



# DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

**MONTÉRÉGIE / MRC BEAUHARNOIS-SALABERRY / ALL CITIES**



**WWW.211.QC.CA**

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## **Child, Youth and Family**

### **CHILD WELFARE**

#### **DAYCARE AND RESPITE**

#### **FAMILY SUPPORT**

#### **JUVENILE DELINQUENCY**

#### **MATERNITY SUPPORT AND ADOPTION**

#### **PARENTING EDUCATION**

#### **RECREATIONAL ACTIVITIES**

#### **YOUTH CENTRES AND SUPPORT**

#### **YOUTH EMPLOYMENT**

#### **YOUTH SHELTERS AND SUPPORT**

## Child welfare

### CAMPUS DE VALLEYFIELD (RÉADAPTATION EN INTERNAT ET SERVICES PSYCHOSOCIAUX)

301 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 5H3

**450 373-0281**

**Website:** [santemonteregie.qc.ca/installations/campus-de-valleyfield-readaptation-en-internat-et-services-psychosociaux](http://santemonteregie.qc.ca/installations/campus-de-valleyfield-readaptation-en-internat-et-services-psychosociaux)

**Services:** \* Psychosocial point of services.

**Eligibility:** children and teens in difficulty, parents, guardians, stakeholders

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

### ESPACE SUROÎT

394 Dufferin Street, Suite 202, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2A8

**450 371-8096**

**Website:** [espacesansviolence.org](http://espacesansviolence.org)

**Email:** [info@espacesuroit.ca](mailto:info@espacesuroit.ca)

**Services:** Prevention and awareness on child abuse. \* Programs and educational workshops in primary schools and daycares.

**Eligibility:** children 3 to 12 years old, parents, teachers, counsellors

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** September to June, Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD

151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8

**450 370-3064** Fax: 450 370-3068

**Website:** [ccjrs.com/en/bureaux/salaberry-de-valleyfield-2](http://ccjrs.com/en/bureaux/salaberry-de-valleyfield-2)

**Email:** [valleyfield@ccjrs.com](mailto:valleyfield@ccjrs.com)

**Services:** Free or low-cost legal services to eligible individuals. \* Receives and processes legal aid request.

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

**Coverage area:** MRC Beauharnois-Salaberry, Vaudreuil-Dorion

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

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

**Financing:** provincial

**Legal status:** parapublic organization

### MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD

42, rue Anderson, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1

**450 373-6788**

**Website:** [mdjvalleyfield.com](http://mdjvalleyfield.com)

**Email:** [info@mdjvalleyfield.com](mailto:info@mdjvalleyfield.com)

**Services:** Meeting place for young people. \* Food assistance. \* Homework assistance. \* Assistance in case of runaways. \* Help in finding temporary lodging. \* Street intervention. \* Cultural, creative, preventive, community and recreational activities. \* Animation of the downtown area. \* Education of democratic life and fundraising campaigns. \* Information and raising awareness on healthy lifestyle habits. \* Referrals to local organizations.

**Eligibility:** youth 12 to 24 years old

**Coverage area:** Salaberry-de-Valleyfield

**Hours:** reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## Daycare and respite

### STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA) - POINT DE SERVICE SAINTE-MARTINE

122 Saint-Joseph Street, Sainte-Martine, Montérégie, QC, J0S 1V0

**450 691-4897**

**Website:** [www.stationdelaventure.com](http://www.stationdelaventure.com)

**Email:** [famille@stationdelaventure.com](mailto:famille@stationdelaventure.com)

**Services:** \* Child development workshops. \* Drop-in respite.

**Eligibility:** families with children 0 to 18 years old

**Coverage area:** Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

**Hours:** drop-in respite: Tuesday, Wednesday and Thursday 9h00 to 14h00, workshop: Monday 9h00 to 11h00

**Fees:** annual membership: \$15, activities and workshops: variable

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

**Legal status:** non-profit organization

## Family Support

### ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1

**450 373-9887**

**Website:** [www.lantichambre12-17.ca](http://www.lantichambre12-17.ca)

**Email:** [hebergement@lantichambre12-17.ca](mailto:hebergement@lantichambre12-17.ca)

**Services:** Intervention and first-line social housing for youth. \* Emergency housing. \* Temporary housing. \* Listening and support. \* Referral and accompaniment. \* Intervention in crisis situation. \* Outreach work. \* Family support. \* School, social and vocational support. \* Information and awareness on various topics.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** \$10 per day, \$70 per week

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

### ENTRAIDE POUR FAMILLES MONOPARENTALES ET FAMILLES RECOMPOSÉES DU SUROÎT

489 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C8

**450 373-4047**

**Website:** [www.entraidedusuroit.ca](http://www.entraidedusuroit.ca)

**Email:** [info@entraidedusuroit.ca](mailto:info@entraidedusuroit.ca)

**Services:** \* Welcome, listening, information and referral. \* Support group for parents. \* Support group for children aged 6 to 12 years old of separated families. \* Workshops. \* Counselling. \* Family activities. \* Joujouthèque and sportothèque. \* Computer available with Internet.

**Eligibility:** families with children from 6 to 17 years old, single-parent families, reconstituted families

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** joujouthèque and sportothèque: by appointment

**Fees:** membership card: \$5 per year

**Financing:** provincial, Centraide Sud-Ouest, contributions, donations

**Legal status:** non-profit organization

### **GRANDS FRÈRES GRANDES SOEURS DE LA MONTRÉGIE - SUROÎT**

87 Sainte-Cécile Street, Suite 226, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L9

**1 866 464-6188 ext. 104**

**Website:** [www.gfgsm.org](http://www.gfgsm.org)

**Email:** [info.monteregie@grandsfreresgrandesoeurs.ca](mailto:info.monteregie@grandsfreresgrandesoeurs.ca)

**Services:** Pairing program for young people. \* Social, emotional and cultural support. \* Professional coaching and support for volunteers and parents. \* School mentoring: weekly dropout prevention meeting in elementary and secondary schools. \* Mentoring for youth 16 to 21 years old who have a history of placement and services in the DPJ or the YCJA.

**Eligibility:** youth 6 to 17 years old

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 9h00 to 16h00, availabilities in the evening by appointment

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

### **STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA) - POINT DE SERVICE SAINTE-MARTINE**

122 Saint-Joseph Street, Sainte-Martine, Montérégie, QC, J0S 1V0

**450 691-4897**

**Website:** [www.stationdelaventure.com](http://www.stationdelaventure.com)

**Email:** [famille@stationdelaventure.com](mailto:famille@stationdelaventure.com)

**Services:** \* Child development workshops. \* Drop-in respite.

**Eligibility:** families with children 0 to 18 years old

**Coverage area:** Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

**Hours:** drop-in respite: Tuesday, Wednesday and Thursday 9h00 to 14h00, workshop: Monday 9h00 to 11h00

**Fees:** annual membership: \$15, activities and workshops: variable

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

**Legal status:** non-profit organization

## **Juvenile Delinquency**

### **JUSTICE ALTERNATIVE DU SUROÎT**

52 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4A2

**1 800 377-3576 Fax: 450 377-4394**

**Website:** [justicealternativedusuroit.com](http://justicealternativedusuroit.com)

**Email:** [reception@justicealternativedusuroit.com](mailto:reception@justicealternativedusuroit.com)

**Services:** \* Enforcement of certain criminal penalties under the Youth Criminal Justice Act: criminal mediation, volunteer work, compensation, apology. \* Laws and Consequences and Laws and Drugs programs: social skills development workshops. \* Conflict management projects in schools. \* GRAFF and DEGRAFF: projects to remove illegal graffiti and create frescoes on authorized sites. \* Résoluthèque: documentation centre on healthy conflict management.

**Eligibility:** young people 12 to 17 years old

**Coverage area:** MRC de Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, group facilitation: Tuesday evening

**Financing:** provincial

**Legal status:** non-profit organization



**MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD**

42, rue Anderson, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1

**450 373-6788**

**Website:** mdjvalleyfield.com

**Email:** info@mdjvalleyfield.com

**Services:** Meeting place for young people. \* Food assistance. \* Homework assistance. \* Assistance in case of runaways. \* Help in finding temporary lodging. \* Street intervention. \* Cultural, creative, preventive, community and recreational activities. \* Animation of the downtown area. \* Education of democratic life and fundraising campaigns. \* Information and raising awareness on healthy lifestyle habits. \* Referrals to local organizations.

**Eligibility:** youth 12 to 24 years old

**Coverage area:** Salaberry-de-Valleyfield

**Hours:** reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation

schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, summer intervention and animation

schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

**P.S. JEUNESSE**

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-9155 Fax: 450 377-8037**

**Website:** psjeunesse.org

**Email:** info@psjeunesse.org

**Services:** \* Reception and assessment. \* Pre-employment and personal dynamics service: accompagnement, workshops, helping relationship, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, research techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention. \* Option ressource travail: access program to non-traditional professions for women. \* Focus sur l'emploi: professional reintegration programme for people far from the labour market. \* Travail en liberté: employability program for people with a criminal record. \* Destination avenir: employability program for youth far from the labour market. \* PPE Saint-Rémi and Vaudreuil-Dorion: employment preparation programme. \* Services to employers.

