

206 Béthany Avenue, Lachute, Laurentides, QC, J8H 2M5

450 562-6006

Website: trouso.ca/en/

Email: info@trouso.ca

Services: * Support for professional reflection. * Job search assistance: help with curriculum vitae, consulting services, interview readiness assistance and labour market information. * Youth Volunteers program: realization of a project allowing personal and professional development, the choice of an employment objective or a return to studies. * Training in personal and work skills.

Eligibility: people seeking employment or considering a career, Young Volunteers program: youth aged 16 to 29

Coverage area: MRC Argenteuil, Youth Volunteers program: Laurentians

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

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

Tax clinics

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME - TAX CLINIC

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 ext. 226 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: * Year-round tax clinic on appointment.

Eligibility: single person with income under \$35,000, couple with income under \$45,000, family with income under \$45,000 (plus an additional \$2,500 for each dependent)

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Hermas, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: by appointment, intensive period: March and April, off-season: May to December, 1st Tuesday of the month, 9h00 to 12h00 and 13h00 to 15h30

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE RACINE-LAVOIE - TAX CLINIC

154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Tax clinic by appointment.

Eligibility: people on a low income

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

Hours: by appointment, March 4 to April 29

Fees: none

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE - TAX CLINIC

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

450 435-0199 Fax: 450 435-0516

Website: www.entraidetdb.org

Email: cetb@bellnet.ca

Services: Walk-in tax clinic.

Eligibility: people on a low income

Capacity: one person at a time

Coverage area: MRC Thérèse-De Blainville

Hours: 2025 clinic: every Monday from 9h30 to 12h00 and 13h00 to 15h00, from March 3rd to April 28th, no clinic on March 31st at 37 Turgeon Street in Sainte-Thérèse and every Thursday from March 6th to April 24th from 9h00 to 12h00 at 1015A du Curé-Labelle Boulevard, walk-in service

Fees: voluntary contribution

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

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

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

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

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

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

Coverage area: Sainte-Anne-des-Plaines

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

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment**ATELIER ENSEMBLE ON SE TIENT (L')**

185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5

450 623-1561 Fax: 450 623-2692

Website: atelierensembleonsetient.wordpress.com

Email: atelierensemble@videotron.ca

Services: Day centre. * Social reintegration and rehabilitation. * Socialization and learning activities. * Pre-employability group. * Support and self-help group. * Follow-up program.

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

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

Hours: Monday to Friday 10h00 to 16h00, support group: during the day and the evening

Fees: none

Financing: provincial

Legal status: non-profit organization

AUTISME LAURENTIDES

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

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

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

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

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

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

Financing: foundations, donations, provincial

Legal status: non-profit organization

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - HEAD OFFICE

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

1 877 772-2738 Fax: 450 569-8299

Website: capemploi.ca

Email: info@capemploi.ca

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

Eligibility: people 18 to 65 years old

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 - 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: people 18 to 65 years old

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: people 18 to 65 years old

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

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: people 18 to 65 years old

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

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: crcccl@crccurelabelle.com

Services: Social reintegration program for men on an active correctional measure. * Housing. * Ongoing supervision. * Rehabilitation activities. * Individual clinical follow-up. * Various specialized programs. * Various points of service: Lachute, Mont-Tremblant, Sainte-Adèle, Sainte-Agathe, Saint-Eustache, Sainte-Thérèse, Terrebonne.

Eligibility: men on an active correctional measure

Capacity: 46 people

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: 450 491-2586

Website: cible-emploi.qc.ca

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

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

Eligibility: adults

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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

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

Services: * Collection, sorting, processing and distribution of foodstuffs to organizations in the Deux-Montagnes MRC. * Paniers santé: fruit and vegetable baskets. * Cantine pour tous: home-delivered frozen meals. * Catering buffet. * Social integration through employment.

Eligibility: collection and distribution: food banks, Cantine pour tous: general population, social reintegration through employment: people living with intellectual or physical disability, autistic people or with a desire to reinsert the job market

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h00 to 16h30

Fees: variables, Cantine pour tous: social pricing

Financing: Centraide Laurentides, provincial, donations, foundations

Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

450 623-5891

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Sale of second-hand clothing, household items, books, sports equipment, toys, dishes, electrical appliances and furniture at low prices. * Delivery. * Employment integration program: handling, maintenance, sale, production and customer service.

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

Hours: Monday 13h00 to 17h00, Tuesday to Saturday 9h30 to 17h00

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES

55 Castonguay Street, Suite 102 and 103, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024 Fax: 450 436-6607

Website: i-tl.org

Email: info@i-tl.org

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

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

Coverage area: 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

55 Castonguay Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024

Website: i-tl.org

Email: info@i-tl.org

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

Eligibility: people living with a physical or intellectual disability, with mental health problems, 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 D and E, Saint-Eustache, Laurentides, QC, J7P 5G1

450 623-0398 Fax: 450 983-5033

Website: i-tl.org

Email: info@i-tl.org

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

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

Coverage area: MRC 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: info@i-tl.org

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

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

Coverage area: MRC Thérèse-de-Blainville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

450 473-0606

Website: jatout.wixsite.com/jeunesseatout

Email: info@jeunesseatout.org

Services: * Academic motivation and intervention. * In school workshops. * Referral to work platforms.

Eligibility: students at risk of dropping out referred by school principals

Coverage area: French high schools of the MRC Deux-Montagnes

Hours: by appointment

Financing: fundraising campaigns

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

Website: lalibellule.org

Email: info@lalibellule.org

Services: * Day and weekend respite for adults. * Families and caregivers support: information, referral, technical or psychosocial support. * Adapted woodworking workshops. * Social Assistance and Support Program-Action: employment support. * Information sessions and conferences.

Eligibility: autistic people 21 years and over or people living with an intellectual disability, their relatives

Capacity: day centre: 45 respite: 8

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: day respite: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day respite: \$15, week-end respite: \$200 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

PALETTES FGL

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

450 437-1146 Fax: 450 437-0938

Website: www.palettesfgl.org

Email: info@palettesfgl.org

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

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

Coverage area: Laurentians

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

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

PORTE DE L'EMPLOI (LA)

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

450 435-4565 Fax: 450 435-5586

Website: www.laportedeemploi.com/en

Email: info@laportedeemploi.com

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

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

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

Hours: Monday to Friday 8h30 to 16h15

Fees: none

Financing: provincial

Legal status: non-profit organization

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/en

Email: info@laportedelemploi.com

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

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

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 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

Services: Professional integration business specialized in maintenance and recycling of computers and electronic material. * 26 week training with post-employment follow-up and job search assistance. * Dropping point for the Recycler mes électroniques program. * Sale, installation and reparation of new and used equipment.

Eligibility: employment integration: adults with difficulties obtaining or maintaining a job

Coverage area: Laurentides

Hours: store: Monday to Wednesday 9h30 to 16h00, Thursday and Friday 9h30 to 19h00, Saturday 9h30 to 16h00

Financing: 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

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

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

Coverage area: MRC Thérèse-De Blainville

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

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

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

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINT-EUSTACHE

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsec-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsec-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Food**CHRISTMAS BASKET****COLLECTIVE KITCHENS AND COOKING WORKSHOPS****COMMUNITY GARDENS AND MARKETS****FOOD ASSISTANCE****FOOD AID FOR PREGNANT WOMEN AND CHILDREN****FOOD ASSISTANCE COORDINATION****FOOD ASSISTANCE IN SCHOOLS****LOW COST OR FREE MEALS****PREPARED MEALS AND MEALS-ON-WHEELS**

Christmas basket

BOOK HUMANITAIRE (LE)

215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 436-2665

Website: lebookhumanitaire.com

Email: rlapierre@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

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 9h00 to 12h00

Fees: none

Financing: donations

Legal status: non-profit organization

CARREFOUR ALIMENTER L'ESPOIR DE BLAINVILLE

1015A Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

438 801-2976

Website: caleblainville.org

Email: info@caleblainville.org

Services: Help for families living on a low incomes or in precarious situations.. * Food assistance. * Christmas baskets. * Emergency food assistance. * Listening and referrals. * Café Caleb: coffee, board games, socializing.

Eligibility: families living on a low income or in a precarious situation

Coverage area: Blainville

Hours: Monday 9h00 to 16h00, Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 16h00, Friday 9h00 to 12h00, food aid: Tuesday 13h00 to 14h30, Café Caleb: Thursday 13h30 to 15h00 (every other week)

Fees: food assistance: \$4

Financing: self-financing

Legal status: non-profit organization

CENTRE D'AIDE RÉMI BOULET

9615 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2

450 530-7094

Email: centrerb2001@gmail.com

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: food assistance: Saint-Canut, clothing depot: Mirabel and surroundings

Hours: food assistance: Thursday afternoon, clothing depot: Monday, Tuesday, Wednesday, Friday 12h30 to 15h45, Thursday 12h30 to 20h00, Saturday 9h00 to 11h45

Fees: food assistance: none

Financing: self-financing, donations

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

Services: * Food baskets. * Christmas baskets and gifts distribution. * Le Chiffonnier: recovery and sale of second-hand items and clothing. * School supplies.

Eligibility: people in precarious situations

Coverage area: Saint-Joseph-du-Lac

Hours: distribution of baskets: Wednesday 10h30 to 12h00, sale of second-hand items: Thursday 13h00 to 19h00, Friday 10h00 to 16h00, every 1st Saturday of the month 9h00 to 15h00

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

DÉPANNAGE ALIMENTAIRE SAINTE-ANNE-DES-PLAINES

154-C Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 838-7044

Email: mireille.soccer@hotmail.ca

Services: * Food bank. * Christmas baskets.

Eligibility: residents of Sainte-Anne-des-Plaines

Coverage area: Sainte-Anne-des-Plaines

Hours: Friday starting at 10h00, by appointment

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

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: sylvie.roy@depannage-st-agapit.org

Services: * Food assistance. * Christmas baskets. * Referral.

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

Services: Support for families and individuals. * Vouchers redeemable in grocery stores. * Food bags. * Christmas baskets.

Eligibility: families and people in need

Coverage area: Rosemère

Hours: by appointment

Financing: municipal

Legal status: non-profit organization

MONTAGNE D'ESPOIR (LA)

2523 1st Street, Sainte-Sophie, Laurentides, QC, J5J 2V8

450 436-4747

Email: lamontagnedespoir@bellnet.ca

Services: * Food assistance. * 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: \$15, food basket: \$5

Financing: donations, grants

Legal status: non-profit organization

PETIT PEUPLE (LE)

500 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2L5

450 971-2250

Website: www.lepetitpeuple.org

Email: info@lepetitpeuple.org

Services: Recruitment, training and volunteer involvement of teenagers, young adults and seniors. * Humanitarian missions. * Christmas party. * Community breakfasts. * Intergenerational activities.

Eligibility: teenagers, young adults, families, people living with a disability or in a vulnerable situation, seniors

Coverage area: Blainville, Boisbriand, Sainte-Thérèse, Mirabel

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

SERVICE D'AIDE ALIMENTAIRE SAINT-MAURICE

388 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H6

450 621-5521 ext. 211

Website: paroisse-st-luc.org/aide-alimentaire

Email: info@paroisse-st-luc.org

Services: * Food bank. * School supply distribution for families already benefiting of food assistance. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Bois-des-Filion, Lorraine, Rosemère

Hours: every second Thursday 13h00

Fees: \$2

Financing: donations

Legal status: non-profit organization

SERVICES D'ENTRAIDE LE RELAIS

305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 939-0501

Website: www.entraidelerelais.org

Email: info@entraidelerelais.org

Services: * Food distribution and emergency assistance. * Collective kitchens. * Les Fripes du Relais: used clothing store at a low price. * Popular education. * School supplies. * Christmas baskets.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 9h00 to 16h30, food distribution: Friday, Fripes du Relais: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 16h00

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

Collective kitchens and cooking workshops

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: info@aphil.ca

Services: * Collective kitchens. * Bistro lunches. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Advocacy of rights. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: people 5 to 90 years old living with an intellectual disability, day camp: people 5 to 17 years old living with an intellectual disability

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks, bonhomme à lunette: by appointment

Fees: annual subscription: \$12, activities: free, outings: 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

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE RACINE-LAVOIE

154, rue Dorion, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution. * Collective kitchen. * Lunch box: preparation of lunches by parents for their children's school. * Bonhomme à lunettes service point. * Referral and listening. * Tax clinic. * Distribution of school supplies.

Eligibility: people and families on a low income

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin, food distribution: Saint-Eustache

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 11h00 to 12h00 and 13h15 to 15h00, kitchen: 2 times a month

Fees: variable

Financing: subventions, dons

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income
collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h00 to 16h00

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

CENTRE TOUS À TABLE

13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3

450 848-0219

Website: www.centretousatable.org

Email: centretousatable@gmail.com

Services: Multifunctional space promoting access to healthy food. * P'tit panier vert: bi-monthly fruit and vegetable buying group. * Collective kitchen for seniors. * Solidarity grocery. * Glanage aux champs: varied activities during summer in local agricultural fields. * Les invendus: recovery of unsold produce from a local fruit shop in order to give it away or transform it into meals. * Solidarity kitchen: distribution of meals to community organizations in food assistance.

Eligibility: general public, collective kitchen: people 55 years old and over

Coverage area: Laurentians

Hours: P'tit panier vert: September to June, every 2nd Wednesday, closed during the holidays, solidarity kitchen: Thursday 12h00 to 16h00

Fees: variable

Financing: municipal, provincial, donations, 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.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

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@maparaisse.info

Services: * Food assistance and emergency food assistance. * Clothing counter. * Collective kitchen. * Food processing.

Eligibility: people on a low income

Coverage area: Deux-Montagnes

Hours: food aid: Tuesdays 11h00 to 13h00, clothing counter: Wednesdays and Thursdays 9h30 to 16h00, collective kitchen: by appointment, Wednesdays, emergency food assistance: on request

Fees: food assistance: \$2 per week

Financing: donations

Legal status: non-profit organization

DIABÈTE DES DRAVEURS

Confidential Address

819 438-2139

Email: diabetedesdraveurs@gmail.com

Services: Association providing help to diabetic people and their close ones. * Information and referral. * Raising awareness, prevention and advocacy for their interests. * Physical and social activities. * Collective kitchen.

Eligibility: diabetic people, their close ones

Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

Fees: \$10 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: info.echelonpdh@gmail.com

Services: * Day centre. * Accompaniment, mutual aid, referral and support. * Activities, thematic workshops, arts, etc. * Collective kitchen. * Community lunches.

Eligibility: people 18 years old and over living with a mental health issue

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 15h30

Fees: regular services: free, special activities: low cost

Financing: grants, 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: maisondefamillebdf.com

Email: administration@maisondefamillebdf.com

Services: * Reception and referral. * Food assistance. * Collective kitchens. * Drop-off daycare. * Family activities. * Parent-child workshops. * Father-child outings.

Eligibility: families, individuals

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h30 to 16h00, drop-off daycare: Monday to Friday 9h to 15h30

Fees: membership: \$7 per year

Financing: Centraide Laurentides, provincial, fundraising campaigns, donations, contributions

Legal status: non-profit organization

MAISON DE LA FAMILLE DE MIRABEL

15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2

450 414-2121

Website: famillemirabel.com

Email: info@famillemirabel.com

Services: * Family support. * Le plaisir de découvrir: reading, writing and mathematics development parent-child workshops for 2 to 5 years old children. * Workshops for parents. * Collective and solidarity kitchens. * Morning chats. * Daycare for 18 months to 5-year-old children. * Relevailles: at-home support and child care for families with 0 to 12 months old newborns. * Strollers respite for children 18 months old and under. * Solidarity and collective kitchens. * Breastfeeding drop-in in collaboration with Nourri-Source Laurentides. * Sac à dos et boîte à lunch, Kindergarten preparation for children 3 to 5 years old. * Postpartum service for families with a baby under 12 months. * Bonhomme à lunettes: low-cost glasses.

Eligibility: children, families and grandparents, Bonhomme à lunettes: general public

Capacity: variable

Coverage area: Mirabel

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00. activities: variable, Relevailles: 8h45 to 11h45 or 13h00 to 16h00

Fees: membership: free, activities and services: 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, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 à 12h00

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social accompaniment. * Promotion and advocacy. * Mutual aid. * Monthly dance. * Collective kitchens. * Adapted karate. * Workshops.

Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Tuesday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET (LA)

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

1 877 755-7272 Fax: 450 974-1960

Email: info@petitemaisonpointecalumet.org

Services: * Family activities. * Child-mother mornings. * Services and activities for parents. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Bonhomme à lunettes service point: low-cost glasses. * Food distribution. * Collective kitchens. * Conference lunches for seniors.

Eligibility: individuals, families

Coverage area: Pointe-Calumet and surroundings, food distribution: Pointe-Calumet

Hours: Monday to Thursday 9h00 to 16h30, Friday on appointment

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

SERVICES D'ENTRAIDE LE RELAIS

305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 939-0501

Website: www.entraidelerelais.org

Email: info@entraidelerelais.org

Services: * Food distribution and emergency assistance. * Collective kitchens. * Les Fripes du Relais: used clothing store at a low price. * Popular education. * School supplies. * Christmas baskets.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 9h00 to 16h30, food distribution: Friday, Fripes du Relais: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 16h00

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

Community gardens and markets

BLAINVILLE - CITY

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

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/fichiersUpload/fichiers/20240819104100-calendrier-collecte.png * 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. * Community gardens.

Coverage area: Piedmont

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

Financing: donations, self-financing, municipal, provincial, federal, fundraising campaigns, Centraide Laurentides

Legal status: non-profit organization

SAINTE-ANNE-DES-PLAINES - RECREATION DEPARTMENT

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 ext. 2016 Fax: 450 478-5660

Website: www.villesadp.ca/services-citoyens/loisirs

Email: loisirs@villesadp.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, gyms, ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Community garden. * Events, exhibitions and parties.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - CULTURE ET LOISIRS

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2640

Website: www.sainte-therese.ca

Email: cultureetloisirs@sainte-therese.ca

Services: * Community, sociocultural and sporting activities. * Sports and community centres, athletics stadium, swimming pools, arenas and ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Hall rental. * Conferences and shows.

Coverage area: Sainte-Thérèse

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

Food Assistance

BOOK HUMANITAIRE (LE)

215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 436-2665

Website: lebookhumanitaire.com

Email: rlapiere@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

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 9h00 to 12h00

Fees: none

Financing: donations

Legal status: non-profit organization

CARREFOUR ALIMENTER L'ESPOIR DE BLAINVILLE

1015A Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

438 801-2976

Website: caleblainville.org

Email: info@caleblainville.org

Services: Help for families living on a low incomes or in precarious situations.. * Food assistance. * Christmas baskets. * Emergency food assistance. * Listening and referrals. * Café Caleb: coffee, board games, socializing.

Eligibility: families living on a low income or in a precarious situation

Coverage area: Blainville

Hours: Monday 9h00 to 16h00, Tuesday 8h30 to 16h00, Wednesday and Thursday 9h00 to 16h00, Friday 9h00 to 12h00, food aid: Tuesday 13h00 to 14h30, Café Caleb: Thursday 13h30 to 15h00 (every other week)

Fees: food assistance: \$4

Financing: self-financing

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'AIDE LA TRAVERSE (LE)

374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7

450 983-5084 Fax: 450 473-5055

Email: gpineault@centrelataverse.org

Services: * Food assistance. * Community lunches. * Financial aid. * Clothing bank. * School supplies. * Ouvroir: recovery and sale of used clothing and articles.

Eligibility: families, individuals in need

Coverage area: Saint-Eustache and surroundings

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

CENTRE D'AIDE RÉMI BOULET

9615 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2

450 530-7094

Email: centrerb2001@gmail.com

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: food assistance: Saint-Canut, clothing depot: Mirabel and surroundings

Hours: food assistance: Thursday afternoon, clothing depot: Monday, Tuesday, Wednesday, Friday 12h30 to 15h45, Thursday 12h30 to 20h00, Saturday 9h00 to 11h45

Fees: food assistance: none

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE RACINE-LAVOIE

154, rue Dorion, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution. * Collective kitchen. * Lunch box: preparation of lunches by parents for their children's school. * Bonhomme à lunettes service point. * Referral and listening. * Tax clinic. * Distribution of school supplies.

Eligibility: people and families on a low income

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin, food distribution: Saint-Eustache

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 11h00 to 12h00 and 13h15 to 15h00, kitchen: 2 times a month

Fees: variable

Financing: subventions, dons

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

CENTRE DE DÉPANNAGE ST-JANVIER DE MIRABEL

17599 Victor Street, Mirabel, Laurentides, QC, J7J 1A9

450 434-4037

Website: www.centrededepannagest-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 REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h00 to 16h00

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

CENTRE TOUS À TABLE

13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3

450 848-0219

Website: www.centretousatable.org

Email: centretousatable@gmail.com

Services: Multifunctional space promoting access to healthy food. * P'tit panier vert: bi-monthly fruit and vegetable buying group. * Collective kitchen for seniors. * Solidarity grocery. * Glanage aux champs: varied activities during summer in local agricultural fields. * Les invendus: recovery of unsold produce from a local fruit shop in order to give it away or transform it into meals. * Solidarity kitchen: distribution of meals to community organizations in food assistance.

Eligibility: general public, collective kitchen: people 55 years old and over

Coverage area: Laurentians

Hours: P'tit panier vert: September to June, every 2nd Wednesday, closed during the holidays, solidarity kitchen: Thursday 12h00 to 16h00

Fees: variable

Financing: municipal, provincial, donations, 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.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

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

Services: * Food baskets. * Christmas baskets and gifts distribution. * Le Chiffonnier: recovery and sale of second-hand items and clothing. * School supplies.

Eligibility: people in precarious situations

Coverage area: Saint-Joseph-du-Lac

Hours: distribution of baskets: Wednesday 10h30 to 12h00, sale of second-hand items: Thursday 13h00 to 19h00, Friday 10h00 to 16h00, every 1st Saturday of the month 9h00 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

Services: * Collection, sorting, processing and distribution of foodstuffs to organizations in the Deux-Montagnes MRC. * Paniers santé: fruit and vegetable baskets. * Cantine pour tous: home-delivered frozen meals. * Catering buffet. * Social integration through employment.

Eligibility: collection and distribution: food banks, Cantine pour tous: general population, social reintegration through employment: people living with intellectual or physical disability, autistic people or with a desire to reinsert the job market

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h00 to 16h30

Fees: variables, Cantine pour tous: social pricing

Financing: Centraide Laurentides, provincial, donations, foundations

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE D'OKA

39 Saint-Jacques Street, Kanesatake, Laurentides, QC, J0N 1E0

450 473-9877 ext. 1007

Email: sophie.lescarbeau@maparoisie.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@maparoisie.info

Services: * Food assistance and emergency food assistance. * Clothing counter. * Collective kitchen. * Food processing.

Eligibility: people on a low income

Coverage area: Deux-Montagnes

Hours: food aid: Tuesdays 11h00 to 13h00, clothing counter: Wednesdays and Thursdays 9h30 to 16h00, collective kitchen: by appointment, Wednesdays, emergency food assistance: on 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@maparoisie.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 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: open to all, people on a low income

Coverage area: food aid: Saint-Augustin, Saint-Benoît, Saint-Hermas, Saint-Scolastique, Domaine Vert-Sud, donations pickup: Saint-Benoît, Saint-Scolastique, Saint-Hermas, Saint-Augustin, Sainte-Thérèse, Blainville, school supplies: Saint-Augustin, Saint-Scolastique

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 13h00 to 15h00

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

DÉPANNAGE ALIMENTAIRE SAINTE-ANNE-DES-PLAINES

154-C Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 838-7044

Email: mireille.soccer@hotmail.ca

Services: * Food bank. * Christmas baskets.

Eligibility: residents of Sainte-Anne-des-Plaines

Coverage area: Sainte-Anne-des-Plaines

Hours: Friday starting at 10h00, by appointment

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

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: sylvie.roy@depannage-st-agapit.org

Services: * Food assistance. * Christmas baskets. * Referral.

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

Services: Support for families and individuals. * Vouchers redeemable in grocery stores. * Food bags. * Christmas baskets.

Eligibility: families and people in need

Coverage area: Rosemère

Hours: by appointment

Financing: municipal

Legal status: non-profit organization

MONTAGNE D'ESPOIR (LA)

2523 1st Street, Sainte-Sophie, Laurentides, QC, J5J 2V8

450 436-4747

Email: lamontagnedespoir@bellnet.ca

Services: * Food assistance. * 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: \$15, food basket: \$5

Financing: donations, grants

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 food bank. * Collecting and processing of perishable and non-perishable food.

Eligibility: general public

Coverage area: Val-David, Val-Morin

Hours: by appointment, Thursday 15h30 to 17h30

Fees: \$5 per person

Financing: donations

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET (LA)

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

1 877 755-7272 Fax: 450 974-1960

Email: info@petitemaisonpointecalumet.org

Services: * Family activities. * Child-mother mornings. * Services and activities for parents. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Bonhomme à lunettes service point: low-cost glasses. * Food distribution. * Collective kitchens. * Conference lunches for seniors.

Eligibility: individuals, families

Coverage area: Pointe-Calumet and surroundings, food distribution: Pointe-Calumet

Hours: Monday to Thursday 9h00 to 16h30, Friday on appointment

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

SERVICE D'AIDE ALIMENTAIRE SAINT-MAURICE

388 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H6

450 621-5521 ext. 211

Website: paroisse-st-luc.org/aide-alimentaire

Email: info@paroisse-st-luc.org

Services: * Food bank. * School supply distribution for families already benefiting of food assistance. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Bois-des-Filion, Lorraine, Rosemère

Hours: every second Thursday 13h00

Fees: \$2

Financing: donations

Legal status: non-profit organization

SERVICES D'ENTRAIDE LE RELAIS

305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 939-0501

Website: www.entraidelerelais.org

Email: info@entraidelerelais.org

Services: * Food distribution and emergency assistance. * Collective kitchens. * Les Fripes du Relais: used clothing store at a low price. * Popular education. * School supplies. * Christmas baskets.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 9h00 to 16h30, food distribution: Friday, Fripes du Relais: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 16h00

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

Food aid for pregnant women and children

GROUPE MARRAINE TENDRESSE (LE)

3 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L4

450 435-6924

Website: www.groupeparrainetendresse.ca

Email: lgmt@bellnet.ca

Services: * Accompaniment and respite for families with a child aged between 0 and 1 year old. * Daycare for families with a child aged between 0 and 18 months. * Material assistance: clothing, basic care and food products for babies. * Loan of baby items.

Eligibility: families with children aged 0 to 18 months

Coverage area: MRC Thérèse-De Blainville and surrounding towns

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 15h00

Fees: home visits: free, daycare: according to income

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

Food assistance coordination

CENTRE D'AIDE LA TRAVERSE (LE) - USED ITEMS RECOVERY

374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7

450 983-5084 Fax: 450 473-5055

Website: centrelataverse.org

Email: gpineault@centrelataverse.org

Services: Used items recovery: food, clothes, furniture, appliances. * Home pick-up.

Coverage area: Saint-Eustache and surroundings

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

CENTRE D'AIDE RÉMI BOULET

9615 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2

450 530-7094

Email: centrerb2001@gmail.com

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: food assistance: Saint-Canut, clothing depot: Mirabel and surroundings

Hours: food assistance: Thursday afternoon, clothing depot: Monday, Tuesday, Wednesday, Friday 12h30 to 15h45, Thursday 12h30 to 20h00, Saturday 9h00 to 11h45

Fees: food assistance: none

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

CENTRE DE DÉPANNAGE ST-JANVIER DE MIRABEL

17599 Victor Street, Mirabel, Laurentides, QC, J7J 1A9

450 434-4037

Website: www.centrededepannagest-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 REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h00 to 16h00

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

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

Services: * Food baskets. * Christmas baskets and gifts distribution. * Le Chiffonnier: recovery and sale of second-hand items and clothing. * School supplies.

Eligibility: people in precarious situations

Coverage area: Saint-Joseph-du-Lac

Hours: distribution of baskets: Wednesday 10h30 to 12h00, sale of second-hand items: Thursday 13h00 to 19h00, Friday 10h00 to 16h00, every 1st Saturday of the month 9h00 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

Services: * Collection, sorting, processing and distribution of foodstuffs to organizations in the Deux-Montagnes MRC. * Paniers santé: fruit and vegetable baskets. * Cantine pour tous: home-delivered frozen meals. * Catering buffet. * Social integration through employment.

Eligibility: collection and distribution: food banks, Cantine pour tous: general population, social reintegration through employment: people living with intellectual or physical disability, autistic people or with a desire to reinsert the job market

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h00 to 16h30

Fees: variables, Cantine pour tous: social pricing

Financing: Centraide Laurentides, provincial, 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: open to all, people on a low income

Coverage area: food aid: Saint-Augustin, Saint-Benoît, Saint-Hermas, Saint-Scolastique, Domaine Vert-Sud, donations pickup: Saint-Benoît, Saint-Scolastique, Saint-Hermas, Saint-Augustin, Sainte-Thérèse, Blainville, school supplies: Saint-Augustin, Saint-Scolastique

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 13h00 to 15h00

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE À SAINT-JÉRÔME

Confidential Address

579 634-4664

Website: lahutte.org

Email: pascalhutte@hotmail.com

Services: Emergency and short-term accommodation for homeless adults. * Dormitory: overnight shelter. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords. * Support for relatives. * Housing for people aged 18 to 25.

Eligibility: homeless people 18 years old and over

Coverage area: Lanaudière, Laurentians

Hours: 24 hours / 7 days, dormitory registration: from 14h00, dormitory: 16h00 to 8h00, warming centre: 11h00 to 7h00

Fees: dormitory and other services: free of charge

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

MOISSON LAURENTIDES

341 Legault Street, Blainville, Laurentides, QC, J7C 0Y1

450 434-0790 Fax: 450 434-9235

Website: www.moissonlaurentides.org/en

Email: direction@moissonlaurentides.org

Services: * Recovery and distribution of food surplus to organizations offering food assistance.

Eligibility: food assistance organizations

Coverage area: Laurentides, MRC Les Moulins

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00

Fees: none

Financing: donations, provincial, Centraide Laurentides

Legal status: non-profit organization

PARTAGE & SOLIDARITÉ LAURENTIDES

6121 Morin Street, Val-Morin, Laurentides, QC, J0T 2R0

819 320-0871

Email: psalaurentides@gmail.com

Services: * Weekly food bank. * Collecting and processing of perishable and non-perishable food.

Eligibility: general public

Coverage area: Val-David, Val-Morin

Hours: by appointment, Thursday 15h30 to 17h30

Fees: \$5 per person

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: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC de la Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

Financing: donations, self-financing, municipal, provincial, federal, fundraising campaigns, Centraide Laurentides

Legal status: non-profit organization

Food assistance in schools

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE RACINE-LAVOIE

154, rue Dorion, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution. * Collective kitchen. * Lunch box: preparation of lunches by parents for their children's school. * Bonhomme à lunettes service point. * Referral and listening. * Tax clinic. * Distribution of school supplies.

Eligibility: people and families on a low income

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin, food distribution: Saint-Eustache

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 11h00 to 12h00 and 13h15 to 15h00, kitchen: 2 times a month

Fees: variable

Financing: subventions, dons

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

Financing: donations, self-financing, municipal, provincial, federal, fundraising campaigns, Centraide Laurentides

Legal status: non-profit organization

Low cost or free meals

ASSOCIATION 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: people 5 to 17 years old

Coverage area: MRC des Laurentides

Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (3 hours block maximum)

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

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. * Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

Hours: Monday to Thursday and Saturday 10h00 to 17h00, Friday 10h00 to 21h00

Fees: none

Financing: provincial, grants

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

Services: Women's centre. * Reception, listening, support and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy and representation.

Eligibility: women, drop-in day care centre: children 18 months to 5 years old

Coverage area: Lachute

Hours: Carrefour: Monday to Thursday 9h00 to 16h00, living environment: 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 Fax: 450 562-2944

Email: coordo@centreauxsources.org

Services: Day centre in mental health. * Support group. * Listening, support and referrals. * Community meals. * Mental health workshops. * Leisure activities and group outings.

Eligibility: people 18 years old and over living with or who have lived with a mental health issue

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 9h00 à 16h00

Fees: none

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

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counselling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: physical, cultural, learning and social activities.

Eligibility: adults with a loss of autonomy, seniors 65 years and over

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, 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

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'AIDE LA TRAVERSE (LE)

374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7

450 983-5084 Fax: 450 473-5055

Email: gpineault@centrelatrasverse.org

Services: * Food assistance. * Community lunches. * Financial aid. * Clothing bank. * School supplies. * Ouvrir: recovery and sale of used clothing and articles.

Eligibility: families, individuals in need

Coverage area: Saint-Eustache and surroundings

Hours: food assistance: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, community lunches: Wednesday 11h00 to 13h00, ouvrir: Monday to Friday 13h00 to 16h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income
collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

CENTRE DE FEMMES LIBER'ELLES

9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4

450 594-0556

Website: www.liberelles.org

Email: info@liberelles.org

Services: * Reception, telephone listening, referral. * Assistance with the procedures. * Self-esteem and personal growth workshops. * Writing workshop. * Conference on women's health. * Tricotons pour la cause project. * Lunch for women, healthy cooking workshop. * Coffee-chats. * Community store: free clothing, accessories and hygiene products for women.

Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: none

Financing: Centraide Laurentides, provincial, federal, donations, fundraising

Legal status: non-profit organization

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h00 to 16h00

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE DEUX-MONTAGNES

141 Grand-Moulin Street, Deux-Montagnes, Laurentides, QC, J7R 3C8

450 974-7960

Services: Social and recreational activities for seniors. * Weekly activities: card games, cribble and indoor pétanque. * Occasional Military Whist. * Thematic lunch four times a year.

Eligibility: people 50 years old and over

Coverage area: Laurentides

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

Services: * Social and recreational activities: bean bags, bocce, cards, dancing, bingo. * Bingo with community meals. * Line dancing. * Trips and outings. * Room rental.

Eligibility: people 50 years old and over

Coverage area: Laurentides

Hours: variable

Fees: annual membership: \$15

Financing: self-financing, contributions

Legal status: non-profit organization

DÎNERS DE L'AMITIÉ (LES) - BLAINVILLE

1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

514 943-3708

Email: LesDAB40@gmail.com

Services: * Bimonthly community meals.

Eligibility: people 65 years old and over

Capacity: 270

Coverage area: Blainville

Hours: September to April, every other Thursday, 12h00 to 13h30

Fees: membership card: \$15, meal for members: \$15

Financing: municipal

Legal status: non-profit organization

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: info.echelonpdh@gmail.com

Services: * Day centre. * Accompaniment, mutual aid, referral and support. * Activities, thematic workshops, arts, etc. * Collective kitchen. * Community lunches.

Eligibility: people 18 years old and over living with a mental health issue

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 15h30

Fees: regular services: free, special activities: low cost

Financing: grants, donations

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

FADOQ - JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 434-1440 ext. 2551

Website: www.fadoqsth.com

Email: clubstetherese@fadoqlaurentides.org

Services: Social club for seniors. * Computer workshops. * Fitness, petanque and yoga on chair. * Bingo, military whist, shuffleboard, etc. * Thematic meals. * Outings and trips.

Eligibility: people 50 years and over

Capacity: 120 people

Coverage area: Sainte-Thérèse

Hours: variable, closed from mid-June to Labour Day

Fees: membership: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

FILLES D'ISABELLE (LES) - BOIS-DES-FILION

Confidential Address

514 919-9038

Website: www.paroisse-st-luc.org/fillesdisabellebois-des-filion

Services: * Fundraising activities. * Community meals. * Volunteer work with local organisations helping vulnerable people, mainly the elderly.

Eligibility: women 21 years old and over, community organisations

Coverage area: Bois-Des-Filion and surroundings

Hours: monthly meeting: 2nd Tuesday of the month

Financing: self-financing, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beauré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 à 12h00

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - SHELTER

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

819 623-3719 ext. 2232 Fax: 819 623-0660

Website: www.maisonlysebeauchamp.org/itinerance

Email: info@maisonlysebeauchamp.org

Services: * Emergency shelter. * Meals for people experiencing homelessness. * Distribution of sterile consumer material (CAMI). * Distribution of naloxone kits (intra-nasal and injectable). * Distribution of fentanyl test strips.

Eligibility: people 18 years old and over in a situation of social emergency, homelessness or wandering

Capacity: 4

Coverage area: MRC d'Antoine-Labelle

Hours: 24 hours / 7 days

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.mouvementdentraide.org

Email: mouventraide@videotron.ca

Services: * Healthy meals. * Community meals. * Games and recreational activities: rummy games, card games, pocket games, Wii Shuffleboard, bowling, knitting, Pergamano. * Physical exercises adapted for seniors. * Tax clinic.

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: \$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: info@lepetitpeuple.org

Services: Recruitment, training and volunteer involvement of teenagers, young adults and seniors. * Humanitarian missions. * Christmas party. * Community breakfasts. * Intergenerational activities.

Eligibility: teenagers, young adults, families, people living with a disability or in a vulnerable situation, seniors

Coverage area: Blainville, Boisbriand, Sainte-Thérèse, Mirabel

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET (LA)

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

1 877 755-7272 Fax: 450 974-1960

Email: info@petitemaisonpointecalumet.org

Services: * Family activities. * Child-mother mornings. * Services and activities for parents. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Bonhomme à lunettes service point: low-cost glasses. * Food distribution. * Collective kitchens. * Conference lunches for seniors.

Eligibility: individuals, families

Coverage area: Pointe-Calumet and surroundings, food distribution: Pointe-Calumet

Hours: Monday to Thursday 9h00 to 16h30, Friday on appointment

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

POPOTE À ROLAND (LA)

1025 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4K7

450 435-9707

Website: www.popotearoland.com

Email: info@popotearoland.com

Services: Meals and activities to break the isolation of seniors.

Eligibility: seniors living in Blainville

Capacity: 40 people

Coverage area: Blainville

Hours: early September to mid-May, Wednesday 10h00 to 15h00

Fees: day of activities including meal: \$10

Financing: municipal, provincial, donations, self-financing

Legal status: non-profit organization

RÉPIT DE LA RUE (LE)

305 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

450 472-3135

Website: www.acjbl.org

Email: lerepit@acjbl.org

Services: Short terme 24/7 shelter. * Duration of 1 to 30 days. * Day centre: meals, showers, laundry and Internet access. * Reintegration support. * Individual follow-up and referrals.

Eligibility: people 18 years old and over, homeless or at risk of homelessness

Capacity: 9

Coverage area: Basses-Laurentides and surroundings

Hours: 24 hours / 7 days

Fees: none

Financing: grants, donations

Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE

19 de la Gare Avenue, Suite I, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.repitbienetre.com

Email: repit.bienetre@gmail.com

Services: Respite and home help services. * Individual respite at home. * Social respite: community lunches, activities. * Respite camp: 3-day camp for caregivers and people receiving care.

Eligibility: seniors with a loss of autonomy, caregivers

Coverage area: Laurentides

Fees: variable according to income

Financing: donations, grants

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

Financing: donations, self-financing, municipal, provincial, federal, fundraising campaigns, Centraide Laurentides

Legal status: non-profit organization

Prepared meals and Meals-on-wheels**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

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counselling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: physical, cultural, learning and social activities.

Eligibility: adults with a loss of autonomy, seniors 65 years and over

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

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

Services: * Collection, sorting, processing and distribution of foodstuffs to organizations in the Deux-Montagnes MRC. * Paniers santé: fruit and vegetable baskets. * Cantine pour tous: home-delivered frozen meals. * Catering buffet. * Social integration through employment.

Eligibility: collection and distribution: food banks, Cantine pour tous: general population, social reintegration through employment: people living with intellectual or physical disability, autistic people or with a desire to reinsert the job market

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h00 to 16h30

Fees: variables, Cantine pour tous: social pricing

Financing: Centraide Laurentides, provincial, donations, foundations

Legal status: non-profit organization

MEALS ON WHEELS

Confidential Address

450 472-3713

Services: * Bi-weekly home delivery of prepared meals.

Eligibility: seniors 80 years old and over, people that have a health problem

Coverage area: Deux-Montagnes

Hours: September to June, 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.mouvementdentraide.org

Email: mouventraide@videotron.ca

Services: * Healthy meals. * Community meals. * Games and recreational activities: rummy games, card games, pocket games, Wii Shuffleboard, bowling, knitting, Pergamano. * Physical exercises adapted for seniors. * Tax clinic.

