



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTÉRÉGIE / MRC ACTON / ALL CITIES



2-1-1



WWW.211.QC.CA

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Child, Youth and Family

DAYCARE AND RESPITE

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Daycare and respite

MAISON DE LA FAMILLE VALOISE

962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4627

Website: maisondefamillevaloise.org

Email: info@mdfvaloise.org

Services: * Daycare center. * Bargain stores: used clothing. * Toy library: loan of toys. * Loan of accessories for children: beds, chairs, car seats. * Loan of thematic suitcases for parent-child activities. * Promotion of school perseverance. * Various educational workshops: discipline, introduction to babywearing. * Language stimulation workshop. * Mutual aid group for parents of different children. * Reading and making read: intergenerational reading activity. * Collective kitchen. * Bi-annual bazaar of used items.

Eligibility: parents, families, volunteers

Coverage area: MRC d'Acton

Hours: Monday to Friday 9h00 to 16h00

Fees: drop-in: \$1.75 per hour

Financing: donations

Legal status: non-profit organization

Family Support

HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D'ACTON

1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0

450 366-0105

Email: hsoleil@live.ca

Services: * Support for loved ones. * Support groups for parents of adolescents. * Information on substance abuse and issues during adolescence. * Substance abuse prevention. * Prevention in elementary schools. * Awareness and information on substance abuse, self-esteem, etc. * Street work (outreach). * Counseling, listening, support, information and referrals. * Needle exchange and condom distribution. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: people 12 to 25, seniors

Coverage area: Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Sainte-Christine, Upton, Acton Vale, Roxton Falls, Roxton Canton, Béthanie

Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00

Fees: free

Legal status: non-profit organization

MAISON DE LA FAMILLE VALOISE

962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4627

Website: maisondefamillevaloise.org

Email: info@mdfvaloise.org

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Eligibility: parents, families, volunteers

Coverage area: MRC d'Acton

Hours: Monday to Friday 9h00 to 16h00

Fees: drop-in: \$1.75 per hour

Financing: donations

Legal status: non-profit organization

Maternity support and adoption

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Parenting Education

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Youth Centres and Support

MAISON DES JEUNES D'ACTON VALE (LA)

1400 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2927

Website: mdjactonvale.ca

Email: infomdjacton@gmail.com

Services: A place for youth to meet, learn and exchange. * Homework help. * Access to a computer (priority access for school work). * Culinary workshops. * Gardening workshops. * Help with resume writing. * Activities and outings. * Room rental.

Eligibility: youth from 12 to 17 years old

Coverage area: MRC d'Acton

Hours: Tuesday to Saturday 14h00 to 22h00, office: Monday to Friday 8h45 to 17h45

Fees: youth centre rental: Tuesday to Saturday \$200 per day, Sunday and Monday \$150 per day, basement space rental: Tuesday to Saturday \$125 per day, Sunday and Monday \$75 per day

Financing: municipal, donations

Legal status: non-profit organization

Youth Employment

CARREFOUR JEUNESSE-EMPLOI - COMTÉ DE JOHNSON

975 Boulay Street, Suite 202, Acton Vale, Montérégie, QC, J0H 1A0

450 546-0311 Fax: 450 546-0316

Website: cjejohnson.org

Email: acton@cjejohnson.org

Services: * Support, accompaniment and information. * Job search assistance: resume writing, interview simulation, networking, etc. * Professional orientation and returning to studies. * Mes finances Mes choix: workshops in financial education. * Départ à neuf: individual and group job assistance. * Trio Desjardins pour l'emploi: summer job opportunities. * Jeunes volontaires: youth entrepreneurship. * Documentation centre and computers. * Bank of job offers. * Services for employers.

Eligibility: young adults 16 to 35 years old, parents, employers, Départ à neuf: youth 18 to 29 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Acton Vale, Béthanie, Drummondville, Durham-Sud, L'Avenir, Lefebvre, Roxton, Roxton Falls, Roxton Pond, Sainte-Cécile-de-Milton, Sainte-Christine, Saint-Edmond-de-Grantham, Saint-Eugène, Saint-Germain-de-Grantham, Sainte-Hélène-de-Bagot, Saint-Joachim-de-Shefford, Saint-Majorique-de-Grantham, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Saint-Valérien-de-Milton, Upton, Wickham

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Youth Shelters and Support

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

CORPORATION DE DÉVELOPPEMENT DE LA RIVIÈRE NOIRE

26 du Marché Street, Roxton, Montérégie, QC, J0H 1E0

514 588-5510

Website: www.riviere-noire.org

Email: dg.cdrn@riviere-noire.org

Services: Promoting environmental preservation. * Workshops to educate and raise awareness about environmental protection. * Carrying out sustainable and environmental development activities and projects in collaboration with local stakeholders. * Shoreline planting and characterization service.

Coverage area: MRC d'Acton

Financing: grants

Legal status: non-profit organization

Volunteering and volunteer centres

CENTRE DE BÉNÉVOLAT D'ACTON VALE

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332 Fax: 450 546-7212

Website: www.centredebenevolatacton.com

Email: directionctrebene@gmail.com

Services: * Food assistance. * Meals on wheels, delivery of hot and frozen meals. * Thrift store: various used clothing and household items. * Collective kitchen. * Respite for caregivers. * Caregiver support group. * Transportation and accompaniment to medical appointments by a volunteer. * Help with forms and administrative procedures. * Tax clinic. * Room rental.

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: \$6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

AUTISM, PDD, ADHD

MOBILITY AIDS

PARATRANSIT

RECREATION AND CAMPS

RESPITE SERVICES AND HOUSING

RESPITE, CHILD CARE AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

Adapted work and employability support

PETITE FERME DE L'AUBERGE (LA)

728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0

450 548-2736 Fax: 450 548-2227

Website: lapetitefermedelauberge.org

Email: lapetiteferme2001@yahoo.ca

Services: * Social reintegration with short and medium-term accommodation. * Individual support. * Group animation. * Supervision service to prepare for the outing. * Reference. * Food assistance for the people of Roxton Falls.

Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: 10 places in farm accommodation, 5 supervised apartments. food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls: food assistance

Hours: 7h00 to 21h00

Fees: housing: depending on income

Financing: self-financing

Legal status: non-profit organization

Autism, PDD, ADHD

MAISON DE LA FAMILLE VALOISE

962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4627

Website: maisondefamillevaloise.org

Email: info@mdfvaloise.org

Services: * Daycare center. * Bargain stores: used clothing. * Toy library: loan of toys. * Loan of accessories for children: beds, chairs, car seats. * Loan of thematic suitcases for parent-child activities. * Promotion of school perseverance. * Various educational workshops: discipline, introduction to babywearing. * Language stimulation workshop. * Mutual aid group for parents of different children. * Reading and making read: intergenerational reading activity. * Collective kitchen. * Bi-annual bazaar of used items.

Eligibility: parents, families, volunteers

Coverage area: MRC d'Acton

Hours: Monday to Friday 9h00 to 16h00

Fees: drop-in: \$1.75 per hour

Financing: donations

Legal status: non-profit organization

RÉSIDENCE LA P'TITE MAISON BLEUE

2406 9e Rang, Roxton, Montérégie, QC, J0H 1E0

450 548-5795

Website: www.residencelaptitemaisonbleue.com

Email: info@residencelaptitemaisonbleue.com

Services: Respite services and summer camps in a family environment. * Weekend respite care. * Daytime respite care. * Summer camps.