**Eligibility:** general public, Destination avenir: youth 18 to 35 years old

**Capacity:** unlimited

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**Maternity support and adoption****COURT OF QUÉBEC - YOUTH DIVISION - SALABERRY-DE-VALLEYFIELD**

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8

**1 866 536-5140 option 3**

**Website:** www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse

**Email:** informations@justice.gouv.qc.ca

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

**Coverage area:** Beauharnois judicial district: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday of 8h30 to 12h45 and 13h45 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD**

151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8

**450 370-3064** Fax: 450 370-3068

**Website:** ccjrs.com/en/bureaux/salaberry-de-valleyfield-2

**Email:** valleyfield@ccjrs.com

**Services:** Free or low-cost legal services to eligible individuals. \* Receives and processes legal aid request.

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

**Coverage area:** MRC Beauharnois-Salaberry, Vaudreuil-Dorion

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

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

**Financing:** provincial

**Legal status:** parapublic organization

**Parenting Education****STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA) - POINT DE SERVICE SAINTE-MARTINE**

122 Saint-Joseph Street, Sainte-Martine, Montérégie, QC, J0S 1V0

**450 691-4897**

**Website:** www.stationdelaventure.com

**Email:** famille@stationdelaventure.com

**Services:** \* Child development workshops. \* Drop-in respite.

**Eligibility:** families with children 0 to 18 years old

**Coverage area:** Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

**Hours:** drop-in respite: Tuesday, Wednesday and Thursday 9h00 to 14h00, workshop: Monday 9h00 to 11h00

**Fees:** annual membership: \$15, activities and workshops: variable

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

**Legal status:** non-profit organization

**Recreational Activities****ENTRAIDE POUR FAMILLES MONOPARENTALES ET FAMILLES RECOMPOSÉES DU SUROÎT**

489 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C8

**450 373-4047**

**Website:** www.entraidedusuroit.ca

**Email:** info@entraidedusuroit.ca

**Services:** \* Welcome, listening, information and referral. \* Support group for parents. \* Support group for children aged 6 to 12 years old of separated families. \* Workshops. \* Counselling. \* Family activities. \* Joujouthèque and sportothèque. \* Computer available with Internet.

**Eligibility:** families with children from 6 to 17 years old, single-parent families, reconstituted families

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** joujouthèque and sportothèque: by appointment

**Fees:** membership card: \$5 per year

**Financing:** provincial, Centraide Sud-Ouest, contributions, donations

**Legal status:** non-profit organization

## Youth Centres and Support

### MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD

42, rue Anderson, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1

**450 373-6788**

**Website:** mdjvalleyfield.com

**Email:** info@mdjvalleyfield.com

**Services:** Meeting place for young people. \* Food assistance. \* Homework assistance. \* Assistance in case of runaways. \* Help in finding temporary lodging. \* Street intervention. \* Cultural, creative, preventive, community and recreational activities. \* Animation of the downtown area. \* Education of democratic life and fundraising campaigns. \* Information and raising awareness on healthy lifestyle habits. \* Referrals to local organizations.

**Eligibility:** youth 12 to 24 years old

**Coverage area:** Salaberry-de-Valleyfield

**Hours:** reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## Youth Employment

### ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1

**450 373-9887**

**Website:** www.lantichambre12-17.ca

**Email:** hebergement@lantichambre12-17.ca

**Services:** Intervention and first-line social housing for youth. \* Emergency housing. \* Temporary housing. \* Listening and support. \* Referral and accompaniment. \* Intervention in crisis situation. \* Outreach work. \* Family support. \* School, social and vocational support. \* Information and awareness on various topics.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** \$10 per day, \$70 per week

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

### P.S. JEUNESSE

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-9155 Fax: 450 377-8037**

**Website:** psjeunesse.org

**Email:** info@psjeunesse.org

**Services:** \* Reception and assessment. \* Pre-employment and personal dynamics service: accompaniment, workshops, helping relationship, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, research techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention. \* Option ressource travail: access program to non-traditional professions for women. \* Focus sur l'emploi: professional reintegration programme for people far from the labour market. \* Travail en liberté: employability program for people with a criminal record. \* Destination avenir: employability program for youth far from the labour market. \* PPE Saint-Rémi and Vaudreuil-Dorion: employment preparation programme. \* Services to employers.

**Eligibility:** general public, Destination avenir: youth 18 to 35 years old

**Capacity:** unlimited

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

## Youth Shelters and Support

### AIRE OUVERTE DE SALABERRY-DE-VALLEYFIELD

320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3Z3  
**1 888 440-2473**

**Website:** [santemonteregie.qc.ca/ouest/aire-ouverte](http://santemonteregie.qc.ca/ouest/aire-ouverte)

**Email:** [aireouverte.cisssmo16@ssss.gouv.qc.ca](mailto:aireouverte.cisssmo16@ssss.gouv.qc.ca)

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

**Eligibility:** youth from 12 to 25 years old

**Coverage area:** Montérégie-Ouest

**Hours:** Monday and Wednesday 14h00 à 18h00, Thursday 14h00 à 20h00, Friday and Saturday 12h00 à 18h00

**Financing:** provincial

**Legal status:** provincial government agency

### ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1  
**450 373-9887**

**Website:** [www.lantichambre12-17.ca](http://www.lantichambre12-17.ca)

**Email:** [hebergement@lantichambre12-17.ca](mailto:hebergement@lantichambre12-17.ca)

**Services:** Intervention and first-line social housing for youth. \* Emergency housing. \* Temporary housing. \* Listening and support. \* Referral and accompaniment. \* Intervention in crisis situation. \* Outreach work. \* Family support. \* School, social and vocational support. \* Information and awareness on various topics.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** \$10 per day, \$70 per week

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

### ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L') - TRANSITIONAL HOUSING

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1  
**450 373-9887**

**Website:** [www.lantichambre12-17.ca](http://www.lantichambre12-17.ca)

**Email:** [hebergement@lantichambre12-17.ca](mailto:hebergement@lantichambre12-17.ca)

**Services:** \* Short and medium-term housing for youth.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds, 1 emergency bed

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

**MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD**

42, rue Anderson, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1

**450 373-6788**

**Website:** mdjvalleyfield.com

**Email:** info@mdjvalleyfield.com

**Services:** Meeting place for young people. \* Food assistance. \* Homework assistance. \* Assistance in case of runaways. \* Help in finding temporary lodging. \* Street intervention. \* Cultural, creative, preventive, community and recreational activities. \* Animation of the downtown area. \* Education of democratic life and fundraising campaigns. \* Information and raising awareness on healthy lifestyle habits. \* Referrals to local organizations.

**Eligibility:** youth 12 to 24 years old

**Coverage area:** Salaberry-de-Valleyfield

**Hours:** reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation

schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, summer intervention and animation

schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## **Community Action**

### **ADVISORY AND CITIZEN ACTION ORGANIZATIONS**

### **CHARITY ORGANIZATIONS**

### **COMMUNITY DEVELOPMENT**

### **VOLUNTEERING AND VOLUNTEER CENTRES**

## Advisory and citizen action organizations

### COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - CHÂTEAUGUAY ET VALLEYFIELD

107 Jacques-Cartier Street, Suite 21, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

**1 866 377-2481** Fax: 450 747-3135

**Website:** [www.cddm.qc.ca/en](http://www.cddm.qc.ca/en)

**Email:** [valleyfield@cddm.qc.ca](mailto:valleyfield@cddm.qc.ca)

**Services:** \* Advocacy for people living with or having lived with emotional issues. \* Denouncing of the abuses of psychiatry. \* Training, mobilization and popular education.

**Eligibility:** people experiencing or having experienced mental health challenges

**Coverage area:** Châteauguay, Salaberry-de-Valleyfield

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Charity Organizations

### CENTRAIDE SUD-OUEST DU QUÉBEC

87 Sainte Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L9

**450 371-2061**

**Website:** [centraide-rcoq.ca/soq](http://centraide-rcoq.ca/soq)

**Email:** [kbarrette@centraide-soq.ca](mailto:kbarrette@centraide-soq.ca)

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

**Eligibility:** non-profit organizations

**Coverage area:** MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

**Financing:** fundraising campaigns, self-financing

**Legal status:** non-profit organization

### FONDATION DE L'HÔPITAL DU SUROÎT

88 Saint-Laurent Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 6J9

**1 866 210-8623**

**Website:** [fondationhds.ca](http://fondationhds.ca)

**Email:** [info@fondationhds.ca](mailto:info@fondationhds.ca)

**Services:** Collecting donations and bequests to promote, improve and maintain the health and well-being of the public. \* Courtesy calls. \* «S'en sortir, sans sortir» informational kit. \* Sanitary equipment deposite.

**Eligibility:** general public, healthcare professionals and organizations

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Vaudreuil-Soulanges

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

**Financing:** donations

**Legal status:** non-profit organization

### FONDATION DE LA PSYCHIATRIE DE LA RÉGION DE VALLEYFIELD

150 Saint-Thomas Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6C1

**450 373-7321** Fax: 450 371-5044

**Website:** [cabvalleyfield.com/fondation-de-la-psychiatrie-de-la-region-de-valleyfield](http://cabvalleyfield.com/fondation-de-la-psychiatrie-de-la-region-de-valleyfield)

**Email:** [audrey-ann.rochefort-auger.cisssmo16@ssss.gouv.qc.ca](mailto:audrey-ann.rochefort-auger.cisssmo16@ssss.gouv.qc.ca)

**Services:** Raising funds to improve the quality of care and the living conditions of patients receiving psychiatric care. \* Financial aid to different psychiatric clientele. \* Fundraising according to the specific needs.

**Eligibility:** people living with mental health problems

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** by appointment

**Fees:** none

**Financing:** foundations, donations

**Legal status:** non-profit organization

## Community development

### FONDATION DES RESSOURCES ALTERNATIVES DU SUD-OUEST

663 du Bord-de-l'eau Boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0B5

**450 370-8803**

**Website:** [www.lafras.com](http://www.lafras.com)

**Email:** [info@lafras.com](mailto:info@lafras.com)

**Services:** Financial support for families of people on the autism spectrum or living with an intellectual disability.

\* Emergency financial assistance for families. \* Financial assistance for organizations supporting families of people with an autism spectrum disorder or intellectual disability. \* Community awareness. \* Organization of fundraising activities.