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: \$10

Financing: provincial, municipal, donations, self-financing

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

Financing: donations, self-financing, municipal, provincial, federal, fundraising campaigns, Centraide Laurentides

Legal status: non-profit organization

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.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Income statements

BLAINVILLE - CITY

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - CITY

375 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H1

450 621-1460

Website: villebdf.ca

Email: ville@villebdf.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and Christmas trees, domestic and recyclable waste. * Urban planning department: construction permits. * Public work department. * Emergency notification system. * Info-travaux. * Fire department. * Reception of property damage claims: villebdf.ca/wp-content/uploads/2024/06/Formulaire-RCL-dynamique-MAJ-2024.pdf

Coverage area: Bois-des-Filion

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

DEUX-MONTAGNES - CITY

803 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L8

450 473-2796 Fax: 450 473-2417

Website: ville.deux-montagnes.qc.ca/en

Email: info@ville.deux-montagnes.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Collections of waste materials and depots calendar: ville.deux-montagnes.qc.ca/en/infocollects. * Pet licenses. * Construction permits. * Emergency notification system. * Hall rental.

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

LORRAINE - CITY

33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 Fax: 450 621-4763

Website: www.ville.lorraine.qc.ca

Email: info@ville.lorraine.qc.ca

Services: Municipal service management. * Municipal tax payment. * Waste collection calendar: ville.lorraine.qc.ca/services-aux-citoyens/matieres-residuelles * Emergency notification system. * Construction permits. * Room rental.

Coverage area: Lorraine

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h15 to 12h00

Financing: municipal

Legal status: municipal agency

MIRABEL - CITY

14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y3

450 475-8653

Website: mirabel.ca

Email: communications@mirabel.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Dog licence. * Construction permits. * Fire department. * Police department. * Emergency notification system. * Housing Search Assistance.

Coverage area: Mirabel

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00

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 of residual materials: morinheights.com/Waste-management * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure and culture. * Library.

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

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

Services: Municipal service management. * Municipal tax payment. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance. * Fire department. * Residual materials collection.

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

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/fichiersUpload/fichiers/20240819104100-calendrier-collecte.png * 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. * Community gardens.

Coverage area: Piedmont

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 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

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance. * Grant programs for the purchase of a tree to plant, rain barrels, shredder blade, cloth diapers, menstrual hygiene products, transition from oil to electricity. * Recreation department. * Library.

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

ROSEMÈRE - CITY

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 Fax: 450 621-7601

Website: www.ville.rosemere.qc.ca/home

Email: info@ville.rosemere.qc.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Emergency notification system. * Municipal library. * Community services. * Administration of oath. * Municipal Court. * Ecocentre. * Transportation for seniors.

Coverage area: Rosemère

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

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: stadolphedhoward.qc.ca

Email: info@stah.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: <https://stadolphedhoward.qc.ca/40/matieres-residuelles> * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure, culture, and community life. * Library.

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-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

Services: Municipal service management. * Municipal tax payment. * Police department. * Fire department. * Emergency notification system. * Garbage collection. * Construction permits. * Animal licenses. * Recreation department. * Public library.

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-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

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.sjdl.qc.ca/services-municipaux/environnement * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency notification system. * Financial assistance for sports registration. * Recreation services: activities, day camp, etc. * Collective kitchen. * Municipal library. * Rental of halls.

Eligibility: general public

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-PLACIDE - MUNICIPALITY

281 Montée Saint-Vincent, Saint-Placide, Laurentides, QC, J0V 2B0

450 258-2305 Fax: 450 258-3059

Website: saintplacide.ca

Email: info@saintplacide.ca

Services: Municipal service management. * Municipal tax management and payment. * Public security services: fire safety, animal control. * Urbanism service and construction permits. * Public work department: infrastructure maintenance, construction work, snow removal. * Calendar of recyclable and garbage collections and information on waste management: saintplacide.ca/services-municipaux/environnement/diverses-collectes * Financial assistance for the purchase of cloth diapers. * Recreation services, library.

Coverage area: Saint-Placide

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-SAUVEUR - CITY

1 de la Mairie Place, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-0000 Fax: 1 866 313-6267

Website: vss.ca

Email: administration@vss.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: vss.ca/services-aux-citoyens/services/collectes-et-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * OMNIVIGIL, emergency alert service for citizens: saint-sauveur.omnivigil.com

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-ANNE-DES-PLAINES - CITY

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 Fax: 450 478-5660

Website: www.villesadp.ca

Email: info@villesadp.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Emergency notification system.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-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

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits. * Emergency notification system.

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-THÉRÈSE - CITY

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440

Website: www.sainte-therese.ca

Email: info@sainte-therese.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Emergency notification system. * Public library.

Coverage area: Sainte-Thérèse

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

Municipal services

BLAINVILLE - CITY

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

BLAINVILLE - ÉCOCENTRE DE LA SEIGNEURIE

302 Omer-DeSerres Street, Blainville, Laurentides, QC, J7C 5N3

450 434-5348

Website: blainville.ca/services/environnement-et-voirie/ecocentre

Email: travauxpublics@blainville.ca

Services: Waste recovery and reuse site. * Appliances. * Electronics. * Furniture. * Recyclable waste. * Constructions waste. * Hazardous household waste: paint, oil, sprays, batteries, light bulbs, etc. * Green waste. * Clothing. * Tires.

Eligibility: people residing in Blainville

Coverage area: Blainville

Hours: April 15th to November 14th: 8h00 to 16h45, closed on Wednesday, November 15th to April 14th: Friday and Saturday 8h00 to 16h45

Fees: variable

Financing: municipal

Legal status: municipal agency

BLAINVILLE - LOISIRS, CULTURE, BIBLIOTHÈQUE ET VIE COMMUNAUTAIRE

1001 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 434-5275 Fax: 450 434-5296

Website: blainville.ca

Email: loisirs@blainville.ca

Services: * Community, sociocultural and sporting activities. * Arenas, recreational and aquatic centre, association centre, athletics stadium, ice rinks, swimming pools, parks and playgrounds. * La Zone: youth centre. * Hall rental. * Coordination with community organizations. * Summer day camp.

Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse

Hours: Monday to Friday 6h15 to 20h30, Saturday and Sunday 7h00 to 16h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - CITY

375 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H1

450 621-1460

Website: villebdf.ca

Email: ville@villebdf.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and Christmas trees, domestic and recyclable waste. * Urban planning department: construction permits. * Public work department. * Emergency notification system. * Info-travaux. * Fire department. * Reception of property damage claims: villebdf.ca/wp-content/uploads/2024/06/Formulaire-RCL-dynamique-MAJ-2024.pdf

Coverage area: Bois-des-Filion

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - ÉCOCENTRE

690 de la Sablière Street, Bois-des-Filion, Laurentides, QC, J6Z 4T7

450 621-1460 ext. 3306

Website: villebdf.ca/ecocentre

Email: ville@villebdf.ca

Services: Waste recovery and reuse site. * Electronics. * Construction materials. * Hazardous household waste: paint, oil, spray, batteries, light bulbs, etc. * Refrigerators, freezers and other domestic refrigeration devices.

Eligibility: citizens of Bois-des-Filions or Lorraine

Coverage area: Bois-des-Filion

Hours: Monday to Thursday 11h00 to 17h00, Friday 13h00 to 19h00, Saturday 9h00 to 17h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOISBRIAND - CITY

940 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954

Website: www.ville.boisbriand.qc.ca

Email: accueil@ville.boisbriand.qc.ca

Services: Municipal service management. * Management and payment of municipal taxes. * Requests, complaints, or reports of problems on the territory: <https://boisbriand.edemandes.com/fr/create/QS> * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste, composting. * Hall rental. * Urban-planning department: construction permits. * Public work department. * Emergency notification system. * INFO-travaux: location of infrastructure work. * Fire department. * Pick-up of dead dogs, cats, skunks, raccoons and groundhogs on public property.

Coverage area: Boisbriand

Hours: municipal services: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15, citizen services: Monday 8h15 to 16h15, Tuesday and Thursday 8h15 to 17h00, Wednesday 8h15 to 19h00, Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

BOISBRIAND - LOISIRS, CULTURE ET BIBLIOTHÈQUE

940 de la Grande Allée Boulevard, ground floor, Boisbriand, Laurentides, QC, J7G 2J7

450 437-2727 Fax: 450 437-9397

Website: www.ville.boisbriand.qc.ca/activites

Services: Management and organization of community, cultural and sports activities. * Arena, ice rinks, pools, Maison du citoyen and Place de la culture, community and cultural centres, parks and playground. *

Coordination and support to volunteering within the community of Boisbriand. * Summer day camp.

Coverage area: Boisbriand

Hours: recreative center: June 26th to September 1st 2024, Wednesday to Friday 16h00 to 21h00, Saturday 13h00 to 21h00, Sunday 12h00 to 18h00

Fees: variable

Financing: municipal

Legal status: municipal agency

DEUX-MONTAGNES - CITY

803 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L8

450 473-2796 Fax: 450 473-2417

Website: ville.deux-montagnes.qc.ca/en

Email: info@ville.deux-montagnes.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Collections of waste materials and depots calendar: ville.deux-montagnes.qc.ca/en/infocollects. * Pet licenses. * Construction permits. * Emergency notification system. * Hall rental.

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

Website: ville.deux-montagnes.qc.ca/en/municipal-services/leisure-and-community-services

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

Fees: variable

Financing: municipal

Legal status: municipal agency

LORRAINE - CITY

33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 Fax: 450 621-4763

Website: www.ville.lorraine.qc.ca

Email: info@ville.lorraine.qc.ca

Services: Municipal service management. * Municipal tax payment. * Waste collection calendar: ville.lorraine.qc.ca/services-aux-citoyens/matieres-residuelles * Emergency notification system. * Construction permits. * Room rental.

Coverage area: Lorraine

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h15 to 12h00

Financing: municipal

Legal status: municipal agency

LORRAINE - SERVICE DES LOISIRS ET DE LA CULTURE

29 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 275

Website: ville.lorraine.qc.ca/loisirs-et-culture

Email: loisirs@ville.lorraine.qc.ca

Services: * Community, sociocultural and sporting activities. * Cultural centre, arena, ice rinks, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Parties and events.

Coverage area: Lorraine

Fees: variable

Financing: municipal

Legal status: municipal agency

MIRABEL - CITY

14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y3

450 475-8653

Website: mirabel.ca

Email: communications@mirabel.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Dog licence. * Construction permits. * Fire department. * Police department. * Emergency notification system. * Housing Search Assistance.

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

Services: Deposit, sorting and recovery site for residual materials. * Large items and dry residential renovation materials. * Metal appliances and objects. * Electronic appliances. * Household hazardous waste (paint, oil, filters, batteries, etc.) * Rimless tires.

Eligibility: citizens

Coverage area: Mirabel

Hours: Tuesday to Friday 9h00 to 12h00 and 12h30 to 17h00, Saturday 9h00 to 16h30

Fees: none

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

Services: Deposit, sorting and recovery site for residual materials. * Large items and dry residential renovation materials. * Metal appliances and objects. * Electronic appliances. * Household hazardous waste (paint, oil, filters, batteries, etc.) * Rimless tires.

Eligibility: citizens

Coverage area: Mirabel

Hours: Monday to Friday 8h00 to 12h00 and 12h30 to 17h00, Saturday 8h00 to 15h00

Fees: none

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

Services: Deposit, sorting and recovery site for residual materials. * Large items and dry residential renovation materials. * Metal appliances. * Electronic appliances and objects. * Household hazardous waste (paint, oil, filters, batteries, etc.) * Rimless tires.

Eligibility: citizens

Coverage area: Mirabel

Hours: Tuesday to Friday 9h00 to 12h00 and 12h30 to 17h00, Saturday 9h00 to 16h30

Fees: none

Financing: municipal

Legal status: municipal agency

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

Services: Deposit, sorting and recovery site for residual materials. * Large items and dry residential renovation materials. * Metal appliances and objects. * Electronic appliances. * Household hazardous waste (paint, oil, filters, batteries, etc.) * Rimless tires.

Eligibility: citizens

Coverage area: Mirabel

Hours: Saturday 9h00 to 16h30

Fees: none

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: info@keru.ca

Services: Political organisation responsible for Kanehsatà:ke. * Kanehsatà:ke Education Center: education programs and pre-school, primary and secondary schools administration. * Language and culture promotion and protection. * Social assistance. * Health management and public services. * Public finances management and economic development. * Kanehsatà:ke Human Resource Office. * Housing. * Land management and estate. * Band membership. * Territorial claims and intergovernmental relations. * Environment protection and promotion. * Infrastructure management.

Coverage area: Kanesatake

Hours: Monday to Friday 9h00 to 17h00

Financing: federal

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 of residual materials: morinheights.com/Waste-management * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure and culture. * Library.

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

OKA - LOISIRS ET CULTURE

183 des Angers 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

Services: * Community, sociocultural and sports activities. * Community hall, arena, ice rinks, parks and playgrounds. * Summer day camp. * Coordination with community organizations. * Room rental. * Events.

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 Angers Street, Kanesatake, Laurentides, QC, J0N 1E0

450 479-8333 Fax: 450 479-1886

Website: municipalite.oka.qc.ca

Email: info@municipalite.oka.qc.ca

Services: Municipal service management. * Municipal tax payment. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance. * Fire department. * Residual materials collection.

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

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/fichiersUpload/fichiers/20240819104100-calendrier-collecte.png * 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. * Community gardens.

Coverage area: Piedmont

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 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

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance. * Grant programs for the purchase of a tree to plant, rain barrels, shredder blade, cloth diapers, menstrual hygiene products, transition from oil to electricity. * Recreation department. * Library.

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

Services: * Sports and recreational activities. * Sports and cultural centre, swimming pool, parks, ice rinks, sports fields. * Summer day camp. * Events.

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

RECYPRO

70 Simon Street, Lachute, Laurentides, QC, J8H 3R8

450 562-7740 Fax: 450 562-7918

Website: www.recypro.com

Email: info@recypro.com

Services: Professional integration business specialized in maintenance and recycling of computers and electronic material. * 26 week training with post-employment follow-up and job search assistance. * Dropping point for the Recycler mes électroniques program. * Sale, installation and reparation of new and used equipment.

Eligibility: employment integration: adults with difficulties obtaining or maintaining a job

Coverage area: Laurentides

Hours: store: Monday to Wednesday 9h30 to 16h00, Thursday and Friday 9h30 to 19h00, Saturday 9h30 to 16h00

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

Email: mpatenaude@rpldm.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offenses. * Criminal record check-up. * Awareness-raising.

Coverage area: Deux-Montagnes, Sainte-Marthe-sur-le-Lac, Saint-Joseph-du-Lac, Pointe-Calumet

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 offenses. * Criminal record check-up. * Awareness-raising.

Coverage area: Boisbriand, Lorraine, Rosemère, Sainte-Thérèse

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - CITY

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 Fax: 450 621-7601

Website: www.ville.rosemere.qc.ca/home

Email: info@ville.rosemere.qc.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Emergency notification system. * Municipal library. * Community services. * Administration of oath. * Municipal Court. * Ecocentre. * Transportation for seniors.

Coverage area: Rosemère

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

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: stadolphedhoward.qc.ca

Email: info@stah.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: <https://stadolphedhoward.qc.ca/40/matieres-residuelles> * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure, culture, and community life. * Library.

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-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

Services: Municipal service management. * Municipal tax payment. * Police department. * Fire department. * Emergency notification system. * Garbage collection. * Construction permits. * Animal licenses. * Recreation department. * Public library.

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

Services: * Community, sociocultural and sporting activities. * Aquatic centre, multisport centre, arts centre, arenas, swimming pools, ice rinks, parks and playgrounds. * Maison du citoyen at 184 Saint-Eustache Street. * Coordination with community organizations. * Shows, activities and events. * Summer day camp. * Hall rental.

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 - 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

Services: Deposit, sorting and recovery site for residual materials. * Household hazardous waste: paint, oil, batteries, propane, etc. * Computer appliances. * Small appliances. * Building materials: aggregates, wood, dry materials. * Rimless tires. * Mattresses.

Eligibility: citizens

Coverage area: Saint-Joseph-du-Lac

Hours: January to March: Saturday 9h00 to 14h00, April to December: Wednesday 15h00 to 19h00, 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 Fax: 450 623-2889

Website: www.sjdl.qc.ca

Email: info@sjdl.qc.ca

Services: * Sporting and recreational activities. * Parks, ice rinks, sports fields. * Summer and spring break day camps. * Hall rental. * Parties and events.

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

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.sjdl.qc.ca/services-municipaux/environnement * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency notification system. * Financial assistance for sports registration. * Recreation services: activities, day camp, etc. * Collective kitchen. * Municipal library. * Rental of halls.

Eligibility: general public

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-PLACIDE - MUNICIPALITY

281 Montée Saint-Vincent, Saint-Placide, Laurentides, QC, J0V 2B0

450 258-2305 Fax: 450 258-3059

Website: saintplacide.ca

Email: info@saintplacide.ca

Services: Municipal service management. * Municipal tax management and payment. * Public security services: fire safety, animal control. * Urbanism service and construction permits. * Public work department: infrastructure maintenance, construction work, snow removal. * Calendar of recyclable and garbage collections and information on waste management: saintplacide.ca/services-municipaux/environnement/diverses-collectes * Financial assistance for the purchase of cloth diapers. * Recreation services, library.

Coverage area: Saint-Placide

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-SAUVEUR - CITY

1 de la Mairie Place, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-0000 Fax: 1 866 313-6267

Website: vss.ca

Email: administration@vss.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: vss.ca/services-aux-citoyens/services/collectes-et-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * OMNIVIGIL, emergency alert service for citizens: saint-sauveur.omnivigil.com

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-ANNE-DES-PLAINES - CITY

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 Fax: 450 478-5660

Website: www.villesadp.ca

Email: info@villesadp.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Emergency notification system.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES - RECREATION DEPARTMENT

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 ext. 2016 Fax: 450 478-5660

Website: www.villesadp.ca/services-citoyens/loisirs

Email: loisirs@villesadp.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, gyms, ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Community garden. * Events, exhibitions and parties.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-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

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits. * Emergency notification system.

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

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 - CITY

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440

Website: www.sainte-therese.ca

Email: info@sainte-therese.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Emergency notification system. * Public library.

Coverage area: Sainte-Thérèse

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - CULTURE ET LOISIRS

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2640

Website: www.sainte-therese.ca

Email: cultureetloisirs@sainte-therese.ca

Services: * Community, sociocultural and sporting activities. * Sports and community centres, athletics stadium, swimming pools, arenas and ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Hall rental. * Conferences and shows.

Coverage area: Sainte-Thérèse

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - ÉCOCENTRE

105 Blanchard Street, Sainte-Thérèse, Laurentides, QC, J7E 4N4

450 434-1440 ext. 2100

Website: www.sainte-therese.ca/environnement/centre-de-multirecyclage

Services: Waste recovery and reuse site. * Cooling and freezing appliances containing halocarbons. * Appliances. * Large padded furniture. * Recyclable waste. * Electronics. * Construction waste. * Hazardous household waste: paint, oil, spray, batteries, light bulbs, etc. * Green waste: leaves, tree branches, etc. * Donation box for the Dépanne-Tout organization: clothes, toys and small objects.

Coverage area: Boisbriand, Sainte-Thérèse

Hours: summer (April 15th to November 15th): Friday 12h00 to 19h00, Saturday and Sunday 9h00 to 18h00, winter (November 16th to April 14th): Friday 12h00 to 19h00, Saturday 12h00 to 17h00

Fees: price per drop-off: \$5 per car, \$25 per truck, \$30 per trailer

Financing: municipal

Legal status: non-profit organization

SAINTE-THÉRÈSE - SERVICE DE SÉCURITÉ INCENDIE

200 Ducharme Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 2E9

450 435-2422

Website: www.sainte-therese.ca/securite-publique/securite-incendie

Email: securiteincendie@sainte-therese.ca

Services: Fire and rescue services. * Application of the law and regulations in fire safety. * Licensing and prevention inspections. * Public awareness and education. * Fire fighting.

Coverage area: MRC Thérèse-De Blainville

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE BLAINVILLE

640 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2J2

450 434-5300

Website: blainville.ca/services/services-aux-citoyens/police

Email: police@blainville.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * Coffee with a cop. * Neutral meeting place for online transactions.

Coverage area: Blainville

Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00

Financing: municipal

Legal status: municipal agency

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

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * SMS for deaf people. * Neutral meeting place for online transactions.

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

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: Saint-Eustache

Financing: municipal

Legal status: municipal 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

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

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

Municipalité régionale de comté (MRC)

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

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 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 THÉRÈSE-DE BLAINVILLE

201 Curé Labelle Boulevard, Suite 304, Sainte-Thérèse, Laurentides, QC, J7E 2X6

450 621-5546 Fax: 450 621-2628

Website: mrc-tdb.org

Email: reception@mrc-tdb.org

Services: * Administration of land use. * Urban planning regulations. * Management of public services: watercourses, waste management and civil security. * Participation in socio-economic development. * Promotion of heritage, culture and tourism. * Online carpooling service: <http://rive-nord.covoiturage.ca> * Participation to job creation through businesses development, implementation and consolidation.

Eligibility: residents, businesses

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 13h30, June 24th to labour day: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h30

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Official documents

BLAINVILLE - CITY

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE - 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

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

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

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Dog licence. * Construction permits. * Fire department. * Police department. * Emergency notification system. * Housing Search Assistance.

Coverage area: Mirabel

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00

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 of residual materials: morinheights.com/Waste-management * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure and culture. * Library.

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

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/fichiersUpload/fichiers/20240819104100-calendrier-collecte.png * 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. * Community gardens.

Coverage area: Piedmont

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 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

Email: mpatenaude@rpldm.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offenses. * Criminal record check-up. * Awareness-raising.

Coverage area: Deux-Montagnes, Sainte-Marthe-sur-le-Lac, Saint-Joseph-du-Lac, Pointe-Calumet

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 offenses. * Criminal record check-up. * Awareness-raising.

Coverage area: Boisbriand, Lorraine, Rosemère, Sainte-Thérèse

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - CITY

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 Fax: 450 621-7601

Website: www.ville.rosemere.qc.ca/home

Email: info@ville.rosemere.qc.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Emergency notification system. * Municipal library. * Community services. * Administration of oath. * Municipal Court. * Ecocentre. * Transportation for seniors.

Coverage area: Rosemère

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

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: stadolphedhoward.qc.ca

Email: info@stah.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: <https://stadolphedhoward.qc.ca/40/matieres-residuelles> * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure, culture, and community life. * Library.

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-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

Services: Municipal service management. * Municipal tax payment. * Police department. * Fire department. * Emergency notification system. * Garbage collection. * Construction permits. * Animal licenses. * Recreation department. * Public library.

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-JÉRÔME COURTHOUSE

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

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. * Online schedule of hearings: click here * Online information: marriage, civil unions, family mediation, negotiating an equitable agreement, child support, wills, etc.

Eligibility: general public

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

SAINT-SAUVEUR - CITY

1 de la Mairie Place, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-0000 Fax: 1 866 313-6267

Website: vss.ca

Email: administration@vss.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: vss.ca/services-aux-citoyens/services/collectes-et-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * OMNIVIGIL, emergency alert service for citizens: saint-sauveur.omnivigil.com

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

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.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE DE POLICE DE BLAINVILLE

640 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2J2

450 434-5300

Website: blainville.ca/services/services-aux-citoyens/police

Email: police@blainville.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * Coffee with a cop. * Neutral meeting place for online transactions.

Coverage area: Blainville

Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00

Financing: municipal

Legal status: municipal agency

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

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * SMS for deaf people. * Neutral meeting place for online transactions.

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

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: Saint-Eustache

Financing: municipal

Legal status: municipal 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

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

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

Provincial services

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Lanaudière, Laurentians

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except for an emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians

Hours: by appointment only

Financing: membership fees, self-financing

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

1 877 221-7043

Website: www.quebec.ca/en/government/departments-and-agencies/curateur-public

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 - SAINT-EUSTACHE

11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

450 472-0134 Fax: 450 472-0409

Website: www.ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: 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: non-profit organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: non-profit organization

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

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

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

Health**EMERGENCY****EYE CARE****FAMILY PLANNING****FUNERAL COOPERATIVES****HOME CARE****PALLIATIVE CARE****PATIENT SUPPORT ASSOCIATIONS****PUBLIC HEALTH**

Emergency

SAUVETAGE A.G.

407-411 d'Argenteuil Avenue, Lachute, Laurentides, QC, J8H 1W8

514 238-0686

Website: www.sauvetageag.com

Email: sauvetageag@hotmail.com

Services: Emergency service in remote location. * Search and rescue. * First responders.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: self-financing

Legal status: non-profit organization

Eye care

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: info@aphil.ca

Services: * Collective kitchens. * Bistro lunches. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Advocacy of rights. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: people 5 to 90 years old living with an intellectual disability, day camp: people 5 to 17 years old living with an intellectual disability

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks, bonhomme à lunette: by appointment

Fees: annual subscription: \$12, activities: free, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE RACINE-LAVOIE

154, rue Dorion, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution. * Collective kitchen. * Lunch box: preparation of lunches by parents for their children's school. * Bonhomme à lunettes service point. * Referral and listening. * Tax clinic. * Distribution of school supplies.

Eligibility: people and families on a low income

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin, food distribution: Saint-Eustache

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 11h00 to 12h00 and 13h15 to 15h00, kitchen: 2 times a month

Fees: variable

Financing: subventions, dons

Legal status: non-profit organization

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h00 to 16h00

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DE MIRABEL

15093 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1X2

450 414-2121

Website: famillemirabel.com

Email: info@famillemirabel.com

Services: * Family support. * Le plaisir de découvrir: reading, writing and mathematics development parent-child workshops for 2 to 5 years old children. * Workshops for parents. * Collective and solidarity kitchens. * Morning chats. * Daycare for 18 months to 5-year-old children. * Relevailles: at-home support and child care for families with 0 to 12 months old newborns. * Strollers respite for children 18 months old and under. * Solidarity and collective kitchens. * Breastfeeding drop-in in collaboration with Nourri-Source Laurentides. * Sac à dos et boîte à lunch, Kindergarten preparation for children 3 to 5 years old. * Postpartum service for families with a baby under 12 months. * Bonhomme à lunettes: low-cost glasses.

Eligibility: children, families and grandparents, Bonhomme à lunettes: general public

Capacity: variable

Coverage area: Mirabel

Hours: office: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00. activities: variable, Relevailles: 8h45 to 11h45 or 13h00 to 16h00

Fees: membership: free, activities and services: free or at affordable price

Financing: fundraising campaigns, provincial, Centraide Laurentides

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET (LA)

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

1 877 755-7272 Fax: 450 974-1960

Email: info@petitemaisonpointecalumet.org

Services: * Family activities. * Child-mother mornings. * Services and activities for parents. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Bonhomme à lunettes service point: low-cost glasses. * Food distribution. * Collective kitchens. * Conference lunches for seniors.

Eligibility: individuals, families

Coverage area: Pointe-Calumet and surroundings, food distribution: Pointe-Calumet

Hours: Monday to Thursday 9h00 to 16h30, Friday on appointment

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

Family planning

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. * Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

Hours: Monday to Thursday and Saturday 10h00 to 17h00, Friday 10h00 to 21h00

Fees: none

Financing: provincial, grants

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Nurse consultation. * Contraception. * STI screening. * Distribution of new injection material to drug users (free service). * Recovery of used needles and syringes. * Pap test. * Vaccination for adults.

Coverage area: Laurentians

Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 8h15 to 16h15

Financing: provincial

Legal status: non-profit organization

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

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: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

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: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC de la Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Funeral cooperatives

COOPÉRATIVE FUNÉRAIRE BRUNET

680 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

819 623-6232 Fax: 819 623-2132

Website: coopfbrunet.com

Email: info@coopfbrunet.com

Services: * Funeral services cooperative.

Eligibility: general public

Coverage area: Laurentians

Hours: Monday to Friday 9h00 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: info@coopfunerairelaurentides.org

Services: Funeral cooperative. * Funeral services and prearrangements.

Eligibility: general public

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00

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

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

Services: * Domestic house services: regular housekeeping, laundry, preparation of meals without medical restrictions, grocery shopping and other errands, heavy housekeeping, moving furniture and appliances, rearranging storage spaces. * Personal care: personal hygiene, assistance with getting dressed, assistance with eating, assistance with getting up and going to bed, distribution and administration of medicines, colostomy, ostomy and urine drainage care, assistance with putting on and taking off medical compression stockings, taking mouth temperature and blood pressure, respite with personal care. * Respite for caregivers of seniors.

Eligibility: seniors with a loss of autonomy, caregivers, people 65 years old and under referred by a CIUSSS, people with disabilities or who have undergone surgery, new mothers

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: office: Monday to Friday 8h30 to 16h00, services: Monday to Friday 8h00 to 18h00

Fees: household chores: hourly wage adapted to the income, credited by the RAMQ for the financial exoneration program, respite: \$9 per hour

Financing: self-financing, grants, provincial

Legal status: cooperative

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

Services: Community health programs. * Health of mothers, infants and families. * Mental health and addictions prevention. * Diabetes and injuries prevention. * Primary care: community health nurse, vaccination, home care. * Drinking water monitoring.

Coverage area: Kanesatake

Hours: Monday to Friday 8h00 to 16h00

Financing: federal

Legal status: non-profit organization

Palliative 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

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

1 866 627-8653

Website: littlebrothers.ca/about-us/regional-teams/basses-laurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Fees: none

Financing: fundraising campaigns, self-financing, 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. * 12 private rooms. * Accompaniment and care 24/7.

Eligibility: sick people at the end of life

Capacity: 12 patients

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, south of Mirabel

Hours: visits: 24 hours / 7 days

Fees: none

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

PALLIA-VIE - PALLIATIVE CARE HOME

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

Hours: Monday to Friday 8h00 à 16h30

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-3331 Fax: 450 431-5929

Website: pallia-vie.ca

Email: admin@pallia-vie.ca

Services: * Support for people with cancer or a degenerative disease and for 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, MRC Mirabel

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: membership: one-time fee of \$10

Financing: donations, grant

Legal status: None or unknown

Patient support associations

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES

701 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5C7

1 877 705-7766 Fax: 450 569-7769

Website: www.fibromyalgie-des-laurentides.ca

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. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

Hours: Administration: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h30

Fees: annual membership: \$20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE BLAINVILLE ET DES LAURENTIDES

1060 du Curé-Labelle Boulevard, Suite 200, Blainville, Laurentides, QC, J7C 2M6

450 979-7263

Website: www.pandatdb.com

Email: info@pandatdb.com

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Information, support and referral. * Telephone support. * Individual meetings. * Support to families. * Workshops for parents of children in primary school and for adults. * Papillon: program for children 3 to 5 years old and their parents. * Public conferences. * Family activities. * Family winter camps, summer camps.

Eligibility: people with an attention deficit disorder with or without hyperactivity (ADD/H) or living with the symptoms, their families and relatives

Coverage area: Laurentians, except for MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: Monday to Thursday 8h30 to 16h30, Friday 9h00 to 12h00, possibility of evening and weekend activities

Fees: membership: \$30 per family per year

Financing: provincial, donations

Legal status: non-profit organization

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

BOOK HUMANAIRE (LE)

215 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 436-2665

Website: lebookhumanitaire.com

Email: rlapierre@lebookhumanitaire.com

Services: Volunteer mutual aid network answering certain types of emergencies. * Emergency food and material assistance. * Small financial support, mainly for base medical fees. * International humanitarian trips. * Community fridge.

Eligibility: people experiencing temporary difficulties

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 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: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivière-du-Nord, MRC Antoine-Labelle, MRC Les Pays-d'en-Haut, MRC Argenteuil, MRC Mirabel

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: donations, provincial, grants

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE BLAINVILLE

1300 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N8

811

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Adaptation, rehabilitation and social integration. * Support to relatives. * Driving assessment and vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

Eligibility: people of all ages with a visual, language, motor or hearing disability

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE SAINT-EUSTACHE

29 d'Oka Road, 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 vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

Eligibility: people of all ages with a visual, language, motor or hearing disability

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

Services: Adaptation, rehabilitation and social integration. * Support to relatives. * Driving assessment and vehicle adaptation. * Residential resources. * Communication assistance and aids. * Technical aids for mobility and posture services. * Rehabilitation program for people with a language development disorder.

Eligibility: people of all ages with a visual, language, motor or hearing disability

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

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

Email: diabetedesdrapeurs@gmail.com

Services: Association providing help to diabetic people and their close ones. * Information and referral. * Raising awareness, prevention and advocacy for their interests. * Physical and social activities. * Collective kitchen.

Eligibility: diabetic people, their close ones

Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

Fees: \$10 per year

Financing: donations, contributions, grants

Legal status: non-profit organization

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

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: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

Fees: none

Financing: donations, provincial, federal

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

514 919-3713

Website: fondationrosemere.com

Email: guilbeaultandree@gmail.com

Services: * Financial assistance for home maintenance up to \$2000 per person: medication, mobility aids, home adaptations, etc.

Eligibility: children living with learning problems or disabilities, people living with serious conditions, disabilities or with a loss of autonomy

Coverage area: Rosemère

Hours: Monday to Sunday 9h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

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

Services: Community health programs. * Health of mothers, infants and families. * Mental health and addictions prevention. * Diabetes and injuries prevention. * Primary care: community health nurse, vaccination, home care. * Drinking water monitoring.

Coverage area: Kanesatake

Hours: Monday to Friday 8h00 to 16h00

Financing: 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

Website: lalibellule.org

Email: info@lalibellule.org

Services: * Day and weekend respite for adults. * Families and caregivers support: information, referral, technical or psychosocial support. * Adapted woodworking workshops. * Social Assistance and Support Program-Action: employment support. * Information sessions and conferences.

Eligibility: autistic people 21 years and over or people living with an intellectual disability, their relatives

Capacity: day centre: 45 respite: 8

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: day respite: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day respite: \$15, week-end respite: \$200 per weekend

Financing: self-financing, 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

450 432-1993

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

Fees: voluntary contributions

Financing: municipal

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: mscanada.ca/ms-canada-laurentides

Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: SPécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, MRC La Rivière-du-Nord, MRC Argenteuil, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: fundraising campaigns

Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-3331 Fax: 450 431-5929

Website: pallia-vie.ca

Email: admin@pallia-vie.ca

Services: * Support for people with cancer or a degenerative disease and for 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, MRC Mirabel

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: membership: one-time fee of \$10

Financing: donations, grant

Legal status: None or unknown

SERCAN

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1

450 491-1912 ext. 210 Fax: 450 491-5770

Website: www.maisonsercan.ca

Email: communication@maisonsercan.ca

Services: Support for people living with cancer and their relatives. * Support group for people living with cancer and bereaved people. * Pairing by phone and in person. * Individual and group accompaniment. * Community luncheons. * Medical transportation.

Eligibility: people living with cancer, their caregivers, bereaved people of all ages

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, south of Mirabel

Hours: office: Monday to Friday 8h30 to 16h30, support groups: day and evening

Fees: membership card: \$10 per year

Financing: subventions, campagnes de financement, autofinancement, dons

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER LAURENTIDES

14 Saint-Antoine Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2C2

1 800 978-7881 Fax: 819 326-9664

Website: www.alzheimerlaurentides.com

Email: admin@salaurentides.ca

Services: Information on Alzheimer's disease. * Helpline. * Individual and family consultations. * Support group and activity centre for people living with Alzheimer's disease or another neurocognitive disorder. * Home respite, accompaniment and stimulation. * Conferences, training workshops and monthly support groups for caregivers. * Professional training program. * Documentation centre. * Service point at 341 de la Madone 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 and health professionals, volunteers, students, 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

Public Health

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9

450 431-3388 ext. 0

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 living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

Financing: donations, provincial, municipal

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE 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: Laurentians

Hours: from October, schedule available on the website

Fees: free for people 6 months and over

Financing: provincial

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Breast pump (rental). * Bandage change and follow-up. * Nurse consultation. * Screening. * Distribution of new injection material to drug users (free service). * Collection of used needles and syringes. * Breastfeeding room. * SIDEPE - Integrated screening and prevention service for STIs. * Pap test. * General vaccination.

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

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: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

GUICHET D'ACCÈS À LA PREMIÈRE LIGNE - LAURENTIDES

Confidential Address

811 option 3

Website: www.quebec.ca/en/health/finding-a-resource/primary-care-access-point

Services: * Access point for referral to a professional or medical service. * Digital access point:
<https://gap.soinsvirtuels.gouv.qc.ca/en>

Eligibility: people without a family doctor

Coverage area: Laurentides

Hours: Monday to Friday 8h00 to 16h00, Saturday, Sunday and public holidays: 9h00 to 16h00

Fees: none

Legal status: parapublic organization

Homelessness

DAY AND EVENING CENTRES

HOUSING FOR PREGNANT WOMEN AND FAMILIES

MOBILE UNITS AND STREET WORK

SHELTERS

TRANSITIONAL HOUSING

YOUTH SHELTERS

Day and evening centres

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. * Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

Hours: Monday to Thursday and Saturday 10h00 to 17h00, Friday 10h00 to 21h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE LE PHÉNIX

531 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L8

450 848-4816 Fax: 450 530-6868

Website: www.centrelephenix.org

Email: info@centrelephenix.org

Services: Temporary housing for women experiencing or at risk of homelessness. * Stay up to 3 months. * Support, assistance and referral to specialized resources. * Assistance with social reintegration: identity papers, income, etc. * Help in finding rooms or housing. Outpatient Residential Stability Service (SRA) for men and women who have experienced homelessness in the past. * Follow-up meetings. * Accompaniment and follow-up - Rent Supplement Program * Referral and support in managing hygiene, food and emergency food supplies. * Support in setting up a personal budget. * Assistance and support in managing funds. * Facilitate access to funds from the last-resort assistance program for people experiencing homelessness who have identity document issues. * Third-party administration of last-resort financial assistance.

Eligibility: housing: women aged 18 and over who are homeless or at risk of homelessness, with or without children, other services: men and women who have experienced homelessness

Capacity: 21 beds

Coverage area: Laurentians

Hours: reception and administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - SHELTER

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

819 623-3719 ext. 2232 Fax: 819 623-0660

Website: www.maisonlysebeauchamp.org/itinerance

Email: info@maisonlysebeauchamp.org

Services: * Emergency shelter. * Meals for people experiencing homelessness. * Distribution of sterile consumer material (CAMI). * Distribution of naloxone kits (intra-nasal and injectable). * Distribution of fentanyl test strips.

Eligibility: people 18 years old and over in a situation of social emergency, homelessness or wandering

Capacity: 4

Coverage area: MRC d'Antoine-Labelle

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉPIT DE LA RUE (LE)

305 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

450 472-3135

Website: www.acjbl.org

Email: lerepit@acjbl.org

Services: Short terme 24/7 shelter. * Duration of 1 to 30 days. * Day centre: meals, showers, laundry and Internet access. * Reintegration support. * Individual follow-up and referrals.

Eligibility: people 18 years old and over, homeless or at risk of homelessness

Capacity: 9

Coverage area: Basses-Laurentides and surroundings

Hours: 24 hours / 7 days

Fees: none

Financing: grants, donations

Legal status: non-profit organization

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

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

Housing for pregnant women and families

CONCERTATION HÉBERGEMENT ARGENTEUIL

Confidential Address

Email: chargestion@gmail.com

Services: Assistance for people in extreme poverty, homeless or at risk of homelessness. * Listening and support. * Referrals to temporary housing resources in the region. * Support in housing retention.

Eligibility: people on a low income, people who are homeless or at risk of homelessness

Coverage area: MRC Argenteuil

Hours: on 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: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC de la Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

RESSOURCES OLIVIER - MAISON OXYGÈNE SAINT-JOSEPH

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Temporary housing, support and accompaniment for fathers and their children.

Eligibility: fathers with or without their children who are vulnerable, homeless or at risk of homelessness

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**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. * Street work and proximity work. * Referrals.