Eligibility: adults living with an intellectual disability with or without an autism spectrum disorder, without behavioral disorder and able to function on a daily basis in a ratio of five residents for one worker, their relatives

Coverage area: MRC Acton

Hours: Monday 9h00 to 16h00, weekend respite care: Friday 18h00 to Sunday 16h00

Fees: day respite care: \$60, weekend respite care: \$195, 24 hours respite care: \$120, 31 hours respite care: \$140, summer camp: \$825 per week, meal or additional hour: \$5

Financing: donations, provincial, self-financing

Legal status: non-profit organization

Mobility aids

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Paratransit

OMNIBUS RÉGION D'ACTON

1545 Peerless Street, Office 203, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4039

Website: www.omnibusra.com

Email: omnibusacton@outlook.com

Services: Collective and adapted transportation. * Collective transportation, boarding and disembarking at Acton Vale, Roxton Falls, Sainte-Christine, Upton, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton et Saint-Hyacinthe. * Adapted transformation.

Eligibility: adapted transportation: disabled people, people with severe and persisting mental health issues, people with limited mobility including: an inability to walk a distance of 400 meters, to climb a 35 centimeter step with support or to come down without support, to make a complete trip on regular public transit, to orient oneself in time or space, to manage situations, or behaviours that could be dangerous for oneself or for others

Coverage area: MRC Acton, Saint-Hyacinthe

Hours: administration: Monday to Friday 8h00 to 16h00, transportation service: Monday and Tuesday 7h00 to 19h00, Wednesday and Thursday 7h00 to 20h00, Friday 7h00 to 23h00, Saturday 8h00 to 17h00

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

Recreation and camps

RÉSIDENCE LA P'TITE MAISON BLEUE

2406 9e Rang, Roxton, Montérégie, QC, J0H 1E0

450 548-5795

Website: www.residencelaptitemaisonbleue.com

Email: info@residencelaptitemaisonbleue.com

Services: Respite services and summer camps in a family environment. * Weekend respite care. * Daytime respite care. * Summer camps.

Eligibility: adults living with an intellectual disability with or without an autism spectrum disorder, without behavioral disorder and able to function on a daily basis in a ratio of five residents for one worker, their relatives

Coverage area: MRC Acton

Hours: Monday 9h00 to 16h00, weekend respite care: Friday 18h00 to Sunday 16h00

Fees: day respite care: \$60, weekend respite care: \$195, 24 hours respite care: \$120, 31 hours respite care: \$140, summer camp: \$825 per week, meal or additional hour: \$5

Financing: donations, provincial, self-financing

Legal status: non-profit organization

Respite services and housing

RÉSIDENCE LA P'TITE MAISON BLEUE

2406 9e Rang, Roxton, Montérégie, QC, J0H 1E0

450 548-5795

Website: www.residencelaptitemaisonbleue.com

Email: info@residencelaptitemaisonbleue.com

Services: Respite services and summer camps in a family environment. * Weekend respite care. * Daytime respite care. * Summer camps.

Eligibility: adults living with an intellectual disability with or without an autism spectrum disorder, without behavioral disorder and able to function on a daily basis in a ratio of five residents for one worker, their relatives

Coverage area: MRC Acton

Hours: Monday 9h00 to 16h00, weekend respite care: Friday 18h00 to Sunday 16h00

Fees: day respite care: \$60, weekend respite care: \$195, 24 hours respite care: \$120, 31 hours respite care: \$140, summer camp: \$825 per week, meal or additional hour: \$5

Financing: donations, provincial, self-financing

Legal status: non-profit organization

Respite, child care and housing

CENTRE D'HÉBERGEMENT DE LA MRC-D'ACTON

1268 Ricard Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3234 Fax: 450 546-4811

Website: www.santemonteregie.qc.ca

Email: communication.csssry16@sss.gov.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre.

Eligibility: seniors, people with a loss of autonomy

Coverage area: MRC Acton

Fees: variable

Financing: provincial

Legal status: parapublic organization

CENTRE DE BÉNÉVOLAT D'ACTON VALE

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332 Fax: 450 546-7212

Website: www.centredebenevolatacton.com

Email: directionctrebene@gmail.com

Services: * Food assistance. * Meals on wheels, delivery of hot and frozen meals. * Thrift store: various used clothing and household items. * Collective kitchen. * Respite for caregivers. * Caregiver support group. * Transportation and accompaniment to medical appointments by a volunteer. * Help with forms and administrative procedures. * Tax clinic. * Room rental.

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: \$6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

RÉSIDENCE LA P'TITE MAISON BLEUE

2406 9e Rang, Roxton, Montérégie, QC, J0H 1E0

450 548-5795

Website: www.residencelaptitemaisonbleue.com

Email: info@residencelaptitemaisonbleue.com

Services: Respite services and summer camps in a family environment. * Weekend respite care. * Daytime respite care. * Summer camps.

Eligibility: adults living with an intellectual disability with or without an autism spectrum disorder, without behavioral disorder and able to function on a daily basis in a ratio of five residents for one worker, their relatives

Coverage area: MRC Acton

Hours: Monday 9h00 to 16h00, weekend respite care: Friday 18h00 to Sunday 16h00

Fees: day respite care: \$60, weekend respite care: \$195, 24 hours respite care: \$120, 31 hours respite care: \$140, summer camp: \$825 per week, meal or additional hour: \$5

Financing: donations, provincial, self-financing

Legal status: non-profit organization

Support Associations

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D'ACTON

1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0

450 366-0105

Email: hsoleil@live.ca

Services: * Support for loved ones. * Support groups for parents of adolescents. * Information on substance abuse and issues during adolescence. * Substance abuse prevention. * Prevention in elementary schools. * Awareness and information on substance abuse, self-esteem, etc. * Street work (outreach). * Counseling, listening, support, information and referrals. * Needle exchange and condom distribution. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: people 12 to 25, seniors

Coverage area: Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Sainte-Christine, Upton, Acton Vale, Roxton Falls, Roxton Canton, Béthanie

Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00

Fees: free

Legal status: non-profit organization

MAISON DE LA FAMILLE VALOISE

962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4627

Website: maisondefamillevaloise.org

Email: info@mdfvaloise.org

Services: * Daycare center. * Bargain stores: used clothing. * Toy library: loan of toys. * Loan of accessories for children: beds, chairs, car seats. * Loan of thematic suitcases for parent-child activities. * Promotion of school perseverance. * Various educational workshops: discipline, introduction to babywearing. * Language stimulation workshop. * Mutual aid group for parents of different children. * Reading and making read: intergenerational reading activity. * Collective kitchen. * Bi-annual bazaar of used items.

Eligibility: parents, families, volunteers

Coverage area: MRC d'Acton

Hours: Monday to Friday 9h00 to 16h00

Fees: drop-in: \$1.75 per hour

Financing: donations

Legal status: non-profit organization

Support and integration organizations

MAISON DE LA FAMILLE VALOISE

962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4627

Website: maisondefamillevaloise.org

Email: info@mdfvaloise.org

Services: * Daycare center. * Bargain stores: used clothing. * Toy library: loan of toys. * Loan of accessories for children: beds, chairs, car seats. * Loan of thematic suitcases for parent-child activities. * Promotion of school perseverance. * Various educational workshops: discipline, introduction to babywearing. * Language stimulation workshop. * Mutual aid group for parents of different children. * Reading and making read: intergenerational reading activity. * Collective kitchen. * Bi-annual bazaar of used items.