**Eligibility:** families of people on the autism spectrum or living with an intellectual disability, organizations that support them

**Coverage area:** MRC Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Roussillon, MRC Vaudreuil-Soulanges, MRC Jardins-de-Napierville

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

**Financing:** donations

**Legal status:** non-profit organization

### GROUPE DE RESSOURCES TECHNIQUES DU SUD-OUEST

11 de l'Église Street, Suite 141, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1J5

**450 373-7067** Fax: 450 373-0212

**Website:** [grtso.ca](http://grtso.ca)

**Email:** [info@grtso.ca](mailto:info@grtso.ca)

**Services:** Promote the development of social housing for housing co-ops and non-profit organizations. \*

Technical help. \* Training. \* Information on government programs. \* Support for setting up an organization.

**Eligibility:** housing co-ops, non-profit organizations

**Coverage area:** MRC Vaudreuil-Soulanges

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

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Volunteering and volunteer centres

### CENTRE DE ZOOTHERAPIE COMMUNAUTAIRE

2025 Hebert Boulevard, Suite 803, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5Y4

**450 560-0910**

**Website:** [zootherapia.com/english-greetings](http://zootherapia.com/english-greetings)

**Email:** [centredezootherapiecommunautai@gmail.com](mailto:centredezootherapiecommunautai@gmail.com)

**Services:** \* Adapted zootherapy programs. \* Animal boarding.

**Eligibility:** children, teenagers, seniors, people with disabilities

**Coverage area:** Laurentians, Montérégie, Laval

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

**Fees:** \$80 per hour

**Financing:** self-financing, fundraising campaigns

**Legal status:** non-profit organization



**DROIT DI RÊVER**

222 Alphonse-Desjardins Street, Suite 203, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9

**450 747-0213**

**Website:** [droitdirever.org](http://droitdirever.org)

**Email:** [info@droitdirever.org](mailto:info@droitdirever.org)

**Services:** Organization that offers recreational and training services to help adults living with an intellectual disability or an autism spectrum disorder to develop their autonomy and promote their social inclusion in various spheres of daily life. \* Trainings and workshops: hygiene, nutrition, self-esteem, etc. \* Physical and cultural activities: theater, dance, yoga, etc. \* Volunteer work.

**Eligibility:** people 21 years old and over living with an intellectual disability or an autism spectrum disorder

**Coverage area:** Le Suroît

**Hours:** Monday to Friday, variable hours

**Fees:** membership card: \$20, variable according to the activity

**Financing:** fundraising campaigns, donations, grants

**Legal status:** non-profit organization

**Disability**

**ADAPTED WORK AND EMPLOYABILITY SUPPORT**

**ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY**

**DEAF AND HEARING IMPAIRED**

**PARATRANSIT**

**RECREATION AND CAMPS**

**RESPIRE SERVICES AND HOUSING**

**SUPPORT ASSOCIATIONS**

**SUPPORT AND INTEGRATION ORGANIZATIONS**

## Adapted work and employability support

### ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1

**450 373-9887**

**Website:** [www.lantichambre12-17.ca](http://www.lantichambre12-17.ca)

**Email:** [hebergement@lantichambre12-17.ca](mailto:hebergement@lantichambre12-17.ca)

**Services:** Intervention and first-line social housing for youth. \* Emergency housing. \* Temporary housing. \* Listening and support. \* Referral and accompaniment. \* Intervention in crisis situation. \* Outreach work. \* Family support. \* School, social and vocational support. \* Information and awareness on various topics.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** \$10 per day, \$70 per week

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

### P.S. JEUNESSE

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-9155 Fax:** 450 377-8037

**Website:** [psjeunesse.org](http://psjeunesse.org)

**Email:** [info@psjeunesse.org](mailto:info@psjeunesse.org)

**Services:** \* Reception and assessment. \* Pre-employment and personal dynamics service: accompaniment, workshops, helping relationship, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, research techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention. \* Option ressource travail: access program to non-traditional professions for women. \* Focus sur l'emploi: professional reintegration programme for people far from the labour market. \* Travail en liberté: employability program for people with a criminal record. \* Destination avenir: employability program for youth far from the labour market. \* PPE Saint-Rémi and Vaudreuil-Dorion: employment preparation programme. \* Services to employers.

**Eligibility:** general public, Destination avenir: youth 18 to 35 years old

**Capacity:** unlimited

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### PS JEUNESSE - OPTION RESSOURCE TRAVAIL

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-4949 Fax:** 450 377-8037

**Website:** [psjeunesse.org/programmes/ort-acces-aux-metiers-non-traditionnels](http://psjeunesse.org/programmes/ort-acces-aux-metiers-non-traditionnels)

**Email:** [info@psjeunesse.org](mailto:info@psjeunesse.org)

**Services:** Pre-employment program of 6 weeks. \* Individual counselling, follow-up, guidance. \* Group workshops: exploration of trades, job research techniques, etc. \* Post-program follow-up: job integration and retention. \* Documentation centre on the labour market and school system. \* Business internships. \* Networking events.

**Eligibility:** women 20 years old and over, without an income or in precarious employment, keen to explore the trades of the future

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Les Jardins-de-Napierville

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## PSYCOHÉSION

100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7

**450 377-2841 Fax:** 450 377-0410

**Website:** [www.psycohesion.weebly.com](http://www.psycohesion.weebly.com)

**Email:** [direction@psycohesion.com](mailto:direction@psycohesion.com)

**Services:** \* Support group. \* Individual meetings. \* Creative and personal development workshops. \* Café respite, luncheons and community meals. \* Light therapy. \* Documentation centre. \* Users committee and social club. \* Sports and recreational activities: fun games, board games and others. \* Summer activities: outings and trips. \* Pass-Action program.

**Eligibility:** people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market

**Capacity:** Pass-Action program: 8 people

**Coverage area:** MRC de Beauharnois-Salaberry

**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday: call first

**Fees:** annual membership: \$10

**Financing:** provincial

**Legal status:** non-profit organization

## Advocacy for people with a physical disability

### FONDATION DES RESSOURCES ALTERNATIVES DU SUD-OUEST

663 du Bord-de-l'eau Boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0B5

**450 370-8803**

**Website:** [www.lafras.com](http://www.lafras.com)

**Email:** [info@lafras.com](mailto:info@lafras.com)

**Services:** Financial support for families of people on the autism spectrum or living with an intellectual disability. \* Emergency financial assistance for families. \* Financial assistance for organizations supporting families of people with an autism spectrum disorder or intellectual disability. \* Community awareness. \* Organization of fundraising activities.

**Eligibility:** families of people on the autism spectrum or living with an intellectual disability, organizations that support them

**Coverage area:** MRC Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Roussillon, MRC Vaudreuil-Soulanges, MRC Jardins-de-Napierville

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

**Financing:** donations

**Legal status:** non-profit organization

## Deaf and hearing impaired

### ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST

35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9

**450 377-5941**

**Email:** [adsmqso@gmail.com](mailto:adsmqso@gmail.com)

**Services:** \* Advanced lip-reading workshops and possibility of a beginner course. \* Quebec Sign Language courses. \* Coffee-meeting with sign language. \* Falun Dafa workshops: soft exercises with meditation. \* Embroidery on card and special activities. \* Sign language support services. \* Activities: Christmas party for members, mass of the hearing impaired in May and month of hearing. \* Publication of Sans Son newspaper.

**Eligibility:** people who became deaf and hearing impaired

**Coverage area:** MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon

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

**Fees:** annual membership: \$25

**Financing:** membership fees

**Legal status:** non-profit organization

## Paratransit

### SOCIÉTÉ DE TRANSPORT DE SALABERRY DE VALLEYFIELD - PARATRANSIT

51 Hébert Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2R5

**Website:** stsv.ca

**Email:** ta@stsv.ca

**Services:** Paratransit service. \* Application form: [www.stsv.ca/wp-content/uploads/2019/07/formulaire-transport-adapte-anglais.pdf](http://www.stsv.ca/wp-content/uploads/2019/07/formulaire-transport-adapte-anglais.pdf) \* Online reservation: [www.stsv.ca/transport-adapte-formulaire-de-reservation/](http://www.stsv.ca/transport-adapte-formulaire-de-reservation/)

**Eligibility:** people with disabilities, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others

**Coverage area:** Coteau-du-Lac, Les Coteaux, Rivière-Beaudette, Saint-Louis-de-Gonzague, Saint-Polycarpe, Saint-Stanislas-de-Kosta, Saint-Zotique, Salaberry-de-Valleyfield

**Hours:** reservation Monday to Friday from 7h00 to 5h00, transportation: 7 days

**Fees:** variables

**Financing:** municipal, provincial

**Legal status:** parapublic organization

## Recreation and camps

### ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST

35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9

**450 377-5941**

**Email:** adsmqso@gmail.com

**Services:** \* Advanced lip-reading workshops and possibility of a beginner course. \* Quebec Sign Language courses. \* Coffee-meeting with sign language. \* Falun Dafa workshops: soft exercises with meditation. \* Embroidery on card and special activities. \* Sign language support services. \* Activities: Christmas party for members, mass of the hearing impaired in May and month of hearing. \* Publication of Sans Son newspaper.

**Eligibility:** people who became deaf and hearing impaired

**Coverage area:** MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon

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

**Fees:** annual membership: \$25

**Financing:** membership fees

**Legal status:** non-profit organization

**AU MOULIN DE LA SOURCE - CENTRE VALLEYFIELD**

226 Montcalm Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2E4

**450 377-5254**

**Website:** [www.moulinde lasource.com](http://www.moulinde lasource.com)

**Email:** [info@moulinde lasource.com](mailto:info@moulinde lasource.com)

**Services:** Day centre for people living with a physical disability. \* Respite. \* Social activities to achieve self-sufficiency. \* Sociocultural education and animation.