Eligibility: young people 17 to 35 years old without a fixed address

Capacity: 9 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

ÉCLUSE DES LAURENTIDES (L')

1008 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2887 Fax: 450 229-5687

Website: www.ecluse.org

Email: eclusedeslaurentides@bellnet.ca

Services: * Street work: presence, listening, information, personalized referral, support and accompaniment. * Needle exchange and distribution. * Naloxone kits distribution. * Awareness activities. * Street workers available for each intervention sector. * Distribution and delivery of fentanyl test strips.

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 Rivière-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 JEUNES DES BASSES-LAURENTIDES

53 Saint-Lambert Street, Sainte-Thérèse, Laurentides, QC, J7E 3J9

450 437-0320 Fax: 450 437-0870

Website: www.mdjbl.org

Email: mdjbasseslaurentides@hotmail.com

Services: Supervised meeting place. * Prevention, promotion, awareness and referral. * Recreational, cultural, sporting and social activities. * Outreach work in parks during summer.

Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Thérèse and surroundings

Hours: Monday to Friday 16h00 to 21h00, weekend according to activities, office: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, self-financing, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES SAINTE-ANNE-DES-PLAINES

225 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 3L8

450 478-1011

Website: mdjsadp.wixsite.com/mdjsadp

Email: mdjsadp@videotron.ca

Services: * Recreational and sports activities. * Street work. * Awareness workshops.

Eligibility: people 11 to 17 years old, street work: marginalized people, homeless people

Capacity: 35

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Friday 12h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Shelters**CAFÉ PARENTHÈSE - HALTE-CHALEUR**

147 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 5H6

Services: Warming centre for cold weather. * Coffee, snacks, soup and access to a hot shower.

Eligibility: homeless people

Coverage area: mostly Sainte-Marthe-sur-le-Lac, MRC Deux-Montagnes

Hours: variable, ouverture lorsque le ressenti est de moins de 20 degrés, 22h00 à 7h00

Financing: provincial, grants

Legal status: non-profit organization

CENTRE LE PHÉNIX

531 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L8

450 848-4816 Fax: 450 530-6868

Website: www.centrelephenix.org

Email: info@centrelephenix.org

Homelessness

Services: Temporary housing for women experiencing or at risk of homelessness. * Stay up to 3 months. * Support, assistance and referral to specialized resources. * Assistance with social reintegration: identity papers, income, etc. * Help in finding rooms or housing. Outpatient Residential Stability Service (SRA) for men and women who have experienced homelessness in the past. * Follow-up meetings. * Accompaniment and follow-up - Rent Supplement Program * Referral and support in managing hygiene, food and emergency food supplies. * Support in setting up a personal budget. * Assistance and support in managing funds. * Facilitate access to funds from the last-resort assistance program for people experiencing homelessness who have identity document issues. * Third-party administration of last-resort financial assistance.

Eligibility: housing: women aged 18 and over who are homeless or at risk of homelessness, with or without children, other services: men and women who have experienced homelessness

Capacity: 21 beds

Coverage area: Laurentians

Hours: reception and administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

CONCERTATION HÉBERGEMENT ARGENTEUIL

Confidential Address

Email: chargestion@gmail.com

Services: Assistance for people in extreme poverty, homeless or at risk of homelessness. * Listening and support. * Referrals to temporary housing resources in the region. * Support in housing retention.

Eligibility: people on a low income, people who are homeless or at risk of homelessness

Coverage area: MRC Argenteuil

Hours: on appointment

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE À SAINT-JÉRÔME

Confidential Address

579 634-4664

Website: lahutte.org

Email: pascalhutte@hotmail.com

Services: Emergency and short-term accommodation for homeless adults. * Dormitory: overnight shelter. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords. * Support for relatives. * Housing for people aged 18 to 25.

Eligibility: homeless people 18 years old and over

Coverage area: Lanaudière, Laurentians

Hours: 24 hours / 7 days, dormitory registration: from 14h00, dormitory: 16h00 to 8h00, warming centre: 11h00 to 7h00

Fees: dormitory and other services: free of charge

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE À SAINT-JÉRÔME - HÉBERGEMENT D'URGENCE SOCIALE

Confidential Address

579 634-4664

Website: lahutte.org

Email: pascalhutte@hotmail.com

Services: Emergency and short-term housing for homeless adults. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords.

Eligibility: homeless people 18 years old and over

Hours: 24 hours / 7 days

Fees: emergency housing: \$7 per person per day, other services free

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

MAISON LE PARAVENT - REFUGE D'URGENCE

Confidential Address

450 491-5582

Website: www.maisonleparavent.org

Email: info@maisonleparavent.org

Services: Emergency shelter for women experiencing homelessness, with or without children.

Eligibility: women 18 years and older who are homeless or at risk of homelessness, their children, women who have difficulty meeting their basic needs as a result of precarious income, housing or other factors

Coverage area: Basses-Laurentides

Financing: donations

Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - SHELTER

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

819 623-3719 ext. 2232 Fax: 819 623-0660

Website: www.maisonlysebeauchamp.org/itinerance

Email: info@maisonlysebeauchamp.org

Services: * Emergency shelter. * Meals for people experiencing homelessness. * Distribution of sterile consumer material (CAMI). * Distribution of naloxone kits (intra-nasal and injectable). * Distribution of fentanyl test strips.

Eligibility: people 18 years old and over in a situation of social emergency, homelessness or wandering

Capacity: 4

Coverage area: MRC d'Antoine-Labelle

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON OXYGÈNE LAURENTIDES

Confidential Address

438 825-1651

Website: www.maisonoxygenelaurentides.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. * Christmas baskets for the fathers and children.

Eligibility: fathers and their children

Capacity: housing: 4 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

RÉPIT DE LA RUE (LE)

305 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

450 472-3135

Website: www.acjbl.org

Email: lerepit@acjbl.org

Services: Short terme 24/7 shelter. * Duration of 1 to 30 days. * Day centre: meals, showers, laundry and Internet access. * Reintegration support. * Individual follow-up and referrals.

Eligibility: people 18 years old and over, homeless or at risk of homelessness

Capacity: 9

Coverage area: Basses-Laurentides and surroundings

Hours: 24 hours / 7 days

Fees: none

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: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC de la Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

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

Services: Short and medium term housing for youth in difficulty. * 3-month stay. * Accompaniment and support. * Individual, parental or family meetings. * Post-housing follow-up. * Telephone support.

Eligibility: people 16 to 25 years old in a difficult situation, 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

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: people 17 to 25 years old facing a difficult situation who have resided at l'Accueil communautaire jeunesse or have a referral from a social worker

Capacity: 3 places

Coverage area: Basses-Laurentides and the 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

Services: Transitional housing with support for young pregnant women and young mothers. * Low-cost transitional housing. * Support and assistance with personal, educational or professional procedures. * Various workshops. * Drop-in care centre.

Eligibility: young pregnant women or mothers aged 18 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: autofinancement, subventions, dons

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. * Street work and proximity work. * Referrals.

Eligibility: young people 17 to 35 years old without a fixed address

Capacity: 9 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: administration@petitpatro.ca

Services: * Shelter for a maximum of 90 days.

Eligibility: youth 12 to 17 years old

Capacity: 9 beds

Coverage area: Sainte-Eustache, Oka, Deux-Montagnes, Saint-Joseph-du-Lac, Saint-Placide, Marthe-sur-le-Lac, Brownburg-Chatham, Lachute, Lorraine, Boisbriand, Sainte-Anne-des-Plaines, Sainte-Thérèse, Blainville, Rosemère, Saint-André-d'Argenteuil

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization

MAISON D'HÉBERGEMENT LE PRÉFIXE DES BASSES-LAURENTIDES

140 Saint-Nicolas Street, Saint-Eustache, Laurentides, QC, J7R 2B9

450 974-1510

Website: www.acjbl.org

Email: info@acjbl.org

Services: Mixed housing. * 3-month stay. * Accompaniment, individual, parental or family meetings. * Conflict resolution assistance. * Reintegration. * Post-shelter follow-up. * Phone support.

Eligibility: youth 12 to 17 years old, their families

Capacity: 6 places

Coverage area: Basses-Laurentides and the surroundings

Hours: 7 days, 8h00 to 23h00

Financing: grants, donations

Legal status: non-profit organization

MAISON LE PARAVENT - LOGEMENTS DE TRANSITION

Confidential Address

450 491-5582

Website: www.maisonleparavent.org

Email: info@maisonleparavent.org

Services: Transitional housing for women experiencing homelessness, with or without children.

Eligibility: women 18 years and older who are homeless or at risk of homelessness, their children, women who have difficulty meeting their basic needs as a result of precarious income, housing or other factors

Coverage area: Basses-Laurentides

Fees: first month: none, subsequent months: 60% of income up to a maximum of \$600 per month

Financing: donations

Legal status: non-profit organization

MAISON LYSE-BEAUCHAMP - LA R.U

765 Vaudreuil Street, Mont-Laurier, Laurentides, QC, J9L 2B8

819 623-3719 ext. 2232 **Fax:** 819 623-0660

Website: www.maisonlysebeauchamp.org/itinerance

Email: info@maisonlysebeauchamp.org

Services: Housing for social reintegration. * Social reintegration of 30 days. * Meals included.

Eligibility: men and women 18 years old and over that find themselves in social emergency, homeless or vagrant situations

Capacity: 10

Coverage area: MRC d'Antoine-Labelle

Hours: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES OLIVIER - MAISON OXYGÈNE SAINT-JOSEPH

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Temporary housing, support and accompaniment for fathers and their children.

Eligibility: fathers with or without their children who are vulnerable, homeless or at risk of homelessness

Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

Fees: variable

Financing: self-financing

Legal status: non-profit organization

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. * Street work and proximity work. * Referrals.

Eligibility: young people 17 to 35 years old without a fixed address

Capacity: 9 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 referrals. * Help relationship, accompaniment and post-housing follow-up. * Family mediation.

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

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: administration@petitpatro.ca

Services: * Shelter for a maximum of 90 days.

Eligibility: youth 12 to 17 years old

Capacity: 9 beds

Coverage area: Sainte-Eustache, Oka, Deux-Montagnes, Saint-Joseph-du-Lac, Saint-Placide, Marthe-sur-le-Lac, Brownburg-Chatham, Lachute, Lorraine, Boisbriand, Sainte-Anne-des-Plaines, Sainte-Thérèse, Blainville, Rosemère, Saint-André-d'Argenteuil

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

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

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.ciessler@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

ASSOCIATION DE PROMOTION ET D'ÉDUCATION EN LOGEMENT

92 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 1W8

450 413-2949

Website: apel-logement.org

Email: apel.logement.laurentide@outlook.com

Services: Individual and collective advocacy of tenants' rights. * Advocacy of tenants' rights. * Promotion and education in housing law. * Promotion and development of community housing. * Studies and analysis of housing issues.

Eligibility: landlords, tenants

Coverage area: Laval, Laurentians

Hours: Monday 12h00 to 16h00, Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: voluntary contribution

Financing: provincial, grants

Legal status: non-profit organization

CONSEIL RÉGIONAL DE DÉVELOPPEMENT SOCIAL DES LAURENTIDES

Confidential Address

450 848-7263

Website: www.crdsl.org

Email: info@crdsl.org

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

1 800 265-6749 **Fax:** 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompagnement and mediation during conflicts between neighbors. Awareness raising * Workplace: accompagnement and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompagnement in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompagnement, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, 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 MUNICIPAL D'HABITATION DE MIRABEL

6 de l'Église Street, Suite 300, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1149 Fax: 450 475-6616

Website: www.omhmirabel.com

Email: direction@omhmirabel.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service.

Eligibility: seniors, single people and families on a low or moderate income

Capacity: 100 units

Coverage area: Mirabel

Hours: by appointment only

Financing: provincial

Legal status: non-profit organization

Emergency

BLAINVILLE - CITY

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - CITY

375 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H1

450 621-1460

Website: villebdf.ca

Email: ville@villebdf.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and Christmas trees, domestic and recyclable waste. * Urban planning department: construction permits. * Public work department. * Emergency notification system. * Info-travaux. * Fire department. * Reception of property damage claims: villebdf.ca/wp-content/uploads/2024/06/Formulaire-RCL-dynamique-MAJ-2024.pdf

Coverage area: Bois-des-Filion

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

BOISBRIAND - CITY

940 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954

Website: www.ville.boisbriand.qc.ca

Email: accueil@ville.boisbriand.qc.ca

Services: Municipal service management. * Management and payment of municipal taxes. * Requests, complaints, or reports of problems on the territory: <https://boisbriand.edemandes.com/fr/create/QS> * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste, composting. * Hall rental. * Urban-planning department: construction permits. * Public work department. * Emergency notification system. * INFO-travaux: location of infrastructure work. * Fire department. * Pick-up of dead dogs, cats, skunks, raccoons and groundhogs on public property.

Coverage area: Boisbriand

Hours: municipal services: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15, citizen services: Monday 8h15 to 16h15, Tuesday and Thursday 8h15 to 17h00, Wednesday 8h15 to 19h00, Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

DEUX-MONTAGNES - CITY

803 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L8

450 473-2796 Fax: 450 473-2417

Website: ville.deux-montagnes.qc.ca/en

Email: info@ville.deux-montagnes.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Collections of waste materials and depots calendar: ville.deux-montagnes.qc.ca/en/infocollects. * Pet licenses. * Construction permits. * Emergency notification system. * Hall rental.

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

DIRECTION RÉGIONALE DE LA SÉCURITÉ CIVILE ET DE LA SÉCURITÉ INCENDIE - LAURENTIDES ET LANAUDIÈRE

9 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

450 569-3036

Website: www.securitepublique.gouv.qc.ca

Email: securite.civile1415@msp.gouv.qc.ca

Services: Support of local and regional municipalities in the application of the Loi sur la sécurité civile and the Loi sur la sécurité incendie. * Accompaniment of municipalities in the elaboration and application of intervention plans. * Intervention in case of sinister. * Elaboration of local and regional security programs. * Sinister simulation exercises. * Civil security emergency phone line.

Coverage area: Lanaudière, Laurentians

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

LORRAINE - CITY

33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 Fax: 450 621-4763

Website: www.ville.lorraine.qc.ca

Email: info@ville.lorraine.qc.ca

Services: Municipal service management. * Municipal tax payment. * Waste collection calendar: ville.lorraine.qc.ca/services-aux-citoyens/matieres-residuelles * Emergency notification system. * Construction permits. * Room rental.

Coverage area: Lorraine

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h15 to 12h00

Financing: municipal

Legal status: municipal agency

MIRABEL - CITY

14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y3

450 475-8653

Website: mirabel.ca

Email: communications@mirabel.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Dog licence. * Construction permits. * Fire department. * Police department. * Emergency notification system. * Housing Search Assistance.

Coverage area: Mirabel

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00

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 of residual materials: morinheights.com/Waste-management * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure and culture. * Library.

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

OFFICE MUNICIPAL D'HABITATION DE MIRABEL

6 de l'Église Street, Suite 300, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1149 Fax: 450 475-6616

Website: www.omhmirabel.com

Email: direction@omhmirabel.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service.

Eligibility: seniors, single people and families on a low or moderate income

Capacity: 100 units

Coverage area: Mirabel

Hours: by appointment only

Financing: provincial

Legal status: non-profit organization

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

Services: Municipal service management. * Municipal tax payment. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance. * Fire department. * Residual materials collection.

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

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/fichiersUpload/fichiers/20240819104100-calendrier-collecte.png * 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. * Community gardens.

Coverage area: Piedmont

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 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

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance. * Grant programs for the purchase of a tree to plant, rain barrels, shredder blade, cloth diapers, menstrual hygiene products, transition from oil to electricity. * Recreation department. * Library.

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

ROSEMÈRE - CITY

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 Fax: 450 621-7601

Website: www.ville.rosemere.qc.ca/home

Email: info@ville.rosemere.qc.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Emergency notification system. * Municipal library. * Community services. * Administration of oath. * Municipal Court. * Ecocentre. * Transportation for seniors.

Coverage area: Rosemère

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

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: stadolphedhoward.qc.ca

Email: info@stah.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: <https://stadolphedhoward.qc.ca/40/matieres-residuelles> * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure, culture, and community life. * Library.

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-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

Services: Municipal service management. * Municipal tax payment. * Police department. * Fire department. * Emergency notification system. * Garbage collection. * Construction permits. * Animal licenses. * Recreation department. * Public library.

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-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

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.sjdl.qc.ca/services-municipaux/environnement * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency notification system. * Financial assistance for sports registration. * Recreation services: activities, day camp, etc. * Collective kitchen. * Municipal library. * Rental of halls.

Eligibility: general public

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-PLACIDE - MUNICIPALITY

281 Montée Saint-Vincent, Saint-Placide, Laurentides, QC, J0V 2B0

450 258-2305 Fax: 450 258-3059

Website: saintplacide.ca

Email: info@saintplacide.ca

Services: Municipal service management. * Municipal tax management and payment. * Public security services: fire safety, animal control. * Urbanism service and construction permits. * Public work department: infrastructure maintenance, construction work, snow removal. * Calendar of recyclable and garbage collections and information on waste management: saintplacide.ca/services-municipaux/environnement/diverses-collectes * Financial assistance for the purchase of cloth diapers. * Recreation services, library.

Coverage area: Saint-Placide

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-SAUVEUR - CITY

1 de la Mairie Place, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-0000 Fax: 1 866 313-6267

Website: vss.ca

Email: administration@vss.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: vss.ca/services-aux-citoyens/services/collectes-et-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * OMNIVIGIL, emergency alert service for citizens: saint-sauveur.omnivigil.com

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-ANNE-DES-PLAINES - CITY

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 Fax: 450 478-5660

Website: www.villesadp.ca

Email: info@villesadp.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Emergency notification system.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-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

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits. * Emergency notification system.

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-THÉRÈSE - CITY

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440

Website: www.sainte-therese.ca

Email: info@sainte-therese.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Emergency notification system. * Public library.

Coverage area: Sainte-Thérèse

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - SERVICE DE SÉCURITÉ INCENDIE

200 Ducharme Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 2E9

450 435-2422

Website: www.sainte-therese.ca/securite-publique/securite-incendie

Email: securiteincendie@sainte-therese.ca

Services: Fire and rescue services. * Application of the law and regulations in fire safety. * Licensing and prevention inspections. * Public awareness and education. * Fire fighting.

Coverage area: MRC Thérèse-De Blainville

Financing: municipal

Legal status: municipal agency

SAUVETAGE A.G.

407-411 d'Argenteuil Avenue, Lachute, Laurentides, QC, J8H 1W8

514 238-0686

Website: www.sauvetageag.com

Email: sauvetageag@hotmail.com

Services: Emergency service in remote location. * Search and rescue. * First responders.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: self-financing

Legal status: non-profit organization

Housing cooperatives and corporations

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.ciessler@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

ASSOCIATION DE PROMOTION ET D'ÉDUCATION EN LOGEMENT

92 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 1W8

450 413-2949

Website: apel-logement.org

Email: apel.logement.laurentide@outlook.com

Services: Individual and collective advocacy of tenants' rights. * Advocacy of tenants' rights. * Promotion and education in housing law. * Promotion and development of community housing. * Studies and analysis of housing issues.

Eligibility: landlords, tenants

Coverage area: Laval, Laurentians

Hours: Monday 12h00 to 16h00, Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: voluntary contribution

Financing: provincial, 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

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.org

Email: info@crdsl.org

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

ENERGY TRANSITION

Confidential Address

1 844 303-7333

Website: transitionenergetique.gouv.qc.ca/residentiel

Services: Éconologis program for low-income households. * Advice on temperature and humidity management.

* Window and door caulking. * Installation of low-flow showerheads and LED light bulbs. Heat Green Program *

Financial assistance to replace an oil or propane heating system with one that runs on electricity. * Financial

assistance to replace an oil or propane water heater with an electrically powered system. Rénoclimat program *

Home visit by a Rénoclimat advisor. * Personalized advice to improve your home's energy efficiency. * Financial

assistance for insulation, waterproofing, replacement of doors and windows, installation or replacement of mechanical systems.

Eligibility: tenants and owners (individuals or companies) of homes or residential buildings (single-family dwellings, duplexes, triplexes, multi-unit residential buildings)

Coverage area: Province of Québec

Hours: variable

Fees: energy evaluation: \$150 + taxes

Financing: provincial

Legal status: provincial government agency

FONDATION ROSEMÈRE

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

514 919-3713

Website: fondationrosemere.com

Email: guilbeaultandree@gmail.com

Services: * Financial assistance for home maintenance up to \$2000 per person: medication, mobility aids, home adaptations, etc.

Eligibility: children living with learning problems or disabilities, people living with serious conditions, disabilities or with a loss of autonomy

Coverage area: Rosemère

Hours: Monday to Sunday 9h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompagnement and mediation during conflicts between neighbors. Awareness raising * Workplace: accompagnement and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. Social housing (low-rent housing (HLM), housing cooperatives and non-profit organizations) * Support and accompagnement in difficult situations. * Intervention in the community: conflict resolution and prevention, awareness. Social entrepreneurship * Support for social initiatives: accompagnement, administration and financial management.

Eligibility: people living in conflict, teenagers 12 to 17 years old, 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 MUNICIPAL D'HABITATION DE MIRABEL

6 de l'Église Street, Suite 300, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1149 Fax: 450 475-6616

Website: www.omhmirabel.com

Email: direction@omhmirabel.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service.

Eligibility: seniors, single people and families on a low or moderate income

Capacity: 100 units

Coverage area: Mirabel

Hours: by appointment only

Financing: provincial

Legal status: non-profit 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

Services: Housing and housing programs management and administration. * Low-rental housing (HLM). * Rent supplement program (PSL). * Affordable housing Québec (LAQ). * Referral service. * Accès Logis Québec program.

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 9h00 to 12h00 and 13h30 to 15h00

Financing: municipal

Legal status: non-profit organization

Housing search assistance

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. * Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

Hours: Monday to Thursday and Saturday 10h00 to 17h00, Friday 10h00 to 21h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SécuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE LE PHÉNIX

531 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L8

450 848-4816 Fax: 450 530-6868

Website: www.centrelephenix.org

Email: info@centrelephenix.org

Services: Temporary housing for women experiencing or at risk of homelessness. * Stay up to 3 months. * Support, assistance and referral to specialized resources. * Assistance with social reintegration: identity papers, income, etc. * Help in finding rooms or housing. Outpatient Residential Stability Service (SRA) for men and women who have experienced homelessness in the past. * Follow-up meetings. * Accompaniment and follow-up - Rent Supplement Program * Referral and support in managing hygiene, food and emergency food supplies. * Support in setting up a personal budget. * Assistance and support in managing funds. * Facilitate access to funds from the last-resort assistance program for people experiencing homelessness who have identity document issues. * Third-party administration of last-resort financial assistance.

Eligibility: housing: women aged 18 and over who are homeless or at risk of homelessness, with or without children, other services: men and women who have experienced homelessness

Capacity: 21 beds

Coverage area: Laurentians

Hours: reception and administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial, municipal

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.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

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: adjcoorcdjt@gmail.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: general public

Coverage area: Mirabel

Hours: June to September

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

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: general public

Coverage area: Saint-Canut, Saint-Jérôme, Saint-Colomban

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - MIRABEL - SAINT-JANVIER

13908 du 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: general public

Coverage area: Saint-Janvier, Blainville, Sainte-Thérèse

Hours: June to September

Fees: variable

Financing: provincial, self-financing

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

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Dog licence. * Construction permits. * Fire department. * Police department. * Emergency notification system. * Housing Search Assistance.

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

6 de l'Église Street, Suite 300, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1149 Fax: 450 475-6616

Website: www.omhmirabel.com

Email: direction@omhmirabel.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service.

Eligibility: seniors, single people and families on a low or moderate income

Capacity: 100 units

Coverage area: Mirabel

Hours: by appointment only

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

Services: Affordable housing for families, seniors and people with specific housing needs. * Horticulture greenhouses. * Intergenerational activities.

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

OFFICE MUNICIPAL D'HABITATION DE MIRABEL

6 de l'Église Street, Suite 300, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1149 Fax: 450 475-6616

Website: www.omhmirabel.com

Email: direction@omhmirabel.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service.

Eligibility: seniors, single people and families on a low or moderate income

Capacity: 100 units

Coverage area: Mirabel

Hours: by appointment only

Financing: provincial

Legal status: non-profit 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

Services: Housing and housing programs management and administration. * Low-rental housing (HLM). * Rent supplement program (PSL). * Affordable housing Québec (LAQ). * Referral service. * Accès Logis Québec program.

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 9h00 to 12h00 and 13h30 to 15h00

Financing: municipal

Legal status: non-profit organization

SOCIÉTÉ D'HABITATION DE BOIS-DES-FILION

315 Montée Gagnon, Bois-des-Filion, Laurentides, QC, J6Z 1H1

514 527-5720 ext. 37

Email: info@fohm.org

Services: * Management of apartments covered by the Rent Supplement Program (PSL).

Eligibility: households eligible to the Rent Supplement Program

Capacity: 44 apartments

Coverage area: Bois-des-Filion

Financing: grants, self-financing

Legal status: non-profit organization

Immigration and cultural communities**FRENCH COURSES****IMMIGRATION AND SPONSORSHIP****INTERPRETATION AND TRANSLATION****MULTICULTURAL ORGANIZATIONS****RECOGNITION OF PRIOR LEARNING AND DIPLOMAS****SETTLEMENT SERVICES FOR NEWCOMERS**

French courses

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

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 9h00 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: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

GRIFFE D'ALPHA (LA)

420 de Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy programme for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

Immigration and sponsorship**ABL ACCÈS ACCUEIL ACTION BASSES-LAURENTIDES POUR L'IMMIGRATION**

184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7

514 570-3313

Website: www.abl-immigration.org

Email: info@abl-immigration.org

Services: Integration assistance for newcomers. * Welcoming, installation and integration. * Support with administrative procedures. * Intercultural rapprochement. * Community awareness. * Group activities. * Objective integration session. * Intercultural twinning. * ICI-Santé: link between immigrants and the healthcare system, social services and the community network.

Eligibility: newcomers, immigrants

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00

Fees: none

Financing: grants

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.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Interpretation and translation

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

Legal status: non-profit organization

Multicultural organizations

ABL ACCÈS ACCUEIL ACTION BASSES-LAURENTIDES POUR L'IMMIGRATION

184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7

514 570-3313

Website: www.abl-immigration.org

Email: info@abl-immigration.org

Services: Integration assistance for newcomers. * Welcoming, installation and integration. * Support with administrative procedures. * Intercultural rapprochement. * Community awareness. * Group activities. * Objective integration session. * Intercultural twinning. * ICI-Santé: link between immigrants and the healthcare system, social services and the community network.

Eligibility: newcomers, immigrants

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00

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

Website: www.ccbl Laurentides.ca

Email: info@ccbl Laurentide.ca

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 and academic support: 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.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

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.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Settlement services for newcomers**ABL ACCÈS ACCUEIL ACTION BASSES-LAURENTIDES POUR L'IMMIGRATION**

184 Saint-Eustache Street, Suite 307, Saint-Eustache, Laurentides, QC, J7R 2L7

514 570-3313

Website: www.abl-immigration.org

Email: info@abl-immigration.org

Services: Integration assistance for newcomers. * Welcoming, installation and integration. * Support with administrative procedures. * Intercultural rapprochement. * Community awareness. * Group activities. * Objective integration session. * Intercultural twinning. * ICI-Santé: link between immigrants and the healthcare system, social services and the community network.

Eligibility: newcomers, immigrants

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00

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

Website: www.ccbl Laurentides.ca

Email: info@ccbl Laurentide.ca

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 and academic support: 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 Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Lanaudière, Laurentians

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except for an emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

CENTRE D'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

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 9h00 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.cielarentides.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. * Back-to-school help service.

Eligibility: immigrant people, young parents 25 years and under, adults and seniors seeking employment

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 12h00 and 13h00 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: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

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: open to all, people on a low income

Coverage area: food aid: Saint-Augustin, Saint-Benoît, Saint-Hermas, Saint-Scolastique, Domaine Vert-Sud, donations pickup: Saint-Benoît, Saint-Scolastique, Saint-Hermas, Saint-Augustin, Sainte-Thérèse, Blainville, school supplies: Saint-Augustin, Saint-Scolastique

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 13h00 to 15h00

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

GRIFFE D'ALPHA (LA)

420 de Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy programm for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

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.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

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

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 public, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: federal, provincial, donations

Legal status: non-profit organization

Employment

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. * Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

Hours: Monday to Thursday and Saturday 10h00 to 17h00, Friday 10h00 to 21h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

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

Services: Social reintegration program for men on an active correctional measure. * Housing. * Ongoing supervision. * Rehabilitation activities. * Individual clinical follow-up. * Various specialized programs. * Various points of service: Lachute, Mont-Tremblant, Sainte-Adèle, Sainte-Agathe, Saint-Eustache, Sainte-Thérèse, Terrebonne.

Eligibility: men on an active correctional measure

Capacity: 46 people

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

INTÉGRATION - TRAVAIL LAURENTIDES

55 Castonguay Street, Suite 102 and 103, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024 Fax: 450 436-6607

Website: i-tl.org

Email: info@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of an action plan, preparatory measures for employment, referrals. * Job seeking methods: guidance and support, information on labour market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies, contact with employers. * Job integration: employers awareness-raising, grants negotiations, employment follow-up, help with job retention.

Eligibility: people living with a physical or intellectual disability, with mental health problems, a significant barrier to employment, people with a criminal record, people with addiction problems who are in remission, employers

Coverage area: 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

55 Castonguay Street, Suite 102, Saint-Jérôme, Laurentides, QC, J7Y 2H9

450 436-4024

Website: i-tl.org

Email: info@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of an action plan, preparatory measures for employment, referrals. * Job seeking methods: guidance and support, information on labour market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies, contact with employers. * Job integration: employers awareness-raising, grants negotiations, employment follow-up, help with job retention.

Eligibility: people living with a physical or intellectual disability, with mental health problems, 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 D and E, Saint-Eustache, Laurentides, QC, J7P 5G1

450 623-0398 Fax: 450 983-5033

Website: i-tl.org

Email: info@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of an action plan, preparatory measures for employment, referrals. * Job seeking methods: guidance and support, information on labour market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies, contact with employers. * Job integration: employers awareness-raising, grants negotiations, employment follow-up, help with job retention.

Eligibility: people living with a physical or intellectual disability, with mental health problems, a significant barrier to employment, people with a criminal record, people with addiction problems who are in remission, employers

Coverage area: MRC 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: info@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of an action plan, preparatory measures for employment, referrals. * Job seeking methods: guidance and support, information on labour market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies, contact with employers. * Job integration: employers awareness-raising, grants negotiations, employment follow-up, help with job retention.

Eligibility: people living with a physical or intellectual disability, with mental health problems, a significant barrier to employment, people with a criminal record, people with addiction problems who are in remission, employers

Coverage area: MRC Thérèse-de-Blainville

Hours: Monday to Friday 8h30 to 16h30, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

Financing: donations, self-financing, municipal, provincial, federal, fundraising campaigns, Centraide Laurentides

Legal status: non-profit organization

Government services

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians

Hours: by appointment only

Financing: membership fees, self-financing

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: open to all, people on a low income

Coverage area: food aid: Saint-Augustin, Saint-Benoît, Saint-Hermas, Saint-Scolastique, Domaine Vert-Sud, donations pickup: Saint-Benoît, Saint-Scolastique, Saint-Hermas, Saint-Augustin, Sainte-Thérèse, Blainville, school supplies: Saint-Augustin, Saint-Scolastique

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 13h00 to 15h00

Fees: none

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: info@keru.ca

Services: Political organisation responsible for Kanehsatà:ke. * Kanehsatà:ke Education Center: education programs and pre-school, primary and secondary schools administration. * Language and culture promotion and protection. * Social assistance. * Health management and public services. * Public finances management and economic development. * Kanehsatà:ke Human Resource Office. * Housing. * Land management and estate. * Band membership. * Territorial claims and intergovernmental relations. * Environment protection and promotion. * Infrastructure management.

Coverage area: Kanesatake

Hours: Monday to Friday 9h00 to 17h00

Financing: federal

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.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

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.kanesatakehealthcenter.ca

Email: info@kanesatakehealthcenter.ca

Services: Community health programs. * Health of mothers, infants and families. * Mental health and addictions prevention. * Diabetes and injuries prevention. * Primary care: community health nurse, vaccination, home care. * Drinking water monitoring.

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

Services: Addiction therapy centre based on understanding trauma and highlighting native cultures, practices and traditions. * Six-week in-patient program. * Individual and group meetings. * Environment allowing contact with nature. * Leisure and sports room.

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**

Advocacy groups

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DES BASSES LAURENTIDES

42-D Turgeon Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 430-2228

Website: acefbl.org

Email: info@acefbl.org

Services: * Budget courses. * Budget counselling. * Telephone assistance on personal finances. * Conferences and workshops. * Consumers' advocacy. * Assistance with Hydro-Québec payment arrangements.

Eligibility: consumers

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 17h00

Fees: free, except for budget courses and to host a workshop in an organization

Financing: grants, self-financing

Legal status: Cooperative

ASSOCIATION DE PROMOTION ET D'ÉDUCATION EN LOGEMENT

92 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 1W8

450 413-2949

Website: apel-logement.org

Email: apel.logement.laurentide@outlook.com

Services: Individual and collective advocacy of tenants' rights. * Advocacy of tenants' rights. * Promotion and education in housing law. * Promotion and development of community housing. * Studies and analysis of housing issues.

Eligibility: landlords, tenants

Coverage area: Laval, Laurentians

Hours: Monday 12h00 to 16h00, Tuesday 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

Services: Youth organization offering various projects and approaches promoting health and global well-being. * Healthy and supervised living spaces, complementary to family and school. * Help and accompaniment by outreach work and community action. * Intervention regarding: social and affective difficulties, substance abuse, poverty, homelessness, delinquency, etc. * Referral to appropriate resources. * Awareness and prevention. * Promoting community involvement. * Youth rights' advocacy. * Sainte-Scholastique youth centre and one youth job cooperative.

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

Coverage area: Mirabel

Hours: administration: 9h00 to 16h00, youth centre: 16h00 to 21h00

Fees: none

Financing: provincial, Centraide Laurentides, self-financing, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES CLAIR-SOLEIL

585 Léonard Street, Mont-Tremblant, Laurentides, QC, J8E 3H9

819 425-7447 Fax: 819 425-2343

Website: www.association-clairsoleil.com

Email: clairsoleil@cgocable.ca

Services: Promotion and advocacy 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: people 5 to 17 years old

Coverage area: MRC des Laurentides

Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (3 hours block maximum)

Fees: membership card: \$5, day camp: variable

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVIÈRE DU CHÊNE

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

514 902-8010

Email: aphrc123@hotmail.com

Services: Advocacy and promotion of interests of people living with a handicap. * Information. * Social and cultural activities: weekly bowling, cards workshops, outings. * Annual activities: Christmas lunch, Valentine's Day, sugar shack.

Eligibility: people living with physical disabilities

Coverage area: MRC Deux-Montagnes, Mirabel-Sud

Hours: see planning with the association

Fees: membership card: \$10 each year, minimum contribution for special activities

Financing: grants, contributions

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: info@aphil.ca

Services: * Collective kitchens. * Bistro lunches. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Advocacy of rights. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: people 5 to 90 years old living with an intellectual disability, day camp: people 5 to 17 years old living with an intellectual disability

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks, bonhomme à lunette: by appointment

Fees: annual subscription: \$12, activities: free, outings: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

AUTISME LAURENTIDES

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

Services: * Advocacy. * Family support. * Respite and recreational services. * Day activities and work station for adults. * Summer camps.

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

Fees: annual membership: \$30, services: variable

Financing: foundations, donations, provincial

Legal status: non-profit organization

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

Services: Women's centre. * Reception, listening, support and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy and representation.

Eligibility: women, drop-in day care centre: children 18 months to 5 years old

Coverage area: Lachute

Hours: Carrefour: Monday to Thursday 9h00 to 16h00, living environment: 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

Website: www.ccbl Laurentides.ca

Email: info@ccbl Laurentide.ca

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 and academic support: 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'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: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivière-du-Nord, MRC Antoine-Labelle, MRC Les Pays-d'en-Haut, MRC Argenteuil, MRC Mirabel
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: donations, provincial, grants
Legal status: non-profit organization

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - LAURENTIDES

255 de Martigny Street West, Unit 3-2, Saint-Jérôme, Laurentides, QC, J7Y 2G4

1 800 563-6261 Fax: 450 565-1114

Website: caaplaurentides.org/en

Email: info@caaplaurentides.org

Services: Centre assisting health and social services users in their complaint process. * Information and referral about users' rights. * Support and counselling 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

225 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1X7

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

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE TOUS À TABLE

13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3

450 848-0219

Website: www.centretousatable.org

Email: centretousatable@gmail.com

Services: Multifunctional space promoting access to healthy food. * P'tit panier vert: bi-monthly fruit and vegetable buying group. * Collective kitchen for seniors. * Solidarity grocery. * Glanage aux champs: varied activities during summer in local agricultural fields. * Les invendus: recovery of unsold produce from a local fruit shop in order to give it away or transform it into meals. * Solidarity kitchen: distribution of meals to community organizations in food assistance.

Eligibility: general public, collective kitchen: people 55 years old and over

Coverage area: Laurentians

Hours: P'tit panier vert: September to June, every 2nd Wednesday, closed during the holidays, solidarity kitchen: Thursday 12h00 to 16h00

Fees: variable

Financing: municipal, provincial, donations, self-financing

Legal status: non-profit organization

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

1370 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Website: www.leclsm.org

Email: clsm227@gmail.com

Services: Unite, advocate, promote and raise awareness of the needs and interests of people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: donations, grants

Legal status: non-profit 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

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of Saint-Jérôme hospital, of Saint-Jérôme regional hospital, Lafontaine and Centre-ville-de-Saint-Jérôme CLSCs, centre d'hébergement Lucien-G. Rolland and Saint-Jérôme CHSLD

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DE THÉRÈSE-DE BLAINVILLE

100 du Chanoine-Lionel-Groulx Street, Sainte-Thérèse, Laurentides, QC, J7E 5E1

450 433-2777 ext. 65144

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/therese-de-blainville

Email: comite.usagers.tdb@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of Drapeau-Deschambault and Hubert-Maisonnette housing centres, of Thérèse-De Blainville and Saint-Joseph CLSCs, of Thérèse-De Blainville tests centre, CHSLD Blainville and La Maison des aînés de Sainte-Anne-des-Plaines

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of physical rehabilitation centres or intellectual disabilities and autism spectrum disorder rehabilitation centres in the Laurentians

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES

148 Castonguay Street, Saint-Jérôme, Laurentides, QC, J7Y 2J2

450 432-1118 ext. 76644

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/dependance

Email: comite.usagers.crd.cissslau@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of 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

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-Mirabel-Sud Ambulatory Services Center, Deux-Montagnes-Mirabel-Sud Mental Health Ambulatory Services Center and Saint-Eustache Hospital

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

CONSEIL RÉGIONAL DE DÉVELOPPEMENT SOCIAL DES LAURENTIDES

Confidential Address

450 848-7263

Website: www.crdsl.org

Email: info@crdsl.org

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

DIABÈTE DES DRAVEURS

Confidential Address

819 438-2139

Email: diabetedesdrapeurs@gmail.com

Services: Association providing help to diabetic people and their close ones. * Information and referral. * Raising awareness, prevention and advocacy for their interests. * Physical and social activities. * Collective kitchen.

Eligibility: diabetic people, their close ones

Coverage area: MRC Antoine-Labelle, MRC La Vallée-de-la-Gatineau

Fees: \$10 per year

Financing: donations, contributions, 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

Services: Individual and collective mental health advocacy. * Support and accompaniment with procedures. *

Awareness-raising. * Information and training.

Eligibility: people or groups of people living or having lived with mental health problems

Coverage area: Laurentians

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: grants

Legal status: non-profit organization

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

1 877 429-5858 Fax: 819 429-6850

Website: www.fadoq.ca/en/laurentides

Email: info@fadoqlaurentides.org

Services: Grouping and representation in all 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 old 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

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 TTY: 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. *

Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. *

Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Email: mpdasteustache@gmail.com

Services: * Reception and referral. * Support and social accompaniment. * Promotion and advocacy. * Mutual aid. * Monthly dance. * Collective kitchens. * Adapted karate. * Workshops.

Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes
Hours: Tuesday to Thursday 8h30 to 16h00
Fees: membership: \$10 per year
Financing: provincial
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2
1 866 590-4469 Fax: 450 436-3273
Website: mscanada.ca/ms-canada-laurentides
Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: SPécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, MRC La Rivière-du-Nord, MRC Argenteuil, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: fundraising campaigns

Legal status: non-profit organization

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: info@rpns.ca

Services: Organization ensuring the integrated management of water and living environments. * Development and establishment of a master plan for water. * Concerted action with other organizations. * 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 Argenteuil, MRC Papineau, MRC Les Laurentides, MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: membership fees: variable

Financing: provincial, contributions, donations

Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DES PATRIOTES

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7
438 530-7883
Website: rutadp.org
Email: info@rutadp.org

Services: Advocacy and promotion of paratransit users' rights. * Information. * Grouping, representation and consultation.

Eligibility: people living with a disability, paratransit users

Coverage area: MRC Deux-Montagnes, Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le Lac, Blainville, Mirabel-Sud: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: Monday to Friday 8h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

REGROUPEMENT POUR LA CONCERTATION DES PERSONNES HANDICAPÉES DES LAURENTIDES

Confidential Address

450 432-2229

Website: handicaplaurentides.ca

Email: info@handicaplaurentides.ca

Services: Advocacy of people living with disabilities. * Grouping, information, animation and consultation of member organizations. * Support to members. * Representation to government agencies, public, private and community organizations.

Eligibility: people living with disabilities, their relatives, organizations working with people living with disabilities

Coverage area: Laurentians

Financing: provincial

Legal status: non-profit organization

RÉSEAU DES FEMMES DES LAURENTIDES

342 Parent Street, Saint-Jérôme, Laurentides, QC, J7Z 2A2

450 431-1896

Website: www.femmeslaurentides.org

Email: info@femmeslaurentides.org

Services: Regional autonomous community action grouping. * Representation. * Improvement of women's quality of life. * Citizen involvement projects. * Awareness-raising.

Eligibility: women's groups and committees, general public

Coverage area: Laurentians

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: none

Financing: grants

Legal status: non-profit organization

SIGNÉE FEMMES, LE CENTRE DE FEMMES

624 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-5455 Fax: 819 275-5428

Website: www.signeefemmes.ca

Email: info@signeefemmes.ca

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: MRC d'Antoine-Labelle

Hours: Monday to Thursday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES ÂÎNÉ-E-S DES LAURENTIDES

19 de la gare Street, Room D, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 602-8477

Website: tcral.ca

Email: tralaurentides@gmail.com

Services: Place for exchange and dialogue to improve the living conditions of seniors in the Laurentians.

Eligibility: seniors, organizations that provide services to seniors

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

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: info@acefbl.org

Services: * Budget courses. * Budget counselling. * Telephone assistance on personal finances. * Conferences and workshops. * Consumers' advocacy. * Assistance with Hydro-Québec payment arrangements.

Eligibility: consumers

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 17h00

Fees: free, except for budget courses and to host a workshop in an organization

Financing: grants, self-financing

Legal status: Cooperative

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Lanaudière, Laurentians

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except for an emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

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: caaplaurentides.org/en

Email: info@caaplaurentides.org

Services: Centre assisting health and social services users in their complaint process. * Information and referral about users' rights. * Support and counselling 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

225 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1X7

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

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of Saint-Jérôme hospital, of Saint-Jérôme regional hospital, Lafontaine and Centre-ville-de-Saint-Jérôme CLSCs, centre d'hébergement Lucien-G. Rolland and Saint-Jérôme CHSLD

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DE THÉRÈSE-DE BLAINVILLE

100 du Chanoine-Lionel-Groulx Street, Sainte-Thérèse, Laurentides, QC, J7E 5E1

450 433-2777 ext. 65144

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/therese-de-blainville

Email: comite.usagers.tdb@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of Drapeau-Deschambault and Hubert-Maisonnette housing centres, of Thérèse-De Blainville and Saint-Joseph CLSCs, of Thérèse-De Blainville tests centre, CHSLD Blainville and La Maison des aînés de Sainte-Anne-des-Plaines

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

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

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of physical rehabilitation centres or intellectual disabilities and autism spectrum disorder rehabilitation centres in the Laurentians

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES

148 Castonguay Street, Saint-Jérôme, Laurentides, QC, J7Y 2J2

450 432-1118 ext. 76644

Website: www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/dependance

Email: comite.usagers.crd.cissslau@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: users of 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

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-Mirabel-Sud Ambulatory Services Center, Deux-Montagnes-Mirabel-Sud Mental Health Ambulatory Services Center and Saint-Eustache Hospital

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

OFFICE MUNICIPAL D'HABITATION DE MIRABEL

6 de l'Église Street, Suite 300, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1149 Fax: 450 475-6616

Website: www.omhmirabel.com

Email: direction@omhmirabel.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service.

Eligibility: seniors, single people and families on a low or moderate income

Capacity: 100 units

Coverage area: Mirabel

Hours: by appointment only

Financing: provincial

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.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

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

Services: Medium security centre responsible of activities related to the detention of offenders. * Offenders assessment and follow-up. * Correctional plans elaboration. * Management of custody, accommodation, supervision and guidance programs. * Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

Eligibility: men offenders sentenced for more than 2 years

Capacity: 240 inmates

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: Laurentians

Financing: federal

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - MEDIUM SECURITY ARCHAMBAULT INSTITUTION

242 Gibson Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-5960 Fax: 450 478-7655

Website: www.csc-scc.gc.ca

Services: Medium security centre responsible of activities related to the detention of offenders. * Offenders assessment and follow-up. * Correctional plans elaboration. * Management of custody, accommodation, supervision and guidance programs. * Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

Eligibility: men offenders sentenced for more than 2 years

Capacity: 284 inmates

Coverage area: Province of Québec

Financing: federal

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - MINIMAL SECURITY ARCHAMBAULT INSTITUTION

244 Gibson Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-5933 Fax: 450 478-5888

Website: www.csc-scc.gc.ca

Services: Minimal security centre responsible of activities related to the detention of offenders. * Offenders assessment and follow-up. * Correctional plans elaboration. * Management of custody, accommodation, supervision and guidance programs. * Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

Eligibility: men offenders sentenced for more than 2 years

Capacity: 215 inmates

Coverage area: Province of Québec

Financing: federal

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - REGIONAL RECEPTION CENTRE

246 Gibson Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-5977 Fax: 450 478-5899

Website: www.csc-scc.gc.ca

Services: Multi-level security centre responsible of activities related to the detention of offenders. * Offenders assessment and follow-up. * Correctional plans elaboration. * Management of custody, accommodation, supervision and guidance programs. * Reception unit, maximum security unit and special handling unit (SHU).

Eligibility: male offenders sentenced for more than 2 years

Capacity: 321 inmates

Coverage area: Province of Québec

Financing: federal

Legal status: federal government agency

DIRECTION DES SERVICES 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

Services: Body responsible of the activities related to offenders assessment and follow-up. * Assessment of offenders. * Development of correctional intervention plans. * Administration of sentences in the community.

Eligibility: offenders sentenced to less than 2 years, alleged offenders

Coverage area: Laurentians

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

Services: Body responsible of activities related to the detention of offenders. * Offenders assessment and follow-up. * Management of custody, accommodation, supervision and guidance programs. * Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

Eligibility: men offenders sentenced to less than 2 years, alleged offenders

Coverage area: Province of Québec

Financing: provincial

Legal status: provincial government agency

Courthouses and tribunals

BLAINVILLE - MUNICIPAL COURT

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5225 Fax: 450 434-8285

Website: blainville.ca/services/services-aux-citoyens/cour-municipale

Email: courmunicipale@blainville.ca

Services: First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00

Financing: municipal

Legal status: municipal agency

BOISBRIAND - MUNICIPAL COURT

940 de la Grande-Allée Boulevard, Room 110, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954 ext. 7271 Fax: 450 435-8784

Website: www.ville.boisbriand.qc.ca/services/constat-dinfraction

Services: First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Boisbriand

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15

Financing: municipal

Legal status: municipal agency

BUREAU DES INFRACTIONS ET AMENDES - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 1 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: [click here](#) * Information on other options for the payment services: [click here](#)

Eligibility: general public

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

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than \$100 000. * 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. * Settlement conference chaired by a judge. * Mediation service. * Documents relevant to all regions: [click here](#) * Online schedule of hearings: [click here](#) * Other point of service for voluntary deposits and for receiving claims, by appointment: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.

Eligibility: general public

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3 Fax: 450 569-3051

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court of Justice of the Judiciary of Quebec. * Hearing of prosecutions under the Criminal Code, the Code of Penal Procedure or any other penal statute. * Facilitation conference in criminal and penal matters. * Relevant documents for all regions: [click here](#) * Online schedule of hearings: [click here](#)

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

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: pcstjerome@justice.gouv.qc.ca

Services: Subdivision of the Civil Division of the Court of Justice. * Hearings of cases where the amount in dispute is less than \$15,000 and where people represent themselves without a lawyer. * Fair and impartial assistance from judges. * Mediation service. * Tools, checklists and guide: [click here](#) * Online schedule of hearings: [click here](#)

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

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court of Justice of the Judiciary of Quebec. * Hearing of all cases involving minors. * Hearing of adoption cases. * Out-of-court settlement conference in youth protection matters. * Relevant documents for all regions: [click here](#) * Online schedule of hearings: [click here](#)

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. 2240, 2229 or 2223 Fax: 450 473-0094

Website: 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

ROSEMÈRE - MUNICIPAL COURT

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 ext. 1247 Fax: 450 621-1022

Website: www.ville.rosemere.qc.ca/municipal-court

Email: cour@ville.rosemere.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Rosemère, Lorraine

Hours: Monday to Thursday 8h30 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-JÉRÔME COURTHOUSE

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

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. * Online schedule of hearings: click here * Online information: marriage, civil unions, family mediation, negotiating an equitable agreement, child support, wills, etc.

Eligibility: general public

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

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court of Justice of the Judiciary of Quebec. * Hearings of cases involving \$85,000 or more and administrative, family and bankruptcy disputes. * Hearings in criminal jury trials and summary conviction appeals. * Hearings of all cases not assigned by law to another court. * Online hearing schedule: [click here](#) * Registry of class actions: [click here](#)

Eligibility: general public

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

Legal assistance and information**AIRE OUVERTE DES LAURENTIDES**

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.ciesslerau@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

BARREAU LAURENTIDES-LANAUDIÈRE

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

Website: barreaudelaurentideslanaudiere.qc.ca

Email: batonnier@barreaudelaurentideslanaudiere.qc.ca

Services: Professional association. * Information and awareness of rights. * Referral service for the population.

Eligibility: lawyers who are members of the district, general public

Coverage area: Lanaudière, Laurentides

Financing: self-financing

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

Financing: municipal

Legal status: municipal agency

BOISBRIAND - CITY

940 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954

Website: www.ville.boisbriand.qc.ca

Email: accueil@ville.boisbriand.qc.ca

Services: Municipal service management. * Management and payment of municipal taxes. * Requests, complaints, or reports of problems on the territory: <https://boisbriand.edemandes.com/fr/create/QS> * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste, composting. * Hall rental. * Urban-planning department: construction permits. * Public work department. * Emergency notification system. * INFO-travaux: location of infrastructure work. * Fire department. * Pick-up of dead dogs, cats, skunks, raccoons and groundhogs on public property.

Coverage area: Boisbriand

Hours: municipal services: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15, citizen services: Monday 8h15 to 16h15, Tuesday and Thursday 8h15 to 17h00, Wednesday 8h15 to 19h00, Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

BOISBRIAND - MUNICIPAL COURT

940 de la Grande-Allée Boulevard, Room 110, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954 ext. 7271 Fax: 450 435-8784

Website: www.ville.boisbriand.qc.ca/services/constat-dinfraction

Services: First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Boisbriand

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15

Financing: municipal

Legal status: municipal agency

BUREAU DES INFRACTIONS ET AMENDES - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 1 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: [click here](#) * Information on other options for the payment services: [click here](#)

Eligibility: general public

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

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Lanaudière, Laurentians

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except for an emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

CENTRE DE JUSTICE DE PROXIMITÉ DE LAVAL-LAURENTIDES-LANAUDIÈRE

293 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5A2

450 990-8071

Website: www.justicedeproximite.qc.ca/centres/la-val-laurentides-lanaudiere

Services: * Legal information clinic: explanation of the law, information on types of recourse, alternative dispute resolution methods, procedural documents and proceedings, orientation in the justice system. * Legal information tools, information sessions on legal matters. * Support and referral to appropriate resources. * Does not represent citizens in court.

Eligibility: citizens searching for legal information

Coverage area: Laval, Laurentides, Lanaudière

Hours: Monday, Wednesday and Thursday 9h30 to 12h00 and 13h00 to 16h00 (by appointment only), Tuesday 9h30 to 12h00 and 13h00 to 15h30 (walk-in service), Friday 9h30 to 12h00 and 13h00 to 16h00 (by phone or virtual appointment only)

Fees: none

Financing: provincial

Legal status: non-profit organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians
Hours: by appointment only
Financing: membership fees, self-financing
Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court of Justice of the Judiciary of Quebec. * Hearing of all cases involving minors. * Hearing of adoption cases. * Out-of-court settlement conference in youth protection matters. * Relevant documents for all regions: [click here](#) * Online schedule of hearings: [click here](#)

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

CURATEUR PUBLIC - DIRECTION TERRITORIALE NORD ET BUREAU DE SAINT-JÉRÔME

222 Saint-Georges Street, Suite 315, Saint-Jérôme, Laurentides, QC, J7Z 5K8

1 877 221-7043

Website: www.quebec.ca/en/government/departments-and-agencies/curateur-public

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

DEUX-MONTAGNES - MUNICIPAL COURT

1502 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M8

450 473-2796 ext. 2240, 2229 or 2223 Fax: 450 473-0094

Website: 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

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: www.ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: 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: non-profit organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: non-profit organization

MAISON D'ARIANE (LA)

Confidential Address

450 432-9355 Fax: 450 432-8005

Website: maisondariane.ca/en

Email: info@maisondariane.ca

Services: Help centre and shelter for women and children who are victims of domestic violence. * Shelter services. * Mother and child service. * External services: 24/7 help line, one-on-one meetings with a shelter worker, thematic group meetings, support and assistance 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: 20 women and children

Coverage area: shelter: Province of Québec, external services: MRC Rivière-du-Nord, Nord-de-Mirabel

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 referrals. * Help relationship, accompaniment and post-housing follow-up. * Family mediation.

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

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: admin@mabl.ca

Services: Prevention, awareness and information program in relation with the Youth Criminal Justice Act. * Proposing alternatives to the traditional justice system and different ways of managing conflicts. * Citizen mediation service.

Eligibility: teenagers 12 to 17 years old who have been prosecuted under the Criminal Code or Criminal Procedure Code, general public

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. 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 12 to 17 years old, 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

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 of residual materials: morinheights.com/Waste-management * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure and culture. * Library.

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

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/fichiersUpload/fichiers/20240819104100-calendrier-collecte.png * 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. * Community gardens.

Coverage area: Piedmont

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC de la Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

ROSEMÈRE - MUNICIPAL COURT

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 ext. 1247 Fax: 450 621-1022

Website: www.ville.rosemere.qc.ca/municipal-court

Email: cour@ville.rosemere.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Rosemère, Lorraine

Hours: Monday to Thursday 8h30 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

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: stadolphedhoward.qc.ca

Email: info@stah.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: <https://stadolphedhoward.qc.ca/40/matieres-residuelles> * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure, culture, and community life. * Library.

Coverage area: Saint-Adolphe-d'Howard

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

SAINT-SAUVEUR - CITY

1 de la Mairie Place, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-0000 Fax: 1 866 313-6267

Website: vss.ca

Email: administration@vss.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: vss.ca/services-aux-citoyens/services/collectes-et-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * OMNIVIGIL, emergency alert service for citizens: saint-sauveur.omnivigil.com

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-THÉRÈSE - MUNICIPAL COURT

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2622

Website: www.sainte-therese.ca

Email: cour@sainte-therese.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5,000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Sainte-Thérèse

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 435-0808

Website: www.domremystetherese.com

Email: info@domremystetherese.com

Services: * Telephone support. * External individual support. * Parent-teen mediation. * Prevention of relapse and transfer of addictions. * Intervention and prevention of intergenerational transmission of addiction. * Intervention and prevention of codependency. * Creativity and meditation workshops. * Themed help and mutual aid workshops on the root causes of addictions. * Community activities.

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones

Capacity: 35

Coverage area: Laurentians, Lanaudière

Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides, grants

Legal status: non-profit organization

Professional orders and associations**ASSOCIATION CANADIENNE DE RÉFLEXOLOGIE - SECTION QUÉBEC**

Confidential Address

1 877 722-3338

Website: www.reflexologycanada.org/en/quebec

Email: qc.president@reflexologycanada.org

Services: Grouping of teachers, of professional practitioners and of students in reflexology. * Promotes reflexology, networking and knowledge sharing. * Professional training and information sessions for the public. * Therapist repertory.

Eligibility: general public, teachers, professional practitioners and students in reflexology

Coverage area: Province of Québec

Hours: on appointment

Fees: variable

Financing: membership fees

Legal status: non-profit organization

BARREAU LAURENTIDES-LANAUDIÈRE

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

Website: barreaudelaurentideslanaudiere.qc.ca

Email: batonnier@barreaudelaurentideslanaudiere.qc.ca

Services: Professional association. * Information and awareness of rights. * Referral service for the population.

Eligibility: lawyers who are members of the district, general public

Coverage area: Lanaudière, Laurentides

Financing: self-financing

Legal status: non-profit organization

Support for offenders

BLAINVILLE - MUNICIPAL COURT

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5225 Fax: 450 434-8285

Website: blainville.ca/services/services-aux-citoyens/cour-municipale

Email: courmunicipale@blainville.ca

Services: First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00

Financing: municipal

Legal status: municipal agency

BOISBRIAND - MUNICIPAL COURT

940 de la Grande-Allée Boulevard, Room 110, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954 ext. 7271 Fax: 450 435-8784

Website: www.ville.boisbriand.qc.ca/services/constat-dinfraction

Services: First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Boisbriand

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h15

Financing: municipal

Legal status: municipal agency

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Lanaudière, Laurentians

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except for an emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

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: crcccl@crccurelabelle.com

Services: Social reintegration program for men on an active correctional measure. * Housing. * Ongoing supervision. * Rehabilitation activities. * Individual clinical follow-up. * Various specialized programs. * Various points of service: Lachute, Mont-Tremblant, Sainte-Adèle, Sainte-Agathe, Saint-Eustache, Sainte-Thérèse, Terrebonne.

Eligibility: men on an active correctional measure

Capacity: 46 people

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. 2240, 2229 or 2223 Fax: 450 473-0094

Website: 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 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

Services: Body responsible of the activities related to offenders assessment and follow-up. * Assessment of offenders. * Development of correctional intervention plans. * Administration of sentences in the community.

Eligibility: offenders sentenced to less than 2 years, alleged offenders

Coverage area: Laurentians

Financing: provincial

Legal status: provincial government agency

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: www.ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: 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: non-profit organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: non-profit organization

MESURES ALTERNATIVES DES BASSES-LAURENTIDES

209 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 437-9903 Fax: 450 437-8293

Website: www.mabl.ca

Email: admin@mabl.ca

Services: Prevention, awareness and information program in relation with the Youth Criminal Justice Act. * Proposing alternatives to the traditional justice system and different ways of managing conflicts. * Citizen mediation service.

Eligibility: teenagers 12 to 17 years old who have been prosecuted under the Criminal Code or Criminal Procedure Code, general public

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. 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 12 to 17 years old, 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

MOUVANCE, CENTRE DE FEMMES (LA)

83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9

450 472-7245 ext. 101

Website: www.lamouvance.ca

Email: info@lamouvance.ca

Services: Information, awareness and support for women. * Welcoming and living environment. * Individual support and counselling, in person or by phone. * Phone listening. * Support to women victims of violence in all its forms. * Information and referral. * Accompaniment to court, meeting with the DPJ, meeting with lawyers. * Activities program. * Sharing groups. * Collective actions.

Eligibility: women

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card: \$10

Financing: provincial

Legal status: non-profit organization

ROSEMÈRE - MUNICIPAL COURT

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 ext. 1247 **Fax:** 450 621-1022

Website: www.ville.rosemere.qc.ca/municipal-court

Email: cour@ville.rosemere.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Rosemère, Lorraine

Hours: Monday to Thursday 8h30 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - MUNICIPAL COURT

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2622

Website: www.sainte-therese.ca

Email: cour@sainte-therese.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5,000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Sainte-Thérèse

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

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

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.cissslau@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

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

Services: Community health programs. * Health of mothers, infants and families. * Mental health and addictions prevention. * Diabetes and injuries prevention. * Primary care: community health nurse, vaccination, home care. * Drinking water monitoring.

Coverage area: Kanesatake

Hours: Monday to Friday 8h00 to 16h00

Financing: federal

Legal status: non-profit organization

RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC de la Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

SERVICES DE PREMIÈRE LIGNE EN DÉPENDANCE - LAURENTIDES

Confidential Address

811 option 2

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Front-line addiction services. * Information and education on addiction. * Prevention of addiction. * Prevention of relapse. * Reflection on consumption habits and possible solutions. * Mes choix Alcool, Mes choix Toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

TANGAGE DES LAURENTIDES

118-B Principale Street East, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1K1

819 324-2261

Website: tangage.ca

Email: info@tangage.ca

Services: Addiction prevention. * Healthy lifestyle promotion. * Workshops in elementary and high school. * Community and adult workshops.

Eligibility: school and community environments

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut

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

Website: www.domremystetherese.com

Email: info@domremystetherese.com

Services: * Telephone support. * External individual support. * Parent-teen mediation. * Prevention of relapse and transfer of addictions. * Intervention and prevention of intergenerational transmission of addiction. * Intervention and prevention of codependency. * Creativity and meditation workshops. * Themed help and mutual aid workshops on the root causes of addictions. * Community activities.

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones

Capacity: 35

Coverage area: Laurentians, Lanaudière

Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides, grants

Legal status: non-profit organization

Addiction treatment

ALCOHOLICS ANONYMOUS - AREA 90

Confidential Address

Website: aaregion90.org

Email: region@aa90.org

Services: * Phone support. * Weekly support groups, self animated or by a member. * Online meetings list: meetings.aa90.org * Meetings possible for people living with a hearing impairment.

Eligibility: people of all ages living with an alcohol addiction problem

Capacity: 10 persons or more per meeting

Coverage area: Montréal-Nord, Laval, Joliette, Laurentides, Hull, Ottawa, Aylmer, Abitibi-Témiscamingue Ouest, Repentigny, Saint-Jérôme, Terrebonne, Charlemagne, Sainte-Julienne, Lanaudière Nord, Nunavik, Nunavut

Fees: voluntary contribution

Financing: contributions

Legal status: non-profit organization

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. * Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

Hours: Monday to Thursday and Saturday 10h00 to 17h00, Friday 10h00 to 21h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - DEUX-MONTAGNES

333 Antonin-Campeau Street, Suite 103, Deux-Montagnes, Laurentides, QC, J7R 0A2

450 623-3223

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults of 21 days. * Inpatient rehabilitation for young people in collaboration with Le Grand Chemin, Portage or Pavillon du Nouveau de Vue. * Outpatient rehabilitation. * Detoxification with medical assistance (3.2 and 3.7). * Social and professional reintegration, post-treatment follow-up. * Substitution treatment. * Support for relatives: individual consultations for partners and group meetings for parents. * Evaluation of driver convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction and problematic Internet use (UPI), their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - MONT-TREMBLANT

635, rue Léonard, Mont-Tremblant, Laurentides, QC, J8E 3H9

819 425-3771

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults of 21 days. * Inpatient rehabilitation for young people in collaboration with Le Grand Chemin, Portage or Pavillon du Nouveau de Vue. * Outpatient rehabilitation. * Detoxification with medical assistance (3.2 and 3.7). * Social and professional reintegration, post-treatment follow-up. * Substitution treatment. * Support for relatives: individual consultations for partners and group meetings for parents. * Evaluation of driver convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction and problematic Internet use (UPI), their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - RIVIÈRE-ROUGE

1525 L'Annonciation Nord Street, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-2118

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults of 21 days. * Inpatient rehabilitation for young people in collaboration with Le Grand Chemin, Portage or Pavillon du Nouveau de Vue. * Outpatient rehabilitation. * Detoxification with medical assistance (3.2 and 3.7). * Social and professional reintegration, post-treatment follow-up. * Substitution treatment. * Support for relatives: individual consultations for partners and group meetings for parents. * Evaluation of driver convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction and problematic Internet use (UPI), their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINT-EUSTACHE

29 Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-7574

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults of 21 days. * Inpatient rehabilitation for young people in collaboration with Le Grand Chemin, Portage or Pavillon du Nouveau de Vue. * Outpatient rehabilitation. * Detoxification with medical assistance (3.2 and 3.7). * Social and professional reintegration, post-treatment follow-up. * Substitution treatment. * Support for relatives: individual consultations for partners and group meetings for parents. * Evaluation of driver convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction and problematic Internet use (UPI), their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINT-JÉRÔME

148 Castonguay Street, Saint-Jérôme, Laurentides, QC, J7Y 2J2

450 432-1395

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults of 21 days. * Inpatient rehabilitation for young people in collaboration with Le Grand Chemin, Portage or Pavillon du Nouveau de Vue. * Outpatient rehabilitation. * Detoxification with medical assistance (3.2 and 3.7). * Social and professional reintegration, post-treatment follow-up. * Substitution treatment. * Support for relatives: individual consultations for partners and group meetings for parents. * Evaluation of driver convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction and problematic Internet use (UPI), their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINT-SAUVEUR

150 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-3447

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults of 21 days. * Inpatient rehabilitation for young people in collaboration with Le Grand Chemin, Portage or Pavillon du Nouveau de Vue. * Outpatient rehabilitation. * Detoxification with medical assistance (3.2 and 3.7). * Social and professional reintegration, post-treatment follow-up. * Substitution treatment. * Support for relatives: individual consultations for partners and group meetings for parents. * Evaluation of driver convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction and problematic Internet use (UPI), their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINTE-AGATHE-DES-MONTS

21 Godon Street West, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1E5

819 321-3999

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults of 21 days. * Inpatient rehabilitation for young people in collaboration with Le Grand Chemin, Portage or Pavillon du Nouveau de Vue. * Outpatient rehabilitation. * Detoxification with medical assistance (3.2 and 3.7). * Social and professional reintegration, post-treatment follow-up. * Substitution treatment. * Support for relatives: individual consultations for partners and group meetings for parents. * Evaluation of driver convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction and problematic Internet use (UPI), their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - THÉRÈSE-DE-BLAINVILLE

125 Duquet Street, Sainte-Thérèse, Laurentides, QC, J7E 0A5

450 433-2777

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults of 21 days. * Inpatient rehabilitation for young people in collaboration with Le Grand Chemin, Portage or Pavillon du Nouveau de Vue. * Outpatient rehabilitation. * Detoxification with medical assistance (3.2 and 3.7). * Social and professional reintegration, post-treatment follow-up. * Substitution treatment. * Support for relatives: individual consultations for partners and group meetings for parents. * Evaluation of driver convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction and problematic Internet use (UPI), their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINTE-AGATHE

234 Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2B8

819 324-4000

Website: www.santelaurentides.gouv.qc.ca/english

Services: General and specialized care hospital. * Emergency and intensive care. * Palliative and end of life care unit. * Medical imaging. * Minor surgery. * Colonoscopy. * Detoxification. * Distribution of new injection equipment to drug users and recovery of used needles and syringes. * Wheelchair rental.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

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: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

Services: * Helpline. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: none

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 ext. 0

Website: www.santelaurentides.gouv.qc.ca

Services: General and specialized hospital centre. * Emergency and intensive care. * Family medicine. * Obstetric unit. * Palliative and end-of-life care. * Medical imaging. * Abortion. * Contraception. * Help for victims of crime. * Minor surgery. * Vaccination. * Test centre. * Detoxification. * Distribution of new injection equipment to people who use drugs. * Recovery of used syringes and needles.

Coverage area: Laurentians

Hours: 24 hours / 7 days, test centre: Monday to Friday 7h00 to 14h30

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/english

Services: General and specialized medical care. * Emergency and acute care. * Abortion. * Contraception. * Radiology, ultrasound. * Detoxification.

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/english

Services: General and specialized medical care. * Emergency and acute care. * Intensive and cardiac care unit. * Inpatient medicine ambulatory centre. * External clinics: neurology, multiple sclerosis, asthma, COPD, respiratory rehabilitation, cardiac failure, etc. * End-of-life care. * Family planning, abortion. * Detoxification. * Distribution of new injection equipment to drug users.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic 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

Services: Addiction therapy centre based on understanding trauma and highlighting native cultures, practices and traditions. * Six-week in-patient program. * Individual and group meetings. * Environment allowing contact with nature. * Leisure and sports room.

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 - ADOLESCENT PROGRAM - WESTERN QUÉBEC

1790 du Lac Écho Road, Prévost, Laurentides, QC, J0R 1T0

450 224-2944

Website: portage.ca/en

Email: info_adomtl@portage.ca

Services: Inpatient rehabilitation addiction centre lasting 3 to 6 months. * Group therapy. * Social reintegration: after-treatment of 18 months. * Mandatory on-site School Program. * Orientation and vocational planning. * Cultural and recreational programs: sports, art, music, outdoor activities, etc.

Eligibility: people 14 to 21 years old with substance abuse problem

Capacity: 23

Coverage area: Province of Québec

Hours: administration: Monday to Friday 9h00 to 17h00, residential service: 24 hours

Fees: none

Financing: provincial, foundations

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: portage.ca/fr/quebec/programme-adultes

Email: info@portage.ca

Services: Inpatient Rehabilitation Centre of 6 months (first month outpatient rehab). * Programme for substance abuse. * Group therapy. * Social reintegration. * Orientation and vocational planning. * Cultural and recreational programmes. * Post treatment follow-up. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

Eligibility: men with a substance abuse problem

Capacity: 50

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: portage.ca/fr/quebec/programme-adultes

Email: info@portage.ca

Services: Inpatient Rehabilitation Centre up to 6 months (first month outpatient rehab). * Programme for substance abuse. * Group therapy. * Social reintegration. * Orientation and vocational planning. * Cultural and recreational programmes. * Post treatment follow-up. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

Eligibility: men with a substance abuse problem

Capacity: 50

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

SERVICES DE PREMIÈRE LIGNE EN DÉPENDANCE - LAURENTIDES

Confidential Address

811 option 2

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Front-line addiction services. * Information and education on addiction. * Prevention of addiction. * Prevention of relapse. * Reflection on consumption habits and possible solutions. * Mes choix Alcool, Mes choix Toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 435-0808

Website: www.domremystetherese.com

Email: info@domremystetherese.com

Services: * Telephone support. * External individual support. * Parent-teen mediation. * Prevention of relapse and transfer of addictions. * Intervention and prevention of intergenerational transmission of addiction. * Intervention and prevention of codependency. * Creativity and meditation workshops. * Themed help and mutual aid workshops on the root causes of addictions. * Community activities.

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones

Capacity: 35

Coverage area: Laurentians, Lanaudière

Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides, grants

Legal status: non-profit organization

Community support in mental health

ACCO-LOISIRS

42D Turgeon Street, Suite 4, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 433-5559 Fax: 450 433-0453

Website: www.accoloisirs.com

Email: info@accoloisirs.com

Services: * Accompaniment. * Adapted recreational and tourism activities. * Respite for teenagers and adults.

Eligibility: people living with an intellectual disability, another type of disability or mental health issues

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: non-profit organization

ATELIER ENSEMBLE ON SE TIENT (L')

185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5

450 623-1561 Fax: 450 623-2692

Website: atelierensembleonsetient.wordpress.com

Email: atelierensemble@videotron.ca

Services: Day centre. * Social reintegration and rehabilitation. * Socialization and learning activities. * Pre-employability group. * Support and self-help group. * Follow-up program.

Eligibility: adults living with severe and persistent mental health problems or a significant emotional distress

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin

Hours: Monday to Friday 10h00 to 16h00, support group: during the day and the evening

Fees: none

Financing: provincial

Legal status: non-profit organization

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. * Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

Hours: Monday to Thursday and Saturday 10h00 to 17h00, Friday 10h00 to 21h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE AUX SOURCES D'ARGENTEUIL

546 Sidney Street, Lachute, Laurentides, QC, J8H 1L1

450 562-0673 Fax: 450 562-2944

Email: coordo@centreauxsources.org

Services: Day centre in mental health. * Support group. * Listening, support and referrals. * Community meals. * Mental health workshops. * Leisure activities and group outings.

Eligibility: people 18 years old and over living with or who have lived with a mental health issue

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 9h00 à 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'AIDE AUX VICTIMES D'ACTES CRIMINELS DES LAURENTIDES

510 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B3

450 569-0332 Fax: 450 569-0966

Website: cavac.qc.ca/en

Email: info.cavac.lau@videotron.ca

Services: * Crisis intervention phoneline. * Psychological and post-trauma support. * Information on rights and recourses. * Assistance with compensation procedures. * Guidance with specialized resources.

Eligibility: people victims of criminal act, their relatives, witnesses of a crime

Coverage area: Laurentians

Hours: Monday, Wednesday and Friday 8h00 to 16h30, Tuesday and Thursday 8h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE DE FEMMES LIBER'ELLES

9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4

450 594-0556

Website: www.liberelles.org

Email: info@liberelles.org

Services: * Reception, telephone listening, referral. * Assistance with the procedures. * Self-esteem and personal growth workshops. * Writing workshop. * Conference on women's health. * Tricotons pour la cause project. * Lunch for women, healthy cooking workshop. * Coffee-chats. * Community store: free clothing, accessories and hygiene products for women.

Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: none

Financing: Centraide Laurentides, provincial, federal, donations, fundraising

Legal status: non-profit organization

COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than \$100 000. * 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. * Settlement conference chaired by a judge. * Mediation service. * Documents relevant to all regions: [click here](#) * Online schedule of hearings: [click here](#) * Other point of service for voluntary deposits and for receiving claims, by appointment: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.

Eligibility: general public

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: info.echelonpdh@gmail.com

Services: * Day centre. * Accompaniment, mutual aid, referral and support. * Activities, thematic workshops, arts, etc. * Collective kitchen. * Community lunches.

Eligibility: people 18 years old and over living with a mental health issue

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 15h30

Fees: regular services: free, special activities: low 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

Website: lenvoleerasm.ca

Email: info@lenvoleerasm.ca

Services: Mental health support centre. * Day centre. * Social reinsertion. * Counselling, support and accompaniment. * Amitié-Communauté Programme: pairing to break isolation. * Referral.

Eligibility: people who have lived or are living with mental health issues

Coverage area: Laurentians, mainly Sainte-Agathe

Hours: Monday 12h30 to 16h00, Tuesday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial, Centraide Hautes-Laurentides, donations

Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINTE-THÉRÈSE DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

1 866 443-4363

Website: www.groupegeme.com

Email: info@groupegeme.com

Services: * In-person and virtual support groups (on Zoom). * Individual counseling in person and virtual (on Zoom). * Meditation groups. * Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD. * Virtual and in-person workshops and conferences at the request of organizations.

Eligibility: people 18 years old and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, depression or burnout, post-traumatic stress

Capacity: support groups: 10 to 25 people per group

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website

Fees: contributions

Financing: provincial, fundraising campaigns, membership fees, self-financing

Legal status: non-profit organization

GRIFFE D'ALPHA (LA)

420 de Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy program for adults and children. * Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training * Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

GROUPE HARFANG DES NEIGES DES LAURENTIDES (LE)

290 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L1

450 565-1161

Website: www.groupeharfangdesneiges.org

Email: info@groupeharfangdesneiges.org

Services: Self-help groups. * Mental health workshops. * Physical activity workshops. * Art workshops. * Group social activities and outings.

Eligibility: people living with mental health problems

Coverage area: Laurentides

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, Tuesday, Thursday and Friday 9h00 to 15h30, Wednesday 12h00 to 15h30

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

HALTE DES PROCHES (LA)

223 Saint-Georges Street, Suite 300, Saint-Jérôme, Laurentides, QC, J7Z 5A1

1 800 663-0659**Website:** lahalte.ca/en/home-3**Email:** info@lahalte.ca

Services: Support for close ones of people living with mental health problem and public education. * Psychosocial counseling. * Individual, couple and family consultations. * Support in the process of requesting a psychiatric evaluation. * Support groups. * Adapted and specialized youth services (from age 5). * Psycho-educational programs and thematic workshops. * Respite activities. * Art therapy. * Conferences and testimonials. * Peer support services. * Education and awareness-raising on mental health issues.

Eligibility: close ones aged 3 years old and over of a person living with a mental health problem

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC MRC Thérèse-De Blainville, MRC Laurentides, MRC Rivière-du-Nord, MRC Pays-d'en-Haut, MRC Argenteuil

Hours: Monday to Friday 8h30 to 17h00

Fees: yearly membership: \$30, services: variable

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/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: none

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

Services: Support and education for the family and friends of someone who lives with a mental illness. * Activities. * Documentation. * Information on the P-38.

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

Fees: none

Financing: autofinancement

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 public, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: federal, provincial, 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.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 435-0808

Website: www.domremystetherese.com

Email: info@domremystetherese.com

Services: * Telephone support. * External individual support. * Parent-teen mediation. * Prevention of relapse and transfer of addictions. * Intervention and prevention of intergenerational transmission of addiction. * Intervention and prevention of codependency. * Creativity and meditation workshops. * Themed help and mutual aid workshops on the root causes of addictions. * Community activities.

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones

Capacity: 35

Coverage area: Laurentians, Lanaudière

Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides, grants

Legal status: non-profit organization

Crisis centres and suicide prevention

CENTRE PRÉVENTION SUICIDE FAUBOURG

Confidential Address

1 866 277-3553

Website: cps-le-faubourg.org/home_eng-faubourg-suicide-prevention-centre/

Email: administration@cpsfaubourg.org

Services: * Suicide prevention crisis hotline. * Grief support following a suicide. * Postvention and early intervention following a suicide in a workplace. * Training, awareness and conferences. * Implementation of programs within the workplace. * Support for relatives of a person in crisis.

Eligibility: people who are suicidal, their close ones, people bereaved by suicide, counsellors

Coverage area: Laurentians

Hours: crisis hotline: 24 hours / 7 days, administration: Monday to Friday 8h30 to 16h30
Fees: crisis line and grief counselling: free, training, awareness and conferences: variable
Financing: provincial, self-financing
Legal status: non-profit organization

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

Services: Community health programs. * Health of mothers, infants and families. * Mental health and addictions prevention. * Diabetes and injuries prevention. * Primary care: community health nurse, vaccination, home care. * Drinking water monitoring.

Coverage area: Kanesatake

Hours: Monday to Friday 8h00 to 16h00

Financing: federal

Legal status: non-profit organization

RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC de la Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

Helplines

ANTR'AIDANT (L')

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

579 888-0211

Website: lantraidant.com

Email: information@lantraidant.com

Services: Support for caregivers. * Phone reception and listening. * Information, needs assessment and referral. * Individual accompaniment, counselling and follow-up. * Caregiver coaching. * Weekly support group in person and online. * Awareness activities, conferences and workshops. * Online tools and capsules.

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 La Rivière-du-Nord, Sud de Mirabel, North of 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

Website: cps-le-faubourg.org/home_eng-faubourg-suicide-prevention-centre/

Email: administration@cpsfaubourg.org

Services: * Suicide prevention crisis hotline. * Grief support following a suicide. * Postvention and early intervention following a suicide in a workplace. * Training, awareness and conferences. * Implementation of programs within the workplace. * Support for relatives of a person in crisis.

Eligibility: people who are suicidal, their close ones, people bereaved by suicide, counsellors

Coverage area: Laurentians

Hours: crisis hotline: 24 hours / 7 days, administration: Monday to Friday 8h30 to 16h30

Fees: crisis line and grief counselling: free, training, awareness and conferences: variable

Financing: provincial, self-financing

Legal status: non-profit organization

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

Services: * Helpline. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: none

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: 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 referrals. * Help relationship, accompaniment and post-housing follow-up. * Family mediation.