Eligibility: parents, families, volunteers

Coverage area: MRC d'Acton

Hours: Monday to Friday 9h00 to 16h00

Fees: drop-in: \$1.75 per hour

Financing: donations

Legal status: non-profit organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

HOMEWORK ASSISTANCE AND TUTORING

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

Academic and vocational guidance

CARREFOUR JEUNESSE-EMPLOI - COMTÉ DE JOHNSON

975 Boulay Street, Suite 202, Acton Vale, Montérégie, QC, J0H 1A0

450 546-0311 Fax: 450 546-0316

Website: cjejohnson.org

Email: acton@cjejohnson.org

Services: * Support, accompaniment and information. * Job search assistance: resume writing, interview simulation, networking, etc. * Professional orientation and returning to studies. * Mes finances Mes choix: workshops in financial education. * Départ à neuf: individual and group job assistance. * Trio Desjardins pour l'emploi: summer job opportunities. * Jeunes volontaires: youth entrepreneurship. * Documentation centre and computers. * Bank of job offers. * Services for employers.

Eligibility: young adults 16 to 35 years old, parents, employers, Départ à neuf: youth 18 to 29 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Acton Vale, Béthanie, Drummondville, Durham-Sud, L'Avenir, Lefebvre, Roxton, Roxton Falls, Roxton Pond, Sainte-Cécile-de-Milton, Sainte-Christine, Saint-Edmond-de-Grantham, Saint-Eugène, Saint-Germain-de-Grantham, Sainte-Hélène-de-Bagot, Saint-Joachim-de-Shefford, Saint-Majorique-de-Grantham, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Saint-Valérien-de-Milton, Upton, Wickham

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Computer workshops

RESSOURCES-FEMMES DE LA RÉGION D'ACTON

1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3366

Website: www.ressources-femmes.org

Email: coordonnatrice@ressources-femmes.org

Services: Informing, raising awareness and promoting the interests, rights and living conditions of women. * Accompaniment and support. * Information and reference. * Educational activities: coffee-meetings, workshops, mutual aid groups, etc. * Collective actions for women's equality and social justice. * Documentation centre. * Collective kitchens. * Computer workshops. * Walking club. * Knitting club.

Eligibility: women

Coverage area: MRC Acton

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

Fees: psychosocial support: free, educational activities: free or variable, membership: \$10 per year or 7 hours of volunteering

Financing: provincial, contributions, fundraising campaigns, self-financing

Legal status: non-profit organization

Homework assistance and tutoring

MAISON DES JEUNES D'ACTON VALE (LA)

1400 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2927

Website: mdjactonvale.ca

Email: infomdjacton@gmail.com

Services: A place for youth to meet, learn and exchange. * Homework help. * Access to a computer (priority access for school work). * Culinary workshops. * Gardening workshops. * Help with resume writing. * Activities and outings. * Room rental.

Eligibility: youth from 12 to 17 years old

Coverage area: MRC d'Acton

Hours: Tuesday to Saturday 14h00 to 22h00, office: Monday to Friday 8h45 to 17h45

Fees: youth centre rental: Tuesday to Saturday \$200 per day, Sunday and Monday \$150 per day, basement space rental: Tuesday to Saturday \$125 per day, Sunday and Monday \$75 per day

Financing: municipal, donations

Legal status: non-profit organization

Public education

CORPORATION DE DÉVELOPPEMENT DE LA RIVIÈRE NOIRE

26 du Marché Street, Roxton, Montérégie, QC, J0H 1E0

514 588-5510

Website: www.riviere-noire.org

Email: dg.cdrn@riviere-noire.org

Services: Promoting environmental preservation. * Workshops to educate and raise awareness about environmental protection. * Carrying out sustainable and environmental development activities and projects in collaboration with local stakeholders. * Shoreline planting and characterization service.

Coverage area: MRC d'Acton

Financing: grants

Legal status: non-profit organization

School perseverance

MAISON DE LA FAMILLE VALOISE

962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4627

Website: maisondefamillevaloise.org

Email: info@mdfvaloise.org

Services: * Daycare center. * Bargain stores: used clothing. * Toy library: loan of toys. * Loan of accessories for children: beds, chairs, car seats. * Loan of thematic suitcases for parent-child activities. * Promotion of school perseverance. * Various educational workshops: discipline, introduction to babywearing. * Language stimulation workshop. * Mutual aid group for parents of different children. * Reading and making read: intergenerational reading activity. * Collective kitchen. * Bi-annual bazaar of used items.

Eligibility: parents, families, volunteers

Coverage area: MRC d'Acton

Hours: Monday to Friday 9h00 to 16h00

Fees: drop-in: \$1.75 per hour

Financing: donations

Legal status: non-profit organization

Employment and Income Support

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR YOUTH

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Budget management and consumption

CARREFOUR JEUNESSE-EMPLOI - COMTÉ DE JOHNSON

975 Boulay Street, Suite 202, Acton Vale, Montérégie, QC, J0H 1A0

450 546-0311 Fax: 450 546-0316

Website: cjejohnson.org

Email: acton@cjejohnson.org

Services: * Support, accompaniment and information. * Job search assistance: resume writing, interview simulation, networking, etc. * Professional orientation and returning to studies. * Mes finances Mes choix: workshops in financial education. * Départ à neuf: individual and group job assistance. * Trio Desjardins pour l'emploi: summer job opportunities. * Jeunes volontaires: youth entrepreneurship. * Documentation centre and computers. * Bank of job offers. * Services for employers.

Eligibility: young adults 16 to 35 years old, parents, employers, Départ à neuf: youth 18 to 29 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Acton Vale, Béthanie, Drummondville, Durham-Sud, L'Avenir, Lefebvre, Roxton, Roxton Falls, Roxton Pond, Sainte-Cécile-de-Milton, Sainte-Christine, Saint-Edmond-de-Grantham, Saint-Eugène, Saint-Germain-de-Grantham, Sainte-Hélène-de-Bagot, Saint-Joachim-de-Shefford, Saint-Majorique-de-Grantham, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Saint-Valérien-de-Milton, Upton, Wickham

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Business development

SERVICES QUÉBEC - ACTON VALE

1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

1 800 438-4765 Fax: 450 546-2747

Website: www.quebec.ca/en/government/services-quebec

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

Coverage area: Acton Vale

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

Financing: provincial

Legal status: provincial government agency

Employment support and training

CARREFOUR JEUNESSE-EMPLOI - COMTÉ DE JOHNSON

975 Boulay Street, Suite 202, Acton Vale, Montérégie, QC, J0H 1A0

450 546-0311 Fax: 450 546-0316

Website: cjejohnson.org

Email: acton@cjejohnson.org

Services: * Support, accompaniment and information. * Job search assistance: resume writing, interview simulation, networking, etc. * Professional orientation and returning to studies. * Mes finances Mes choix: workshops in financial education. * Départ à neuf: individual and group job assistance. * Trio Desjardins pour l'emploi: summer job opportunities. * Jeunes volontaires: youth entrepreneurship. * Documentation centre and computers. * Bank of job offers. * Services for employers.