**Eligibility:** people living with a physical disability, parents, beneficiaries, close ones

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

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

**Fees:** \$5 per visit

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

**Legal status:** non-profit organization

**CLUB LA JOIE DE VIVRE POUR PERSONNE VIVANT AVANT UNE DI/TED**

748 Grande-Île Avenue, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3N8

**450 377-1213**

**Website:** [clubjoiedevivre.net](http://clubjoiedevivre.net)

**Email:** [admin@clubjoiedevivre.net](mailto:admin@clubjoiedevivre.net)

**Services:** Leisure club for people living with an intellectual disability or autistic people. \* Leisure, educational and socialization activities. \* Promotion of social integration and maintenance of autonomy. \* Occasional themed parties.

**Eligibility:** adults aged 21 years and over living with an intellectual disability, autistic adults aged 21 years and over

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 9h00 to 15h00, Saturday 9h00 to 15h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**DROIT DI RÊVER**

222 Alphonse-Desjardins Street, Suite 203, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9

**450 747-0213**

**Website:** [droitdirever.org](http://droitdirever.org)

**Email:** [info@droitdirever.org](mailto:info@droitdirever.org)

**Services:** Organization that offers recreational and training services to help adults living with an intellectual disability or an autism spectrum disorder to develop their autonomy and promote their social inclusion in various spheres of daily life. \* Trainings and workshops: hygiene, nutrition, self-esteem, etc. \* Physical and cultural activities: theater, dance, yoga, etc. \* Volunteer work.

**Eligibility:** people 21 years old and over living with an intellectual disability or an autism spectrum disorder

**Coverage area:** Le Suroît

**Hours:** Monday to Friday, variable hours

**Fees:** membership card: \$20, variable according to the activity

**Financing:** fundraising campaigns, donations, grants

**Legal status:** non-profit organization

**RÉPIT LE ZÉPHYR**

574 des Violettes Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 6W3

**450 370-8804**

**Website:** [repitlezephyr.com/en](http://repitlezephyr.com/en)

**Email:** [reception@repitlezephyr.com](mailto:reception@repitlezephyr.com)

**Services:** Respite and babysitting for families living with a dependent with a hypothesis or diagnosis of intellectual disability or autism spectrum disorder. \* Respite at the organization's respite homes or at home. \* Accompaniment during social outings. \* Summer day camp and spring break. \* Information and referrals.

**Eligibility:** children or adults living with a suspected or diagnosed intellectual disability (ID) or autism spectrum disorder (ASD)

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** office: Monday to Friday 9h00 to 16h00, services: 24 hours / 7 days

**Fees:** variable

**Financing:** foundations

**Legal status:** non-profit organization

## **SOCIÉTÉ ALZHEIMER DU SUROÎT - SIÈGE SOCIAL ET POINT DE SERVICE SALABERRY-DE-VALLEYFIELD**

340 du Havre Boulevard, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1S6

**450 373-0303 Fax:** 450 373-0388

**Website:** [www.alzheimer.ca/en/suroit](http://www.alzheimer.ca/en/suroit)

**Email:** [info@alzheimersuroit.com](mailto:info@alzheimersuroit.com)

**Services:** \* Telephone consultations. \* Individual and family consultations. \* Post-diagnosis reception and support. \* Information and support groups and training for caregivers \* Information and support groups and training for people affected. \* Brunch meetings for couples and families. \* Music and artistic activities. \* Respite care at home. \* Group respite at the Myosotis activity centres. \* Documentation centre. \* Information sessions, public conferences, kiosks \* Training for health care professionals and workers. \* Reference platform for health care workers: <http://referenceaidancequebec.ca>

**Eligibility:** people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

**Hours:** Monday to Friday 9h00 to 16h30, group respite: 9h30 to 15h30

**Fees:** services to individuals and families: free, services to professionals and practitioners: variable

**Financing:** donations, grants, fundraising campaigns

**Legal status:** non-profit organization

## **Respite services and housing**

### **RÉPIT LE ZÉPHYR**

574 des Violettes Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 6W3

**450 370-8804**

**Website:** [repitlezephyr.com/en](http://repitlezephyr.com/en)

**Email:** [reception@repitlezephyr.com](mailto:reception@repitlezephyr.com)

**Services:** Respite and babysitting for families living with a dependent with a hypothesis or diagnosis of intellectual disability or autism spectrum disorder. \* Respite at the organization's respite homes or at home. \* Accompaniment during social outings. \* Summer day camp and spring break. \* Information and referrals.

**Eligibility:** children or adults living with a suspected or diagnosed intellectual disability (ID) or autism spectrum disorder (ASD)

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** office: Monday to Friday 9h00 to 16h00, services: 24 hours / 7 days

**Fees:** variable

**Financing:** foundations

**Legal status:** non-profit organization

## Support Associations

### ENTRAIDE POUR FAMILLES MONOPARENTALES ET FAMILLES RECOMPOSÉES DU SUROÎT

489 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C8

**450 373-4047**

**Website:** [www.entraidedusuroit.ca](http://www.entraidedusuroit.ca)

**Email:** [info@entraidedusuroit.ca](mailto:info@entraidedusuroit.ca)

**Services:** \* Welcome, listening, information and referral. \* Support group for parents. \* Support group for children aged 6 to 12 years old of separated families. \* Workshops. \* Counselling. \* Family activities. \* Joujouthèque and sportothèque. \* Computer available with Internet.

**Eligibility:** families with children from 6 to 17 years old, single-parent families, reconstituted families

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** joujouthèque and sportothèque: by appointment

**Fees:** membership card: \$5 per year

**Financing:** provincial, Centraide Sud-Ouest, contributions, donations

**Legal status:** non-profit organization

### ORGANISME VOUÉ AUX PERSONNES ATTEINTES DE CANCER

253 Jacques-Cartier Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4S7

**450 371-5400 Fax:** 450 371-5455

**Website:** [ovpac.org](http://ovpac.org)

**Email:** [info@ovpac.org](mailto:info@ovpac.org)

**Services:** \* Referrals. \* Psychosocial intervention. \* Medical transportation to Montréal.

**Eligibility:** people living with cancer and serious illnesses, their relatives

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Jardins-de-Napierville

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 8h30 to 12h30

**Fees:** membership: \$20, services and activities: variable

**Financing:** foundations, fundraising campaigns, provincial

**Legal status:** non-profit organization

### RÉPIT LE ZÉPHYR

574 des Violettes Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 6W3

**450 370-8804**

**Website:** [repitlezephyr.com/en](http://repitlezephyr.com/en)

**Email:** [reception@repitlezephyr.com](mailto:reception@repitlezephyr.com)

**Services:** Respite and babysitting for families living with a dependent with a hypothesis or diagnosis of intellectual disability or autism spectrum disorder. \* Respite at the organization's respite homes or at home. \* Accompaniment during social outings. \* Summer day camp and spring break. \* Information and referrals.

**Eligibility:** children or adults living with a suspected or diagnosed intellectual disability (ID) or autism spectrum disorder (ASD)

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** office: Monday to Friday 9h00 to 16h00, services: 24 hours / 7 days

**Fees:** variable

**Financing:** foundations

**Legal status:** non-profit organization



## **SOCIÉTÉ ALZHEIMER DU SUROÎT - SIÈGE SOCIAL ET POINT DE SERVICE SALABERRY-DE-VALLEYFIELD**

340 du Havre Boulevard, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1S6

**450 373-0303** Fax: 450 373-0388

**Website:** [www.alzheimer.ca/en/suroit](http://www.alzheimer.ca/en/suroit)

**Email:** [info@alzheimersuroit.com](mailto:info@alzheimersuroit.com)

**Services:** \* Telephone consultations. \* Individual and family consultations. \* Post-diagnosis reception and support. \* Information and support groups and training for caregivers \* Information and support groups and training for people affected. \* Brunch meetings for couples and families. \* Music and artistic activities. \* Respite care at home. \* Group respite at the Myosotis activity centres. \* Documentation centre. \* Information sessions, public conferences, kiosks \* Training for health care professionals and workers. \* Reference platform for health care workers: <http://referenceaidancequebec.ca>

**Eligibility:** people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

**Hours:** Monday to Friday 9h00 to 16h30, group respite: 9h30 to 15h30

**Fees:** services to individuals and families: free, services to professionals and practitioners: variable

**Financing:** donations, grants, fundraising campaigns

**Legal status:** non-profit organization

## **Support and integration organizations**

### **DROIT DI RÊVER**

222 Alphonse-Desjardins Street, Suite 203, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9

**450 747-0213**

**Website:** [droitdirever.org](http://droitdirever.org)

**Email:** [info@droitdirever.org](mailto:info@droitdirever.org)

**Services:** Organization that offers recreational and training services to help adults living with an intellectual disability or an autism spectrum disorder to develop their autonomy and promote their social inclusion in various spheres of daily life. \* Trainings and workshops: hygiene, nutrition, self-esteem, etc. \* Physical and cultural activities: theater, dance, yoga, etc. \* Volunteer work.

**Eligibility:** people 21 years old and over living with an intellectual disability or an autism spectrum disorder

**Coverage area:** Le Suroît

**Hours:** Monday to Friday, variable hours

**Fees:** membership card: \$20, variable according to the activity

**Financing:** fundraising campaigns, donations, grants

**Legal status:** non-profit organization

### **RÉPIT LE ZÉPHYR**

574 des Violettes Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 6W3

**450 370-8804**

**Website:** [repitlezephyr.com/en](http://repitlezephyr.com/en)

**Email:** [reception@repitlezephyr.com](mailto:reception@repitlezephyr.com)

**Services:** Respite and babysitting for families living with a dependent with a hypothesis or diagnosis of intellectual disability or autism spectrum disorder. \* Respite at the organization's respite homes or at home. \* Accompaniment during social outings. \* Summer day camp and spring break. \* Information and referrals.