Eligibility: youth 12 to 17 years old in difficulty, their parents, families

Capacity: 9 places

Coverage area: Laurentians

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

SOS PROFESSIONALS

1342 du Cerf Street, Val-David, Laurentides, QC, J0T 2N0

819 620-7212

Website: sos-professionnels.org

Email: secretariat@sos-professionnels.org

Services: Self-help network designed to support professionals who are exhausted or losing their sense of purpose, in sectors such as health, education, first responders, etc. * Group activities. * Individual follow-up. * Phone line dedicated to psychosocial support. * Social innovation projects. * Online resources. * Events.

Eligibility: professionals working in the health, education and other sectors who are experiencing psychological distress or losing their sense of purpose

Coverage area: Province of Québec, activities: Laurentians, Montréal Island, South Shore, Québec City

Hours: Phone line dedicated to psychosocial support: Monday to Friday 9h00 to 19h00

Fees: free or variable participation fees, regular member: \$25 per year, partner or organization member: \$100 per year

Financing: self-financing, donations

Legal status: non-profit organization

Mental health advocacy groups

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

1370 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Website: www.leclsm.org

Email: clsm227@gmail.com

Services: Unite, advocate, promote and raise awareness of the needs and interests of people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 16h00

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

Services: Individual and collective mental health advocacy. * Support and accompaniment with procedures. * Awareness-raising. * Information and training.

Eligibility: people or groups of people living or having lived with mental health problems

Coverage area: Laurentians

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: grants

Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINTE-THÉRÈSE DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

1 866 443-4363

Website: www.groupegeme.com

Email: info@groupegeme.com

Services: * In-person and virtual support groups (on Zoom). * Individual counseling in person and virtual (on Zoom). * Meditation groups. * Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD. * Virtual and in-person workshops and conferences at the request of organizations.

Eligibility: people 18 years old and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, depression or burnout, post-traumatic stress

Capacity: support groups: 10 to 25 people per group

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website

Fees: contributions

Financing: provincial, fundraising campaigns, membership fees, self-financing

Legal status: non-profit organization

HALTE DES PROCHES (LA)

223 Saint-Georges Street, Suite 300, Saint-Jérôme, Laurentides, QC, J7Z 5A1

1 800 663-0659

Website: lahalte.ca/en/home-3

Email: info@lahalte.ca

Services: Support for close ones of people living with mental health problem and public education. * Psychosocial counseling. * Individual, couple and family consultations. * Support in the process of requesting a psychiatric evaluation. * Support groups. * Adapted and specialized youth services (from age 5). * Psycho-educational programs and thematic workshops. * Respite activities. * Art therapy. * Conferences and testimonials. * Peer support services. * Education and awareness-raising on mental health issues.

Eligibility: close ones aged 3 years old and over of a person living with a mental health problem

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC MRC Thérèse-De Blainville, MRC Laurentides, MRC Rivière-du-Nord, MRC Pays-d'en-Haut, MRC Argenteuil

Hours: Monday to Friday 8h30 to 17h00

Fees: yearly membership: \$30, services: variable

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

Services: Support and education for the family and friends of someone who lives with a mental illness. *

Activities. * Documentation. * Information on the P-38.

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

Fees: none

Financing: autofinancement

Legal status: non-profit organization

Mental health housing

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@icloud.com

Services: Home environment for people living with an intellectual disability or a mental health issue. *

Accommodation. * Care.

Eligibility: people living with an intellectual disability or a mental health issue

Capacity: 9 places

Coverage area: North Shore

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. *

Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

Hours: Monday to Thursday and Saturday 10h00 to 17h00, Friday 10h00 to 21h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

RÉINSERTION SOCIALE DU SOLEIL LEVANT - APPARTEMENTS LES CITADINS

Confidential Address

450 430-0528

Website: rsoleillevant.org/nos-services/programme-de-soutien-en-appartements-supervises

Email: info@rcentredecrissoleillevant.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: info.echelonpdh@gmail.com

Services: Subsidized housing for people living with a mental health problem. * Social housing. * Intervention service. * Community kitchen. * Community rooms: computer, television, games, arts and reception rooms.

Eligibility: people on a low income living with a mental health problem

Capacity: 30

Coverage area: MRC Les Pays-d'en-Haut

Hours: administration: Monday to Thursday 9h00 to 16h00, intervention: Monday to Friday 9h00 to 15h30

Fees: 25% of income according to the provincial notice of assessment

Financing: grants, donations

Legal status: non-profit organization

Self-help groups for addiction issues

ALCOHOLICS ANONYMOUS - AREA 90

Confidential Address

Website: aaregion90.org

Email: region@aa90.org

Services: * Phone support. * Weekly support groups, self animated or by a member. * Online meetings list: meetings.aa90.org * Meetings possible for people living with a hearing impairment.

Eligibility: people of all ages living with an alcohol addiction problem

Capacity: 10 persons or more per meeting

Coverage area: Montréal-Nord, Laval, Joliette, Laurentides, Hull, Ottawa, Aylmer, Abitibi-Témiscamingue Ouest, Repentigny, Saint-Jérôme, Terrebonne, Charlemagne, Sainte-Julienne, Lanaudière Nord, Nunavik, Nunavut

Fees: voluntary contribution

Financing: contributions

Legal status: non-profit organization

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

Services: * Helpline. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

SERVICES DE PREMIÈRE LIGNE EN DÉPENDANCE - LAURENTIDES

Confidential Address

811 option 2

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Front-line addiction services. * Information and education on addiction. * Prevention of addiction. * Prevention of relapse. * Reflection on consumption habits and possible solutions. * Mes choix Alcool, Mes choix Toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

Self-help groups for mental health issues**CENTRE PRÉVENTION SUICIDE FAUBOURG**

Confidential Address

1 866 277-3553

Website: cps-le-faubourg.org/home_eng-faubourg-suicide-prevention-centre/

Email: administration@cpsfaubourg.org

Services: * Suicide prevention crisis hotline. * Grief support following a suicide. * Postvention and early intervention following a suicide in a workplace. * Training, awareness and conferences. * Implementation of programs within the workplace. * Support for relatives of a person in crisis.

Eligibility: people who are suicidal, their close ones, people bereaved by suicide, counsellors

Coverage area: Laurentians

Hours: crisis hotline: 24 hours / 7 days, administration: Monday to Friday 8h30 to 16h30

Fees: crisis line and grief counselling: free, training, awareness and conferences: variable

Financing: provincial, self-financing

Legal status: non-profit organization

SERCAN

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1

450 491-1912 ext. 210 Fax: 450 491-5770

Website: www.maisonsercan.ca

Email: communication@maisonsercan.ca

Services: Support for people living with cancer and their relatives. * Support group for people living with cancer and bereaved people. * Pairing by phone and in person. * Individual and group accompaniment. * Community luncheons. * Medical transportation.

Eligibility: people living with cancer, their caregivers, bereaved people of all ages

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, south of Mirabel

Hours: office: Monday to Friday 8h30 to 16h30, support groups: day and evening

Fees: membership card: \$10 per year

Financing: subventions, campagnes de financement, autofinancement, dons

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 - MRC DE DEUX-MONTAGNES

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

450 974-3940

Email: info@4korners.org

Services: Services and information for the English-speaking community. Individual, family and youth * Social and emotional learning activities for children. * Parenting Circle: weekly discussion meeting to learn new parenting skills, kids are welcomed and will be kept entertained with an animator. * Prenatal classes. * Post-natal services. * Tiny Tots: fun activity session for young kids. * Living without violence: anger management program for men, online and confidential. * Support and referrals. * Neurodiversity workshops for kids, young adults and their caregivers. * Online workshops and conferences. * Tax clinic. Seniors and caregivers * Caregivers support group. * Workshops for caregivers. * Online drawing and painting classes. * Chair yoga. * Support and referrals. * Informative workshops and conferences.

Eligibility: general public, English-speaking community, seniors, caregivers, neurodiversity groups

Coverage area: Laurentides

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$10

Financing: self-financing, provincial

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

Services: Support for caregivers. * Phone reception and listening. * Information, needs assessment and referral. * Individual accompaniment, counselling and follow-up. * Caregiver coaching. * Weekly support group in person and online. * Awareness activities, conferences and workshops. * Online tools and capsules.

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 La Rivière-du-Nord, Sud de Mirabel, North of Mirabel

Hours: Monday to Sunday 8h30 to 16h30

Fees: none

Financing: federal, provincial, Centraide Laurentides, self-financing, donations

Legal status: non-profit organization

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

CENTRE D'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

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counselling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: physical, cultural, learning and social activities.

Eligibility: adults with a loss of autonomy, seniors 65 years and over

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

CENTRE 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

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

COOP SORE

Confidential Address

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, Mirabel: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: office: Monday to Friday 8h30 to 16h00, services: Monday to Friday 8h00 to 18h00

Fees: household chores: hourly wage adapted to the income, credited by the RAMQ for the financial exoneration program, respite: \$9 per hour

Financing: self-financing, grants, provincial

Legal status: cooperative

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

Website: lalibellule.org

Email: info@lalibellule.org

Services: * Day and weekend respite for adults. * Families and caregivers support: information, referral, technical or psychosocial support. * Adapted woodworking workshops. * Social Assistance and Support Program-Action: employment support. * Information sessions and conferences.

Eligibility: autistic people 21 years and over or people living with an intellectual disability, their relatives

Capacity: day centre: 45 respite: 8

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: day respite: Monday to Friday 9h00 to 15h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day respite: \$15, week-end respite: \$200 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

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: mscanada.ca/ms-canada-laurentides

Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: SPécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, MRC La Rivière-du-Nord, MRC Argenteuil, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: fundraising campaigns

Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-3331 Fax: 450 431-5929

Website: pallia-vie.ca

Email: admin@pallia-vie.ca

Services: * Support for people with cancer or a degenerative disease and for 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, MRC Mirabel

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: membership: one-time fee of \$10

Financing: donations, grant

Legal status: None or unknown

RÉPIT, BIEN-ÊTRE

19 de la Gare Avenue, Suite I, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.repitbienetre.com

Email: repit.bienetre@gmail.com

Services: Respite and home help services. * Individual respite at home. * Social respite: community lunches, activities. * Respite camp: 3-day camp for caregivers and people receiving care.

Eligibility: seniors with a loss of autonomy, caregivers

Coverage area: Laurentides

Fees: variable according to income

Financing: donations, grants

Legal status: non-profit organization

ROSEMÈRE PUBLIC LIBRARY

339 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7221

Website: biblio.ville.rosemere.qc.ca

Email: biblio@ville.rosemere.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Book club for children. * Story time. * Exhibitions, workshops, author meetings.

Coverage area: Rosemère

Hours: Monday to Thursday 13h00 to 21h00, Friday and Saturday 10h00 to 17h00, Sunday 12h00 to 16h30, summer: Monday to Thursday 10h00 to 21h00, Friday and Saturday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES PUBLIC LIBRARY

155 des Cèdres Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-4337 Fax: 450 478-6733

Website: www.villesadp.ca/services-citoyens/bibliotheque

Email: bibliotheque@villesadp.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and workshops.

Coverage area: Sainte-Anne-des-Plaines

Hours: Tuesday 13h00 to 20h30, Wednesday and Thursday 10h00 to 20h30, Friday 10h00 to 17h30, Saturday 10h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 20h00, Wednesday 10h00 to 20h00, Friday 10h00 to 15h00

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SERCAN

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1

450 491-1912 ext. 210 Fax: 450 491-5770

Website: www.maisonsercan.ca

Email: communication@maisonsercan.ca

Services: Support for people living with cancer and their relatives. * Support group for people living with cancer and bereaved people. * Pairing by phone and in person. * Individual and group accompaniment. * Community luncheons. * Medical transportation.

Eligibility: people living with cancer, their caregivers, bereaved people of all ages

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, south of Mirabel

Hours: office: Monday to Friday 8h30 to 16h30, support groups: day and evening

Fees: membership card: \$10 per year

Financing: subventions, campagnes de financement, autofinancement, dons

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 couples counselling. * Counselling for caregivers. * Counselling for children and for teens.

Eligibility: adults, couples, caregivers, consultation for children: 6 years old and over

Coverage area: Laurentians, Greater Montréal

Hours: Monday to Friday 9h00 and 18h00

Fees: registration: \$15, consultation: \$40 per session for the first 3 meetings, according to income afterwards

Financing: grants, self-financing

Legal status: non-profit organization

SERVICE TRAVAIL-MAISON

981 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5N5

450 436-6425

Website: aidechezsoi.com/eesad/service-travail-maison

Email: info@st-m.org

Services: Home support services. * Regular and heavy housekeeping. * Preparation of meals without diet. * Supplies and other errands. * Respite and at-home supervision.

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

Services: Information on Alzheimer's disease. * Helpline. * Individual and family consultations. * Support group and activity centre for people living with Alzheimer's disease or another neurocognitive disorder. * Home respite, accompaniment and stimulation. * Conferences, training workshops and monthly support groups for caregivers. * Professional training program. * Documentation centre. * Service point at 341 de la Madone 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 and health professionals, volunteers, students, 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

Community and Recreation Centres**4KORNERS**

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

1 450 974-3940

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 Oka Road, Deux-Montagnes; 31 Principale Street, Sainte-Agathe-des-Monts; 19D de la Gare Avenue, Saint-Sauveur; 508 Principale Street, Lachute; 2 de Ravin Street, Sainte-Thérèse.

Eligibility: general public

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 HORIZON ROSEMÈRE (L')

202 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H4

450 621-3500 ext. 7390

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

CENTRE D'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

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counselling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: physical, cultural, learning and social activities.

Eligibility: adults with a loss of autonomy, seniors 65 years and over

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE DEUX-MONTAGNES

141 Grand-Moulin Street, Deux-Montagnes, Laurentides, QC, J7R 3C8
450 974-7960

Services: Social and recreational activities for seniors. * Weekly activities: card games, cribble and indoor pétanque. * Occasional Military Whist. * Thematic lunch four times a year.

Eligibility: people 50 years old and over

Coverage area: Laurentides

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

Services: * Social and recreational activities: bean bags, bocce, cards, dancing, bingo. * Bingo with community meals. * Line dancing. * Trips and outings. * Room rental.

Eligibility: people 50 years old and over

Coverage area: Laurentides

Hours: variable

Fees: annual membership: \$15

Financing: self-financing, contributions

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LE BLAINVILLOIS

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9
514 616-8290

Email: leblainvillois@hotmail.com

Services: * Recreational and social activities: dance, pocket baseball, board games, cards, etc. * Bingo. * Cultural outings and trips.

Eligibility: people 50 years old and over

Capacity: 300 people

Coverage area: Blainville and surroundings

Hours: Monday 9h00 to 16h00, Wednesday 18h45 to 21h00, Friday 9h00 to 11h15

Fees: membership card: \$15 for residents, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINT-BENOÎT MIRABEL

9175 Dumouchel Street, Mirabel, Laurentides, QC, J7N2S2

450 258-0572

Services: * Card games, billiards, dance.

Eligibility: people 50 years old and over

Coverage area: Mirabel

Hours: Tuesday and Thursday 13h00 to 17h30

Fees: membership card: \$10

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

450 473-2492

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 13h00 to 16h00

Fees: membership: \$10

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 2B5

438-405-0713

Website: club-des-loisirs-entre-gens-saint-eustache-43.websself.net

Email: clubdesloisirsentregens@gmail.com

Services: * Social and recreational activities: dance classes, dance evenings, card games, etc. * Outings and trips.

Eligibility: people 50 years old and over

Coverage area: Saint-Eustache

Hours: Septembre to May, Tuesday 13h00 to 16h00, Thursday 9h00 to 16h00

Fees: annual membership: \$8

Financing: municipal, self-financing, membership fees

Legal status: non-profit organization

FADOQ - CLUB COEURS DE JOYEUX ST-EUSTACHE INC.

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: Tuesday to Thursday 10h00 to 12h00 and 13h00 to 15h00

Fees: annual subscription

Financing: cotisations, autofinancement

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

FADOQ - JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 434-1440 ext. 2551

Website: www.fadoqsth.com

Email: clubstetherese@fadoqlaurentides.org

Services: Social club for seniors. * Computer workshops. * Fitness, petanque and yoga on chair. * Bingo, military whist, shuffleboard, etc. * Thematic meals. * Outings and trips.

Eligibility: people 50 years and over

Capacity: 120 people

Coverage area: Sainte-Thérèse

Hours: variable, closed from mid-June to Labour Day

Fees: membership: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

1 877 429-5858 Fax: 819 429-6850

Website: www.fadoq.ca/en/laurentides

Email: info@fadoqlaurentides.org

Services: Grouping and representation in all 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 old 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. * Summer circus classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: variable

Fees: variable, financial assistance program available

Financing: self-financing

Legal status: non-profit organization

LITTLE BROTHERS - BASSES-LAURENTIDES

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

1 866 627-8653

Website: littlebrothers.ca/about-us/regional-teams/basses-laurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beauré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 à 12h00

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE

1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7

450 431-5757 Fax: 450 431-4615

Website: www.mouvementdentraide.org

Email: mouventraide@videotron.ca

Services: * Healthy meals. * Community meals. * Games and recreational activities: rummy games, card games, pocket games, Wii Shuffleboard, bowling, knitting, Pergamano. * Physical exercises adapted for seniors. * Tax clinic.

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: \$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 public, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: federal, provincial, donations

Legal status: non-profit organization

POPOTE À ROLAND (LA)

1025 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4K7

450 435-9707

Website: www.popotearoland.com

Email: info@popotearoland.com

Services: Meals and activities to break the isolation of seniors.

Eligibility: seniors living in Blainville

Capacity: 40 people

Coverage area: Blainville

Hours: early September to mid-May, Wednesday 10h00 to 15h00

Fees: day of activities including meal: \$10

Financing: municipal, provincial, donations, self-financing

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - LAURENTIDES

Confidential Address

1 800 267-8337 ext. 67630

Website: www.usherbrooke.ca/uta/prog/laurentides

Email: uta@usherbrooke.ca

Services: Educational programme divided into 30 university branches for seniors. * Open-auditor type educational activities with no assignments or exams and no credits. * Various teaching formulas: courses, seminars, open discussions, workshops, etc. * Student associations that promote integration into cultural and social life. * In-person activities in several towns in the region: Mont-Tremblant, Upper-Laurentians, Laurentians.

* Online activities: [click here](#)

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Laurentides

Hours: variable

Fees: compulsory student contribution: 5 to \$7, tuition fees: variable depending on the activity

Financing: donations, grants

Legal status: non-profit organization

Day centres and respite

4KORNERS

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

1 450 974-3940

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 Oka Road, Deux-Montagnes; 31 Principale Street, Sainte-Agathe-des-Monts; 19D de la Gare Avenue, Saint-Sauveur; 508 Principale Street, Lachute; 2 de Ravin Street, Sainte-Thérèse.

Eligibility: general public

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

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

CENTRE 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

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

COOP SORE

Confidential Address

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

LITTLE BROTHERS - BASSES-LAURENTIDES

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

1 866 627-8653

Website: littlebrothers.ca/about-us/regional-teams/basses-laurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE

19 de la Gare Avenue, Suite I, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.repitbienetre.com

Email: repit.bienetre@gmail.com

Services: Respite and home help services. * Individual respite at home. * Social respite: community lunches, activities. * Respite camp: 3-day camp for caregivers and people receiving care.

Eligibility: seniors with a loss of autonomy, caregivers

Coverage area: Laurentides

Fees: variable according to income

Financing: donations, grants

Legal status: non-profit organization

Friendly visits and safety calls**BLAINVILLE - CITY**

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200

Website: blainville.ca

Email: info@blainville.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Collection of heavy items, dead leaves and branches, cardboard surplus and pine, domestic and recyclable waste. * Urban planning department: construction permits. * Info-travaux: location of infrastructure work. * Fire department. * Police department. * Public work department. * Community garden. * Administration of oath. * Collective cab transport for people 65 years and over. * Programs for seniors: program Pair for automated call, Sécu-Retour program to find a lost person, RAPPID+OR program for the prevention of healthy and safe living environments, etc.

Coverage area: Blainville

Hours: Monday to Friday 8h00 to 17h00, administration of oath at the police station, by appointment: Monday to Friday 8h00 to 16h00, administration of oath at the town hall, without appointment: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: collective cab transport for people aged 65 and over: \$1 per trip or \$2 for a round trip

Financing: municipal

Legal status: municipal agency

CENTRE D'ACTION BÉNÉVOLE 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

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counselling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: physical, cultural, learning and social activities.

Eligibility: adults with a loss of autonomy, seniors 65 years and over

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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 LES ARTISANS DE L'AIDE - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ

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: Community outreach work for vulnerable seniors.

Eligibility: seniors 65 years and over

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 ext. 224 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: * Community outreach work for vulnerable seniors. * Accompaniment and referrals.

Eligibility: people 50 years old and over

Coverage area: MRC La Rivière du Nord, secteur nord de Mirabel (Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine de Mirabel)

Hours: Monday to Friday 8h00 to 16h00

Financing: grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ

65 de la Seigneurie Boulevard East, Suite 101, Blainville, Laurentides, QC, J7C 4M9

450 430-5056

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Community outreach work for vulnerable seniors.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre. * Emergency food assistance. * Food counter. * Monthly community lunch. * Soup à Thérèse: weekly soup kitchen. * Collective kitchens. * Café du bien: a self-help group in the form of a coffee exchange. * School lunch box delivered at the school for school-aged children. * Socialization activities. * Friendly visits. * Information and referral. * Guardian Angel Program: occasional respite. * Birthday Brunch: monthly birthday parties among members. * Training on the role of caregivers and on the prevention of burnout.

Eligibility: mainly seniors, people in loss of autonomy, caregivers, food counter: people on a low income, food assistance: people in need, birthday brunch: members

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, community lunches: Thursday once a month, soup kitchens: Thursdays, birthday brunch: one Thursday a month

Fees: annual membership: \$10, activities, collective kitchen, respite, food bank and community lunches: voluntary contribution

Financing: provincial, donations

Legal status: non-profit organization

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: info@centremarieeve.ca

Services: * Reception and psychosocial support. * At-home visits. * Phone support. * Various workshops. * Material donations.

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, by appointment

Fees: none

Financing: grants, donations

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ

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: Community outreach work for vulnerable seniors.

Eligibility: seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Financing: donations, self-financing

Legal status: non-profit organization

LITTLE BROTHERS - BASSES-LAURENTIDES

136 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

1 866 627-8653

Website: littlebrothers.ca/about-us/regional-teams/basses-laurentides

Email: basseslaurentides@petitsfreres.ca

Services: Organization aimed at countering the isolation of seniors until their end of life. * Accompaniment and pairing with volunteers. * Visits in people's living environments: at-home, at the hospital or CHSLD, at their residence, etc. * Activities and special outings to celebrate birthdays and traditional holidays. * Holidays stays at The Juliette Huot Home in Oka. * End-of-life accompaniment.

Eligibility: people 75 years old and over without a present family or significant social contact

Coverage area: Basses-Laurentides

Fees: none

Financing: fundraising campaigns, self-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

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

Home support

CENTRE D'ACTION BÉNÉVOLE 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

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counselling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: physical, cultural, learning and social activities.

Eligibility: adults with a loss of autonomy, seniors 65 years and over

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE 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

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

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

Services: * Collection, sorting, processing and distribution of foodstuffs to organizations in the Deux-Montagnes MRC. * Paniers santé: fruit and vegetable baskets. * Cantine pour tous: home-delivered frozen meals. * Catering buffet. * Social integration through employment.

Eligibility: collection and distribution: food banks, Cantine pour tous: general population, social reintegration through employment: people living with intellectual or physical disability, autistic people or with a desire to reinsert the job market

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h00 to 16h30

Fees: variables, Cantine pour tous: social pricing

Financing: Centraide Laurentides, provincial, donations, foundations

Legal status: non-profit organization

COOP SORE

Confidential Address

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 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: general public

Coverage area: Mirabel

Hours: June to September

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

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: general public

Coverage area: Saint-Canut, Saint-Jérôme, Saint-Colomban

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - MIRABEL - SAINT-JANVIER

13908 du 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: general public

Coverage area: Saint-Janvier, Blainville, Sainte-Thérèse

Hours: June to September

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ AIDE CHEZ SOI DES BASSES-LAURENTIDES

755 Curé-Boivin Boulevard, Suite 100, Boisbriand, Laurentides, QC, J7G 2J2

450 979-2372 ext. 0 **Fax:** 450 979-2373

Website: www.aidechezsoi.com/eesad/cooperative-de-solidarite-aide-chez-soi-des-basses-laurentides

Email: info@coopdesbasseslaurentides.org

Services: * Domestic house services: regular housekeeping, laundry, preparation of meals without medical restrictions, grocery shopping and other errands, heavy housekeeping, moving furniture and appliances, rearranging storage spaces. * Personal care: personal hygiene, assistance with getting dressed, assistance with eating, assistance with getting up and going to bed, distribution and administration of medicines, colostomy, ostomy and urine drainage care, assistance with putting on and taking off medical compression stockings, taking mouth temperature and blood pressure, respite with personal care. * Respite for caregivers of seniors.

Eligibility: seniors with a loss of autonomy, caregivers, people 65 years old and under referred by a CIUSSS, people with disabilities or who have undergone surgery, new mothers

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, Mirabel: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: office: Monday to Friday 8h30 to 16h00, services: Monday to Friday 8h00 to 18h00

Fees: household chores: hourly wage adapted to the income, credited by the RAMQ for the financial exoneration program, respite: \$9 per hour

Financing: self-financing, grants, provincial

Legal status: cooperative

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

Services: Community health programs. * Health of mothers, infants and families. * Mental health and addictions prevention. * Diabetes and injuries prevention. * Primary care: community health nurse, vaccination, home care. * Drinking water monitoring.

Coverage area: Kanesatake

Hours: Monday to Friday 8h00 to 16h00

Financing: federal

Legal status: non-profit organization

MEALS ON WHEELS

Confidential Address

450 472-3713

Services: * Bi-weekly home delivery of prepared meals.

Eligibility: seniors 80 years old and over, people that have a health problem

Coverage area: Deux-Montagnes

Hours: September to June, delivery: Tuesday and Thursday

Fees: meal: \$5

Financing: municipal, self-financing

Legal status: non-profit organization

SERVICE TRAVAIL-MAISON

981 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5N5

450 436-6425

Website: aidechezsoi.com/eesad/service-travail-maison

Email: info@st-m.org

Services: Home support services. * Regular and heavy housekeeping. * Preparation of meals without diet. * Supplies and other errands. * Respite and at-home supervision.

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

VIGIL'ANGE

347 Saint-Georges Street, Suite 104, Saint-Jérôme, Laurentides, QC, J7Z 5A8

450 275-5131

Website: vigilange.org

Email: info@vigilange.org

Services: Support for seniors and family caregivers in vulnerable situations.* Referrals to support resources.

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.labellefeuillose.com

Email: info@labellefeuillose.com

Services: Living environments for seniors. * Low-cost housing and affordable housing. * Rent supplement program.

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 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 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 ext. 63500

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 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, people with a loss of autonomy

Coverage area: Laurentians

Hours: administration: Monday to Friday 8h30 to 16h30

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

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

CHSLD DE SAINT-JÉRÔME

200 Rolland Street, Saint-Jérôme, Laurentides, QC, J7Z 5S1

450 436-3061

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-dhebergement-chsld

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CITÉ LES TROIS R

850 du Bourg Avenue, Saint-Jérôme, Laurentides, QC, J7Z 3E9

450 504-4533

Website: www.citelestroisr.ca

Email: info@citelestroisr.ca

Services: Affordable housing for families, seniors and people with specific housing needs. * Horticulture greenhouses. * Intergenerational activities.

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 CHÉNIER

401 de l'Accueil Street, Saint-Eustache, Laurentides, QC, J7R 5X7

450 472-0926 Fax: 450 472-5480

Email: domainechenier@videotron.ca

Services: Affordable housing for seniors. * 3½ and 4½ apartments. * Leisure activities. * Community room. * Hairdressing for residents.

Eligibility: autonomous people 55 years old and over, on a low or 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

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 65 years old 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

FONDATION ROSEMÈRE

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

514 919-3713

Website: fondationrosemere.com

Email: guilbeaultandree@gmail.com

Services: * Financial assistance for home maintenance up to \$2000 per person: medication, mobility aids, home adaptations, etc.

Eligibility: children living with learning problems or disabilities, people living with serious conditions, disabilities or with a loss of autonomy

Coverage area: Rosemère

Hours: Monday to Sunday 9h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

HABITATIONS STEPHEN JAKE BEAVEN

6 Schippel Road, Montcalm, Laurentides, QC, J0T 2V0

819 421-2487

Website: centrestephenjake.webnode.com

Email: hsjbmontcalm@hotmail.com

Services: Subsidized housing for seniors, with services. * Meals. * Hairdresser. * Laundromat. * Common room.

Eligibility: seniors 65 years old and over, independent or with a slight loss of autonomy, 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: Subsidized and non-subsidized housing for seniors.

Eligibility: seniors 75 years and over, autonomous or with a slight loss of autonomy

Capacity: 70 units

Coverage area: Greater Montreal

Hours: Monday to Friday 9h00 to 15h00

Fees: subsidized housing with Accès-logis: 25% of income, non-subsidized services, non-subsidized housing: starting at \$1012

Financing: self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MIRABEL

6 de l'Église Street, Suite 300, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1149 Fax: 450 475-6616

Website: www.omhmirabel.com

Email: direction@omhmirabel.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service.

Eligibility: seniors, single people and families on a low or moderate income

Capacity: 100 units

Coverage area: Mirabel

Hours: by appointment only

Financing: provincial

Legal status: non-profit 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

Services: Housing and housing programs management and administration. * Low-rental housing (HLM). * Rent supplement program (PSL). * Affordable housing Québec (LAQ). * Referral service. * Accès Logis Québec program.

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 9h00 to 12h00 and 13h30 to 15h00

Financing: municipal

Legal status: non-profit organization

RÉSIDENCE VALLÉE DE LA ROUGE

102 du Vert Pré Street, Amherst, Laurentides, QC, J0T 1G0

819 687-2103

Email: residencevalleedelarouge@gmail.com

Services: Residence for seniors. * Affordable, adapted 3 ½-room apartments. * Three meals a day. * Hygiene and dressing assistance. * Distribution and administration of medication.

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

RIVERSIDE ELDER'S HOME

518 Sainte-Philomène Street, Kanesatake, Laurentides, QC, J0N 1E0

450 479-1115 Fax: 450 479-1711

Email: s.harding@kanesatakehealthcenter.ca

Services: Autonomous and semi-autonomous seniors residence. * 12 rooms. * One or three meals per day. * Several services available: help with eating, bathing, clothing, and more. * Medical clinic, distribution of medication and caregivers on site. * Recreational activities.

Eligibility: autonomous and semi-autonomous seniors

Capacity: 12 rooms, 14 people

Coverage area: Kanesatake

Financing: federal

Legal status: non-profit organization

VIGIL'ANGE

347 Saint-Georges Street, Suite 104, Saint-Jérôme, Laurentides, QC, J7Z 5A8

450 275-5131

Website: vigilange.org

Email: info@vigilange.org

Services: Support for seniors and family caregivers in vulnerable situations.* Referrals to support resources.

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

Intergenerational activities

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

CENTRE D'ACTION BÉNÉVOLE SAINT-JÉRÔME

225 Georges-Thurston Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 Fax: 450 432-7354

Website: www.cbsj.qc.ca

Email: info@cbsj.qc.ca

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, 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: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

1 877 429-5858 Fax: 819 429-6850

Website: www.fadoq.ca/en/laurentides

Email: info@fadoqlaurentides.org

Services: Grouping and representation in all 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 old 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

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 à 12h00

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

PETIT PEUPLE (LE)

500 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2L5

450 971-2250

Website: www.lepetitpeuple.org

Email: info@lepetitpeuple.org

Services: Recruitment, training and volunteer involvement of teenagers, young adults and seniors. * Humanitarian missions. * Christmas party. * Community breakfasts. * Intergenerational activities.

Eligibility: teenagers, young adults, families, people living with a disability or in a vulnerable situation, seniors

Coverage area: Blainville, Boisbriand, Sainte-Thérèse, Mirabel

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

SAINTE-THÉRÈSE PUBLIC LIBRARY

150 du Séminaire Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 1Z2

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Intervention with seniors subjected to abuse

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

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Breast pump (rental). * Bandage change and follow-up. * Nurse consultation. * Screening. * Distribution of new injection material to drug users (free service). * Collection of used needles and syringes. * Breastfeeding room. * SIDEPE - Integrated screening and prevention service for STIs. * Pap test. * General vaccination.

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Meals on Wheels

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

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counselling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: physical, cultural, learning and social activities.

Eligibility: adults with a loss of autonomy, seniors 65 years and over

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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

Services: Food * Community lunches aimed at breaking isolation. * Meals on wheels. Home support * SécuriCAB program: automatized calls to ensure the good health of the subscriber and callback service for medication intake. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Accompaniment-transportation to medical appointments and errands. * Manual work service: door adjustment, shelf installation, installation of ergonomic accessories in the bathtub, etc. * Moving assistance. Employment and administrative support * Assistance with government forms and documents. * Tax clinic. Community Action * Lire et faire lire: intergenerational reading program in school by volunteer seniors. * Volunteer support: welcoming, guidance and training.

Eligibility: people in need, people wishing to volunteer, organizations, SecuriCAB program: people 60 years old and over, people referred by a MSSS worker, ITMAV: people 50 years old and over, Manual work: people 60 years old and over, people with loss of autonomy, Help with home forms: people 60 years old and over with reduced mobility

Coverage area: MRC La Rivière du Nord, north sector of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Friday 8h00 to 16h00

Fees: membership card: free, meals-on-wheels: \$8, community meal: \$10, accompaniment/transportation: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: provincial, donations, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

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

Services: * Collection, sorting, processing and distribution of foodstuffs to organizations in the Deux-Montagnes MRC. * Paniers santé: fruit and vegetable baskets. * Cantine pour tous: home-delivered frozen meals. * Catering buffet. * Social integration through employment.

Eligibility: collection and distribution: food banks, Cantine pour tous: general population, social reintegration through employment: people living with intellectual or physical disability, autistic people or with a desire to reinsert the job market

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h00 to 16h30

Fees: variables, Cantine pour tous: social pricing

Financing: Centraide Laurentides, provincial, donations, foundations

Legal status: non-profit organization

MEALS ON WHEELS

Confidential Address

450 472-3713

Services: * Bi-weekly home delivery of prepared meals.

Eligibility: seniors 80 years old and over, people that have a health problem

Coverage area: Deux-Montagnes

Hours: September to June, delivery: Tuesday and Thursday

Fees: meal: \$5

Financing: municipal, self-financing

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations**CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE**

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.ccjll.qc.ca

Email: administration@ccjll.qc.ca

Services: Legal aid services provided by lawyers or notaries, in civil and social law, family, matrimonial, criminal and prison, administrative, youth protection, young offenders and immigration. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Lanaudière, Laurentians

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except for an emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Visits and friendship telephones. * Transport accompaniment. * Help with forms. * Meals on wheels. * Help with minor household chores. * RAPPID-OR: information and safety home visits with distribution of safety kits. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Volunteer services: support for volunteers, promotion of volunteerism. * Exploring your housing options. * Grocery service. * Tax clinic.

Eligibility: people 65 years old and over, people between 55 and 65 years old with a geriatric profile

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'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: caaplaurentides.org/en

Email: info@caaplaurentides.org

Services: Centre assisting health and social services users in their complaint process. * Information and referral about users' rights. * Support and counselling 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

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

1 877 429-5858 Fax: 819 429-6850

Website: www.fadoq.ca/en/laurentides

Email: info@fadoqlaurentides.org

Services: Grouping and representation in all 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 old 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 - SAINT-EUSTACHE

11 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

450 472-0134 Fax: 450 472-0409

Website: www.ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

Eligibility: people or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: 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: non-profit organization

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

Services: Free or low cost legal services to eligible people. * Reception and processing legal aid requests.

Eligibility: person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES AÎNÉ-E-S DES LAURENTIDES

19 de la gare Street, Room D, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 602-8477

Website: tcral.ca

Email: tralaurentides@gmail.com

Services: Place for exchange and dialogue to improve the living conditions of seniors in the Laurentians.

Eligibility: seniors, organizations that provide services to seniors

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Volunteer Transportation**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 old and over, adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

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. 225

Website: www.cbsj.qc.ca

Email: medical225@cbsj.qc.ca

Services: * Accompaniment and transportation to medical appointments and errands, by volunteers.

Eligibility: people 60 years old and over, people with temporary or permanent loss of autonomy

Coverage area: MRC La Rivière du Nord, north of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00

Fees: accompaniment-transport: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: self-financing, donations, subsidies

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP - ACCOMPANIMENT-TRANSPORTATION

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 ext. 226 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: transport@cabsb.org

Services: * Accompaniment and transportation to medical and community appointments by volunteers.

Eligibility: people 65 years old and over, autonomous or semi-autonomous

Coverage area: MRC Thérèse-De Blainville, transportation: Greater Montréal and surroundings

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: \$0.52 per km

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES - ACCOMPANIMENT-TRANSPORTATION

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: * Medical and legal transportation and accompaniment by volunteers.

Eligibility: members

Coverage area: MRC Thérèse-De Blainville, transportation: Province of Québec

Hours: 7 days

Fees: annual membership: \$10, \$0.60 per km

Financing: provincial, self-financing, membership fees, donations

Legal status: non-profit organization

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 and Inuit people

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 theatres, etc. * List of locations serviced: [click here](#)

Eligibility: seniors 65 years and over

Coverage area: Rosemère

Hours: transportation: Tuesday, Thursday and Friday 7h00 to 23h00

Fees: round-trip: \$2

Financing: municipal

Legal status: municipal agency

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 living with cancer.

Eligibility: people living with cancer

Coverage area: MRC Deux-Montagnes, south of Mirabel

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

Sex and gender**LGBTQ ASSOCIATIONS****WOMEN'S CENTRES****WOMEN'S ASSOCIATIONS**

LGBTQ associations

DISPENSARE (LE) - CENTRE DE SANTÉ COMMUNAUTAIRE

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432 Fax: 450 432-9425

Website: www.dispensaire.org

Email: info@dispensaire.org

Services: Medical services* ITSS, HIV screening: care, treatment and medical follow-up. * Up-to-date vaccination records. * Hormone therapy treatment. Psychosocial services Individual intervention and occasional support: overall sexual health, STBBI/HIV, relational health and configurations, sexual diversity and gender plurality, sex work, etc. * Outreach intervention. * Distribution of sterile equipment. * Advice and training on the use of equipment in the context of STI/HIV prevention and harm reduction. * Consumption and Protection: Naloxone distribution and training. * Sexual health education: face-to-face meetings, telephone calls and documentation. * Group meetings and activities: HIV and 2SLGBTQIA+.

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: center: Tuesday 10h00 to 17h30, Wednesday to Friday 9h00 to 17h30, clinic: Tuesday 10h00 to 17h00, Thursday and Friday 9h30 to 17h00

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

Women's centres

ARTS-TISANES DE BLAINVILLE (LES)

1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 971-5786

Email: art-tisanesblainville@outlook.com

Services: * Craft workshops: knitting, crochet, weaving, crafts, bobbin lace, quilt, etc.

Eligibility: women 18 years old and over

Coverage area: Blainville

Hours: September to June, Monday and Thursday 9h00 to 15h00

Fees: annual membership: \$30 for residents of Blainville, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

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

Services: Women's centre. * Reception, listening, support and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy and representation.

Eligibility: women, drop-in day care centre: children 18 months to 5 years old

Coverage area: Lachute

Hours: Carrefour: Monday to Thursday 9h00 to 16h00, living environment: 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 LIBER'ELLES

9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4

450 594-0556

Website: www.liberelles.org

Email: info@liberelles.org

Services: * Reception, telephone listening, referral. * Assistance with the procedures. * Self-esteem and personal growth workshops. * Writing workshop. * Conference on women's health. * Tricotons pour la cause project. * Lunch for women, healthy cooking workshop. * Coffee-chats. * Community store: free clothing, accessories and hygiene products for women.

Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: none

Financing: Centraide Laurentides, provincial, federal, donations, fundraising

Legal status: non-profit organization

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations

Legal status: non-profit organization

FILLES D'ISABELLE (LES) - BOIS-DES-FILION

Confidential Address

514 919-9038

Website: www.paroisse-st-luc.org/fillesdisabellebois-des-filion

Services: * Fundraising activities. * Community meals. * Volunteer work with local organisations helping vulnerable people, mainly the elderly.

Eligibility: women 21 years old and over, community organisations

Coverage area: Bois-Des-Filion and surroundings

Hours: monthly meeting: 2nd Tuesday of the month

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 ext. 101

Website: www.lamouvance.ca

Email: info@lamouvance.ca

Services: Information, awareness and support for women. * Welcoming and living environment. * Individual support and counselling, in person or by phone. * Phone listening. * Support to women victims of violence in all its forms. * Information and referral. * Accompaniment to court, meeting with the DPJ, meeting with lawyers. * Activities program. * Sharing groups. * Collective actions.

Eligibility: women

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card: \$10

Financing: provincial

Legal status: non-profit organization

SIGNÉE FEMMES, LE CENTRE DE FEMMES

624 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-5455 Fax: 819 275-5428

Website: www.signeefemmes.ca

Email: info@signeefemmes.ca

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: MRC d'Antoine-Labelle

Hours: Monday to Thursday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

Women's associations

ARTS-TISANES DE BLAINVILLE (LES)

1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 971-5786

Email: art-tisanesblainville@outlook.com

Services: * Craft workshops: knitting, crochet, weaving, crafts, bobbin lace, quilt, etc.

Eligibility: women 18 years old and over

Coverage area: Blainville

Hours: September to June, Monday and Thursday 9h00 to 15h00

Fees: annual membership: \$30 for residents of Blainville, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

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

Services: Women's centre. * Reception, listening, support and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy and representation.

Eligibility: women, drop-in day care centre: children 18 months to 5 years old

Coverage area: Lachute

Hours: Carrefour: Monday to Thursday 9h00 to 16h00, living environment: 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

Website: www.ccblaurentides.ca

Email: info@ccblaurentide.ca

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 and academic support: 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 LIBER'ELLES

9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4

450 594-0556

Website: www.liberelles.org

Email: info@liberelles.org

Services: * Reception, telephone listening, referral. * Assistance with the procedures. * Self-esteem and personal growth workshops. * Writing workshop. * Conference on women's health. * Tricotons pour la cause project. * Lunch for women, healthy cooking workshop. * Coffee-chats. * Community store: free clothing, accessories and hygiene products for women.

Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: none

Financing: Centraide Laurentides, provincial, federal, donations, fundraising

Legal status: non-profit organization

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations

Legal status: non-profit organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LAURENTIANS

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: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Laurentians

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

FILLES D'ISABELLE (LES) - BOIS-DES-FILION

Confidential Address

514 919-9038

Website: www.paroisse-st-luc.org/fillesdisabellebois-des-filion

Services: * Fundraising activities. * Community meals. * Volunteer work with local organisations helping vulnerable people, mainly the elderly.

Eligibility: women 21 years old and over, community organisations

Coverage area: Bois-Des-Filion and surroundings

Hours: monthly meeting: 2nd Tuesday of the month

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 ext. 101

Website: www.lamouvance.ca

Email: info@lamouvance.ca

Services: Information, awareness and support for women. * Welcoming and living environment. * Individual support and counselling, in person or by phone. * Phone listening. * Support to women victims of violence in all its forms. * Information and referral. * Accompaniment to court, meeting with the DPJ, meeting with lawyers. * Activities program. * Sharing groups. * Collective actions.

Eligibility: women

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card: \$10

Financing: provincial

Legal status: non-profit organization

RÉSEAU DES FEMMES DES LAURENTIDES

342 Parent Street, Saint-Jérôme, Laurentides, QC, J7Z 2A2

450 431-1896

Website: www.femmeslaurentides.org

Email: info@femmeslaurentides.org

Services: Regional autonomous community action grouping. * Representation. * Improvement of women's quality of life. * Citizen involvement projects. * Awareness-raising.

Eligibility: women's groups and committees, general public

Coverage area: Laurentians

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: none

Financing: grants

Legal status: non-profit organization

SIGNÉE FEMMES, LE CENTRE DE FEMMES

624 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-5455 Fax: 819 275-5428

Website: www.signeefemmes.ca

Email: info@signeefemmes.ca

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: MRC d'Antoine-Labelle

Hours: Monday to Thursday 9h00 to 16h00

Financing: provincial

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: aphil.ca

Email: info@aphil.ca

Services: * Collective kitchens. * Bistro lunches. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Advocacy of rights. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: people 5 to 90 years old living with an intellectual disability, day camp: people 5 to 17 years old living with an intellectual disability

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks, bonhomme à lunette: by appointment

Fees: annual subscription: \$12, activities: free, outings: variable

Financing: provincial, fundraising campaigns, 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.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

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

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Story time. * Reading workshops for toddlers. * Book club for children. * Coffee-reading. * Conferences, shows, exhibitions.

Eligibility: children, youth, adults

Coverage area: Deux-Montagnes

Hours: September 1st to May 31st: Monday to Wednesday 13h00 to 20h00, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00, June 1st to August 31st: Monday and Thursday 10h00 to 20h00, Tuesday and Wednesday 13h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 16h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

ESPACE CULTUREL SAINT-GILLES (L')

562 des Outaouais Road, Brownsburg-Chatham, Laurentides, QC, J8G 1V2

579 791-0551 Fax: 579 791-0558

Website: www.espaceculturelsaintgilles.com

Email: info@espaceculturelsaintgilles.com

Services: Meeting place for the artistic community. * Artistic activities: film club, conferences, and shows. * Medicine of the art: group workshop and individual consultation. * Room and tourist accommodation rental service.

Eligibility: general public

Capacity: 125

Coverage area: MRC Argenteuil

Hours: activities: variable hours

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

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. * Summer circus classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: variable

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

450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES - OKA LIBRARY

15 de L'Annonciation Street, Kanesatake, Laurentides, QC, J0N 1E0

450 479-8333 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 clubs for adults and children. * Computer course. * Activities and conferences. * Genealogy. * Board games. * Biblio-Santé: resources for caregivers. * Grainothèque: seed library. * Embroidery and knitting.

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

Services: Loan and consultation of books. * Computers and Internet access. * Book club for children. * Book club for teenagers. * Activities and events. * Board games. * E-reader rental. * A birth a book. * Grainothèque: seed library. * Story time.

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

Website: biblio.ville.rosemere.qc.ca

Email: biblio@ville.rosemere.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Book club for children. * Story time. * Exhibitions, workshops, author meetings.

Coverage area: Rosemère

Hours: Monday to Thursday 13h00 to 21h00, Friday and Saturday 10h00 to 17h00, Sunday 12h00 to 16h30, summer: Monday to Thursday 10h00 to 21h00, Friday and Saturday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

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

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Workshops, conferences, exhibitions.

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

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and workshops.

Coverage area: Sainte-Anne-des-Plaines

Hours: Tuesday 13h00 to 20h30, Wednesday and Thursday 10h00 to 20h30, Friday 10h00 to 17h30, Saturday 10h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 20h00, Wednesday 10h00 to 20h00, Friday 10h00 to 15h00

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE PUBLIC LIBRARY

150 du Séminaire Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 1Z2

450 434-1440 ext. 2400

Website: biblio.sainte-therese.ca

Email: biblio@sainte-therese.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Clubs and social events**4KORNERS**

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

1 450 974-3940

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 Oka Road, Deux-Montagnes; 31 Principale Street, Sainte-Agathe-des-Monts; 19D de la Gare Avenue, Saint-Sauveur; 508 Principale Street, Lachute; 2 de Ravin Street, Sainte-Thérèse.

Eligibility: general public

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

ARTS-TISANES DE BLAINVILLE (LES)

1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 971-5786

Email: art-tisanesblainville@outlook.com

Services: * Craft workshops: knitting, crochet, weaving, crafts, bobbin lace, quilt, etc.

Eligibility: women 18 years old and over

Coverage area: Blainville

Hours: September to June, Monday and Thursday 9h00 to 15h00

Fees: annual membership: \$30 for residents of Blainville, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION 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. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

Hours: Administration: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h30

Fees: annual membership: \$20

Financing: provincial, membership fees, 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

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

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

Services: Women's centre. * Reception, listening, support and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy and representation.

Eligibility: women, drop-in day care centre: children 18 months to 5 years old

Coverage area: Lachute

Hours: Carrefour: Monday to Thursday 9h00 to 16h00, living environment: 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

Website: www.ccbl Laurentides.ca

Email: info@ccbl Laurentide.ca

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 and academic support: 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 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

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counselling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: physical, cultural, learning and social activities.

Eligibility: adults with a loss of autonomy, seniors 65 years and over

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

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 LIBER'ELLES

9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4

450 594-0556

Website: www.liberelles.org

Email: info@liberelles.org

Services: * Reception, telephone listening, referral. * Assistance with the procedures. * Self-esteem and personal growth workshops. * Writing workshop. * Conference on women's health. * Tricotons pour la cause project. * Lunch for women, healthy cooking workshop. * Coffee-chats. * Community store: free clothing, accessories and hygiene products for women.

Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: none

Financing: Centraide Laurentides, provincial, federal, donations, fundraising

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

Services: Social and recreational activities for seniors. * Weekly activities: card games, cribble and indoor pétanque. * Occasional Military Whist. * Thematic lunch four times a year.

Eligibility: people 50 years old and over

Coverage area: Laurentides

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

Services: * Social and recreational activities: bean bags, bocce, cards, dancing, bingo. * Bingo with community meals. * Line dancing. * Trips and outings. * Room rental.

Eligibility: people 50 years old and over

Coverage area: Laurentides

Hours: variable

Fees: annual membership: \$15

Financing: self-financing, contributions

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LE BLAINVILLOIS

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

514 616-8290

Email: leblainvillois@hotmail.com

Services: * Recreational and social activities: dance, pocket baseball, board games, cards, etc. * Bingo. * Cultural outings and trips.

Eligibility: people 50 years old and over

Capacity: 300 people

Coverage area: Blainville and surroundings

Hours: Monday 9h00 to 16h00, Wednesday 18h45 to 21h00, Friday 9h00 to 11h15

Fees: membership card: \$15 for residents, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINT-BENOÎT MIRABEL

9175 Dumouchel Street, Mirabel, Laurentides, QC, J7N2S2

450 258-0572

Services: * Card games, billiards, dance.

Eligibility: people 50 years old and over

Coverage area: Mirabel

Hours: Tuesday and Thursday 13h00 to 17h30

Fees: membership card: \$10

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

450 473-2492

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 13h00 to 16h00

Fees: membership: \$10

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 2B5

438-405-0713

Website: club-des-loisirs-entre-gens-saint-eustache-43.websself.net

Email: clubdesloisirsentregens@gmail.com

Services: * Social and recreational activities: dance classes, dance evenings, card games, etc. * Outings and trips.

Eligibility: people 50 years old and over

Coverage area: Saint-Eustache

Hours: Septembre to May, Tuesday 13h00 to 16h00, Thursday 9h00 to 16h00

Fees: annual membership: \$8

Financing: municipal, self-financing, membership fees

Legal status: non-profit organization

FADOQ - CLUB COEURS DE JOYEUX ST-EUSTACHE INC.

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: Tuesday to Thursday 10h00 to 12h00 and 13h00 to 15h00

Fees: annual subscription

Financing: cotisations, autofinancement

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

FADOQ - JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 434-1440 ext. 2551

Website: www.fadoqsth.com

Email: clubstetherese@fadoqlaurentides.org

Services: Social club for seniors. * Computer workshops. * Fitness, petanque and yoga on chair. * Bingo, military whist, shuffleboard, etc. * Thematic meals. * Outings and trips.

Eligibility: people 50 years and over

Capacity: 120 people

Coverage area: Sainte-Thérèse

Hours: variable, closed from mid-June to Labour Day

Fees: membership: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

1 877 429-5858 Fax: 819 429-6850

Website: www.fadoq.ca/en/laurentides

Email: info@fadoqlaurentides.org

Services: Grouping and representation in all 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 old 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

FILLES D'ISABELLE (LES) - BOIS-DES-FILION

Confidential Address

514 919-9038

Website: www.paroisse-st-luc.org/fillesdisabellebois-des-filion

Services: * Fundraising activities. * Community meals. * Volunteer work with local organisations helping vulnerable people, mainly the elderly.

Eligibility: women 21 years old and over, community organisations

Coverage area: Bois-Des-Filion and surroundings

Hours: monthly meeting: 2nd Tuesday of the month

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 ext. 101

Website: www.lamouvance.ca

Email: info@lamouvance.ca

Services: Information, awareness and support for women. * Welcoming and living environment. * Individual support and counselling, in person or by phone. * Phone listening. * Support to women victims of violence in all its forms. * Information and referral. * Accompaniment to court, meeting with the DPJ, meeting with lawyers. * Activities program. * Sharing groups. * Collective actions.

Eligibility: women

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card: \$10

Financing: provincial

Legal status: non-profit organization

PETIT PEUPLE (LE)

500 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2L5

450 971-2250

Website: www.lepetitpeuple.org

Email: info@lepetitpeuple.org

Services: Recruitment, training and volunteer involvement of teenagers, young adults and seniors. * Humanitarian missions. * Christmas party. * Community breakfasts. * Intergenerational activities.

Eligibility: teenagers, young adults, families, people living with a disability or in a vulnerable situation, seniors

Coverage area: Blainville, Boisbriand, Sainte-Thérèse, Mirabel

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

POPOTE À ROLAND (LA)

1025 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4K7

450 435-9707

Website: www.popotearoland.com

Email: info@popotearoland.com

Services: Meals and activities to break the isolation of seniors.

Eligibility: seniors living in Blainville

Capacity: 40 people

Coverage area: Blainville

Hours: early September to mid-May, Wednesday 10h00 to 15h00

Fees: day of activities including meal: \$10

Financing: municipal, provincial, donations, self-financing

Legal status: non-profit organization

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

SIGNÉE FEMMES, LE CENTRE DE FEMMES

624 L'Annonciation Street North, Rivière-Rouge, Laurentides, QC, J0T 1T0

819 275-5455 Fax: 819 275-5428

Website: www.signeefemmes.ca

Email: info@signeefemmes.ca

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: MRC d'Antoine-Labelle

Hours: Monday to Thursday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - LAURENTIDES

Confidential Address

1 800 267-8337 ext. 67630

Website: www.usherbrooke.ca/uta/prog/laurentides

Email: uta@usherbrooke.ca

Services: Educational programme divided into 30 university branches for seniors. * Open-auditor type educational activities with no assignments or exams and no credits. * Various teaching formulas: courses, seminars, open discussions, workshops, etc. * Student associations that promote integration into cultural and social life. * In-person activities in several towns in the region: Mont-Tremblant, Upper-Laurentians, Laurentians. * Online activities: [click here](#)

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Laurentides

Hours: variable

Fees: compulsory student contribution: 5 to \$7, tuition fees: variable depending on the activity

Financing: donations, grants

Legal status: non-profit organization

Community recreation centres**4KORNERS**

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

1 450 974-3940

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 Oka Road, Deux-Montagnes; 31 Principale Street, Sainte-Agathe-des-Monts; 19D de la Gare Avenue, Saint-Sauveur; 508 Principale Street, Lachute; 2 de Ravin Street, Sainte-Thérèse.

Eligibility: general public

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

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, cooking, etc. * Individual encounters for listening and support.

Eligibility: people 10 to 17 years old living through certain difficulties who are willing to change and ready to engage in the process

Capacity: 48

Coverage area: MRC La Rivière-du-Nord, North of Mirabel

Hours: September to June, Monday to Thursday

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

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

2950 des Promenades Boulevard, Suite E, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Website: www.ccbl Laurentides.ca

Email: info@ccbl Laurentide.ca

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 and academic support: 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 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

Services: * Friendly visits. * Friendly calls. * Meals on wheels. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community meals. * Services for caregivers: individual support, support groups, family counselling and training. * Accompaniment and transportation for medical appointments and grocery shopping by volunteers. * Volunteer recruitment and guidance. * Assistance with filling out forms. * Carrefour 50+: physical, cultural, learning and social activities.

Eligibility: adults with a loss of autonomy, seniors 65 years and over

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

CENTRE TOUS À TABLE

13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3

450 848-0219

Website: www.centre tousatable.org

Email: centre tousatable@gmail.com

Services: Multifunctional space promoting access to healthy food. * P'tit panier vert: bi-monthly fruit and vegetable buying group. * Collective kitchen for seniors. * Solidarity grocery. * Glanage aux champs: varied activities during summer in local agricultural fields. * Les invendus: recovery of unsold produce from a local fruit shop in order to give it away or transform it into meals. * Solidarity kitchen: distribution of meals to community organizations in food assistance.

Eligibility: general public, collective kitchen: people 55 years old and over

Coverage area: Laurentians

Hours: P'tit panier vert: September to June, every 2nd Wednesday, closed during the holidays, solidarity kitchen: Thursday 12h00 to 16h00

Fees: variable

Financing: municipal, provincial, donations, self-financing

Legal status: non-profit organization

CLUB DES LOISIRS ENTRE-GENS SAINT-EUSTACHE

109 Saint-Nicolas Street, Saint-Eustache, Laurentides, QC, J7R 2B5

438-405-0713

Website: club-des-loisirs-entre-gens-saint-eustache-43.websself.net

Email: clubdesloisirsentregens@gmail.com

Services: * Social and recreational activities: dance classes, dance evenings, card games, etc. * Outings and trips.

Eligibility: people 50 years old and over

Coverage area: Saint-Eustache

Hours: Septembre to May, Tuesday 13h00 to 16h00, Thursday 9h00 to 16h00

Fees: annual membership: \$8

Financing: municipal, self-financing, membership fees

Legal status: non-profit organization

FADOQ - CLUB COEURS DE JOYEUX ST-EUSTACHE INC.

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: Tuesday to Thursday 10h00 to 12h00 and 13h00 to 15h00

Fees: annual subscription

Financing: cotisations, autofinancement

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

FADOQ - JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 434-1440 ext. 2551

Website: www.fadoqsth.com

Email: clubstetherese@fadoqlaurentides.org

Services: Social club for seniors. * Computer workshops. * Fitness, petanque and yoga on chair. * Bingo, military whist, shuffleboard, etc. * Thematic meals. * Outings and trips.

Eligibility: people 50 years and over

Capacity: 120 people

Coverage area: Sainte-Thérèse

Hours: variable, closed from mid-June to Labour Day

Fees: membership: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

FADOQ - LAURENTIANS REGION

1323 Labelle Street, Mont-Tremblant, Laurentides, QC, J8E 2N5

1 877 429-5858 Fax: 819 429-6850

Website: www.fadoq.ca/en/laurentides

Email: info@fadoqlaurentides.org

Services: Grouping and representation in all 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 old 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. * Summer circus classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: variable

Fees: variable, financial assistance program available

Financing: 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

Services: * Drop-in centre for infants: moments of sharing for parents, activities and services for parents and infants. * Socialization groups. * Parent-child workshops. * Educational workshops for parents. * Outings, educational and recreational activities for children.

Eligibility: children 0 to 12 years old, parents and families with children 0 to 17 years old, grandparents

Coverage area: Laurentides

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

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, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 à 12h00

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DES JEUNES DE POINTE-CALUMET (LA)

871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 491-6509

Email: mdj.pointe-calumet@hotmail.com

Services: Lively meeting place. * Awareness, information, prevention. * Cultural, educational, sports and social activities. * Cooking and art workshops. * Lunch boxes. * Help with homework. * Improvisation league for youth 12 to 17 years old. * Green projects for the environment.

Eligibility: youth 11 to 17 years old

Coverage area: Pointe-Calumet

Hours: Tuesday, Wednesday and Friday 16h00 to 21h00, on Zoom: Thursday 18h00 to 19h30

Fees: none

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

MAISON DES JEUNES DES BASSES-LAURENTIDES

53 Saint-Lambert Street, Sainte-Thérèse, Laurentides, QC, J7E 3J9

450 437-0320 Fax: 450 437-0870

Website: www.mdjbl.org

Email: mdjbasseslaurentides@hotmail.com

Services: Supervised meeting place. * Prevention, promotion, awareness and referral. * Recreational, cultural, sporting and social activities. * Outreach work in parks during summer.

Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Thérèse and surroundings

Hours: Monday to Friday 16h00 to 21h00, weekend according to activities, office: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial, self-financing, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES SAINTE-ANNE-DES-PLAINES

225 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 3L8

450 478-1011

Website: mdjsadp.wixsite.com/mdjsadp

Email: mdjsadp@videotron.ca

Services: * Recreational and sports activities. * Street work. * Awareness workshops.

Eligibility: people 11 to 17 years old, street work: marginalized people, homeless people

Capacity: 35

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Friday 12h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MOUVEMENT D'ENTRAIDE DE BELLEFEUILLE

1020 Jean-Louis Street, Suite 301, Saint-Jérôme, Laurentides, QC, J5L 1R7

450 431-5757 Fax: 450 431-4615

Website: www.mouvementdentraide.org

Email: mouventraide@videotron.ca

Services: * Healthy meals. * Community meals. * Games and recreational activities: rummy games, card games, pocket games, Wii Shuffleboard, bowling, knitting, Pergamano. * Physical exercises adapted for seniors. * Tax clinic.

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: \$10

Financing: provincial, municipal, donations, self-financing

Legal status: non-profit organization

Day camps and specialized camps

BASE DE PLEIN AIR BON DÉPART

4610 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-3336

Website: www.bpabondepart.ca/en/

Email: info@bpabondepart.ca

Services: 4-season camp. * Respite camp for people living with intellectual disabilities. * Holiday and school break camp, day camp. * Group reception, nature class. * Open air activities for campers.

Eligibility: respite: mixed clientele 7 to 99 years old, autistic or living with intellectual disabilities, holiday camp: youth 6 to 14 years old, day camp: youth 6 to 12 years old, nature class: schools and childcare services at a primary level, group reception: autonomous group of children, teenagers, adults, people with disabilities and families

Capacity: 6,500 holidaymakers per year

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: donations, 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

Services: * Community, sociocultural and sporting activities. * Arenas, recreational and aquatic centre, association centre, athletics stadium, ice rinks, swimming pools, parks and playgrounds. * La Zone: youth centre. * Hall rental. * Coordination with community organizations. * Summer day camp.

Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse

Hours: Monday to Friday 6h15 to 20h30, Saturday and Sunday 7h00 to 16h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOISBRIAND - LOISIRS, CULTURE ET BIBLIOTHÈQUE

940 de la Grande Allée Boulevard, ground floor, Boisbriand, Laurentides, QC, J7G 2J7

450 437-2727 Fax: 450 437-9397

Website: www.ville.boisbriand.qc.ca/activites

Services: Management and organization of community, cultural and sports activities. * Arena, ice rinks, pools, Maison du citoyen and Place de la culture, community and cultural centres, parks and playground. * Coordination and support to volunteering within the community of Boisbriand. * Summer day camp.

Coverage area: Boisbriand

Hours: recreative center: June 26th to September 1st 2024, Wednesday to Friday 16h00 to 21h00, Saturday 13h00 to 21h00, Sunday 12h00 to 18h00

Fees: variable

Financing: municipal

Legal status: municipal agency

CENTRE D'ENTRAIDE THÉRÈSE-DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Website: entraidetdb.org

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance. * Meals to go. * Collective kitchens. * Listening, referral. * Summer day camp. * Tax clinic. * Christmas baskets for people attending the organization during the year.

Eligibility: people on a low income, food aid delivery: people with reduced mobility and on a low income collective kitchens: everybody, day camp: youth 6 to 12 years old

Capacity: 50 people

Coverage area: MRC Thérèse-De Blainville, food assistance: Sainte-Thérèse, mainly east of Boulevard du Curé-Labelle and on a case-by-case basis depending on the address

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, regular food assistance: Wednesday 9h00 to 12h00, meals: Thursday 11h30 to 13h00

Fees: meals on site or to go: \$4 and, food assistance: \$2, emergency food assistance: free, summer camp: \$400

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

1015B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 979-7755

Website: centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education. * Learning activities tailored to the needs of the youth. * LAO-Desjardins program: school support. * PARL'Oméga program: development of social skills. * Omég'Alliance program: early detection of vulnerable youth and implementation of individualized actions based on identified needs. * French learning program. * Educational summer day camp. * Intergenerational reading. * School tutoring. * Workshops and the En Route to Secondary program. * Parenting skills support workshops. * Parent-child workshops on social skills. * Addiction prevention.

Eligibility: people 17 years old and under presenting dropout risk factors

Coverage area: MRC Thérèse-De Blainville, Lower Laurentians

Hours: Monday to Thursday 9h00 to 16h30

Fees: services: most are free

Financing: provincial, donations

Legal status: non-profit organization

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: Maintenance and improvement of mental health in children. * Support for children, parents, families and the community. * Early stimulation workshops for children. * Parenting skills development workshops: Vive la discipline and Pères Présents Enfants Gagnants. * Home support for families, up to 4 meetings. * Community activities. * Educational summer camp. * Conferences.

Eligibility: children 3 to 12 years old, siblings, their parents, camp: 6 to 12 years old, stimulation workshops: 3 to 5 years old

Coverage area: MRC Deux-Montagnes, south of Mirabel

Hours: office: Monday to Friday 8h00 to 16h00

Fees: annual membership: \$15, activities: variable

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.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

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

Website: ville.deux-montagnes.qc.ca/en/municipal-services/leisure-and-community-services

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

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. * Summer circus classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: variable

Fees: variable, financial assistance program available

Financing: self-financing

Legal status: non-profit organization

LORRAINE - SERVICE DES LOISIRS ET DE LA CULTURE

29 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 275

Website: ville.lorraine.qc.ca/loisirs-et-culture

Email: loisirs@ville.lorraine.qc.ca

Services: * Community, sociocultural and sporting activities. * Cultural centre, arena, ice rinks, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Parties and events.

Coverage area: Lorraine

Fees: variable

Financing: municipal

Legal status: municipal agency

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

Services: * Community, sociocultural and sports activities. * Community hall, arena, ice rinks, parks and playgrounds. * Summer day camp. * Coordination with community organizations. * Room rental. * Events.

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

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 public, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: federal, provincial, donations

Legal status: non-profit organization

P'TIT BONHEUR DE SABLON (LE)

1721 du Lac Quenouille Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J0

1 800 567-6788

Website: www.ptitbonheur.com

Email: info@ptitbonheur.com

Services: Summer camps with introduction to outdoor activities. * Training program for aspiring counsellors. * Packages for school or organized groups. * Cabin rentals and self-catering accommodations.

Eligibility: Adults and children

Capacity: 400 places

Coverage area: Province of Québec

Hours: reception: Monday to Friday 8h00 to 16h00

Fees: variable

Financing: foundations, provincial, fundraising campaigns

Legal status: Nonprofit - Incorporated

POINTE-CALUMET - RECREATION, CULTURE AND COMMUNITY LIFE

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 473-5930

Website: www.pointe-calumet.ca

Services: * Sports and recreational activities. * Sports and cultural centre, swimming pool, parks, ice rinks, sports fields. * Summer day camp. * Events.

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

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

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

Services: * Community, sociocultural and sporting activities. * Aquatic centre, multisport centre, arts centre, arenas, swimming pools, ice rinks, parks and playgrounds. * Maison du citoyen at 184 Saint-Eustache Street. * Coordination with community organizations. * Shows, activities and events. * Summer day camp. * Hall rental.

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 Fax: 450 623-2889

Website: www.sjdl.qc.ca

Email: info@sjdl.qc.ca

Services: * Sporting and recreational activities. * Parks, ice rinks, sports fields. * Summer and spring break day camps. * Hall rental. * Parties and events.

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

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.sjdl.qc.ca/services-municipaux/environnement * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency notification system. * Financial assistance for sports registration. * Recreation services: activities, day camp, etc. * Collective kitchen. * Municipal library. * Rental of halls.

Eligibility: general public

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

SAINTE-ANNE-DES-PLAINES - RECREATION DEPARTMENT

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 ext. 2016 Fax: 450 478-5660

Website: www.villesadp.ca/services-citoyens/loisirs

Email: loisirs@villesadp.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, gyms, ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Community garden. * Events, exhibitions and parties.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-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

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2640

Website: www.sainte-therese.ca

Email: cultureetloisirs@sainte-therese.ca

Services: * Community, sociocultural and sporting activities. * Sports and community centres, athletics stadium, swimming pools, arenas and ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Hall rental. * Conferences and shows.

Coverage area: Sainte-Thérèse

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

Hobbies

ARTS-TISANES DE BLAINVILLE (LES)

1001 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 971-5786

Email: art-tisanesblainville@outlook.com

Services: * Craft workshops: knitting, crochet, weaving, crafts, bobbin lace, quilt, etc.

Eligibility: women 18 years old and over

Coverage area: Blainville

Hours: September to June, Monday and Thursday 9h00 to 15h00

Fees: annual membership: \$30 for residents of Blainville, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION 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: people 5 to 17 years old

Coverage area: MRC des Laurentides

Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (3 hours block maximum)

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: info@aphil.ca

Services: * Collective kitchens. * Bistro lunches. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Advocacy of rights. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: people 5 to 90 years old living with an intellectual disability, day camp: people 5 to 17 years old living with an intellectual disability

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks, bonhomme à lunette: by appointment

Fees: annual subscription: \$12, activities: free, 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

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

ATELIER ALTITUDE

280 Gagnon Montée, Bois-des-Filion, Laurentides, QC, J6Z 2X2

450 437-5053

Email: atelieraltitudeinc@gmail.com

Services: Popular education. * Craft, knitting, etc. * Dance and workout. * Community meals. * Literacy. * Cultural and social outings. * Daycamp.

Eligibility: people living with a mild to moderate intellectual disability

Capacity: 40 persons

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Financing: membership fees, grants, fundraising campaigns

Legal status: non-profit organization

BIBLIOTHÈQUE CLAUDE-JASMIN DE POINTE-CALUMET

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 473-5918 ext. 266

Website: www.mabiblioamoi.ca/fr/bibliotheques-horaires-et-localisation/b15/pointe-calumet-bibliotheque-la-sabliere.

Email: bibliotheque@pointe-calumet.ca

Services: Loan and consultation of printed documents. * Book club for children. * Story time. * Conferences, events and workshops. * Loan of board games. * Une naissance, un livre: introductory reading kit for children from 0 to 12 months.

Coverage area: Pointe-Calumet, South of Laurentians

Hours: Tuesday 9h00 to 17h00, Wednesday to Friday 13h00 to 20h00, Saturday 9h00 to 15h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LIBRARY

60 36th Avenue, Bois-des-Filion, Laurentides, QC, J6Z 2G6

450 621-1460 ext. 4101

Website: biblio.villebdf.ca

Email: biblio@villebdf.ca

Services: * Loans and renewals: access to printed and audio-visual materials, loan of musical instruments. *

On-site consultation. * Computers, Internet access. * Animations and reading activities for all ages. *

Photography studio. * Computer science workshops. * A birth, a book. * Musical space and loan of musical instruments. * Grain library: seed library.

Coverage area: Bois-des-Filion

Hours: Monday and Friday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for citizens of Bois-des-Filion, variable for non-residents

Financing: municipal

Legal status: municipal agency

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

Services: Women's centre. * Reception, listening, support and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy and representation.

Eligibility: women, drop-in day care centre: children 18 months to 5 years old

Coverage area: Lachute

Hours: Carrefour: Monday to Thursday 9h00 to 16h00, living environment: 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

514 473-1232

Website: www.caci.saint-sauveur.qc.ca

Email: info.caci.saint.sauveur@gmail.com

Services: * Computer training workshops. * Computer help desk clinic.

Eligibility: people of 55 years and over

Capacity: workshops: 40

Coverage area: Laurentians

Hours: clinic: by appointment, workshops: first Tuesday of each month 10h00 to 11h00

Fees: annual membership: \$10 for residents of Saint-Sauveur or Piedmont, \$15 for non-residents, workshops: free for members, \$15 per workshop for non-members, computer clinic: \$20 per hour for everyone

Financing: membership fees, self-financing

Legal status: non-profit organization

CENTRE DE FEMMES LIBER'ELLES

9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4

450 594-0556

Website: www.liberelles.org

Email: info@liberelles.org

Services: * Reception, telephone listening, referral. * Assistance with the procedures. * Self-esteem and personal growth workshops. * Writing workshop. * Conference on women's health. * Tricotons pour la cause project. * Lunch for women, healthy cooking workshop. * Coffee-chats. * Community store: free clothing, accessories and hygiene products for women.

Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: none

Financing: Centraide Laurentides, provincial, federal, donations, fundraising

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

Services: * Social and recreational activities: bean bags, bocce, cards, dancing, bingo. * Bingo with community meals. * Line dancing. * Trips and outings. * Room rental.

Eligibility: people 50 years old and over

Coverage area: Laurentides

Hours: variable

Fees: annual membership: \$15

Financing: self-financing, contributions

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LE BLAINVILLOIS

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

514 616-8290

Email: leblainvillois@hotmail.com

Services: * Recreational and social activities: dance, pocket baseball, board games, cards, etc. * Bingo. * Cultural outings and trips.

Eligibility: people 50 years old and over

Capacity: 300 people

Coverage area: Blainville and surroundings

Hours: Monday 9h00 to 16h00, Wednesday 18h45 to 21h00, Friday 9h00 to 11h15

Fees: membership card: \$15 for residents, \$60 for non-residents

Financing: self-financing

Legal status: non-profit organization

CLUB DES LOISIRS ENTRE-GENS SAINT-EUSTACHE

109 Saint-Nicolas Street, Saint-Eustache, Laurentides, QC, J7R 2B5

438-405-0713

Website: club-des-loisirs-entre-gens-saint-eustache-43.websself.net

Email: clubdesloisirsentregens@gmail.com

Services: * Social and recreational activities: dance classes, dance evenings, card games, etc. * Outings and trips.

Eligibility: people 50 years old and over

Coverage area: Saint-Eustache

Hours: Septembre to May, Tuesday 13h00 to 16h00, Thursday 9h00 to 16h00

Fees: annual membership: \$8

Financing: municipal, self-financing, membership fees

Legal status: non-profit organization

ESPACE CULTUREL SAINT-GILLES (L')

562 des Outaouais Road, Brownsburg-Chatham, Laurentides, QC, J8G 1V2

579 791-0551 Fax: 579 791-0558

Website: www.espaceculturelsaintgilles.com

Email: info@espaceculturelsaintgilles.com

Services: Meeting place for the artistic community. * Artistic activities: film club, conferences, and shows. * Medicine of the art: group workshop and individual consultation. * Room and tourist accommodation rental service.

Eligibility: general public

Capacity: 125

Coverage area: MRC Argenteuil

Hours: activities: variable hours

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for seniors. * Card games, scrabble, military whist, pool table, bowling and petanque. * Physical activities: fitness and stretching. * Thematic meals. * Artistic workshops. * Book club. * Conferences. * Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Fees: membership: \$25 per year, \$45 for two years

Financing: self-financing, contributions

Legal status: non-profit organization

FADOQ - JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 434-1440 ext. 2551

Website: www.fadoqsth.com

Email: clubsttherese@fadoqlaurentides.org

Services: Social club for seniors. * Computer workshops. * Fitness, petanque and yoga on chair. * Bingo, military whist, shuffleboard, etc. * Thematic meals. * Outings and trips.

Eligibility: people 50 years and over

Capacity: 120 people

Coverage area: Sainte-Thérèse

Hours: variable, closed from mid-June to Labour Day

Fees: membership: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINTE-THÉRÈSE DE BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

1 866 443-4363

Website: www.groupegeme.com

Email: info@groupegeme.com

Services: * In-person and virtual support groups (on Zoom). * Individual counseling in person and virtual (on Zoom). * Meditation groups. * Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD. * Virtual and in-person workshops and conferences at the request of organizations.

Eligibility: people 18 years old and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, depression or burnout, post-traumatic stress

Capacity: support groups: 10 to 25 people per group

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website

Fees: contributions

Financing: provincial, fundraising campaigns, membership fees, self-financing

Legal status: non-profit organization

GRIFFE D'ALPHA (LA)

420 de Carillon Street, Mont-Laurier, Laurentides, QC, J9L 1P6

819 440-2044 Fax: 819 440-2082

Website: lagriffedalpha.org

Email: infogriffe@lagriffedalpha.org

Services: Skills development centre. Literacy * Literacy and numeracy programm for adults and children. *

Digital literacy for adults, seniors and diverse environments. * Used bookstore. Courses and training *

Francisation, in collaboration with the Ministry of Immigration, Francisation and Integration. * Basic training for return to work and job retention. * Spanish and English conversation. * Computer. * Development of learning strategies, social and professional skills, self-esteem and self-awareness. Youth * Summer reading camp for young people in the first cycle of elementary school. * Animation and fun activity kits to maintain the academic skills during the summer period.

Eligibility: adults, families, youth, children, job training: people 50 to 64 years old

Coverage area: MRC Antoine-Labelle, regional and provincial for some of the services

Hours: Monday to Thursday 8h30 to 16h30

Financing: self-financing, provincial

Legal status: non-profit organization

LAURENTIAN LITERACY CENTRE

505 Bethany Avenue, Suite 300, Lachute, Laurentides, QC, J8H 4A6

450 562-3719

Website: laurentianliteracy.ca

Email: llc.marlene@icloud.com

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 15h00 to 18h30, Saturday 9h00 to 13h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaurpré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 à 12h00

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DES JEUNES DE POINTE-CALUMET (LA)

871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 491-6509

Email: mdj.pointe-calumet@hotmail.com

Services: Lively meeting place. * Awareness, information, prevention. * Cultural, educational, sports and social activities. * Cooking and art workshops. * Lunch boxes. * Help with homework. * Improvisation league for youth 12 to 17 years old. * Green projects for the environment.

Eligibility: youth 11 to 17 years old

Coverage area: Pointe-Calumet

Hours: Tuesday, Wednesday and Friday 16h00 to 21h00, on Zoom: Thursday 18h00 to 19h30

Fees: none

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

MAISON PARENFAANT DES BASSES-LAURENTIDES

183 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 434-9934

Website: www.maisonparenfant.ca/en

Email: info@maisonparenfant.ca

Services: * Respite: drop-in daycare, evening drop-in, weekend respite, Spring Break respite. * Parents, parent-child and kitchen workshops. * Chat. * Family events.

Eligibility: families and children under 12

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15 to \$25 per family

Financing: grants, donations, contributions

Legal status: non-profit organization

MIRABEL PUBLIC LIBRARY - DOMAINE-VERT NORD BRANCH

17530 Jacques-Cartier Street, Mirabel, Laurentides, QC, J7J 2R1

450 475-2059

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Thursday 15h30 to 20h00, Friday 12h00 to 16h30, Saturday and Sunday 12h00 to 16h30

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-BENOÎT BRANCH

9020 Dumouchel Street, Mirabel, Laurentides, QC, J7N 2N7

450 475-2073

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. *

Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Tuesday and Thursday 15h30 to 20h00, Sunday 12h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-CANUT BRANCH

9950 de Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1K1

450 475-2123

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. *

Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Thursday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. *

Service for children with special needs. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday and Wednesday 15h30 to 20h00, Saturday 12h00 to 16h30

Fees: subscription: none

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.mouvementdentraide.org

Email: mouventraide@videotron.ca

Services: * Healthy meals. * Community meals. * Games and recreational activities: rummy games, card games, pocket games, Wii Shuffleboard, bowling, knitting, Pergamano. * Physical exercises adapted for seniors. * Tax clinic.

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: \$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 public, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: federal, provincial, donations

Legal status: non-profit organization

P'TIT BONHEUR DE SABLON (LE)

1721 du Lac Quenouille Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J0

1 800 567-6788

Website: www.ptitbonheur.com

Email: info@ptitbonheur.com

Services: Summer camps with introduction to outdoor activities. * Training program for aspiring counsellors. * Packages for school or organized groups. * Cabin rentals and self-catering accommodations.

Eligibility: Adults and children

Capacity: 400 places

Coverage area: Province of Québec

Hours: reception: Monday to Friday 8h00 to 16h00

Fees: variable

Financing: foundations, provincial, fundraising campaigns

Legal status: Nonprofit - Incorporated

RÉSEAU BIBLIO DES LAURENTIDES - OKA LIBRARY

15 de L'Annonciation Street, Kanesatake, Laurentides, QC, J0N 1E0

450 479-8333 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 clubs for adults and children. * Computer course. * Activities and conferences. * Genealogy. * Board games. * Biblio-Santé: resources for caregivers. * Grainothèque: seed library. * Embroidery and knitting.