Eligibility: young adults 16 to 35 years old, parents, employers, Départ à neuf: youth 18 to 29 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Acton Vale, Béthanie, Drummondville, Durham-Sud, L'Avenir, Lefebvre, Roxton, Roxton Falls, Roxton Pond, Sainte-Cécile-de-Milton, Sainte-Christine, Saint-Edmond-de-Grantham, Saint-Eugène, Saint-Germain-de-Grantham, Sainte-Hélène-de-Bagot, Saint-Joachim-de-Shefford, Saint-Majorique-de-Grantham, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Saint-Valérien-de-Milton, Upton, Wickham

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

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES D'ACTON VALE (LA)

1400 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2927

Website: mdjactonvale.ca

Email: infomdjacton@gmail.com

Services: A place for youth to meet, learn and exchange. * Homework help. * Access to a computer (priority access for school work). * Culinary workshops. * Gardening workshops. * Help with resume writing. * Activities and outings. * Room rental.

Eligibility: youth from 12 to 17 years old

Coverage area: MRC d'Acton

Hours: Tuesday to Saturday 14h00 to 22h00, office: Monday to Friday 8h45 to 17h45

Fees: youth centre rental: Tuesday to Saturday \$200 per day, Sunday and Monday \$150 per day, basement space rental: Tuesday to Saturday \$125 per day, Sunday and Monday \$75 per day

Financing: municipal, donations

Legal status: non-profit organization

SERVICES QUÉBEC - ACTON VALE

1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

1 800 438-4765 Fax: 450 546-2747

Website: www.quebec.ca/en/government/services-quebec

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

Coverage area: Acton Vale

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

Financing: provincial

Legal status: provincial government agency

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI - COMTÉ DE JOHNSON

975 Boulay Street, Suite 202, Acton Vale, Montérégie, QC, J0H 1A0

450 546-0311 Fax: 450 546-0316

Website: cjejohnson.org

Email: acton@cjejohnson.org

Services: * Support, accompaniment and information. * Job search assistance: resume writing, interview simulation, networking, etc. * Professional orientation and returning to studies. * Mes finances Mes choix: workshops in financial education. * Départ à neuf: individual and group job assistance. * Trio Desjardins pour l'emploi: summer job opportunities. * Jeunes volontaires: youth entrepreneurship. * Documentation centre and computers. * Bank of job offers. * Services for employers.

Eligibility: young adults 16 to 35 years old, parents, employers, Départ à neuf: youth 18 to 29 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Acton Vale, Béthanie, Drummondville, Durham-Sud, L'Avenir, Lefebvre, Roxton, Roxton Falls, Roxton Pond, Sainte-Cécile-de-Milton, Sainte-Christine, Saint-Edmond-de-Grantham, Saint-Eugène, Saint-Germain-de-Grantham, Sainte-Hélène-de-Bagot, Saint-Joachim-de-Shefford, Saint-Majorique-de-Grantham, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Saint-Valérien-de-Milton, Upton, Wickham

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

PETITE FERME DE L'AUBERGE (LA)

728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0

450 548-2736 Fax: 450 548-2227

Website: lapetitefermedelauberge.org

Email: lapetiteferme2001@yahoo.ca

Services: * Social reintegration with short and medium-term accommodation. * Individual support. * Group animation. * Supervision service to prepare for the outing. * Reference. * Food assistance for the people of Roxton Falls.

Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: 10 places in farm accommodation, 5 supervised apartments. food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls: food assistance

Hours: 7h00 to 21h00

Fees: housing: depending on income

Financing: self-financing

Legal status: non-profit organization

SERVICES QUÉBEC - ACTON VALE

1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

1 800 438-4765 Fax: 450 546-2747

Website: www.quebec.ca/en/government/services-quebec

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

Coverage area: Acton Vale

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

Financing: provincial

Legal status: provincial government agency

Food

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

PREPARED MEALS AND MEALS-ON-WHEELS

Collective kitchens and cooking workshops

CENTRE DE BÉNÉVOLAT D'ACTON VALE

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332 Fax: 450 546-7212

Website: www.centredebenevolatacton.com

Email: directionctrebene@gmail.com

Services: * Food assistance. * Meals on wheels, delivery of hot and frozen meals. * Thrift store: various used clothing and household items. * Collective kitchen. * Respite for caregivers. * Caregiver support group. * Transportation and accompaniment to medical appointments by a volunteer. * Help with forms and administrative procedures. * Tax clinic. * Room rental.

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: \$6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE VALOISE

962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4627

Website: maisondefamillevaloise.org

Email: info@mdfvaloise.org

Services: * Daycare center. * Bargain stores: used clothing. * Toy library: loan of toys. * Loan of accessories for children: beds, chairs, car seats. * Loan of thematic suitcases for parent-child activities. * Promotion of school perseverance. * Various educational workshops: discipline, introduction to babywearing. * Language stimulation workshop. * Mutual aid group for parents of different children. * Reading and making read: intergenerational reading activity. * Collective kitchen. * Bi-annual bazaar of used items.

Eligibility: parents, families, volunteers

Coverage area: MRC d'Acton

Hours: Monday to Friday 9h00 to 16h00

Fees: drop-in: \$1.75 per hour

Financing: donations

Legal status: non-profit organization

RESSOURCES-FEMMES DE LA RÉGION D'ACTON

1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3366

Website: www.ressources-femmes.org

Email: coordonnatrice@ressources-femmes.org

Services: Informing, raising awareness and promoting the interests, rights and living conditions of women. * Accompaniment and support. * Information and reference. * Educational activities: coffee-meetings, workshops, mutual aid groups, etc. * Collective actions for women's equality and social justice. * Documentation centre. * Collective kitchens. * Computer workshops. * Walking club. * Knitting club.

Eligibility: women

Coverage area: MRC Acton

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

Fees: psychosocial support: free, educational activities: free or variable, membership: \$10 per year or 7 hours of volunteering

Financing: provincial, contributions, fundraising campaigns, self-financing

Legal status: non-profit organization

Food Assistance

CENTRE DE BÉNÉVOLAT D'ACTON VALE

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332 Fax: 450 546-7212

Website: www.centredebenevolatacton.com

Email: directionctrebene@gmail.com

Services: * Food assistance. * Meals on wheels, delivery of hot and frozen meals. * Thrift store: various used clothing and household items. * Collective kitchen. * Respite for caregivers. * Caregiver support group. * Transportation and accompaniment to medical appointments by a volunteer. * Help with forms and administrative procedures. * Tax clinic. * Room rental.

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: \$6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

PETITE FERME DE L'AUBERGE (LA)

728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0

450 548-2736 Fax: 450 548-2227

Website: lapetitefermedelauberge.org

Email: lapetiteferme2001@yahoo.ca

Services: * Social reintegration with short and medium-term accommodation. * Individual support. * Group animation. * Supervision service to prepare for the outing. * Reference. * Food assistance for the people of Roxton Falls.

Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: 10 places in farm accommodation, 5 supervised apartments. food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls: food assistance

Hours: 7h00 to 21h00

Fees: housing: depending on income

Financing: self-financing

Legal status: non-profit organization

Food aid for pregnant women and children

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00,
 tests centre: by appointment
Financing: provincial
Legal status: parapublic organization

Prepared meals and Meals-on-wheels

CENTRE DE BÉNÉVOLAT D'ACTON VALE

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-7332 Fax: 450 546-7212
Website: www.centredebenevolatacton.com
Email: directionctrebene@gmail.com

Services: * Food assistance. * Meals on wheels, delivery of hot and frozen meals. * Thrift store: various used clothing and household items. * Collective kitchen. * Respite for caregivers. * Caregiver support group. * Transportation and accompaniment to medical appointments by a volunteer. * Help with forms and administrative procedures. * Tax clinic. * Room rental.