**Eligibility:** children or adults living with a suspected or diagnosed intellectual disability (ID) or autism spectrum disorder (ASD)

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** office: Monday to Friday 9h00 to 16h00, services: 24 hours / 7 days

**Fees:** variable

**Financing:** foundations

**Legal status:** non-profit organization

### **TROUPE DE THÉÂTRE ADAPTÉ LES PAS POUR RIRE**

222 Alphonse-Desjardins Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9

**438 502-1220**

**Website:** [lespaspourrire.com](http://lespaspourrire.com)

**Email:** [info@lespaspourrire.com](mailto:info@lespaspourrire.com)

**Services:** \* Adapted theater workshops. \* Creation, preparation and animation of an original play. \* Show-assembler for the adapted groups and the work platforms of the school and social network. \* Participation in events and activities: festivals, Journées de la culture, la Fête Différente, FRAS challenge, etc.

**Eligibility:** people living with an intellectual disability and adjustment difficulties

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Tuesday 19h00 to 21h00, September to June

**Fees:** membership card: \$5, theater workshop: \$7

**Financing:** donations, grants

**Legal status:** non-profit organization

**Education and Literacy****ACADEMIC AND VOCATIONAL GUIDANCE****HOMEWORK ASSISTANCE AND TUTORING****LANGUAGE COURSES****PUBLIC EDUCATION****SCHOOL PERSEVERANCE**

## Academic and vocational guidance

### AIRE OUVERTE DE SALABERRY-DE-VALLEYFIELD

320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3Z3

**1 888 440-2473**

**Website:** [santemonteregie.qc.ca/ouest/aire-ouverte](http://santemonteregie.qc.ca/ouest/aire-ouverte)

**Email:** [aireouverte.cisssmo16@ssss.gouv.qc.ca](mailto:aireouverte.cisssmo16@ssss.gouv.qc.ca)

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

**Eligibility:** youth from 12 to 25 years old

**Coverage area:** Montérégie-Ouest

**Hours:** Monday and Wednesday 14h00 à 18h00, Thursday 14h00 à 20h00, Friday and Saturday 12h00 à 18h00

**Financing:** provincial

**Legal status:** provincial government agency

### P.S. JEUNESSE

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-9155 Fax:** 450 377-8037

**Website:** [psjeunesse.org](http://psjeunesse.org)

**Email:** [info@psjeunesse.org](mailto:info@psjeunesse.org)

**Services:** \* Reception and assessment. \* Pre-employment and personal dynamics service: accompagnement, workshops, helping relationship, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, research techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention. \* Option ressource travail: access program to non-traditional professions for women. \* Focus sur l'emploi: professional reintegration programme for people far from the labour market. \* Travail en liberté: employability program for people with a criminal record. \* Destination avenir: employability program for youth far from the labour market. \* PPE Saint-Rémi and Vaudreuil-Dorion: employment preparation programme. \* Services to employers.

**Eligibility:** general public, Destination avenir: youth 18 to 35 years old

**Capacity:** unlimited

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Homework assistance and tutoring

### MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD

42, rue Anderson, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1

**450 373-6788**

**Website:** [mdjvalleyfield.com](http://mdjvalleyfield.com)

**Email:** [info@mdjvalleyfield.com](mailto:info@mdjvalleyfield.com)

**Services:** Meeting place for young people. \* Food assistance. \* Homework assistance. \* Assistance in case of runaways. \* Help in finding temporary lodging. \* Street intervention. \* Cultural, creative, preventive, community and recreational activities. \* Animation of the downtown area. \* Education of democratic life and fundraising campaigns. \* Information and raising awareness on healthy lifestyle habits. \* Referrals to local organizations.

**Eligibility:** youth 12 to 24 years old

**Coverage area:** Salaberry-de-Valleyfield

**Hours:** reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## Language courses

### ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST

35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9

**450 377-5941**

**Email:** adsmqso@gmail.com

**Services:** \* Advanced lip-reading workshops and possibility of a beginner course. \* Quebec Sign Language courses. \* Coffee-meeting with sign language. \* Falun Dafa workshops: soft exercises with meditation. \* Embroidery on card and special activities. \* Sign language support services. \* Activities: Christmas party for members, mass of the hearing impaired in May and month of hearing. \* Publication of Sans Son newspaper.

**Eligibility:** people who became deaf and hearing impaired

**Coverage area:** MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon

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

**Fees:** annual membership: \$25

**Financing:** membership fees

**Legal status:** non-profit organization

## Public education

### COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - CHÂTEAUGUAY ET VALLEYFIELD

107 Jacques-Cartier Street, Suite 21, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

**1 866 377-2481 Fax:** 450 747-3135

**Website:** www.cddm.qc.ca/en

**Email:** valleyfield@cddm.qc.ca

**Services:** \* Advocacy for people living with or having lived with emotional issues. \* Denouncing of the abuses of psychiatry. \* Training, mobilization and popular education.

**Eligibility:** people experiencing or having experienced mental health challenges

**Coverage area:** Châteauguay, Salaberry-de-Valleyfield

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### LIBERTÉ DE CHOISIR

40 Ste-Cécile Street, Suite 100, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L7

**450 370-3444**

**Website:** www.libertedechoisir.ca

**Email:** libertedechoisir@cgocable.ca

**Services:** Promotion of a healthy lifestyle and prevention of drug addiction among youth. \* Schools: individual assessment, early intervention, referral and accompaniment. \* Prevention workshops animation: Grade 6, high school, post-secondary institutions and trainings for teachers. \* Community sector: conferences and support to organizations. \* Parents: conferences and training workshops to better understand drug use among teenagers.

**Eligibility:** youth 12 to 24 years old, parents, community workers, teachers, community organizations  
**Coverage area:** MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent  
**Hours:** Monday to Friday 8h00 to 16h00  
**Fees:** none  
**Financing:** donations, provincial  
**Legal status:** non-profit organization

## School perseverance

### AIRE OUVERTE DE SALABERRY-DE-VALLEYFIELD

320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3Z3

**1 888 440-2473**

**Website:** [santemonteregie.qc.ca/ouest/aire-ouverte](http://santemonteregie.qc.ca/ouest/aire-ouverte)

**Email:** [aireouverte.cisssmo16@ssss.gouv.qc.ca](mailto:aireouverte.cisssmo16@ssss.gouv.qc.ca)

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

**Eligibility:** youth from 12 to 25 years old

**Coverage area:** Montérégie-Ouest

**Hours:** Monday and Wednesday 14h00 à 18h00, Thursday 14h00 à 20h00, Friday and Saturday 12h00 à 18h00

**Financing:** provincial

**Legal status:** provincial government agency

### GRANDS FRÈRES GRANDES SOEURS DE LA MONTÉRÉGIE - SUROÎT

87 Sainte-Cécile Street, Suite 226, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L9

**1 866 464-6188 ext. 104**

**Website:** [www.gfgsm.org](http://www.gfgsm.org)

**Email:** [info.monteregie@grandsfreresgrandessoeurs.ca](mailto:info.monteregie@grandsfreresgrandessoeurs.ca)

**Services:** Pairing program for young people. \* Social, emotional and cultural support. \* Professional coaching and support for volunteers and parents. \* School mentoring: weekly dropout prevention meeting in elementary and secondary schools. \* Mentoring for youth 16 to 21 years old who have a history of placement and services in the DPJ or the YCJA.

**Eligibility:** youth 6 to 17 years old

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 9h00 to 16h00, availabilities in the evening by appointment

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**Employment and Income Support****ADVOCACY FOR WORKERS AND UNEMPLOYED****BUDGET MANAGEMENT AND CONSUMPTION****EMPLOYMENT SUPPORT AND TRAINING****EMPLOYMENT SUPPORT FOR SENIORS****EMPLOYMENT SUPPORT FOR WOMEN****EMPLOYMENT SUPPORT FOR YOUTH****VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

## Advocacy for workers and unemployed

### LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD

151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8

**450 370-3064** Fax: 450 370-3068

**Website:** ccjrs.com/en/bureaux/salaberry-de-valleyfield-2

**Email:** valleyfield@ccjrs.com

**Services:** Free or low-cost legal services to eligible individuals. \* Receives and processes legal aid request.

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

**Coverage area:** MRC Beauharnois-Salaberry, Vaudreuil-Dorion

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

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

**Financing:** provincial

**Legal status:** parapublic organization

## Budget management and consumption

### ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LA RIVE-SUD - POINT DE SERVICE DE VALLEYFIELD

19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4

**450 371-3470**

**Website:** www.acefrsm.com

**Email:** acefrsv@acefrsm.com

**Services:** \* Protection and promotion of consumers' interests. \* Consumer-related referral and assistance. \* Budget consultation. \* Information and education workshops for groups. \* Small loans from the Fonds d'entraide de la Rive-Sud. \* Assistance with Hydro-Québec payment arrangements. \* Bonhomme à lunette service point: low-cost glasses.

**Eligibility:** consumers on a low or medium income

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal, membership fees, donations

**Legal status:** cooperative

### FONDATION DES RESSOURCES ALTERNATIVES DU SUD-OUEST

663 du Bord-de-l'eau Boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0B5

**450 370-8803**

**Website:** www.lafras.com

**Email:** info@lafras.com

**Services:** Financial support for families of people on the autism spectrum or living with an intellectual disability. \* Emergency financial assistance for families. \* Financial assistance for organizations supporting families of people with an autism spectrum disorder or intellectual disability. \* Community awareness. \* Organization of fundraising activities.