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

Services: Loan and consultation of books. * Computers and Internet access. * Book club for children. * Book club for teenagers. * Activities and events. * Board games. * E-reader rental. * A birth a book. * Grainothèque: seed library. * Story time.

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

Services: Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

TABLE FORÊT LAURENTIDES

Confidential Address

819 951-2647

Website: www.tableforet.ca

Email: sensibilisation@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

Fees: variable

Financing: municipal

Legal status: non-profit organization

Libraries

BIBLIOTHÈQUE CLAUDE-JASMIN DE POINTE-CALUMET

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 473-5918 ext. 266

Website: www.mabiblioamoi.ca/fr/bibliotheques-horaires-et-localisation/b15/pointe-calumet-bibliotheque-la-sabliere.

Email: bibliotheque@pointe-calumet.ca

Services: Loan and consultation of printed documents. * Book club for children. * Story time. * Conferences, events and workshops. * Loan of board games. * Une naissance, un livre: introductory reading kit for children from 0 to 12 months.

Coverage area: Pointe-Calumet, South of Laurentians

Hours: Tuesday 9h00 to 17h00, Wednesday to Friday 13h00 to 20h00, Saturday 9h00 to 15h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7

450 434-5275

Website: biblio.ville.blainville.ca

Email: bibliotheque@blainville.ca

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Virtual reference services: bibliopresto.typeform.com/to/IYqEhJ?typeform-source=biblio.blainville.ca * Computer workshops. * Biblio-Santé. * Story time. * Book club for children. * Home delivery for people with reduced mobility. * Literary events, conferences. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.

Coverage area: Blainville

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LIBRARY

60 36th Avenue, Bois-des-Filion, Laurentides, QC, J6Z 2G6

450 621-1460 ext. 4101

Website: biblio.villebdf.ca

Email: biblio@villebdf.ca

Services: * Loans and renewals: access to printed and audio-visual materials, loan of musical instruments. * On-site consultation. * Computers, Internet access. * Animations and reading activities for all ages. * Photography studio. * Computer science workshops. * A birth, a book. * Musical space and loan of musical instruments. * Grain library: seed library.

Coverage area: Bois-des-Filion

Hours: Monday and Friday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for citizens of Bois-des-Filion, variable for non-residents

Financing: municipal

Legal status: municipal agency

BOISBRIAND PUBLIC LIBRARY

901 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 1W6

450 435-7466 Fax: 450 435-0627

Website: www.ville.boisbriand.qc.ca/bibliotheque

Email: rsbiblio@ville.boisbriand.qc.ca

Services: * Loan and consultation of books and audiovisual documents, online catalog. * Computers, Internet access and printing devices. * Recycling of batteries, cellphones and glasses. * Story time. * Reading and craft clubs for children and book club for adults. * Conferences and workshops. * Biblio-Santé and Une naissance un livre. * T.A. Biblio: help for kids living with developmental disabilities. * Fab Lab: access to cutting-edge technologies. * Specialized computer for the visually impaired.

Eligibility: children, youth and adults

Coverage area: Boisbriand

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: variable

Financing: municipal

Legal status: municipal agency

CENTRE 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

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 9h00 to 16h00

Financing: provincial

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

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Home loan for people with reduced mobility. * Story time. * Reading workshops for toddlers. * Book club for children. * Coffee-reading. * Conferences, shows, exhibitions.

Eligibility: children, youth, adults

Coverage area: Deux-Montagnes

Hours: September 1st to May 31st: Monday to Wednesday 13h00 to 20h00, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00, June 1st to August 31st: Monday and Thursday 10h00 to 20h00, Tuesday and Wednesday 13h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 16h00

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 263

Website: ville.lorraine.qc.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Loan of board games. * Computers and Internet access. * Biblio-Santé. * Story time. * Early literacy workshops. * Book club for children. * Book club for adults. * Conferences, activities, exhibitions, contests.

Coverage area: Lorraine

Hours: regular hours: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00, summer hours (from June 24 to Labour Day): Monday to Friday 11h00 to 20h00, Saturday 10h00 to 16h00

Fees: free for residents, \$80 for non-residents

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - DOMAINE-VERT NORD BRANCH

17530 Jacques-Cartier Street, Mirabel, Laurentides, QC, J7J 2R1

450 475-2059

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Thursday 15h30 to 20h00, Friday 12h00 to 16h30, Saturday and Sunday 12h00 to 16h30

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-BENOÎT BRANCH

9020 Dumouchel Street, Mirabel, Laurentides, QC, J7N 2N7

450 475-2073

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Tuesday and Thursday 15h30 to 20h00, Sunday 12h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-CANUT BRANCH

9950 de Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1K1

450 475-2123

Website: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Thursday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Service for children with special needs. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h30

Fees: subscription: none

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: mirabel.ca/bibliotheque

Email: bib@mirabel.ca

Services: * Loan and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing devices. * Board games and video games available on site. * Services and activities for schools and daycares. * Animation program. * Conferences. * Virtual workshops. * Book club for children. * Story time. * Online services: mbel.ent.sirsidynix.net/client/en_US/default

Coverage area: Mirabel

Hours: Monday and Wednesday 15h30 to 20h00, Saturday 12h00 to 16h30

Fees: subscription: none

Financing: municipal

Legal status: municipal agency

POINTE-CALUMET PUBLIC LIBRARY

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 473-5918 ext. 266

Website: www.mabiblioamoi.ca/fr/bibliotheques-horaires-et-localisation/b15/pointe-calumet-bibliotheque-la-sabliere

Services: Public library. * Loans and access to printed, digital and audiovisual materials. * Computers and Internet access. * Research databases. * Une naissance, un livre: introductory reading kit for children 0 to 12 months. * Cultural activities and events.

Coverage area: Pointe-Calumet

Hours: Tuesday 9h00 to 17h00, Wednesday to Friday 13h00 to 20h00, Saturday 9h00 to 15h00

Fees: membership for residents: free, 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

Services: Regional public libraries network. * Loan of electronic books and resources. * Technical and professional support for member libraries.

Eligibility: member libraries

Coverage area: Laurentides and west of Lanaudière

Financing: municipal, provincial

Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES - OKA LIBRARY

15 de L'Annonciation Street, Kanesatake, Laurentides, QC, J0N 1E0

450 479-8333 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 clubs for adults and children. * Computer course. * Activities and conferences. * Genealogy. * Board games. * Biblio-Santé: resources for caregivers. * Grainothèque: seed library. * Embroidery and knitting.

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

Services: Loan and consultation of books. * Computers and Internet access. * Book club for children. * Book club for teenagers. * Activities and events. * Board games. * E-reader rental. * A birth a book. * Grainothèque: seed library. * Story time.

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

Website: biblio.ville.rosemere.qc.ca

Email: biblio@ville.rosemere.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Book club for children. * Story time. * Exhibitions, workshops, author meetings.

Coverage area: Rosemère

Hours: Monday to Thursday 13h00 to 21h00, Friday and Saturday 10h00 to 17h00, Sunday 12h00 to 16h30, summer: Monday to Thursday 10h00 to 21h00, Friday and Saturday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

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

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Story time. * Book club for adults. * Book club for children. * Early literacy workshops. * Computer workshops. * Workshops, conferences, exhibitions.

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 - 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

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.sjdl.qc.ca/services-municipaux/environnement * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency notification system. * Financial assistance for sports registration. * Recreation services: activities, day camp, etc. * Collective kitchen. * Municipal library. * Rental of halls.

Eligibility: general public

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-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: introductory reading kit. * Rental of board games. * Occasional activities.

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

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Biblio-Santé. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and workshops.

Coverage area: Sainte-Anne-des-Plaines

Hours: Tuesday 13h00 to 20h30, Wednesday and Thursday 10h00 to 20h30, Friday 10h00 to 17h30, Saturday 10h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 20h00, Wednesday 10h00 to 20h00, Friday 10h00 to 15h00

Fees: none, non-residents: \$100

Financing: municipal

Legal status: municipal agency

SAINTE-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 printing devices. * Story time. * Book club for children. * Conferences and activities.

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, audiovisual and digital documents. * Computers, Internet access and printing devices. * Home loan for people with reduced mobility. * Computer workshops. * Early literacy workshops. * Story time. * Book club for children. * Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: none

Financing: municipal

Legal status: municipal agency

Municipal sports and recreation services

BLAINVILLE - LOISIRS, CULTURE, BIBLIOTHÈQUE ET VIE COMMUNAUTAIRE

1001 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 434-5275 Fax: 450 434-5296

Website: blainville.ca

Email: loisirs@blainville.ca

Services: * Community, sociocultural and sporting activities. * Arenas, recreational and aquatic centre, association centre, athletics stadium, ice rinks, swimming pools, parks and playgrounds. * La Zone: youth centre. * Hall rental. * Coordination with community organizations. * Summer day camp.

Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse

Hours: Monday to Friday 6h15 to 20h30, Saturday and Sunday 7h00 to 16h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LOISIRS ET VIE COMMUNAUTAIRE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 2101

Website: villebdf.ca

Email: loisirs@villebdf.ca

Services: * Community, sociocultural and sports activities. * Sports centre, swimming pool, ice rink, parks and playgrounds. * Community organizations coordination. * Summer day camp. * Events and parties.

Coverage area: Bois-des-Filion

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

BOISBRIAND - LOISIRS, CULTURE ET BIBLIOTHÈQUE

940 de la Grande Allée Boulevard, ground floor, Boisbriand, Laurentides, QC, J7G 2J7

450 437-2727 Fax: 450 437-9397

Website: www.ville.boisbriand.qc.ca/activites

Services: Management and organization of community, cultural and sports activities. * Arena, ice rinks, pools, Maison du citoyen and Place de la culture, community and cultural centres, parks and playground. * Coordination and support to volunteering within the community of Boisbriand. * Summer day camp.

Coverage area: Boisbriand

Hours: recreative center: June 26th to September 1st 2024, Wednesday to Friday 16h00 to 21h00, Saturday 13h00 to 21h00, Sunday 12h00 to 18h00

Fees: variable

Financing: municipal

Legal status: municipal agency

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

Website: ville.deux-montagnes.qc.ca/en/municipal-services/leisure-and-community-services

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

Fees: variable

Financing: municipal

Legal status: municipal agency

LORRAINE - SERVICE DES LOISIRS ET DE LA CULTURE

29 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 ext. 275

Website: ville.lorraine.qc.ca/loisirs-et-culture

Email: loisirs@ville.lorraine.qc.ca

Services: * Community, sociocultural and sporting activities. * Cultural centre, arena, ice rinks, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Parties and events.

Coverage area: Lorraine

Fees: variable

Financing: municipal

Legal status: municipal agency

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

Services: * Community, sociocultural and sports activities. * Community hall, arena, ice rinks, parks and playgrounds. * Summer day camp. * Coordination with community organizations. * Room rental. * Events.

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

POINTE-CALUMET - RECREATION, CULTURE AND COMMUNITY LIFE

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 473-5930

Website: www.pointe-calumet.ca

Services: * Sports and recreational activities. * Sports and cultural centre, swimming pool, parks, ice rinks, sports fields. * Summer day camp. * Events.

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

Website: www.ville.rosemere.qc.ca/recreation-and-community-life

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities. * Community centre, gym, arena, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Christmas activities.

Coverage area: Rosemère

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Fees: variable

Financing: municipal, self-financing

Legal status: non-profit organization

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

Services: * Community, sociocultural and sporting activities. * Aquatic centre, multisport centre, arts centre, arenas, swimming pools, ice rinks, parks and playgrounds. * Maison du citoyen at 184 Saint-Eustache Street. * Coordination with community organizations. * Shows, activities and events. * Summer day camp. * Hall rental.

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 Fax: 450 623-2889

Website: www.sjdl.qc.ca

Email: info@sjdl.qc.ca

Services: * Sporting and recreational activities. * Parks, ice rinks, sports fields. * Summer and spring break day camps. * Hall rental. * Parties and events.

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

Services: * Community, sociocultural and sporting activities. * Community centre, arena, gyms, ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Room rental. * Community garden. * Events, exhibitions and parties.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-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

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2640

Website: www.sainte-therese.ca

Email: cultureetloisirs@sainte-therese.ca

Services: * Community, sociocultural and sporting activities. * Sports and community centres, athletics stadium, swimming pools, arenas and ice rinks, parks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Hall rental. * Conferences and shows.

Coverage area: Sainte-Thérèse

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

Sport**4KORNER - MRC DE DEUX-MONTAGNES**

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

450 974-3940

Email: info@4korners.org

Services: Services and information for the English-speaking community. Individual, family and youth * Social and emotional learning activities for children. * Parenting Circle: weekly discussion meeting to learn new parenting skills, kids are welcomed and will be kept entertained with an animator. * Prenatal classes. * Post-natal services. * Tiny Tots: fun activity session for young kids. * Living without violence: anger management program for men, online and confidential. * Support and referrals. * Neurodiversity workshops for kids, young adults and their caregivers. * Online workshops and conferences. * Tax clinic. Seniors and caregivers * Caregivers support group. * Workshops for caregivers. * Online drawing and painting classes. * Chair yoga. * Support and referrals. * Informative workshops and conferences.

Eligibility: general public, English-speaking community, seniors, caregivers, neurodiversity groups

Coverage area: Laurentides

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$10

Financing: self-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

Website: horizonrosemere.ca

Email: asso@horizonrosemere.ca

Services: Leisure for seniors. * Community dinners. * Dancing, zumba, yoga, Tai-Chi, karate. * Knitting club. * Scrabble, card games: Bridge, Crib. * Bingo, pool table.

Eligibility: people 50 years old and over

Capacity: 200 members

Coverage area: MRC Thérèse-De-Blainville

Hours: Monday to Friday, variable

Fees: annual membership: \$15 for Rosemère residents, \$20 for others

Financing: membership fees, municipal, fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beauré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0R4

450 478-6537

Website: mdfsadp.com

Email: info@mdfsadp.com

Services: Children and families services. * Reception, listening and referrals. * Drop-in daycare. * Thrift store for members. * Workshops for child, parents and parent-child. * YAPP: development of parental skills. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences and intergenerational activities. * Yoga, line dancing and knitting. * Tax clinic.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 à 12h00

Fees: variable, drop-in daycare: free during activities, respite: \$5 for half a day, \$10 for an entire day, membership: \$15 for Sainte-Anne-des-Plaines residents, \$20 for non-residents per year

Financing: self-financing, grants

Legal status: non-profit organization

RECYC-DONS

246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0K1

450 838-9954 Fax: 450 707-1579

Website: www.recyc-dons.org

Email: info@recyc-dons.org

Services: Thrift store. * Home donation pick-up of appliances. * On-site recovery of items. * Delivery. * Material assistance on referral.

Eligibility: people on a low income, people who care about environmental issues

Coverage area: MRC Thérèse-De Blainville, MRC Les Moulins, MRC Montcalm

Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00, Saturday 9h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

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

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.sjdl.qc.ca/services-municipaux/environnement * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency notification system. * Financial assistance for sports registration. * Recreation services: activities, day camp, etc. * Collective kitchen. * Municipal library. * Rental of halls.

Eligibility: general public

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

Sports and recreation for people with a disability

4KORNERS - MRC DE DEUX-MONTAGNES

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

450 974-3940

Email: info@4korners.org

Services: Services and information for the English-speaking community. Individual, family and youth * Social and emotional learning activities for children. * Parenting Circle: weekly discussion meeting to learn new parenting skills, kids are welcomed and will be kept entertained with an animator. * Prenatal classes. * Post-natal services. * Tiny Tots: fun activity session for young kids. * Living without violence: anger management program for men, online and confidential. * Support and referrals. * Neurodiversity workshops for kids, young adults and their caregivers. * Online workshops and conferences. * Tax clinic. Seniors and caregivers * Caregivers support group. * Workshops for caregivers. * Online drawing and painting classes. * Chair yoga. * Support and referrals. * Informative workshops and conferences.

Eligibility: general public, English-speaking community, seniors, caregivers, neurodiversity groups

Coverage area: Laurentides

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$10

Financing: self-financing, provincial

Legal status: non-profit organization

ACCO-LOISIRS

42D Turgeon Street, Suite 4, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 433-5559 Fax: 450 433-0453

Website: www.accoloisirs.com

Email: info@accoloisirs.com

Services: * Accompaniment. * Adapted recreational and tourism activities. * Respite for teenagers and adults.

Eligibility: people living with an intellectual disability, another type of disability or mental health issues

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: non-profit organization

ASSOCIATION 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. * Christmas dinner for members.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Laurentians

Hours: Administration: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h30

Fees: annual membership: \$20

Financing: provincial, membership fees, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES AVEC PROBLÈMES AUDITIFS DES LAURENTIDES

421-B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4

1 866 434-2135 Fax: 450 434-4120 **TTY:** 450 434-2135

Website: w2.appal.ca

Email: info@appal.ca

Services: * Reception, information and referral. * Support and mutual aid groups. * Recreational activities and workshops. * Conferences, meetings. * Video library with documents in Québec sign language (QSL). * Services in QSL.

Eligibility: deaf, deafened, hard of hearing or deaf blind people, their families

Coverage area: Laurentians

Hours: reception and information: Monday to Thursday 9h00 to 16h00, help and activities: Tuesday to Thursday (according to calendar), other days by appointment, Friday 9h00 to 16h00 by email or phone only

Fees: annual membership: \$10

Financing: contributions, provincial, donations

Legal status: non-profit organization

ASSOCIATION 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: people 5 to 17 years old

Coverage area: MRC des Laurentides

Hours: Monday to Friday 8h30 to 16h00, individual activities: Monday and Friday 9h00 to 12h00 and 13h00 to 16h00 (3 hours block maximum)

Fees: membership card: \$5, day camp: variable

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVIÈRE DU CHÊNE

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

514 902-8010

Email: aphrc123@hotmail.com

Services: Advocacy and promotion of interests of people living with a handicap. * Information. * Social and cultural activities: weekly bowling, cards workshops, outings. * Annual activities: Christmas lunch, Valentine's Day, sugar shack.

Eligibility: people living with physical disabilities

Coverage area: MRC Deux-Montagnes, Mirabel-Sud

Hours: see planning with the association

Fees: membership card: \$10 each year, minimum contribution for special activities

Financing: grants, contributions

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: info@aphil.ca

Services: * Collective kitchens. * Bistro lunches. * Coffee meetings. * FLORAPHIL creations: sewing workshops. * Choir. * Bowling. * Summer day camp. * Summer activities for adults. * Leisure outings. * Advocacy of rights. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: people 5 to 90 years old living with an intellectual disability, day camp: people 5 to 17 years old living with an intellectual disability

Coverage area: Laurentians

Hours: Tuesday to Friday 9h00 to 17h00, summer day camp: Tuesday to Friday 8h00 to 16h00 for 7 weeks, bonhomme à lunette: by appointment

Fees: annual subscription: \$12, activities: free, 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 ext. 0

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 living with all sorts of disabilities

Coverage area: activities: Laurentians, adapted day centre: Saint-Jérôme

Hours: activities: weekend, adapted day centre: day of the week

Fees: between \$150 and 220

Financing: donations, provincial, municipal

Legal status: non-profit organization

AUTISME LAURENTIDES

1084 de la Mairie Street, Blainville, Laurentides, QC, J7C 3B9

450 569-1794 Fax: 450 433-0078

Website: autismelaurentides.org

Email: info@autismelaurentides.org

Services: * Advocacy. * Family support. * Respite and recreational services. * Day activities and work station for adults. * Summer camps.

Eligibility: people with an autism spectrum disorder, their family

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

Fees: annual membership: \$30, services: variable

Financing: foundations, donations, provincial

Legal status: non-profit organization

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

CENTRE AUX SOURCES D'ARGENTEUIL

546 Sidney Street, Lachute, Laurentides, QC, J8H 1L1

450 562-0673 Fax: 450 562-2944

Email: coordo@centreauxsources.org

Services: Day centre in mental health. * Support group. * Listening, support and referrals. * Community meals. * Mental health workshops. * Leisure activities and group outings.

Eligibility: people 18 years old and over living with or who have lived with a mental health issue

Coverage area: MRC Argenteuil

Hours: Monday to Thursday 9h00 à 16h00

Fees: none

Financing: provincial

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: Social integration of people living with moderate or severe traumatic brain injury and independent adults living with physical disabilities. * Reception and referral. * Social integration activities. * Self-help and socialization groups. * Individual and group intervention. * Psychosocial intervention, as needed. * Helping relationships and active listening. * Prevention and awareness. * Documentation centre.

Eligibility: people 18 years old and over living with a moderate or severe head trauma, independent people 18 years old and over living with a physical disability, their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC La Rivière-du-Nord, MRC Antoine-Labelle, MRC Les Pays-d'en-Haut, MRC Argenteuil, MRC Mirabel

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: donations, provincial, grants

Legal status: non-profit organization

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

1370 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Website: www.leclsm.org

Email: clsm227@gmail.com

Services: Unite, advocate, promote and raise awareness of the needs and interests of people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: donations, grants

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. * Summer circus classes. * Indoor or outdoor mobile shows for municipalities, schools or other organizations.

Eligibility: people 4 to 70 years old interested in circus arts, people living with physical disabilities, young immigrants

Coverage area: Province of Québec

Hours: variable

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

Website: www.groupeharfangdesneiges.org

Email: info@groupeharfangdesneiges.org

Services: Self-help groups. * Mental health workshops. * Physical activity workshops. * Art workshops. * Group social activities and outings.

Eligibility: people living with mental health problems

Coverage area: Laurentides

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, Tuesday, Thursday and Friday 9h00 to 15h30, Wednesday 12h00 to 15h30

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: maisondesmots.ca

Email: ilham@maisondesmots.com

Services: Group workshops. * Reading and writing for hearing or deaf people, realization of different projects. * Francization of illiterate people in their mother tongue. * Budget calculation. * Theater. * Computing. * Community kitchen, Alpha kitchen. * Popular education workshops. * Coffee chat. * Advocacy. * Occasional assistance to fill out forms. * Journal of participants.

Eligibility: people 16 years and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30, workshops in the evening when available, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide Laurentides, grants, provincial, contributions, donations

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: site.lmdp.org

Email: info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

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

Services: * Reception and referral. * Support and social accompaniment. * Promotion and advocacy. * Mutual aid. * Monthly dance. * Collective kitchens. * Adapted karate. * Workshops.

Eligibility: adults 18 years and over living with an intellectual disability

Coverage area: MRC Deux-Montagnes

Hours: Tuesday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2

1 866 590-4469 Fax: 450 436-3273

Website: mscanada.ca/ms-canada-laurentides

Email: info.laurentides@mscanada.ca

Services: * Cognitive and fine motor activities: memory, gravity-free, joint mobility, range of motion, mental and physical relaxation, postural rehabilitation and chronic pain management, muscle maintenance and strengthening, fine motor skills. * Mieux être, mieux vivre avec la SP support program. * Social activities: SPécial café-causerie, lunch meetings, etc. * Adapted services. * Support and mutual support groups. * Support for caregivers. * Advocacy. * Conferences, seminars and conventions.

Eligibility: people diagnosed with multiple sclerosis and their relatives

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, Mirabel, MRC La Rivière-du-Nord, MRC Argenteuil, MRC Les Pays-d'en-Haut, MRC Les Laurentides, MRC Antoine-Labelle

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Financing: fundraising campaigns

Legal status: non-profit organization

PARRAINAGE CIVIQUE BASSES-LAURENTIDES

141 Saint-Charles Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 2A9

450 430-8177 Fax: 450 430-8150

Website: www.parrainagecivique.ca

Email: info@parrainagecivique.ca

Services: Pairing of volunteers with a person living with an intellectual disability. * Group activities, outings, seasonal events. * Social, educational, recreational and artistic workshops. * Special days for sponsored people with reduced mobility.

Eligibility: people of all ages living with an intellectual disability

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: free membership, activities: variable cost

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

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

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.sjdl.qc.ca/services-municipaux/environnement * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency notification system. * Financial assistance for sports registration. * Recreation services: activities, day camp, etc. * Collective kitchen. * Municipal library. * Rental of halls.

Eligibility: general public

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

Thrift store and material aid**CLOTHING****DONATION PICK-UPS****SCHOOL SUPPLIES****THRIFT STORES**

Clothing

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. * Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

Hours: Monday to Thursday and Saturday 10h00 to 17h00, Friday 10h00 to 21h00

Fees: none

Financing: provincial, grants

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

Services: Women's centre. * Reception, listening, support and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy and representation.

Eligibility: women, drop-in day care centre: children 18 months to 5 years old

Coverage area: Lachute

Hours: Carrefour: Monday to Thursday 9h00 to 16h00, living environment: 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 LIBER'ELLES

9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4

450 594-0556

Website: www.liberelles.org

Email: info@liberelles.org

Services: * Reception, telephone listening, referral. * Assistance with the procedures. * Self-esteem and personal growth workshops. * Writing workshop. * Conference on women's health. * Tricotons pour la cause project. * Lunch for women, healthy cooking workshop. * Coffee-chats. * Community store: free clothing, accessories and hygiene products for women.

Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: none

Financing: Centraide Laurentides, provincial, federal, donations, fundraising

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 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: info@centremarieeve.ca

Services: * Reception and psychosocial support. * At-home visits. * Phone support. * Various workshops. * Material donations.

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, by appointment

Fees: none

Financing: grants, donations

Legal status: non-profit organization

CENTRE MARIE EVE - SAINTE-THÉRÈSE

2 du Ravin Street, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 491-1494 ext. 6

Website: centremarieeve.ca

Email: info@centremarieeve.ca

Services: * Support to pregnant women through and after the pregnancy. * Workshops, individual accompaniment and material assistance. * Mobile family counter.

Eligibility: pregnant women, mothers with children 0 to 2 years old

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

COMITÉ D'ACTION SOCIALE DE POINTE-CALUMET

810 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

450 473-9877

Services: * Clothing bank.

Eligibility: people in need, newcomers

Coverage area: Pointe-Calumet

Hours: Monday 11h00 to 15h00, Wednesday 11h00 to 15h00

Fees: variable, low cost

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

GROUPE MARRAINE TENDRESSE (LE)

3 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L4

450 435-6924

Website: www.groupemarrainetendresse.ca

Email: lgmt@bellnet.ca

Services: * Accompaniment and respite for families with a child aged between 0 and 1 year old. * Daycare for families with a child aged between 0 and 18 months. * Material assistance: clothing, basic care and food products for babies. * Loan of baby items.

Eligibility: families with children aged 0 to 18 months

Coverage area: MRC Thérèse-De Blainville and surrounding towns

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 15h00

Fees: home visits: free, daycare: according to income

Financing: Centraide Laurentides, provincial, municipal

Legal status: non-profit organization

HUTTE (LA) - HÉBERGEMENT D'URGENCE À SAINT-JÉRÔME

Confidential Address

579 634-4664

Website: lahutte.org

Email: pascalhutte@hotmail.com

Services: Emergency and short-term accommodation for homeless adults. * Dormitory: overnight shelter. * Emergency social housing: 1 to 30 days. * Meals. * Showers and laundry facilities. * Equipment and clothing repairs. * Assistance with social integration. * Residential stability with accompaniment (SRA): post-housing follow-up, mediation with landlords. * Support for relatives. * Housing for people aged 18 to 25.

Eligibility: homeless people 18 years old and over

Coverage area: Lanaudière, Laurentians

Hours: 24 hours / 7 days, dormitory registration: from 14h00, dormitory: 16h00 to 8h00, warming centre: 11h00 to 7h00

Fees: dormitory and other services: free of charge

Financing: Centraide Laurentides, municipal, donations, self-financing, federal, provincial

Legal status: non-profit organization

RECYC-DONS

246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0K1

450 838-9954 Fax: 450 707-1579

Website: www.recyc-dons.org

Email: info@recyc-dons.org

Services: Thrift store. * Home donation pick-up of appliances. * On-site recovery of items. * Delivery. * Material assistance on referral.

Eligibility: people on a low income, people who care about environmental issues

Coverage area: MRC Thérèse-De Blainville, MRC Les Moulins, MRC Montcalm

Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00, Saturday 9h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

RESSOURCERIE DÉPANNE-TOUT

69 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H5

450 979-4955

Website: www.depanne-tout.com

Email: info@depanne-tout.com

Services: * Sale of used clothes, books, toys and various household articles at low prices. * Donations to organizations and referred families. * On-site recovery of household articles (except furniture): decorative items, clothing, toys, books, sports equipment, small electronic devices.

Eligibility: people and families on a low income, general public

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h00 to 16h00, store: 7 days, 10h00 to 17h00, donation centre: 24 hours / 7 days

Financing: self-financing, donations

Legal status: non-profit organization

RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC de la Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

Legal status: non-profit organization

SOCIÉTÉ D'ENTRAIDE FAMILIALE DE SAINTE-THÉRÈSE

62 Saint-Jean Street, Sainte-Thérèse, Laurentides, QC, J7E 3N4

450 430-5840

Email: zezettedaigle@gmail.com

Services: Sale of clothing and household items. * Donation to people in dire need. * Reception of donations: clothing, household goods, books, kitchenware, small appliances.

Eligibility: people in need

Coverage area: reception and pick-up: Sainte-Thérèse, Blainville, Rosemère, Lorraine, Sainte-Rose, Boisbriand, donations: people in need from Sainte-Thérèse only

Hours: Thursday to Saturday 12h00 to 16h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

Donation pick-ups

CENTRE D'AIDE LA TRAVERSE (LE) - USED ITEMS RECOVERY

374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7

450 983-5084 Fax: 450 473-5055

Website: centrelatraverse.org

Email: gpineault@centrelatraverse.org

Services: Used items recovery: food, clothes, furniture, appliances. * Home pick-up.

Coverage area: Saint-Eustache and surroundings

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

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

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

Services: Recovery of used clothing, baby items, small household items, unused textiles and small household and electronic appliances. * List of the municipalities covered for home pick-ups:

entraidediabetique.org/en/pickup-service * Donation bins: map available at entraidediabetique.org/en/donation-box-2 * Detailed list of accepted items: entraidediabetique.org/en/items-accepted

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

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Recovery of donations: clothing, household items, books, sporting equipment, toys, dishes, electronics and furniture. * Home pick-up.

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, home pick-up: Saint-Eustache, Deux-Montagnes, Sainte-Marthe-sur-le-Lac, Saint-Joseph-du-Lac, Boisbriand

Hours: Monday 13h00 to 17h00, Tuesday to Saturday 9h00 to 17h00

Fees: free pick-up: furniture and appliances in Boisbriand, refrigerants in Saint-Eustache, furniture in Pointe-Calumet and Saint-Joseph-du-Lac, other cities, types of donations or if more than 3 additional items added to a free pick-up: \$30 for less than 5 items, \$60 for 6 items and more

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

RECYC-DONS

246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0K1

450 838-9954 Fax: 450 707-1579

Website: www.recyc-dons.org

Email: info@recyc-dons.org

Services: Thrift store. * Home donation pick-up of appliances. * On-site recovery of items. * Delivery. * Material assistance on referral.

Eligibility: people on a low income, people who care about environmental issues

Coverage area: MRC Thérèse-De Blainville, MRC Les Moulins, MRC Montcalm

Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00, Saturday 9h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

School supplies**CENTRE D'AIDE LA TRAVERSE (LE)**

374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7

450 983-5084 Fax: 450 473-5055

Email: gpineault@centrelataverse.org

Services: * Food assistance. * Community lunches. * Financial aid. * Clothing bank. * School supplies. * Ouvrir: recovery and sale of used clothing and articles.

Eligibility: families, individuals in need

Coverage area: Saint-Eustache and surroundings

Hours: food assistance: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, community lunches: Wednesday 11h00 to 13h00, ouvrir: Monday to Friday 13h00 to 16h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE RACINE-LAVOIE

154, rue Dorion, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution. * Collective kitchen. * Lunch box: preparation of lunches by parents for their children's school. * Bonhomme à lunettes service point. * Referral and listening. * Tax clinic. * Distribution of school supplies.

Eligibility: people and families on a low income

Coverage area: MRC Deux-Montagnes, Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique and Saint-Augustin, food distribution: Saint-Eustache

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 11h00 to 12h00 and 13h15 to 15h00, kitchen: 2 times a month

Fees: variable

Financing: subventions, dons

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

Services: * Food baskets. * Christmas baskets and gifts distribution. * Le Chiffonnier: recovery and sale of second-hand items and clothing. * School supplies.

Eligibility: people in precarious situations

Coverage area: Saint-Joseph-du-Lac

Hours: distribution of baskets: Wednesday 10h30 to 12h00, sale of second-hand items: Thursday 13h00 to 19h00, Friday 10h00 to 16h00, every 1st Saturday of the month 9h00 to 15h00

Fees: none

Financing: fundraising campaigns, donations, 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.entraidelerelais.org

Email: info@entraidelerelais.org

Services: * Food distribution and emergency assistance. * Collective kitchens. * Les Fripes du Relais: used clothing store at a low price. * Popular education. * School supplies. * Christmas baskets.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 9h00 to 16h30, food distribution: Friday, Fripes du Relais: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 16h00

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

Thrift Stores

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

Services: Women's centre. * Reception, listening, support and referral. * Mutual assistance and accompaniment in different processes. * Clothing and used items counter: clothing and children's clothing and items. * On-site recovery of used items: clothing and children's clothing and items. * Drop-in day care centre. * Respite care. * Social breakfasts and lunches. * Various support groups. * Various educational activities: conferences, knitting workshop. * Recreational and social activities. * Advocacy and representation.

Eligibility: women, drop-in day care centre: children 18 months to 5 years old

Coverage area: Lachute

Hours: Carrefour: Monday to Thursday 9h00 to 16h00, living environment: 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

Services: * Individual and group support and accompaniment. * Information and referrals. * Workshops: prenatal, family health, stimulation and development of the child, early reading, language and music, collective cooking, etc. * Group prenatal classes. * Coffee meetings and group talk. * Daycare. * Family thrift shop. * Relevailles: home support. * Conferences.

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, group prenatal classes: free

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE D'AIDE LA TRAVERSE (LE)

374 Pie-XII Boulevard, Saint-Eustache, Laurentides, QC, J7P 4S7

450 983-5084 Fax: 450 473-5055

Email: gpineault@centrelataverse.org

Services: * Food assistance. * Community lunches. * Financial aid. * Clothing bank. * School supplies. * Ouvrir: recovery and sale of used clothing and articles.

Eligibility: families, individuals in need

Coverage area: Saint-Eustache and surroundings

Hours: food assistance: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, community lunches: Wednesday 11h00 to 13h00, ouvrir: Monday to Friday 13h00 to 16h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

CENTRE D'AIDE RÉMI BOULET

9615 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2

450 530-7094

Email: centrerb2001@gmail.com

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: food assistance: Saint-Canut, clothing depot: Mirabel and surroundings

Hours: food assistance: Thursday afternoon, clothing depot: Monday, Tuesday, Wednesday, Friday 12h30 to 15h45, Thursday 12h30 to 20h00, Saturday 9h00 to 11h45

Fees: food assistance: none

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.centrededepannagest-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 FEMMES LIBER'ELLES

9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4

450 594-0556

Website: www.liberelles.org

Email: info@liberelles.org

Services: * Reception, telephone listening, referral. * Assistance with the procedures. * Self-esteem and personal growth workshops. * Writing workshop. * Conference on women's health. * Tricotons pour la cause project. * Lunch for women, healthy cooking workshop. * Coffee-chats. * Community store: free clothing, accessories and hygiene products for women.

Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: none

Financing: Centraide Laurentides, provincial, federal, donations, fundraising

Legal status: non-profit organization

CENTRE MARIE EVE - BOUTIK (LA)

143 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L5

450 491-1494 ext. 11

Website: www.centremarieeve.ca/la-boutik

Email: info@centremarieeve.ca

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: Saint-Eustache

Hours: Tuesday, Wednesday and Friday 9h00 to 17h00, Saturday 9h00 to 16h30

Fees: mobile family counter: \$7 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.org

Email: lecoffret.info@gmail.com

Services: Reception and settlement assistance for newcomers. * Housing search assistance. * Bank of interpreters, interpretation and administration of oath. * Internships. * Homework assistance. * Francization. * Intercultural pairing. * Free community dinners and lunches. * Food bank. * Community kitchen. * Awareness-raising through conferences, exhibitions and articles in newspapers. * Prevention of violence. * Day camp. * Thrift shop. * Festival du Monde and Mandela evenings. * Regional organization in charge of welcoming and settling state-sponsored refugees.

Eligibility: any person with an immigrant background

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: municipal, provincial, federal, Centraide Laurentides

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: * Clothing bank.

Eligibility: people in need, newcomers

Coverage area: Pointe-Calumet

Hours: Monday 11h00 to 15h00, Wednesday 11h00 to 15h00

Fees: variable, low cost

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

Services: * Food baskets. * Christmas baskets and gifts distribution. * Le Chiffonnier: recovery and sale of second-hand items and clothing. * School supplies.

Eligibility: people in precarious situations

Coverage area: Saint-Joseph-du-Lac

Hours: distribution of baskets: Wednesday 10h30 to 12h00, sale of second-hand items: Thursday 13h00 to 19h00, Friday 10h00 to 16h00, every 1st Saturday of the month 9h00 to 15h00

Fees: none

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE D'OKA

39 Saint-Jacques Street, Kanesatake, Laurentides, QC, J0N 1E0

450 473-9877 ext. 1007

Email: sophie.lescarbeau@maparaisse.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@maparaisse.info

Services: * Food assistance and emergency food assistance. * Clothing counter. * Collective kitchen. * Food processing.

Eligibility: people on a low income

Coverage area: Deux-Montagnes

Hours: food aid: Tuesdays 11h00 to 13h00, clothing counter: Wednesdays and Thursdays 9h30 to 16h00, collective kitchen: by appointment, Wednesdays, emergency food assistance: on 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@maparaisse.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 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: open to all, people on a low income

Coverage area: food aid: Saint-Augustin, Saint-Benoît, Saint-Hermas, Saint-Scolastique, Domaine Vert-Sud, donations pickup: Saint-Benoît, Saint-Scolastique, Saint-Hermas, Saint-Augustin, Sainte-Thérèse, Blainville, school supplies: Saint-Augustin, Saint-Scolastique

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 13h00 to 15h00

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

FRIPERIE BOIS-DES-FILION

388 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H6

450 621-5521 ext. 233

Website: www.paroissestluc.org

Email: info@paroissestluc.org

Services: * Sale of used items at low prices: clothing, kitchenware, etc. * On-site collection of used items.

Eligibility: general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Wednesday 9h00 to 15h30

Fees: variable, at low prices

Financing: self-financing

Legal status: non-profit organization

FRIPERIE CABRINI

210 de l'Église Street, Rosemère, Laurentides, QC, J7A 2X2

450 621-5521 ext. 211

Website: www.paroissestluc.org

Email: aidealimentaire@paroissestluc.org

Services: * Sale of used items at low prices: clothing, kitchenware, etc. * On-site collection of used items.

Eligibility: general public

Coverage area: MRC Thérèse-De Blainville

Hours: Tuesday to Friday 12h30 to 16h30, Saturday 9h00 to 15h30

Fees: variable, at low prices

Financing: self-financing

Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

450 623-5891

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Sale of second-hand clothing, household items, books, sports equipment, toys, dishes, electrical appliances and furniture at low prices. * Delivery. * Employment integration program: handling, maintenance, sale, production and customer service.

Coverage area: MRC Deux-Montagnes, MRC Thérèse-De Blainville, MRC Mirabel

Hours: Monday 13h00 to 17h00, Tuesday to Saturday 9h30 to 17h00

Fees: variable

Financing: donations, self-financing, provincial, federal

Legal status: non-profit organization

OUVROIR SAINTE-ANNE - COMPTOIR D'AUBAINES

129 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 3K8

450 478-1525 ext. 225

Email: paroissesainteanne@videotron.ca

Services: * Sale of used items: clothing, toys, books, household items, electrical devices, electronic devices, etc. * On-site collection of used items.