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: \$6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

PETITE FERME DE L'AUBERGE (LA)

728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0
450 548-2736 Fax: 450 548-2227
Website: lapetitefermedelauberge.org
Email: lapetiteferme2001@yahoo.ca

Services: * Social reintegration with short and medium-term accommodation. * Individual support. * Group animation. * Supervision service to prepare for the outing. * Reference. * Food assistance for the people of Roxton Falls.

Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: 10 places in farm accommodation, 5 supervised apartments. food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls: food assistance

Hours: 7h00 to 21h00

Fees: housing: depending on income

Financing: self-financing

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

PROVINCIAL SERVICES

Municipal services

ACTON VALE - CITY

1025 Boulay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2703 Fax: 450 546-4865

Website: www.ville.actonvale.qc.ca

Email: actonvale@ville.actonvale.qc.ca

Services: Municipal services management. * Informations about permits, garbage and recycling collection, etc.

* Fire department. * Online property assessment. * Reusable diapers buying.

Coverage area: Acton Vale

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Summer schedule: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

ACTON VALE - CULTURAL AND SPORTING SERVICE

Centre sportif, 1505 3rd Avenue, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2703 Fax: 450 546-3138

Services: * Programming and organization of community activities, sociocultural and sports. * Library, Carrefour des Générations, sports center, swimming pool, water structures, fields, parks and trails. *

Coordination with community organizations.

Coverage area: Acton Vale

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Summer schedule, from May 16th to September 2nd: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal, self-financing

Legal status: municipal agency

BÉTHANIE - MUNICIPALITY

1321 de Béthanie Road, Béthanie, Montérégie, QC, J0H 1E1

450 548-2826

Website: municipalitedebethanie.ca

Email: bethanie@cooptel.qc.ca

Services: Municipal services management. * Domestic and recyclable material waste collection. * Drop-off point at the municipal office: light bulb containing mercury, batteries, smoke detectors, computer components, cellphones and ink cartridges. * Room rental. * Construction works and outdoor fire licenses. * Fire department: Régie intermunicipale de protection contre l'incendie de Roxton Falls.

Coverage area: Béthanie

Hours: office: Monday and Tuesday 8h30 to 12h00 and 13h00 to 17h00, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00

Financing: municipal

Legal status: municipal agency

SAINT-NAZAIRE D'ACTON - MUNICIPALITY

750 des Loisirs Street, Saint-Nazaire-d'Acton, Montérégie, QC, J0H 1V0

819 392-2347 Fax: 819 392-2039

Website: stnazairedacton.ca

Email: municipalite@mun-nazaire.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Garbage collection calendar: stnazairedacton.ca/ordures-recyclage-matiere-organique-gros-rebuts. * Public lighting maintenance. * Fire, construction and renovation permits. * Public safety: fire department, Sûreté du Québec. * Chimney cleaning brush loan. * Fire extinguisher filling and checking. * Porte-Parole municipal newsletter.

Coverage area: Saint-Nazaire-d'acton

Government services

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

Financing: municipal

Legal status: municipal agency

SAINTE-CHRISTINE - MUNICIPALITY

646 1er rang, Sainte-Christine, Montérégie, QC, J0H 1H0

819 858-2828 Fax: 819 858-9191

Website: ste-christine.com

Email: directiongenerale@ste-christine.com

Services: Municipal services management. * Fire department. * Planning and development permits. * Payment of municipal taxes. * Hall rentals. * Information on waste management.

Coverage area: Sainte-Christine

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

Financing: municipal

Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC D'ACTON

1855 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3663 Fax: 450 546-3663

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 d'Acton

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

Financing: provincial

Legal status: provincial government agency

UPTON - MUNICIPALITY

810 Lanoie Street, Upton, Montérégie, QC, J0H 2E0

450 549-5611 Fax: 450 549-5045

Website: www.upton.ca

Email: secretariat@upton.ca

Services: Municipal services management. * Fire protection department. * Commissioner for Oaths. * Online property assessment.

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

Financing: municipal

Legal status: municipal agency

Provincial services**SERVICES QUÉBEC - ACTON VALE**

1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

1 800 438-4765 Fax: 450 546-2747

Website: www.quebec.ca/en/government/services-quebec

Government services

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

Coverage area: Acton Vale

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

Financing: provincial

Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC D'ACTON

1855 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3663 Fax: 450 546-3663

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 d'Acton

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

Financing: provincial

Legal status: provincial government agency

Health

FAMILY PLANNING

HOME CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Family planning

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

COOPÉRATIVE DE SOLIDARITÉ DE SANTÉ DE LA MRC D'ACTON

755 de Roxton Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3245 Fax: 450 546-4720

Website: coopsanteacton.ca

Email: info@coopsanteacton.ca

Services: Community health services. * Walk-in clinic. * Pregnancy follow-up. * Consultation with health specialists: gynecologist, general surgeon, orthotist, audioprosthetist, pharmacist, social worker.

Eligibility: individuals without a family doctor or followed by a doctor from the Coopérative de santé de la MRC d'Acton

Coverage area: Durham-Sud, Lefebvre, MRC Acton, Saint-Liboire, Saint-Valérien-De-Milton, Sainte-Hélène-De-Bagot, Wickham

Hours: Monday and Wednesday 8h00 to 20h30, Tuesday, Thursday and Friday 8h00 to 17h00

Fees: consultations: none, other services: variable with reduced rates for members, membership on a voluntary basis: \$10 for the acquisition of a social share, \$65 for the annual contribution

Financing: contributions

Legal status: cooperative

HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D'ACTON

1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0

450 366-0105

Email: hsoleil@live.ca

Services: * Support for loved ones. * Support groups for parents of adolescents. * Information on substance abuse and issues during adolescence. * Substance abuse prevention. * Prevention in elementary schools. * Awareness and information on substance abuse, self-esteem, etc. * Street work (outreach). * Counseling, listening, support, information and referrals. * Needle exchange and condom distribution. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: people 12 to 25, seniors

Coverage area: Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Sainte-Christine, Upton, Acton Vale, Roxton Falls, Roxton Canton, Béthanie

Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00

Fees: free

Legal status: non-profit organization

Home care

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Hospitals, CLSC and community clinics

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

COOPÉRATIVE DE SOLIDARITÉ DE SANTÉ DE LA MRC D'ACTON

755 de Roxton Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3245 Fax: 450 546-4720

Website: coopsanteacton.ca

Email: info@coopsanteacton.ca

Services: Community health services. * Walk-in clinic. * Pregnancy follow-up. * Consultation with health specialists: gynecologist, general surgeon, orthotist, audioprothetist, pharmacist, social worker.

Eligibility: individuals without a family doctor or followed by a doctor from the Coopérative de santé de la MRC d'Acton

Coverage area: Durham-Sud, Lefebvre, MRC Acton, Saint-Liboire, Saint-Valérien-De-Milton, Sainte-Hélène-De-Bagot, Wickham

Hours: Monday and Wednesday 8h00 to 20h30, Tuesday, Thursday and Friday 8h00 to 17h00

Fees: consultations: none, other services: variable with reduced rates for members, membership on a voluntary basis: \$10 for the acquisition of a social share, \$65 for the annual contribution

Financing: contributions

Legal status: cooperative

Palliative care

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Patient support associations

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Public Health

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Homelessness

MOBILE UNITS AND STREET WORK

SUPPORTIVE HOUSING

Mobile units and street work

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D'ACTON

1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0

450 366-0105

Email: hsoleil@live.ca

Services: * Support for loved ones. * Support groups for parents of adolescents. * Information on substance abuse and issues during adolescence. * Substance abuse prevention. * Prevention in elementary schools. * Awareness and information on substance abuse, self-esteem, etc. * Street work (outreach). * Counseling, listening, support, information and referrals. * Needle exchange and condom distribution. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: people 12 to 25, seniors

Coverage area: Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Sainte-Christine, Upton, Acton Vale, Roxton Falls, Roxton Canton, Béthanie

Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00

Fees: free

Legal status: non-profit organization

Supportive housing

PETITE FERME DE L'AUBERGE (LA)

728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0

450 548-2736 Fax: 450 548-2227

Website: lapetitefermedelauberge.org

Email: lapetiteferme2001@yahoo.ca

Services: * Social reintegration with short and medium-term accommodation. * Individual support. * Group animation. * Supervision service to prepare for the outing. * Reference. * Food assistance for the people of Roxton Falls.

Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: 10 places in farm accommodation, 5 supervised apartments. food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls: food assistance

Hours: 7h00 to 21h00

Fees: housing: depending on income

Financing: self-financing

Legal status: non-profit organization

Indigenous Peoples

GOVERNMENT SERVICES

Government services

SERVICES QUÉBEC - ACTON VALE

1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

1 800 438-4765 Fax: 450 546-2747

Website: www.quebec.ca/en/government/services-quebec

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

Coverage area: Acton Vale

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

Financing: provincial

Legal status: provincial government agency

Justice and Advocacy

ADVOCACY GROUPS

Advocacy groups

CORPORATION DE DÉVELOPPEMENT DE LA RIVIÈRE NOIRE

26 du Marché Street, Roxton, Montérégie, QC, J0H 1E0

514 588-5510

Website: www.riviere-noire.org

Email: dg.cdrn@riviere-noire.org

Services: Promoting environmental preservation. * Workshops to educate and raise awareness about environmental protection. * Carrying out sustainable and environmental development activities and projects in collaboration with local stakeholders. * Shoreline planting and characterization service.

Coverage area: MRC d'Acton

Financing: grants

Legal status: non-profit organization

RESSOURCES-FEMMES DE LA RÉGION D'ACTON

1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3366

Website: www.ressources-femmes.org

Email: coordonnatrice@ressources-femmes.org

Services: Informing, raising awareness and promoting the interests, rights and living conditions of women. * Accompaniment and support. * Information and reference. * Educational activities: coffee-meetings, workshops, mutual aid groups, etc. * Collective actions for women's equality and social justice. * Documentation centre. * Collective kitchens. * Computer workshops. * Walking club. * Knitting club.

Eligibility: women

Coverage area: MRC Acton

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

Fees: psychosocial support: free, educational activities: free or variable, membership: \$10 per year or 7 hours of volunteering

Financing: provincial, contributions, fundraising campaigns, self-financing

Legal status: non-profit organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

Addiction prevention

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D'ACTON

1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0

450 366-0105

Email: hsoleil@live.ca

Services: * Support for loved ones. * Support groups for parents of adolescents. * Information on substance abuse and issues during adolescence. * Substance abuse prevention. * Prevention in elementary schools. * Awareness and information on substance abuse, self-esteem, etc. * Street work (outreach). * Counseling, listening, support, information and referrals. * Needle exchange and condom distribution. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: people 12 to 25, seniors

Coverage area: Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Sainte-Christine, Upton, Acton Vale, Roxton Falls, Roxton Canton, Béthanie

Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00

Fees: free

Legal status: non-profit organization

Addiction treatment

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment
Financing: provincial
Legal status: parapublic organization

PETITE FERME DE L'AUBERGE (LA)

728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0

450 548-2736 Fax: 450 548-2227

Website: lapetitefermedelauberge.org

Email: lapetiteferme2001@yahoo.ca

Services: * Social reintegration with short and medium-term accommodation. * Individual support. * Group animation. * Supervision service to prepare for the outing. * Reference. * Food assistance for the people of Roxton Falls.

Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: 10 places in farm accommodation, 5 supervised apartments. food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls: food assistance

Hours: 7h00 to 21h00

Fees: housing: depending on income

Financing: self-financing

Legal status: non-profit organization

Mental health advocacy groups

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Mental health housing

PETITE FERME DE L'AUBERGE (LA)

728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0

450 548-2736 Fax: 450 548-2227

Website: lapetitefermedelauberge.org

Email: lapetiteferme2001@yahoo.ca

Services: * Social reintegration with short and medium-term accommodation. * Individual support. * Group animation. * Supervision service to prepare for the outing. * Reference. * Food assistance for the people of Roxton Falls.

Mental Health and addictions

Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: 10 places in farm accommodation, 5 supervised apartments. food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls: food assistance

Hours: 7h00 to 21h00

Fees: housing: depending on income

Financing: self-financing

Legal status: non-profit organization

Seniors

CAREGIVERS

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

MEALS ON WHEELS

VOLUNTEER TRANSPORTATION

Caregivers

CENTRE DE BÉNÉVOLAT D'ACTON VALE

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332 Fax: 450 546-7212

Website: www.centredebenevolatacton.com

Email: directionctrebene@gmail.com

Services: * Food assistance. * Meals on wheels, delivery of hot and frozen meals. * Thrift store: various used clothing and household items. * Collective kitchen. * Respite for caregivers. * Caregiver support group. * Transportation and accompaniment to medical appointments by a volunteer. * Help with forms and administrative procedures. * Tax clinic. * Room rental.

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: \$6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Day centres and respite

CENTRE D'HÉBERGEMENT DE LA MRC-D'ACTON

1268 Ricard Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3234 Fax: 450 546-4811

Website: www.santemonteregie.qc.ca

Email: communication.csssry16@sss.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre.

Eligibility: seniors, people with a loss of autonomy

Coverage area: MRC Acton

Fees: variable

Financing: provincial

Legal status: parapublic organization

CENTRE DE BÉNÉVOLAT D'ACTON VALE

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332 Fax: 450 546-7212

Website: www.centredebenevolatacton.com

Email: directionctrebene@gmail.com

Services: * Food assistance. * Meals on wheels, delivery of hot and frozen meals. * Thrift store: various used clothing and household items. * Collective kitchen. * Respite for caregivers. * Caregiver support group. * Transportation and accompaniment to medical appointments by a volunteer. * Help with forms and administrative procedures. * Tax clinic. * Room rental.

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: \$6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Friendly visits and safety calls**HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D'ACTON**

1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0

450 366-0105

Email: hsoleil@live.ca

Services: * Support for loved ones. * Support groups for parents of adolescents. * Information on substance abuse and issues during adolescence. * Substance abuse prevention. * Prevention in elementary schools. * Awareness and information on substance abuse, self-esteem, etc. * Street work (outreach). * Counseling, listening, support, information and referrals. * Needle exchange and condom distribution. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Eligibility: people 12 to 25, seniors

Coverage area: Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Sainte-Christine, Upton, Acton Vale, Roxton Falls, Roxton Canton, Béthanie

Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00

Fees: free

Legal status: non-profit organization

Home support

CENTRE DE BÉNÉVOLAT D'ACTON VALE

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332 Fax: 450 546-7212

Website: www.centredebenevolatacton.com

Email: directionctrebene@gmail.com

Services: * Food assistance. * Meals on wheels, delivery of hot and frozen meals. * Thrift store: various used clothing and household items. * Collective kitchen. * Respite for caregivers. * Caregiver support group. * Transportation and accompaniment to medical appointments by a volunteer. * Help with forms and administrative procedures. * Tax clinic. * Room rental.