**Eligibility:** families of people on the autism spectrum or living with an intellectual disability, organizations that support them

**Coverage area:** MRC Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Roussillon, MRC Vaudreuil-Soulanges, MRC Jardins-de-Napierville

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

**Financing:** donations

**Legal status:** non-profit organization



## Employment support and training

### AIRE OUVERTE DE SALABERRY-DE-VALLEYFIELD

320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3Z3

**1 888 440-2473**

**Website:** [santemonteregie.qc.ca/ouest/aire-ouverte](http://santemonteregie.qc.ca/ouest/aire-ouverte)

**Email:** [aireouverte.cisssmo16@ssss.gouv.qc.ca](mailto:aireouverte.cisssmo16@ssss.gouv.qc.ca)

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

**Eligibility:** youth from 12 to 25 years old

**Coverage area:** Montérégie-Ouest

**Hours:** Monday and Wednesday 14h00 à 18h00, Thursday 14h00 à 20h00, Friday and Saturday 12h00 à 18h00

**Financing:** provincial

**Legal status:** provincial government agency

### P.S. JEUNESSE

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-9155 Fax:** 450 377-8037

**Website:** [psjeunesse.org](http://psjeunesse.org)

**Email:** [info@psjeunesse.org](mailto:info@psjeunesse.org)

**Services:** \* Reception and assessment. \* Pre-employment and personal dynamics service: accompagnement, workshops, helping relationship, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, research techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention. \* Option ressource travail: access program to non-traditional professions for women. \* Focus sur l'emploi: professional reintegration programme for people far from the labour market. \* Travail en liberté: employability program for people with a criminal record. \* Destination avenir: employability program for youth far from the labour market. \* PPE Saint-Rémi and Vaudreuil-Dorion: employment preparation programme. \* Services to employers.

**Eligibility:** general public, Destination avenir: youth 18 to 35 years old

**Capacity:** unlimited

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### PS JEUNESSE - OPTION RESSOURCE TRAVAIL

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-4949 Fax:** 450 377-8037

**Website:** [psjeunesse.org/programmes/ort-acces-aux-metiers-non-traditionnels](http://psjeunesse.org/programmes/ort-acces-aux-metiers-non-traditionnels)

**Email:** [info@psjeunesse.org](mailto:info@psjeunesse.org)

**Services:** Pre-employment program of 6 weeks. \* Individual counselling, follow-up, guidance. \* Group workshops: exploration of trades, job research techniques, etc. \* Post-program follow-up: job integration and retention. \* Documentation centre on the labour market and school system. \* Business internships. \* Networking events.

**Eligibility:** women 20 years old and over, without an income or in precarious employment, keen to explore the trades of the future

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Les Jardins-de-Napierville

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### VISION-TRAVAIL

19 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P1

**450 371-9533 Fax:** 450 370-3256

**Website:** [www.visiontravail.ca](http://www.visiontravail.ca)

**Email:** [valleyfield@visiontravail.ca](mailto:valleyfield@visiontravail.ca)

**Services:** Professional advice. \* Documentation centre. \* Internet and telephone access. \* Secretariat. \* Individual and group job search assistance. \* Targeted initiative for experienced workers 55 to 64 years old: individual assistance, computer and English training.

**Eligibility:** people 40 years and over who wish to reintegrate the labor market, employers

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, agglomeration of Longueuil

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Employment support for seniors

### VISION-TRAVAIL

19 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P1

**450 371-9533 Fax:** 450 370-3256

**Website:** [www.visiontravail.ca](http://www.visiontravail.ca)

**Email:** [valleyfield@visiontravail.ca](mailto:valleyfield@visiontravail.ca)

**Services:** Professional advice. \* Documentation centre. \* Internet and telephone access. \* Secretariat. \* Individual and group job search assistance. \* Targeted initiative for experienced workers 55 to 64 years old: individual assistance, computer and English training.

**Eligibility:** people 40 years and over who wish to reintegrate the labor market, employers

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, agglomeration of Longueuil

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Employment support for women

### P.S. JEUNESSE

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-9155 Fax:** 450 377-8037

**Website:** [psjeunesse.org](http://psjeunesse.org)

**Email:** [info@psjeunesse.org](mailto:info@psjeunesse.org)

**Services:** \* Reception and assessment. \* Pre-employment and personal dynamics service: accompaniment, workshops, helping relationship, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, research techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention. \* Option ressource travail: access program to non-traditional professions for women. \* Focus sur l'emploi: professional reintegration programme for people far from the labour market. \* Travail en liberté: employability program for people with a criminal record. \* Destination avenir: employability program for youth far from the labour market. \* PPE Saint-Rémi and Vaudreuil-Dorion: employment preparation programme. \* Services to employers.

**Eligibility:** general public, Destination avenir: youth 18 to 35 years old

**Capacity:** unlimited

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## PS JEUNESSE - OPTION RESSOURCE TRAVAIL

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-4949 Fax:** 450 377-8037

**Website:** [psjeunesse.org/programmes/ort-acces-aux-metiers-non-traditionnels](http://psjeunesse.org/programmes/ort-acces-aux-metiers-non-traditionnels)

**Email:** [info@psjeunesse.org](mailto:info@psjeunesse.org)

**Services:** Pre-employment program of 6 weeks. \* Individual counselling, follow-up, guidance. \* Group workshops: exploration of trades, job research techniques, etc. \* Post-program follow-up: job integration and retention. \* Documentation centre on the labour market and school system. \* Business internships. \* Networking events.

**Eligibility:** women 20 years old and over, without an income or in precarious employment, keen to explore the trades of the future

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Les Jardins-de-Napierville

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Employment support for youth

### ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1

**450 373-9887**

**Website:** [www.lantichambre12-17.ca](http://www.lantichambre12-17.ca)

**Email:** [hebergement@lantichambre12-17.ca](mailto:hebergement@lantichambre12-17.ca)

**Services:** Intervention and first-line social housing for youth. \* Emergency housing. \* Temporary housing. \* Listening and support. \* Referral and accompaniment. \* Intervention in crisis situation. \* Outreach work. \* Family support. \* School, social and vocational support. \* Information and awareness on various topics.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** \$10 per day, \$70 per week

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

**P.S. JEUNESSE**

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-9155** Fax: 450 377-8037

**Website:** psjeunesse.org

**Email:** info@psjeunesse.org

**Services:** \* Reception and assessment. \* Pre-employment and personal dynamics service: accompagnement, workshops, helping relationship, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, research techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention. \* Option ressource travail: access program to non-traditional professions for women. \* Focus sur l'emploi: professional reintegration programme for people far from the labour market. \* Travail en liberté: employability program for people with a criminal record. \* Destination avenir: employability program for youth far from the labour market. \* PPE Saint-Rémi and Vaudreuil-Dorion: employment preparation programme. \* Services to employers.

**Eligibility:** general public, Destination avenir: youth 18 to 35 years old

**Capacity:** unlimited

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**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

**ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')**

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1

**450 373-9887**

**Website:** www.lantichambre12-17.ca

**Email:** hebergement@lantichambre12-17.ca

**Services:** Intervention and first-line social housing for youth. \* Emergency housing. \* Temporary housing. \* Listening and support. \* Referral and accompagnement. \* Intervention in crisis situation. \* Outreach work. \* Family support. \* School, social and vocational support. \* Information and awareness on various topics.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** \$10 per day, \$70 per week

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

**P.S. JEUNESSE**

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-9155** Fax: 450 377-8037

**Website:** psjeunesse.org

**Email:** info@psjeunesse.org

**Services:** \* Reception and assessment. \* Pre-employment and personal dynamics service: accompagnement, workshops, helping relationship, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, research techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention. \* Option ressource travail: access program to non-traditional professions for women. \* Focus sur l'emploi: professional reintegration programme for people far from the labour market. \* Travail en liberté: employability program for people with a criminal record. \* Destination avenir: employability program for youth far from the labour market. \* PPE Saint-Rémi and Vaudreuil-Dorion: employment preparation programme. \* Services to employers.

**Eligibility:** general public, Destination avenir: youth 18 to 35 years old

**Capacity:** unlimited

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## PS JEUNESSE - OPTION RESSOURCE TRAVAIL

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-4949 Fax:** 450 377-8037

**Website:** psjeunesse.org/programmes/ort-acces-aux-metiers-non-traditionnels

**Email:** info@psjeunesse.org

**Services:** Pre-employment program of 6 weeks. \* Individual counselling, follow-up, guidance. \* Group workshops: exploration of trades, job research techniques, etc. \* Post-program follow-up: job integration and retention. \* Documentation centre on the labour market and school system. \* Business internships. \* Networking events.

**Eligibility:** women 20 years old and over, without an income or in precarious employment, keen to explore the trades of the future

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Les Jardins-de-Napierville

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## PSYCOHÉSION

100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7

**450 377-2841 Fax:** 450 377-0410

**Website:** www.psycohesion.weebly.com

**Email:** direction@psycohesion.com

**Services:** \* Support group. \* Individual meetings. \* Creative and personal development workshops. \* Café respite, luncheons and community meals. \* Light therapy. \* Documentation centre. \* Users committee and social club. \* Sports and recreational activities: fun games, board games and others. \* Summer activities: outings and trips. \* Pass-Action program.

**Eligibility:** people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market

**Capacity:** Pass-Action program: 8 people

**Coverage area:** MRC de Beauharnois-Salaberry

**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday: call first

**Fees:** annual membership: \$10

**Financing:** provincial

**Legal status:** non-profit organization

## **Food**

### **FOOD ASSISTANCE**

### **FOOD ASSISTANCE COORDINATION**

### **LOW COST OR FREE MEALS**

## Food Assistance

### MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD

42, rue Anderson, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1

**450 373-6788**

**Website:** mdjvalleyfield.com

**Email:** info@mdjvalleyfield.com

**Services:** Meeting place for young people. \* Food assistance. \* Homework assistance. \* Assistance in case of runaways. \* Help in finding temporary lodging. \* Street intervention. \* Cultural, creative, preventive, community and recreational activities. \* Animation of the downtown area. \* Education of democratic life and fundraising campaigns. \* Information and raising awareness on healthy lifestyle habits. \* Referrals to local organizations.