Eligibility: general public

Coverage area: Sainte-Anne-des-Plaines, Terrebonne

Hours: Monday and Wednesday 9h00 to 11h45 and 13h00 to 14h45, Tuesday and Saturday 9h00 to 11h45

Fees: variable

Financing: donations

Legal status: non-profit organization

PAROISSE SAINT JOSEPH BLAINVILLE

421 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4

450 687-5382

Email: stjoseph.blainville@maronites.ca

Services: * Thrift store. * Recovery of used items on site: clothing, baby items, small furnitures, smalls appliances, toys, books, jewelry and accessories.

Eligibility: general public

Coverage area: Blainville

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

RECYC-DONS

246 5th Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0K1

450 838-9954 Fax: 450 707-1579

Website: www.recyc-dons.org

Email: info@recyc-dons.org

Services: Thrift store. * Home donation pick-up of appliances. * On-site recovery of items. * Delivery. * Material assistance on referral.

Eligibility: people on a low income, people who care about environmental issues

Coverage area: MRC Thérèse-De Blainville, MRC Les Moulins, MRC Montcalm

Hours: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00, Saturday 9h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

RECYPRO

70 Simon Street, Lachute, Laurentides, QC, J8H 3R8

450 562-7740 Fax: 450 562-7918

Website: www.recypro.com

Email: info@recypro.com

Services: Professional integration business specialized in maintenance and recycling of computers and electronic material. * 26 week training with post-employment follow-up and job search assistance. * Dropping point for the Recycler mes électroniques program. * Sale, installation and reparation of new and used equipment.

Eligibility: employment integration: adults with difficulties obtaining or maintaining a job

Coverage area: Laurentides

Hours: store: Monday to Wednesday 9h30 to 16h00, Thursday and Friday 9h30 to 19h00, Saturday 9h30 to 16h00

Financing: grants, self-financing

Legal status: non-profit organization

RENAISSANCE QUÉBEC - GALERIES MILLE-ÎLES THRIFT

307-A Curé-Labelle Boulevard, Rosemère, Laurentides, QC, J7A 2H7

450 987-1241

Website: renaissancequebec.ca/en

Email: information@renaissancequebec.ca

Services: Recovery and sale of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.

Coverage area: Rosemère

Hours: thrift store: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00, donation centre: Monday to Friday 8h00 to 21h00, Saturday and Sunday 8h00 to 17h00

Financing: self-financing

Legal status: non-profit organization

RESSOURCERIE DÉPANNE-TOUT

69 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H5

450 979-4955

Website: www.depanne-tout.com

Email: info@depanne-tout.com

Services: * Sale of used clothes, books, toys and various household articles at low prices. * Donations to organizations and referred families. * On-site recovery of household articles (except furniture): decorative items, clothing, toys, books, sports equipment, small electronic devices.

Eligibility: people and families on a low income, general public

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h00 to 16h00, store: 7 days, 10h00 to 17h00, donation centre: 24 hours / 7 days

Financing: self-financing, donations

Legal status: non-profit organization

SERVICES D'ENTRAIDE LE RELAIS

305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 939-0501

Website: www.entraidelerelais.org

Email: info@entraidelerelais.org

Services: * Food distribution and emergency assistance. * Collective kitchens. * Les Fripes du Relais: used clothing store at a low price. * Popular education. * School supplies. * Christmas baskets.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

Hours: Monday to Friday 9h00 to 16h30, food distribution: Friday, Fripes du Relais: Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 13h00 to 16h00

Fees: food assistance: \$2 per visit

Financing: Centraide Laurentides, grants, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ D'ENTRAIDE FAMILIALE DE SAINTE-THÉRÈSE

62 Saint-Jean Street, Sainte-Thérèse, Laurentides, QC, J7E 3N4

450 430-5840

Email: zezettedaigle@gmail.com

Services: Sale of clothing and household items. * Donation to people in dire need. * Reception of donations: clothing, household goods, books, kitchenware, small appliances.

Eligibility: people in need

Coverage area: reception and pick-up: Sainte-Thérèse, Blainville, Rosemère, Lorraine, Sainte-Rose, Boisbriand, donations: people in need from Sainte-Thérèse only

Hours: Thursday to Saturday 12h00 to 16h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

TROUVAILLES D'EUSTACHE (LES)

123 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9

450 473-6124 Fax: 450 472-5416

Email: gpineault@centrelataverse.org

Services: Recovery and sale of used clothing and other items.

Coverage area: Saint-Eustache and surroundings

Hours: Monday to Friday 13h00 to 15h50

Financing: self-financing

Legal status: non-profit organization

Transportation**ACCOMPANIED TRANSPORT****ACCOMPANIED TRANSPORT FOR MEDICAL REASONS****PARATRANSIT****PUBLIC TRANSPORTATION**

Accompanied transport

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 old and over, adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

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. 225

Website: www.cbsj.qc.ca

Email: medical225@cbsj.qc.ca

Services: * Accompaniment and transportation to medical appointments and errands, by volunteers.

Eligibility: people 60 years old and over, people with temporary or permanent loss of autonomy

Coverage area: MRC La Rivière du Nord, north of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00

Fees: accompaniment-transport: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: self-financing, donations, subsidies

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP - ACCOMPANIMENT-TRANSPORTATION

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 ext. 226 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: transport@cabsb.org

Services: * Accompaniment and transportation to medical and community appointments by volunteers.

Eligibility: people 65 years old and over, autonomous or semi-autonomous

Coverage area: MRC Thérèse-De Blainville, transportation: Greater Montréal and surroundings

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: \$0.52 per km

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES - ACCOMPANIMENT-TRANSPORTATION

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: * Medical and legal transportation and accompaniment by volunteers.

Eligibility: members

Coverage area: MRC Thérèse-De Blainville, transportation: Province of Québec

Hours: 7 days

Fees: annual membership: \$10, \$0.60 per km

Financing: provincial, self-financing, membership fees, donations

Legal status: non-profit organization

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 and Inuit people

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 theatres, etc. * List of locations serviced: [click here](#)

Eligibility: seniors 65 years and over

Coverage area: Rosemère

Hours: transportation: Tuesday, Thursday and Friday 7h00 to 23h00

Fees: round-trip: \$2

Financing: municipal

Legal status: municipal agency

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 living with cancer.

Eligibility: people living with cancer

Coverage area: MRC Deux-Montagnes, south of Mirabel

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

Accompanied transport for medical reasons

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 old and over, adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac, Saint-Hermas, Saint-Jérusalem, South of Mirabel: Sainte-Scholastique, Saint-Augustin, Saint-Benoit

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

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. 225

Website: www.cbsj.qc.ca

Email: medical225@cbsj.qc.ca

Services: * Accompaniment and transportation to medical appointments and errands, by volunteers.

Eligibility: people 60 years old and over, people with temporary or permanent loss of autonomy

Coverage area: MRC La Rivière du Nord, north of Mirabel (Petit-Saint-Charles, Domaine-Vert Nord, Domaine-Vert Sud, Sainte-Monique, Saint-Janvier, Saint-Canut, Mirabel-en-Haut, Saint-Antoine)

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00

Fees: accompaniment-transport: \$15 for 30km or less (plus parking fees), \$0.50 per km for more than 30km (plus parking fees)

Financing: self-financing, donations, subsidies

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP - ACCOMPANIMENT-TRANSPORTATION

24 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6

450 430-5056 ext. 226 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: transport@cabsb.org

Services: * Accompaniment and transportation to medical and community appointments by volunteers.

Eligibility: people 65 years old and over, autonomous or semi-autonomous

Coverage area: MRC Thérèse-De Blainville, transportation: Greater Montréal and surroundings

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: \$0.52 per km

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCES DE SAINTE-ANNE-DES-PLAINES - ACCOMPANIMENT-TRANSPORTATION

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J5N 0E3

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: * Medical and legal transportation and accompaniment by volunteers.
Eligibility: members
Coverage area: MRC Thérèse-De Blainville, transportation: Province of Québec
Hours: 7 days
Fees: annual membership: \$10, \$0.60 per km
Financing: provincial, self-financing, membership fees, donations
Legal status: non-profit organization

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 and Inuit people
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 theatres, etc. * List of locations serviced: [click here](#)
Eligibility: seniors 65 years and over
Coverage area: Rosemère
Hours: transportation: Tuesday, Thursday and Friday 7h00 to 23h00
Fees: round-trip: \$2
Financing: municipal
Legal status: municipal agency

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 living with cancer.
Eligibility: people living with cancer
Coverage area: MRC Deux-Montagnes, south of Mirabel
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

Paratransit

EXO - RÉSEAU DE TRANSPORT MÉTROPOLITAIN - PARATRANSIT

83 Turgeon Street, 2nd floor, Sainte-Thérèse, Laurentides, QC, J7E 3H7

1 877 433-4004

Website: exo.quebec/en/trip-planner/para-transit

Email: transport.adapte@exo.quebec

Services: Paratransit service by cab and adapted minibus. * Application form:

exo.quebec/Media/Default/pdf/section8/admission_ta_exo_EN.pdf * Online appointment reservation service:

exo.quebec/en/customer-service/TransportAdapteReservation

Eligibility: people with disabilities, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others, to communicate verbally or by gesture (this condition alone cannot be taken into account for admission purposes)

Coverage area: MRC l'Assomption, MRC les Moulins, MRC Thérèse-de-Blainville, MRC de Deux-Montagne, MRC de Mirabel, MRC de la Vallée-du-Richelieu, MRC de Marguerite D'Youville, MRC de Roussillon, Beauharnois, Hudson, L'Île-Perrot, Les Cèdres, Marieville, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Pointe-Fortune, Richelieu, Rigaud, Rougemont, Saint-Césaire, Saint-Clet, Saint-Lazare, Sainte-Justine-de-Newton, Saint-Jérôme, Sainte-Marthe, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Terrasse-Vaudreuil, Très-Saint-Rédempteur, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Sunday to Thursday 6h30 to midnight, Friday, Saturday and holidays 6h30 to 1h00 am

Fees: variables

Financing: self-financing, municipal, provincial

Legal status: parapublic organization

Public Transportation

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. *

Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

Hours: Monday to Thursday and Saturday 10h00 to 17h00, Friday 10h00 to 21h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

Violence and abuse

CHILD ABUSE

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

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

Services: Treatment relative to sexual abuse. * Group and individual treatment for victims. * Group and individual treatment for sexual offenders. * Psychosexual assessment for sexual offenders.

Eligibility: victims of sexual abuse during childhood or adolescence, their parents, adults or teenagers who committed sexual abuse, their spouse

Coverage area: Laurentians

Hours: administration: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, treatment: availabilities in the evening

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

CITAD'ELLE DE LACHUTE (LA)

Confidential Address

450 562-7797 Fax: 450 562-1311

Website: citadellelachute.ca

Email: administration@citadellelachute.ca

Services: Temporary shelter for women and children. * Helpline. * Chat service. * External support without shelter. * Youth intervention. * Social reintegration. * Animation of workshops and trainings.

Eligibility: women and children victims of domestic violence, workshops and trainings: schools, organizations, institutional and professional environment

Capacity: 19

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

Services: Prevention of all types of violence against children. * Phone listening and support. * Awareness among adults and collaboration with field workers. * Educational program to empower children and adults.

Eligibility: children 4 to 12 years old of elementary 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/en

Email: info@maisondariane.ca

Services: Help centre and shelter for women and children who are victims of domestic violence. * Shelter services. * Mother and child service. * External services: 24/7 help line, one-on-one meetings with a shelter worker, thematic group meetings, support and assistance 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: 20 women and children

Coverage area: shelter: Province of Québec, external services: MRC Rivière-du-Nord, Nord-de-Mirabel

Hours: telephone assistance: 24 hours / 7 days

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

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. 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 12 to 17 years old, 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 18 years old and over victims of domestic violence, with or without children 18 years old and under

Capacity: 15 beds

Coverage area: external services: 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

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: accroc.qc.ca/en

Email: info@accroc.qc.ca

Services: * Accountability groups for men with violent behaviours in a relationship or family setting and for men with relationship problems. * Accountability groups for teenagers with violent behaviours. * Accountability approach for men who engage in violent behaviours. * Training and awareness.

Eligibility: boys and girls 12 to 18 years old and adult men with violent behaviors

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC Mirabel, MRC Rivière-du-Nord, MRC Thérèse-De Blainville

Hours: 7 days, 8h00 to 0h00

Fees: none

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 Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

Coverage area: Lanaudière, Laurentians

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except for an emergency

Fees: people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: provincial government agency

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations

Legal status: non-profit organization

CITAD'ELLE DE LACHUTE (LA)

Confidential Address

450 562-7797 Fax: 450 562-1311**Website:** citadellelachute.ca**Email:** administration@citadellelachute.ca**Services:** Temporary shelter for women and children. * Helpline. * Chat service. * External support without shelter. * Youth intervention. * Social reintegration. * Animation of workshops and trainings.**Eligibility:** women and children victims of domestic violence, workshops and trainings: schools, organizations, institutional and professional environment**Capacity:** 19**Coverage area:** Province of Québec**Hours:** 24 hours / 7 days**Fees:** none**Financing:** provincial**Legal status:** non-profit 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:** www.ccjll.qc.ca**Email:** bajeust@ccjll.qc.ca**Services:** Free or low cost legal services to eligible people. * Reception and processing legal aid requests.**Eligibility:** people or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law**Coverage area:** 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:** non-profit organization**LEGAL AID OFFICE - SAINTE-THÉRÈSE**

220 du Curé-Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439**Website:** www.ccjll.qc.ca**Email:** bajther@ccjll.qc.ca**Services:** Free or low cost legal services to eligible people. * Reception and processing legal aid requests.**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law**Coverage area:** Blainville, Boisbriand, Bois-des-Filion, Sainte-Anne-des-Plaines, Sainte-Thérèse**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, except emergency**Fees:** people may be eligible for free legal aid or contributory legal aid between 100 and \$800, depending on their financial situation, see scale on website**Financing:** provincial**Legal status:** non-profit organization**MAISON D'ARIANE (LA)**

Confidential Address

450 432-9355 Fax: 450 432-8005**Website:** maisondariane.ca/en**Email:** info@maisondariane.ca

Services: Help centre and shelter for women and children who are victims of domestic violence. * Shelter services. * Mother and child service. * External services: 24/7 help line, one-on-one meetings with a shelter worker, thematic group meetings, support and assistance 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: 20 women and children

Coverage area: shelter: Province of Québec, external services: MRC Rivière-du-Nord, Nord-de-Mirabel

Hours: telephone assistance: 24 hours / 7 days

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON OXYGÈNE LAURENTIDES

Confidential Address

438 825-1651

Website: www.maisonoxygenelaurentides.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. * Christmas baskets for the fathers and children.

Eligibility: fathers and their children

Capacity: housing: 4 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) - WOMEN SHELTER

Confidential Address

450 435-3651 Fax: 450 435-3653

Website: www.lemitan.org

Email: adjoiteadministrative@lemitan.org

Services: * Housing and psychosocial support. * Hotline. * Individual counselling and occasional helping relationship. * Domestic violence prevention and awareness. * External awareness group. * Individual external follow-ups.

Eligibility: women victims of domestic violence with or without 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

MOUVANCE, CENTRE DE FEMMES (LA)

83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9

450 472-7245 ext. 101

Website: www.lamouvance.ca

Email: info@lamouvance.ca

Services: Information, awareness and support for women. * Welcoming and living environment. * Individual support and counselling, in person or by phone. * Phone listening. * Support to women victims of violence in all its forms. * Information and referral. * Accompaniment to court, meeting with the DPJ, meeting with lawyers. * Activities program. * Sharing groups. * Collective actions.

Eligibility: women

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card: \$10

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 18 years old and over victims of domestic violence, with or without children 18 years old and under

Capacity: 15 beds

Coverage area: external services: 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

1 800 267-3919

Website: organismepaix.ca

Email: direction@organismepaix.ca

Services: * One-on-one assessment prior to follow-up. * Therapeutic intervention. * Group meetings and individual services. * Information on the problem and the tools to help. * Help for people at the Saint-Jérôme detention facility.

Eligibility: people 14 years old and over perpetrator of conjugal or family violence

Coverage area: MRC des Laurentides, MRC Les Pays-d'en-Haut

Hours: Monday to Sunday 9h00 to 19h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC de la Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

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: citadellemachute.ca

Email: administration@citadellemachute.ca

Services: Temporary shelter for women and children. * Helpline. * Chat service. * External support without shelter. * Youth intervention. * Social reintegration. * Animation of workshops and trainings.

Eligibility: women and children victims of domestic violence, workshops and trainings: schools, organizations, institutional and professional environment

Capacity: 19

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

Services: Prevention of all types of violence against children. * Phone listening and support. * Awareness among adults and collaboration with field workers. * Educational program to empower children and adults.

Eligibility: children 4 to 12 years old of elementary 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) - WOMEN SHELTER

Confidential Address

450 435-3651 Fax: 450 435-3653

Website: www.lemitan.org

Email: adjointeadministrative@lemitan.org

Services: * Housing and psychosocial support. * Hotline. * Individual counselling and occasional helping relationship. * Domestic violence prevention and awareness. * External awareness group. * Individual external follow-ups.

Eligibility: women victims of domestic violence with or without 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

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: accroc.qc.ca/en

Email: info@accroc.qc.ca

Services: * Accountability groups for men with violent behaviours in a relationship or family setting and for men with relationship problems. * Accountability groups for teenagers with violent behaviours. * Accountability approach for men who engage in violent behaviours. * Training and awareness.

Eligibility: boys and girls 12 to 18 years old and adult men with violent behaviors

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC Mirabel, MRC Rivière-du-Nord, MRC Thérèse-De Blainville

Hours: 7 days, 8h00 to 0h00

Fees: none

Financing: grants

Legal status: non-profit organization

BEACON OF THE FREED

Confidential Address

450 990-9595 ext. 1

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. * Training and awareness-raising for a variety of clientele. * 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, federal

Legal status: non-profit organization

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations

Legal status: non-profit organization

CITAD'ELLE DE LACHUTE (LA)

Confidential Address

450 562-7797 Fax: 450 562-1311**Website:** citadellelachute.ca**Email:** administration@citadellelachute.ca**Services:** Temporary shelter for women and children. * Helpline. * Chat service. * External support without shelter. * Youth intervention. * Social reintegration. * Animation of workshops and trainings.**Eligibility:** women and children victims of domestic violence, workshops and trainings: schools, organizations, institutional and professional environment**Capacity:** 19**Coverage area:** Province of Québec**Hours:** 24 hours / 7 days**Fees:** none**Financing:** provincial**Legal status:** non-profit organization**MAISON D'ARIANE (LA)**

Confidential Address

450 432-9355 Fax: 450 432-8005**Website:** maisondariane.ca/en**Email:** info@maisondariane.ca**Services:** Help centre and shelter for women and children who are victims of domestic violence. * Shelter services. * Mother and child service. * External services: 24/7 help line, one-on-one meetings with a shelter worker, thematic group meetings, support and assistance 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:** 20 women and children**Coverage area:** shelter: Province of Québec, external services: MRC Rivière-du-Nord, Nord-de-Mirabel**Hours:** telephone assistance: 24 hours / 7 days**Fees:** none**Financing:** provincial**Legal status:** non-profit organization**MAISON OXYGÈNE LAURENTIDES**

Confidential Address

438 825-1651**Website:** www.maisonoxygenelaurentides.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. * Christmas baskets for the fathers and children.**Eligibility:** fathers and their children**Capacity:** housing: 4 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) - WOMEN SHELTER**

Confidential Address

450 435-3651 Fax: 450 435-3653**Website:** www.lemitan.org**Email:** adjointeadministrative@lemitan.org

Services: * Housing and psychosocial support. * Hotline. * Individual counselling and occasional helping relationship. * Domestic violence prevention and awareness. * External awareness group. * Individual external follow-ups.

Eligibility: women victims of domestic violence with or without 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

MOUVANCE, CENTRE DE FEMMES (LA)

83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9

450 472-7245 ext. 101

Website: www.lamouvance.ca

Email: info@lamouvance.ca

Services: Information, awareness and support for women. * Welcoming and living environment. * Individual support and counselling, in person or by phone. * Phone listening. * Support to women victims of violence in all its forms. * Information and referral. * Accompaniment to court, meeting with the DPJ, meeting with lawyers. * Activities program. * Sharing groups. * Collective actions.

Eligibility: women

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card: \$10

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 18 years old and over victims of domestic violence, with or without children 18 years old and under

Capacity: 15 beds

Coverage area: external services: 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

1 800 267-3919

Website: organismepaix.ca

Email: direction@organismepaix.ca

Services: * One-on-one assessment prior to follow-up. * Therapeutic intervention. * Group meetings and individual services. * Information on the problem and the tools to help. * Help for people at the Saint-Jérôme detention facility.

Eligibility: people 14 years old and over perpetrator of conjugal or family violence

Coverage area: MRC des Laurentides, MRC Les Pays-d'en-Haut

Hours: Monday to Sunday 9h00 to 19h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES OLIVIER

2395 de la Lièvre Road South, Mont-Laurier, Laurentides, QC, J9L 3G3

819 660-2842

Website: ressourcesolivier.com

Email: ressourcesolivier@gmail.com

Services: Help, support, accompaniment and shelter for vulnerable people. * Evaluation, listening, orientation and referral. * Temporary housing. * Supervised apartments. * Material assistance for primary needs of the people followed. * Assistance in legal and child custody procedures. * Support, evaluation and accompaniment in mental health and social reintegration. * Help with drug and alcohol addiction. * Distribution of sterile equipment for drug use and safe sex practices. * Prevention of homelessness. * Support for parenthood and co-parenting. * Suicide prevention and awareness.

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: transition housing: 12 families

Coverage area: MRC Antoine-Labelle, MRC de la Vallée-de-la-Gatineau

Hours: 7 days, 9h00 to 12h00 and 13h00 to 17h00, by appointment only

Fees: housing: variable

Financing: provincial

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

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising. * SMS for deaf people. * Neutral meeting place for online transactions.

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

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: Saint-Eustache

Financing: municipal

Legal status: municipal agency

TOIT POUR SE RECONSTRUIRE (UN)

Confidential Address

514 688-5644

Website: untoitpoursereconstruire.jimdofree.com

Email: untoitpoursereconstruire@gmail.com

Services: Resources for victims of sexual violence. * Training, workshops, conferences. * Self-defense classes.

Eligibility: people who have experienced sexual violence, their loved ones, 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@calacslancrage.ca

Services: * Pathway group. * Individual support. * Accompaniment. * Support for close ones and social workers. * Prevention, awareness and training. * Advocacy.

Eligibility: women and teenagers 12 years old 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

Services: Treatment relative to sexual abuse. * Group and individual treatment for victims. * Group and individual treatment for sexual offenders. * Psychosexual assessment for sexual offenders.

Eligibility: victims of sexual abuse during childhood or adolescence, their parents, adults or teenagers who committed sexual abuse, their spouse

Coverage area: Laurentians

Hours: administration: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, treatment: availabilities in the evening

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

TOIT POUR SE RECONSTRUIRE (UN)

Confidential Address

514 688-5644

Website: untoitpoursereconstruire.jimdofree.com

Email: untoitpoursereconstruire@gmail.com

Services: Resources for victims of sexual violence. * Training, workshops, conferences. * Self-defense classes.

Eligibility: people who have experienced sexual violence, their loved ones, 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

Support for perpetrators of violence and their families

4KORNERS - MRC DE DEUX-MONTAGNES

1650 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M9

450 974-3940

Email: info@4korners.org

Services: Services and information for the English-speaking community. Individual, family and youth * Social and emotional learning activities for children. * Parenting Circle: weekly discussion meeting to learn new parenting skills, kids are welcomed and will be kept entertained with an animator. * Prenatal classes. * Post-natal services. * Tiny Tots: fun activity session for young kids. * Living without violence: anger management program for men, online and confidential. * Support and referrals. * Neurodiversity workshops for kids, young adults and their caregivers. * Online workshops and conferences. * Tax clinic. Seniors and caregivers * Caregivers support group. * Workshops for caregivers. * Online drawing and painting classes. * Chair yoga. * Support and referrals. * Informative workshops and conferences.

Eligibility: general public, English-speaking community, seniors, caregivers, neurodiversity groups

Coverage area: Laurentides

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership: \$10

Financing: self-financing, provincial

Legal status: non-profit organization

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: accroc.qc.ca/en

Email: info@accroc.qc.ca

Services: * Accountability groups for men with violent behaviours in a relationship or family setting and for men with relationship problems. * Accountability groups for teenagers with violent behaviours. * Accountability approach for men who engage in violent behaviours. * Training and awareness.

Eligibility: boys and girls 12 to 18 years old and adult men with violent behaviors

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC Mirabel, MRC Rivière-du-Nord, MRC Thérèse-De Blainville

Hours: 7 days, 8h00 to 0h00

Fees: none

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

Services: Treatment relative to sexual abuse. * Group and individual treatment for victims. * Group and individual treatment for sexual offenders. * Psychosexual assessment for sexual offenders.

Eligibility: victims of sexual abuse during childhood or adolescence, their parents, adults or teenagers who committed sexual abuse, their spouse

Coverage area: Laurentians

Hours: administration: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, treatment: availabilities in the evening

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

PAIX PROGRAMME D'AIDE ET D'INTERVENTION

81A Saint-Vincent Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 2A5

1 800 267-3919

Website: organisme paix.ca

Email: direction@organisme paix.ca

Services: * One-on-one assessment prior to follow-up. * Therapeutic intervention. * Group meetings and individual services. * Information on the problem and the tools to help. * Help for people at the Saint-Jérôme detention facility.

Eligibility: people 14 years old and over perpetrator of conjugal or family violence

Coverage area: MRC des Laurentides, MRC Les Pays-d'en-Haut

Hours: Monday to Sunday 9h00 to 19h00

Fees: none

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@calacslancrage.ca

Services: * Pathway group. * Individual support. * Accompaniment. * Support for close ones and social workers. * Prevention, awareness and training. * Advocacy.

Eligibility: women and teenagers 12 years old 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'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: cavac.qc.ca/en

Email: info.cavac.lau@videotron.ca

Services: * Crisis intervention phoneline. * Psychological and post-trauma support. * Information on rights and recourses. * Assistance with compensation procedures. * Guidance with specialized resources.

Eligibility: people victims of criminal act, their relatives, witnesses of a crime

Coverage area: Laurentians

Hours: Monday, Wednesday and Friday 8h00 to 16h30, Tuesday and Thursday 8h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MESURES ALTERNATIVES DES BASSES-LAURENTIDES

209 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 437-9903 Fax: 450 437-8293

Website: www.mabl.ca

Email: admin@mabl.ca

Services: Prevention, awareness and information program in relation with the Youth Criminal Justice Act. * Proposing alternatives to the traditional justice system and different ways of managing conflicts. * Citizen mediation service.

Eligibility: teenagers 12 to 17 years old who have been prosecuted under the Criminal Code or Criminal Procedure Code, general public

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: non-profit organization

MESURES ALTERNATIVES DES VALLÉES DU NORD

515 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

1 800 265-6749 Fax: 450 436-1863

Website: mavn.ca/en

Email: info@mavn.ca

Services: Organization of citizen mediation and alternative justice. Alternative justice * Youth Criminal Justice Program: Supporting offenders, victims and parents through the justice process, with a focus on restorative justice. * Support for adults charged with certain criminal offences: opportunities to take responsibility for their actions and to resolve their conflict with the law in ways other than through the normal court procedures of the Criminal Code. Citizen Mediation * Mediation Conciliation de Quartier des Laurentides (MCQL): accompaniment and mediation during conflicts between neighbors. Awareness raising * Workplace: accompaniment and mediation, awareness raising and training. * Legal education workshops in primary and secondary schools. 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 12 to 17 years old, 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

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 public, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: federal, provincial, 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.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 1X2

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Therapy and counselling

AIRE OUVERTE DES LAURENTIDES

420 du Marché Place, Saint-Jérôme, Laurentides, QC, J7Z 2B2

450 436-2473

Website: www.santelaurentides.gouv.qc.ca/soins-et-services/aire-ouverte

Email: aire.ouverte.stj.cissslau@ssss.gouv.qc.ca

Services: Various confidential services for youth aged 12 to 25. * Individual psychosocial follow-up. * Sexual health clinic. * Prevention, education and information on the use of alcohol, drugs, gambling and problematic use of the Internet, etc. * Housing support. * Training, employment and finances: educational and professional orientation, help in finding a job, prevention of school drop-out, etc. * General legal assistance.

Eligibility: youth from 12 to 25 years old

Coverage area: Laurentides

Financing: provincial

Legal status: provincial government agency

AVC APHASIE LAURENTIDES

1919 Lionel-Bertrand Boulevard, Suite 103, Boisbriand, Laurentides, QC, J7H 1N8

450 974-1888 Fax: 579 637-3757

Website: grpa.ca/en

Email: info@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise. * Artistic activities: creative workshops, choir, painting. * Communication: coffee-meeting and stimulation through games, brain work. * Services for caregivers: support group, psychosocial follow-up, training and respite.

Eligibility: people who have experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

Hours: services: Monday to Thursday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

CAFÉ PARENTHÈSE

3120 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 413-1913

Website: cafeparenthese.wordpress.com

Email: cafelaparenthese@gmail.com

Services: Harm reduction approach and personal empowerment development. * Community meals. * Distribution of hygiene products. * Distribution of condoms and other health protection products. * Distribution of safe consumption material. * Accompaniment and moral support in the Café Parenthèse environment through informal conversations. * Accompaniment and support in the completion of administrative procedures (forms, job search, housing search, etc.). * Men's health and well-being project. * Storage space (lockers) for people experiencing homelessness. * Bike-sharing project: access to a free ecological means of transport all year round. * Warm up your street project: offer of products (sleeping bag, blankets, gloves, mittens, hats, neck warmer, warm socks, etc.) accessible at all times. * Tapaj project: paid work by day on different work platforms. * Coordination of a volunteer committee. * Establishment of a peer helpers project. * Coordination of a project committee allowing the realization of projects with a social vocation. * Music workshops and classes. * Various arts workshops and courses. * Various activities to socialize, break isolation and create a sense of belonging to the group. * Conferences, shows, animations related to various issues, including drug addiction. * Warming centre during cold weather.

Eligibility: people who may be experiencing problems of social exclusion, isolation, poverty, marginalization, drug addiction, psychological distress or any other problem affecting their quality of life

Coverage area: mainly Sainte-Marthe-sur-le-lac, MRC Deux-Montagnes

Hours: Monday to Thursday and Saturday 10h00 to 17h00, Friday 10h00 to 21h00

Fees: none

Financing: provincial, grants

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. * Horse assisted therapy. * Horse assisted sessions. * Equi-coaching: horse assisted interaction and coaching. * Group activities for specialized schools and classes.

Eligibility: people living with 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, Laurentides, Lanaudière, Laval

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

Website: cps-le-faubourg.org/home_eng-faubourg-suicide-prevention-centre/

Email: administration@cpsfaubourg.org

Services: * Suicide prevention crisis hotline. * Grief support following a suicide. * Postvention and early intervention following a suicide in a workplace. * Training, awareness and conferences. * Implementation of programs within the workplace. * Support for relatives of a person in crisis.

Eligibility: people who are suicidal, their close ones, people bereaved by suicide, counsellors

Coverage area: Laurentians

Hours: crisis hotline: 24 hours / 7 days, administration: Monday to Friday 8h30 to 16h30

Fees: crisis line and grief counselling: free, training, awareness and conferences: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE RAYONS DE FEMMES THÉRÈSE-DE BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, accompaniment and living environment. * Psychosocial intervention, help to cope with changes and break the isolation. * Collective actions: fight against violence against women, poverty and for the improvement of living conditions. * Prevention of conjugal and domestic violence. * Thematic workshops.

Eligibility: women 18 years and over

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card and services: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 437-7046

Website: centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment. * Referral, information. * Daycare. * Food distribution. * Collective kitchens. * Naloxone kits distribution. * Distribution of fentanyl test strips. * Bonhomme à lunettes service point: low-cost glasses. * Christmas tree stripping and grocery baskets for members.

Eligibility: families on a low income, single people in need

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Friday 8h00 to 16h00

Fees: annual membership: \$5, food assistance: \$2 per week, collective kitchen: \$7 for 6 meals, daycare: \$4 per child per day or \$2 for half a day per child

Financing: Centraide Laurentides, provincial, membership fees, self-financing

Legal status: non-profit organization

COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 866 536-5140 option 3

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jerome-courthouse

Email: informations@justice.gouv.qc.ca

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than \$100 000. * 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. * Settlement conference chaired by a judge. * Mediation service. * Documents relevant to all regions: [click here](#) * Online schedule of hearings: [click here](#) * Other point of service for voluntary deposits and for receiving claims, by appointment: 85 Saint-Vincent Street at Sainte-Agathe-des-Monts.

Eligibility: general public

Coverage area: Laurentians: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

ÉCOUTE AGRICOLE

Confidential Address

514 929-2476

Website: www.ecouteagricole.com

Email: direction.eal@gmail.com

Services: Support for agricultural producers and their relatives, and for those working in the agricultural sector. * Listening and referral. * Support network aiming to break isolation. * Personalized accompaniment through conflict resolution process. * Awareness among the population to demystify the profession.

Eligibility: people working in the agricultural sector (producers, employees, their families), agricultural stakeholders

Coverage area: Laurentians, Laval, Montréal, Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: services: free, annual membership (optional): free for farmers, \$20 for regular members, \$100 for corporate members

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, Tuesday, Thursday and Friday 9h00 to 15h30, Wednesday 12h00 to 15h30

Fees: none

Financing: grants, 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: none

Financing: provincial

Legal status: non-profit organization

INSTITUT DE FORMATION D'AIDE COMMUNAUTAIRE À L'ENFANT ET À LA FAMILLE - SAINT-JÉRÔME

177 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 4Z8

450 438-7708**Website:** www.ifacef.com**Email:** ifacef@ifacef.com

Services: * Individual, marital and family therapy. * Psychodrama. * Parenting consultation. * Schools: student intervention, teacher and non-teacher development programs, supervision, evaluation. * Services for youth centers. * Training and workshops for community organizations. * Training in psychotherapy. * Clinical supervision for practitioners. * Conferences, training.

Eligibility: children, families, schools, youth centers, community organizations, counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: \$140 per hour

Financing: self-financing

Legal status: non-profit organization

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES (LA)

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 **Fax:** 450 431-7916**Website:** site.lmdp.org**Email:** info@lmdp.org

Services: Respite home. * Weekend respite. * Day workshops: maintaining skills and learning to be independent. * Summer day camps. * Various events. * Support services for close ones: helpline, psychosocial follow-up, art therapy, twinning, etc.

Eligibility: people living with an intellectual disability with or without a physical disability, their close ones, day workshops: people 21 years old and over living with an intellectual disability with or without a physical disability

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: \$25

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

MOUVANCE, CENTRE DE FEMMES (LA)

83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9

450 472-7245 ext. 101

Website: www.lamouvance.ca

Email: info@lamouvance.ca

Services: Information, awareness and support for women. * Welcoming and living environment. * Individual support and counselling, in person or by phone. * Phone listening. * Support to women victims of violence in all its forms. * Information and referral. * Accompaniment to court, meeting with the DPJ, meeting with lawyers. * Activities program. * Sharing groups. * Collective actions.

Eligibility: women

Coverage area: MRC Deux-Montagnes and Mirabel-South: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin

Hours: Monday to Thursday 9h00 to 16h00

Fees: membership card: \$10

Financing: provincial

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 public, schools, companies, institutions, traditional accompaniment program: indigenous groups and families experiencing physical, psychological or emotional violence

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: federal, provincial, 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 for 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, MRC Mirabel

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: membership: one-time fee of \$10

Financing: donations, grant

Legal status: None or unknown

PETITE MAISON DE POINTE-CALUMET (LA)

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G0

1 877 755-7272 Fax: 450 974-1960

Email: info@petitemaisonpointecalumet.org

Services: * Family activities. * Child-mother mornings. * Services and activities for parents. * Referrals on topics affecting families. * Community Internet access centre. * Support and individual follow-up. * Services for fathers. * Bonhomme à lunettes service point: low-cost glasses. * Food distribution. * Collective kitchens. * Conference lunches for seniors.

Eligibility: individuals, families

Coverage area: Pointe-Calumet and surroundings, food distribution: Pointe-Calumet

Hours: Monday to Thursday 9h00 to 16h30, Friday on appointment

Fees: annual membership: \$5 per family

Financing: Centraide Laurentides, provincial, donations

Legal status: non-profit organization

RÉINSERTION SOCIALE DU SOLEIL LEVANT - CLINIQUE COMMUNAUTAIRE DE PSYCHOTHÉRAPIE

Confidential Address

450 430-0284

Website: rssoleillevant.org

Email: info@rcentredecrisesoleillevant.org

Services: * Community psychotherapy clinic: individual, marital or family sessions.

Eligibility: people of all ages

Coverage area: Laurentians

Hours: Monday to Friday 8h00 to 21h00 by appointment

Fees: depending on the income

Financing: grants, donations

Legal status: non-profit organization

RESTO POP THÉRÈSE-DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: restopop.org

Email: info@restopop.org

Services: Food * Meals at low cost. * Frozen meals. * Dîner Pop project: delivery of free meals in schools. * Catering services. * Food stability workshops. * Food processing. * Cultive-Toit project: rooftop organic garden. Homelessness * Table d'Hôte: project against homelessness. * Temporary accommodation. * Shower and laundry. Employability * Internships. * Community or compensatory work. * Wage subsidy: employment integration. Community action * Counselling, intervention, assessment, listening and referral. * Meeting and sharing place. * Volunteerism promotion.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for people on a low income, students and seniors, \$8 for workers

Financing: donations, self-financing, municipal, provincial, federal, fundraising campaigns, Centraide Laurentides

Legal status: non-profit organization

SERCAN

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1

450 491-1912 ext. 210 Fax: 450 491-5770

Website: www.maisonsercan.ca

Email: communication@maisonsercan.ca

Services: Support for people living with cancer and their relatives. * Support group for people living with cancer and bereaved people. * Pairing by phone and in person. * Individual and group accompaniment. * Community luncheons. * Medical transportation.

Eligibility: people living with cancer, their caregivers, bereaved people of all ages

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, south of Mirabel

Hours: office: Monday to Friday 8h30 to 16h30, support groups: day and evening

Fees: membership card: \$10 per year

Financing: subventions, campagnes de financement, autofinancement, dons

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 couples counselling. * Counselling for caregivers. * Counselling for children and for teens.

Eligibility: adults, couples, caregivers, consultation for children: 6 years old and over

Coverage area: Laurentians, Greater Montréal

Hours: Monday to Friday 9h00 and 18h00

Fees: registration: \$15, consultation: \$40 per session for the first 3 meetings, according to income afterwards

Financing: grants, self-financing

Legal status: non-profit organization

SOS PROFESSIONALS

1342 du Cerf Street, Val-David, Laurentides, QC, J0T 2N0

819 620-7212

Website: sos-professionnels.org

Email: secretariat@sos-professionnels.org

Services: Self-help network designed to support professionals who are exhausted or losing their sense of purpose, in sectors such as health, education, first responders, etc. * Group activities. * Individual follow-up. * Phone line dedicated to psychosocial support. * Social innovation projects. * Online resources. * Events.

Eligibility: professionals working in the health, education and other sectors who are experiencing psychological distress or losing their sense of purpose

Coverage area: Province of Québec, activities: Laurentians, Montréal Island, South Shore, Québec City

Hours: Phone line dedicated to psychosocial support: Monday to Friday 9h00 to 19h00

Fees: free or variable participation fees, regular member: \$25 per year, partner or organization member: \$100 per year

Financing: self-financing, donations

Legal status: non-profit organization

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 435-0808

Website: www.domremystetherese.com

Email: info@domremystetherese.com

Services: * Telephone support. * External individual support. * Parent-teen mediation. * Prevention of relapse and transfer of addictions. * Intervention and prevention of intergenerational transmission of addiction. * Intervention and prevention of codependency. * Creativity and meditation workshops. * Themed help and mutual aid workshops on the root causes of addictions. * Community activities.

Eligibility: people with addiction problems (drugs, alcohol, emotional, pathological gambling, etc.) and their close ones

Capacity: 35

Coverage area: Laurentians, Lanaudière

Hours: Monday to Friday 10h00 to 21h00, Saturday 14h00 to 16h00, karaoke: Saturday 18h00 to 22h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides, grants

Legal status: non-profit organization

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