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: \$6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

PETITE FERME DE L'AUBERGE (LA)

728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0

450 548-2736 Fax: 450 548-2227

Website: lapetitefermedelauberge.org

Email: lapetiteferme2001@yahoo.ca

Services: * Social reintegration with short and medium-term accommodation. * Individual support. * Group animation. * Supervision service to prepare for the outing. * Reference. * Food assistance for the people of Roxton Falls.

Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: 10 places in farm accommodation, 5 supervised apartments. food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls: food assistance

Hours: 7h00 to 21h00

Fees: housing: depending on income

Financing: self-financing

Legal status: non-profit organization

Housing for seniors

CENTRE D'HÉBERGEMENT DE LA MRC-D'ACTON

1268 Ricard Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3234 Fax: 450 546-4811

Website: www.santemonteregie.qc.ca

Email: communication.csssry16@ssss.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre.

Eligibility: seniors, people with a loss of autonomy

Coverage area: MRC Acton

Fees: variable

Financing: provincial

Legal status: parapublic organization

MANOIR DES MILLE FLEURS DE ROXTON FALLS

115 de la Rivière Street, Roxton, Montérégie, QC, J0H 1E0

450 548-2163

Services: Subsidized housing for seniors.

Eligibility: autonomous people 55 years of age and older on a low income

Capacity: 16 units

Coverage area: Roxton Falls

Fees: 25% of income according to the provincial notice of assessment, including heat and electricity

Financing: provincial

Legal status: non-profit organization

Meals on Wheels

CENTRE DE BÉNÉVOLAT D'ACTON VALE

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332 Fax: 450 546-7212

Website: www.centredebenevolatacton.com

Email: directionctrebene@gmail.com

Services: * Food assistance. * Meals on wheels, delivery of hot and frozen meals. * Thrift store: various used clothing and household items. * Collective kitchen. * Respite for caregivers. * Caregiver support group. * Transportation and accompaniment to medical appointments by a volunteer. * Help with forms and administrative procedures. * Tax clinic. * Room rental.

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: \$6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

PETITE FERME DE L'AUBERGE (LA)

728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0

450 548-2736 Fax: 450 548-2227

Website: lapetitefermedelauberge.org

Email: lapetiteferme2001@yahoo.ca

Services: * Social reintegration with short and medium-term accommodation. * Individual support. * Group animation. * Supervision service to prepare for the outing. * Reference. * Food assistance for the people of Roxton Falls.

Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: 10 places in farm accommodation, 5 supervised apartments. food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls: food assistance

Hours: 7h00 to 21h00

Fees: housing: depending on income

Financing: self-financing

Legal status: non-profit organization

Volunteer Transportation**CENTRE DE BÉNÉVOLAT D'ACTON VALE - ACCOMPANIMENT-TRANSPORTATION**

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332

Email: direction@cbav.ca

Services: * Transportation and accompaniment to medical appointments by a volunteer.

Eligibility: seniors

Coverage area: MRC Acton, medical appointments: necessarily outside the MRC Acton

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

Financing: donations, self-financing

Legal status: non-profit organization

Sex and gender

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

Women's centres

RESSOURCES-FEMMES DE LA RÉGION D'ACTON

1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3366

Website: www.ressources-femmes.org

Email: coordonnatrice@ressources-femmes.org

Services: Informing, raising awareness and promoting the interests, rights and living conditions of women. * Accompaniment and support. * Information and reference. * Educational activities: coffee-meetings, workshops, mutual aid groups, etc. * Collective actions for women's equality and social justice. * Documentation centre. * Collective kitchens. * Computer workshops. * Walking club. * Knitting club.

Eligibility: women

Coverage area: MRC Acton

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

Fees: psychosocial support: free, educational activities: free or variable, membership: \$10 per year or 7 hours of volunteering

Financing: provincial, contributions, fundraising campaigns, self-financing

Legal status: non-profit organization

Women's associations

RESSOURCES-FEMMES DE LA RÉGION D'ACTON

1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3366

Website: www.ressources-femmes.org

Email: coordonnatrice@ressources-femmes.org

Services: Informing, raising awareness and promoting the interests, rights and living conditions of women. * Accompaniment and support. * Information and reference. * Educational activities: coffee-meetings, workshops, mutual aid groups, etc. * Collective actions for women's equality and social justice. * Documentation centre. * Collective kitchens. * Computer workshops. * Walking club. * Knitting club.

Eligibility: women

Coverage area: MRC Acton

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

Fees: psychosocial support: free, educational activities: free or variable, membership: \$10 per year or 7 hours of volunteering

Financing: provincial, contributions, fundraising campaigns, self-financing

Legal status: non-profit organization

Sports, Recreation and Culture

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

HOBBIES

LIBRARIES

MUNICIPAL SPORTS AND RECREATION SERVICES

SPORT

Clubs and social events

RESSOURCES-FEMMES DE LA RÉGION D'ACTON

1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3366

Website: www.ressources-femmes.org

Email: coordonnatrice@ressources-femmes.org

Services: Informing, raising awareness and promoting the interests, rights and living conditions of women. * Accompaniment and support. * Information and reference. * Educational activities: coffee-meetings, workshops, mutual aid groups, etc. * Collective actions for women's equality and social justice. * Documentation centre. * Collective kitchens. * Computer workshops. * Walking club. * Knitting club.

Eligibility: women

Coverage area: MRC Acton

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

Fees: psychosocial support: free, educational activities: free or variable, membership: \$10 per year or 7 hours of volunteering

Financing: provincial, contributions, fundraising campaigns, self-financing

Legal status: non-profit organization

Community recreation centres

MAISON DES JEUNES D'ACTON VALE (LA)

1400 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2927

Website: mdjactonvale.ca

Email: infomdjacton@gmail.com

Services: A place for youth to meet, learn and exchange. * Homework help. * Access to a computer (priority access for school work). * Culinary workshops. * Gardening workshops. * Help with resume writing. * Activities and outings. * Room rental.

Eligibility: youth from 12 to 17 years old

Coverage area: MRC d'Acton

Hours: Tuesday to Saturday 14h00 to 22h00, office: Monday to Friday 8h45 to 17h45

Fees: youth centre rental: Tuesday to Saturday \$200 per day, Sunday and Monday \$150 per day, basement space rental: Tuesday to Saturday \$125 per day, Sunday and Monday \$75 per day

Financing: municipal, donations

Legal status: non-profit organization

Hobbies

MAISON DES JEUNES D'ACTON VALE (LA)

1400 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2927

Website: mdjactonvale.ca

Email: infomdjacton@gmail.com

Services: A place for youth to meet, learn and exchange. * Homework help. * Access to a computer (priority access for school work). * Culinary workshops. * Gardening workshops. * Help with resume writing. * Activities and outings. * Room rental.

Eligibility: youth from 12 to 17 years old

Coverage area: MRC d'Acton

Hours: Tuesday to Saturday 14h00 to 22h00, office: Monday to Friday 8h45 to 17h45

Fees: youth centre rental: Tuesday to Saturday \$200 per day, Sunday and Monday \$150 per day, basement space rental: Tuesday to Saturday \$125 per day, Sunday and Monday \$75 per day

Financing: municipal, donations

Legal status: non-profit organization

RESSOURCES-FEMMES DE LA RÉGION D'ACTON

1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3366

Website: www.ressources-femmes.org

Email: coordonnatrice@ressources-femmes.org

Services: Informing, raising awareness and promoting the interests, rights and living conditions of women. * Accompaniment and support. * Information and reference. * Educational activities: coffee-meetings, workshops, mutual aid groups, etc. * Collective actions for women's equality and social justice. * Documentation centre. * Collective kitchens. * Computer workshops. * Walking club. * Knitting club.