**Eligibility:** youth 12 to 24 years old

**Coverage area:** Salaberry-de-Valleyfield

**Hours:** reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## Food assistance coordination

### MOISSON SUD-OUEST

50 Webb Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6L5

**450 377-7696**

**Website:** moissonsudouest.org/en

**Email:** info@moissonsudouest.org

**Services:** \* Food recovery and distribution to accredited organizations in the region.

**Eligibility:** non-profit organizations involved in food assistance

**Coverage area:** MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

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

**Fees:** none

**Financing:** provincial, self-financing, grants, donations

**Legal status:** non-profit organization

## Low cost or free meals

### AÎNÉS DE MAISONNEUVE (LES)

550 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1B8

**450 370-4866**

**Services:** \* Pool table, shuffleboard, card games, petanque.

**Eligibility:** people 65 years old and over

**Capacity:** 85

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 11h30 to 16h00

**Fees:** membership: \$40, bbq: variable

**Financing:** provincial, federal, foundations, membership fees

**Legal status:** non-profit organization

**DAHLIA (LE) - GROUPE D'ENTRAIDE EN SANTÉ MENTALE**

183 Ellice Street, Beauharnois, Montérégie, QC, J6N 1W9

**450 225-0696**

**Email:** dahliaentraide@hotmail.com

**Services:** Mental health day centre and living environment. \* Listening, support, referral and counselling. \* Individual or group follow-up. \* Training, prevention and awareness. \* Various workshops: self-management, self-esteem, sexuality, etc. \* Therapeutics activities. \* Workshops for men. \* Lunches and takeout. \* Coffee meetings and outings. \* Beauty Days.

**Eligibility:** people living or having experienced mental health problems or emotional distress

**Coverage area:** MRC Beauharnois-Salaberry, MRC Roussillon

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

**Fees:** lunches: \$3, takeout: \$2

**Financing:** provincial, donations

**Legal status:** non-profit organization

**MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD - EMERGENCY SHELTER**

67 Wilfrid Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2N6

**450-747-8511 Fax:** 450 371-9630

**Email:** dg@mhdv.org

**Services:** High tolerance emergency shelter. \* Accommodation. \* Meals. \* Showers. \* Laundry.

**Eligibility:** men and women 18 years and over in difficulty and homeless

**Capacity:** 9 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

**Hours:** 17h00 to 8h00, 7 days

**Financing:** Centraide du Sud-Ouest, provincial, federal, self-financing

**Legal status:** non-profit organization

**PSYCOHÉSION**

100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7

**450 377-2841 Fax:** 450 377-0410

**Website:** www.psycohesion.weebly.com

**Email:** direction@psycohesion.com

**Services:** \* Support group. \* Individual meetings. \* Creative and personal development workshops. \* Café respite, luncheons and community meals. \* Light therapy. \* Documentation centre. \* Users committee and social club. \* Sports and recreational activities: fun games, board games and others. \* Summer activities: outings and trips. \* Pass-Action program.

**Eligibility:** people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market

**Capacity:** Pass-Action program: 8 people

**Coverage area:** MRC de Beauharnois-Salaberry

**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday: call first

**Fees:** annual membership: \$10

**Financing:** provincial

**Legal status:** non-profit organization



**Government services****MUNICIPAL SERVICES****OFFICIAL DOCUMENTS****PROVINCIAL SERVICES**

## Municipal services

### BEAUHARNOIS - ÉCOCENTRE

50 des Hauts-Fourneaux Road, Beauharnois, Montérégie, QC, J6N 1W5

**450 225-0650**

**Website:** [www.ville.beauharnois.qc.ca/ecocentre](http://www.ville.beauharnois.qc.ca/ecocentre)

**Email:** [travauxpublics@ville.beauharnois.qc.ca](mailto:travauxpublics@ville.beauharnois.qc.ca)

**Services:** Recovery of residual materials. \* Construction and demolition waste. \* Electric appliances. \* Computer and electronic appliances. \* Cardboard. \* Tires, car batteries, gasoline. \* Sofas, carpets and mattresses. \* Hazardous household waste: paint, oil, batteries, fluorescent light bulbs, propane tanks, aerosols, etc.

**Eligibility:** residents

**Capacity:** maximum of 3 cubic meters per visit

**Coverage area:** Beauharnois, Saint-Étienne-de-Beauharnois, Léry, Saint-Urbain-Premier

**Hours:** Thursday to Saturday 8h00 to 15h45, summer: Thursday to Saturday 8h00 to 15h45, Sunday 8h00 to 12h45

**Fees:** depending on annual volume, free up to 12 cubic meters

**Financing:** municipal, grants

**Legal status:** municipal agency

## Official documents

### SALABERRY-DE-VALLEYFIELD COURTHOUSE

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8

**1 866 455-1585** Fax: 450 370-3022

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

**Services:** Administration or court services of Sorel-Tracy. \* Support to various courts constituting the judicial system of Québec and some specialized courts. \* Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony. \* Online schedule of hearings: click here \* Online information: marriage, civil unions, family mediation, negotiating an equitable agreement, child support, wills, etc.

**Eligibility:** general public

**Coverage area:** Beauharnois judicial district: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 8h30 to 12h45 and 13h45 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## Provincial services

### LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD

151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8

**450 370-3064** Fax: 450 370-3068

**Website:** [ccjrs.com/en/bureaux/salaberry-de-valleyfield-2](http://ccjrs.com/en/bureaux/salaberry-de-valleyfield-2)

**Email:** [valleyfield@ccjrs.com](mailto:valleyfield@ccjrs.com)

**Services:** Free or low-cost legal services to eligible individuals. \* Receives and processes legal aid request.

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

**Coverage area:** MRC Beauharnois-Salaberry, Vaudreuil-Dorion

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

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

**Financing:** provincial

**Legal status:** parapublic organization

## Health

### EYE CARE

### PATIENT SUPPORT ASSOCIATIONS

### PUBLIC HEALTH

## Eye care

### ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LA RIVE-SUD - POINT DE SERVICE DE VALLEYFIELD

19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4

**450 371-3470**

**Website:** [www.acefrsm.com](http://www.acefrsm.com)

**Email:** [acefrsv@acefrsm.com](mailto:acefrsv@acefrsm.com)

**Services:** \* Protection and promotion of consumers' interests. \* Consumer-related referral and assistance. \* Budget consultation. \* Information and education workshops for groups. \* Small loans from the Fonds d'entraide de la Rive-Sud. \* Assistance with Hydro-Québec payment arrangements. \* Bonhomme à lunette service point: low-cost glasses.

**Eligibility:** consumers on a low or medium income

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal, membership fees, donations

**Legal status:** cooperative

## Patient support associations

### ORGANISME VOUÉ AUX PERSONNES ATTEINTES DE CANCER

253 Jacques-Cartier Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4S7

**450 371-5400** Fax: 450 371-5455

**Website:** [ovpac.org](http://ovpac.org)

**Email:** [info@ovpac.org](mailto:info@ovpac.org)

**Services:** \* Referrals. \* Psychosocial intervention. \* Medical transportation to Montréal.

**Eligibility:** people living with cancer and serious illnesses, their relatives

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Jardins-de-Napierville

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 8h30 to 12h30

**Fees:** membership: \$20, services and activities: variable

**Financing:** foundations, fundraising campaigns, provincial

**Legal status:** non-profit organization

### SOCIÉTÉ ALZHEIMER DU SUROÎT - SIÈGE SOCIAL ET POINT DE SERVICE SALABERRY-DE-VALLEYFIELD

340 du Havre Boulevard, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1S6

**450 373-0303** Fax: 450 373-0388

**Website:** [www.alzheimer.ca/en/suroit](http://www.alzheimer.ca/en/suroit)

**Email:** [info@alzheimersuroit.com](mailto:info@alzheimersuroit.com)

**Services:** \* Telephone consultations. \* Individual and family consultations. \* Post-diagnosis reception and support. \* Information and support groups and training for caregivers. \* Information and support groups and training for people affected. \* Brunch meetings for couples and families. \* Music and artistic activities. \* Respite care at home. \* Group respite at the Myosotis activity centres. \* Documentation centre. \* Information sessions, public conferences, kiosks. \* Training for health care professionals and workers. \* Reference platform for health care workers: <http://referenceaidancequebec.ca>

**Eligibility:** people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

**Hours:** Monday to Friday 9h00 to 16h30, group respite: 9h30 to 15h30

**Fees:** services to individuals and families: free, services to professionals and practitioners: variable

**Financing:** donations, grants, fundraising campaigns

**Legal status:** non-profit organization

## Public Health

### CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-OUEST - FLU VACCINATION

Confidential Address

**1 888 593-5116**

**Website:** [santemonteregie.qc.ca/en/services/flu-vaccination/flu-vaccine-influenza](http://santemonteregie.qc.ca/en/services/flu-vaccination/flu-vaccine-influenza)

**Services:** Vaccination campaign against seasonal influenza. \* Online appointment system: [portal3.clicsante.ca](http://portal3.clicsante.ca)

**Eligibility:** people at risk: pregnant people with pregnancy of 13 weeks or more or with certain chronic illnesses, people aged 75 and over, people with certain chronic illnesses over 6 months old, residents of CHSLDs or intermediate resources, children and teenagers undergoing prolonged treatment with acetylsalicylic acid, family caregivers and people living in the same household as these people, healthy people aged 6 to 23 months and 60 to 74 years, health workers

**Coverage area:** local service networks Vaudreuil-Soulanges, Haut-Saint-Laurent, Suroît and Jardins-Roussillon

**Hours:** starting November 1st 2022

**Fees:** free for people at risk

**Financing:** provincial

**Legal status:** provincial government agency

## **Homelessness**

**DAY AND EVENING CENTRES**

**HOUSING FOR PREGNANT WOMEN AND FAMILIES**

**MOBILE UNITS AND STREET WORK**

**SHELTERS**

**TRANSITIONAL HOUSING**

**YOUTH SHELTERS**

## Day and evening centres

### ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1

**450 373-9887**

**Website:** [www.lantichambre12-17.ca](http://www.lantichambre12-17.ca)

**Email:** [hebergement@lantichambre12-17.ca](mailto:hebergement@lantichambre12-17.ca)

**Services:** Intervention and first-line social housing for youth. \* Emergency housing. \* Temporary housing. \* Listening and support. \* Referral and accompaniment. \* Intervention in crisis situation. \* Outreach work. \* Family support. \* School, social and vocational support. \* Information and awareness on various topics.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** \$10 per day, \$70 per week

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

### MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD - EMERGENCY SHELTER

67 Wilfrid Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2N6

**450-747-8511 Fax:** 450 371-9630

**Email:** [dg@mhdv.org](mailto:dg@mhdv.org)

**Services:** High tolerance emergency shelter. \* Accommodation. \* Meals. \* Showers. \* Laundry.

**Eligibility:** men and women 18 years and over in difficulty and homeless

**Capacity:** 9 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

**Hours:** 17h00 to 8h00, 7 days

**Financing:** Centraide du Sud-Ouest, provincial, federal, self-financing

**Legal status:** non-profit organization

### MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD

42, rue Anderson, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1

**450 373-6788**

**Website:** [mdjvalleyfield.com](http://mdjvalleyfield.com)

**Email:** [info@mdjvalleyfield.com](mailto:info@mdjvalleyfield.com)

**Services:** Meeting place for young people. \* Food assistance. \* Homework assistance. \* Assistance in case of runaways. \* Help in finding temporary lodging. \* Street intervention. \* Cultural, creative, preventive, community and recreational activities. \* Animation of the downtown area. \* Education of democratic life and fundraising campaigns. \* Information and raising awareness on healthy lifestyle habits. \* Referrals to local organizations.