Eligibility: women

Coverage area: MRC Acton

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

Fees: psychosocial support: free, educational activities: free or variable, membership: \$10 per year or 7 hours of volunteering

Financing: provincial, contributions, fundraising campaigns, self-financing

Legal status: non-profit organization

Libraries

UPTON - LIBRARY

784 Saint-Éphrem Street, Upton, Montérégie, QC, J0H 2E0

450 549-4537

Services: Books loan. * Computers and Internet access.

Coverage area: Upton

Hours: Tuesday 15h30 to 18h00, Saturday 9h30 to 11h30

Financing: municipal

Legal status: municipal agency

Municipal sports and recreation services

ACTON VALE - CULTURAL AND SPORTING SERVICE

Centre sportif, 1505 3rd Avenue, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2703 Fax: 450 546-3138

Services: * Programming and organization of community activities, sociocultural and sports. * Library, Carrefour des Générations, sports center, swimming pool, water structures, fields, parks and trails. * Coordination with community organizations.

Coverage area: Acton Vale

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Summer schedule, from May 16th to September 2nd: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal, self-financing

Legal status: municipal agency

Sport

RESSOURCES-FEMMES DE LA RÉGION D'ACTON

1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3366

Website: www.ressources-femmes.org

Email: coordonnatrice@ressources-femmes.org

Services: Informing, raising awareness and promoting the interests, rights and living conditions of women. * Accompaniment and support. * Information and reference. * Educational activities: coffee-meetings, workshops, mutual aid groups, etc. * Collective actions for women's equality and social justice. * Documentation centre. * Collective kitchens. * Computer workshops. * Walking club. * Knitting club.

Eligibility: women

Coverage area: MRC Acton

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

Fees: psychosocial support: free, educational activities: free or variable, membership: \$10 per year or 7 hours of volunteering

Financing: provincial, contributions, fundraising campaigns, self-financing

Legal status: non-profit organization

Thrift store and material aid

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

Thrift Stores

CENTRE DE BÉNÉVOLAT D'ACTON VALE

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332 Fax: 450 546-7212

Website: www.centredebenevolatacton.com

Email: directionctrebene@gmail.com

Services: * Food assistance. * Meals on wheels, delivery of hot and frozen meals. * Thrift store: various used clothing and household items. * Collective kitchen. * Respite for caregivers. * Caregiver support group. * Transportation and accompaniment to medical appointments by a volunteer. * Help with forms and administrative procedures. * Tax clinic. * Room rental.

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: \$6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE VALOISE

962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4627

Website: maisondefamillevaloise.org

Email: info@mdfvaloise.org

Services: * Daycare center. * Bargain stores: used clothing. * Toy library: loan of toys. * Loan of accessories for children: beds, chairs, car seats. * Loan of thematic suitcases for parent-child activities. * Promotion of school perseverance. * Various educational workshops: discipline, introduction to babywearing. * Language stimulation workshop. * Mutual aid group for parents of different children. * Reading and making read: intergenerational reading activity. * Collective kitchen. * Bi-annual bazaar of used items.

Eligibility: parents, families, volunteers

Coverage area: MRC d'Acton

Hours: Monday to Friday 9h00 to 16h00

Fees: drop-in: \$1.75 per hour

Financing: donations

Legal status: non-profit organization

Used item donation recovery programs

CENTRE DE BÉNÉVOLAT D'ACTON VALE

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332 Fax: 450 546-7212

Website: www.centredebenevolatacton.com

Email: directionctrebene@gmail.com

Services: * Food assistance. * Meals on wheels, delivery of hot and frozen meals. * Thrift store: various used clothing and household items. * Collective kitchen. * Respite for caregivers. * Caregiver support group. * Transportation and accompaniment to medical appointments by a volunteer. * Help with forms and administrative procedures. * Tax clinic. * Room rental.

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: \$6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

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Eligibility: parents, families, volunteers

Coverage area: MRC d'Acton

Hours: Monday to Friday 9h00 to 16h00

Fees: drop-in: \$1.75 per hour

Financing: donations

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

PUBLIC TRANSPORTATION

Accompanied transport for medical reasons

CENTRE DE BÉNÉVOLAT D'ACTON VALE - ACCOMPANIMENT-TRANSPORTATION

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332

Email: direction@cbav.ca

Services: * Transportation and accompaniment to medical appointments by a volunteer.

Eligibility: seniors

Coverage area: MRC Acton, medical appointments: necessarily outside the MRC Acton

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

Financing: donations, self-financing

Legal status: non-profit organization

Paratransit

OMNIBUS RÉGION D'ACTON

1545 Peerless Street, Office 203, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4039

Website: www.omnibusra.com

Email: omnibusacton@outlook.com

Services: Collective and adapted transportation. * Collective transportation, boarding and disembarking at Acton Vale, Roxton Falls, Sainte-Christine, Upton, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton et Saint-Hyacinthe. * Adapted transformation.

Eligibility: adapted transportation: disabled people, people with severe and persisting mental health issues, people with limited mobility including: an inability to walk a distance of 400 meters, to climb a 35 centimeter step with support or to come down without support, to make a complete trip on regular public transit, to orient oneself in time or space, to manage situations, or behaviours that could be dangerous for oneself or for others

Coverage area: MRC Acton, Saint-Hyacinthe

Hours: administration: Monday to Friday 8h00 to 16h00, transportation service: Monday and Tuesday 7h00 to 19h00, Wednesday and Thursday 7h00 to 20h00, Friday 7h00 to 23h00, Saturday 8h00 to 17h00

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

Public Transportation

OMNIBUS RÉGION D'ACTON

1545 Peerless Street, Office 203, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4039

Website: www.omnibusra.com

Email: omnibusacton@outlook.com

Services: Collective and adapted transportation. * Collective transportation, boarding and disembarking at Acton Vale, Roxton Falls, Sainte-Christine, Upton, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton et Saint-Hyacinthe. * Adapted transformation.

Eligibility: adapted transportation: disabled people, people with severe and persisting mental health issues, people with limited mobility including: an inability to walk a distance of 400 meters, to climb a 35 centimeter step with support or to come down without support, to make a complete trip on regular public transit, to orient oneself in time or space, to manage situations, or behaviours that could be dangerous for oneself or for others

Coverage area: MRC Acton, Saint-Hyacinthe

Hours: administration: Monday to Friday 8h00 to 16h00, transportation service: Monday and Tuesday 7h00 to 19h00, Wednesday and Thursday 7h00 to 20h00, Friday 7h00 to 23h00, Saturday 8h00 to 17h00

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

Violence and abuse

THERAPY AND COUNSELLING

Therapy and counselling

CLSC DE LA MRC-D'ACTON

1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2572

Website: santemonteregie.qc.ca/installations/clsc-de-la-mrc-dacton

Services: Frontline services for routine health and social services. * Collection centre, blood tests and vaccination. * Support to pregnant women and new parents. * Sexual health clinic. * Youth clinic: sexual health and psychosocial intervention. * Mental health care. * SIDEPE: HIV/AIDS and STBBI screening and prevention integrated services. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Alcochoix+ program. * Quit smoking centre. * Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). * Support to people with a loss of autonomy and their caregivers. * Loan of mobility aids to people with a loss of autonomy. * Palliative and end-of-life care.

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

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