**Eligibility:** youth 12 to 24 years old

**Coverage area:** Salaberry-de-Valleyfield

**Hours:** reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation

schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, summer intervention and animation

schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization



## Housing for pregnant women and families

### MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD

79 du Zouave Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2W4

**450 747-8511** Fax: 450 371-9630

Email: dg@mhdv.org

**Services:** Shelter and services for homeless people and families in vulnerable situations. \* Orientation and referral. \* Emergency and short-term housing for 3 to 6 months. \* Family housing. \* Meals and basic needs. \* Individual follow-up and monitoring. \* 5-step rehabilitation program.

**Eligibility:** people aged 18 and over and families with at least one adult and one child experiencing homelessness

**Capacity:** 18 units , 2 emergency units

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

**Hours:** 24 hours / 7 days, emergency shelter: 7 days, 17h00 to 8h00

**Fees:** shelter: free, reinsertion housing and family housing: first 7 days free, then depending on monthly income

**Financing:** Centraide du Sud-Ouest, provincial, federal, self-financing

**Legal status:** non-profit organization

### MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD - LA MAISONNÉE

274 Alphonse-Desjardins Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2P3

**450 371-9617** Fax: 450 371-9630

Email: dg@mhdv.org

**Services:** Short-term accommodation for families with children.

**Eligibility:** homeless families with a minimum of one adult and one child

**Capacity:** 7 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

**Hours:** 17h00 to 8h00, 7 days

**Financing:** Centraide du Sud-Ouest, provincial, federal, self-financing

**Legal status:** non-profit organization

### MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD - LE VESTIBULE DE MARGUERITE

209 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2J3

**450 371-9617** Fax: 450 371-9630

Email: dg@mhdv.org

**Services:** Autonomous second-stage accommodation from 6 to 18 months.

**Eligibility:** men and women 18 years and over in difficulty and homeless

**Capacity:** 11 rooms

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

**Hours:** 24 hours / 7 days

**Fees:** free for the first 7 days, then based on monthly income

**Financing:** Centraide du Sud-Ouest, provincial, federal, self-financing

**Legal status:** non-profit organization

## Mobile units and street work

### PACTE DE RUE

9 Sainte-Hélène Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1S5

**450 370-2420** Fax: 450 373-9903

**Website:** www.pactederue.com

**Email:** info@pactederue.com

**Services:** Street work. \* Accompaniment, listening, information and referral. \* Homelessness, prostitution, street gangs, runaway, mental health and family relationships intervention. \* Distribution of condoms and needle exchange. \* Naloxone kits distribution. \* Emergency assistance. \* Emergency and crisis intervention. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the agency. \* Awareness and education.

**Eligibility:** youth, adults

**Coverage area:** Valleyfield, Beauharnois, Huntingdon, Ormstown

**Hours:** Tuesday to Friday 24 hours, weekend by appointment

**Fees:** none

**Financing:** provincial, Centraide Sud-Ouest

**Legal status:** non-profit organization

## Shelters

### ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1

**450 373-9887**

**Website:** [www.lantichambre12-17.ca](http://www.lantichambre12-17.ca)

**Email:** [hebergement@lantichambre12-17.ca](mailto:hebergement@lantichambre12-17.ca)

**Services:** Intervention and first-line social housing for youth. \* Emergency housing. \* Temporary housing. \* Listening and support. \* Referral and accompaniment. \* Intervention in crisis situation. \* Outreach work. \* Family support. \* School, social and vocational support. \* Information and awareness on various topics.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** \$10 per day, \$70 per week

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

### MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD

79 du Zouave Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2W4

**450 747-8511** Fax: 450 371-9630

**Email:** [dg@mhdv.org](mailto:dg@mhdv.org)

**Services:** Shelter and services for homeless people and families in vulnerable situations. \* Orientation and referral. \* Emergency and short-term housing for 3 to 6 months. \* Family housing. \* Meals and basic needs. \* Individual follow-up and monitoring. \* 5-step rehabilitation program.

**Eligibility:** people aged 18 and over and families with at least one adult and one child experiencing homelessness

**Capacity:** 18 units, 2 emergency units

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

**Hours:** 24 hours / 7 days, emergency shelter: 7 days, 17h00 to 8h00

**Fees:** shelter: free, reinsertion housing and family housing: first 7 days free, then depending on monthly income

**Financing:** Centraide du Sud-Ouest, provincial, federal, self-financing

**Legal status:** non-profit organization

### MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD - EMERGENCY SHELTER

67 Wilfrid Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2N6

**450-747-8511** Fax: 450 371-9630

**Email:** [dg@mhdv.org](mailto:dg@mhdv.org)

**Services:** High tolerance emergency shelter. \* Accommodation. \* Meals. \* Showers. \* Laundry.

**Eligibility:** men and women 18 years and over in difficulty and homeless

**Capacity:** 9 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

**Hours:** 17h00 to 8h00, 7 days

**Financing:** Centraide du Sud-Ouest, provincial, federal, self-financing

**Legal status:** non-profit organization

### **MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD - LA MAISONNÉE**

274 Alphonse-Desjardins Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2P3

**450 371-9617 Fax:** 450 371-9630

**Email:** dg@mhdv.org

**Services:** Short-term accommodation for families with children.

**Eligibility:** homeless families with a minimum of one adult and one child

**Capacity:** 7 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

**Hours:** 17h00 to 8h00, 7 days

**Financing:** Centraide du Sud-Ouest, provincial, federal, self-financing

**Legal status:** non-profit organization

## **Transitional housing**

### **ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L') - TRANSITIONAL HOUSING**

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1

**450 373-9887**

**Website:** www.lantichambre12-17.ca

**Email:** hebergement@lantichambre12-17.ca

**Services:** \* Short and medium-term housing for youth.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds, 1 emergency bed

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

### **MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD - LE VESTIBULE DE MARGUERITE**

209 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2J3

**450 371-9617 Fax:** 450 371-9630

**Email:** dg@mhdv.org

**Services:** Autonomous second-stage accommodation from 6 to 18 months.

**Eligibility:** men and women 18 years and over in difficulty and homeless

**Capacity:** 11 rooms

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

**Hours:** 24 hours / 7 days

**Fees:** free for the first 7 days, then based on monthly income

**Financing:** Centraide du Sud-Ouest, provincial, federal, self-financing

**Legal status:** non-profit organization

## Youth shelters

### **ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')**

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1

**450 373-9887**

**Website:** [www.lantichambre12-17.ca](http://www.lantichambre12-17.ca)

**Email:** [hebergement@lantichambre12-17.ca](mailto:hebergement@lantichambre12-17.ca)

**Services:** Intervention and first-line social housing for youth. \* Emergency housing. \* Temporary housing. \* Listening and support. \* Referral and accompaniment. \* Intervention in crisis situation. \* Outreach work. \* Family support. \* School, social and vocational support. \* Information and awareness on various topics.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** \$10 per day, \$70 per week

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

## **Housing**

### **ADVOCACY FOR HOUSING**

### **HOUSING COOPERATIVES AND CORPORATIONS**

### **HOUSING SEARCH ASSISTANCE**

### **SOCIAL HOUSING AND HOUSING COOPERATIVES**

## Advocacy for housing

### AIRE OUVERTE DE SALABERRY-DE-VALLEYFIELD

320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3Z3

**1 888 440-2473**

**Website:** [santemonteregie.qc.ca/ouest/aire-ouverte](http://santemonteregie.qc.ca/ouest/aire-ouverte)

**Email:** [aireouverte.cisssmo16@ssss.gouv.qc.ca](mailto:aireouverte.cisssmo16@ssss.gouv.qc.ca)

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

**Eligibility:** youth from 12 to 25 years old

**Coverage area:** Montérégie-Ouest

**Hours:** Monday and Wednesday 14h00 à 18h00, Thursday 14h00 à 20h00, Friday and Saturday 12h00 à 18h00

**Financing:** provincial

**Legal status:** provincial government agency

### COMITÉ LOGEMENT BEAUHARNOIS

600 Ellice Street, Suite 105, Beauharnois, Montérégie, QC, J6N 3P7

**450 429-3000**

**Email:** [clbeauharnois@gmail.com](mailto:clbeauharnois@gmail.com)

**Services:** \* Advocacy for tenants. \* Information, awareness, development and promotion of access to social housing. \* Activities, workshops and training.

**Eligibility:** tenants

**Coverage area:** Beauharnois, Léry, Saint-Étienne-de-Beauharnois, Sainte-Martine

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

**Fees:** none

**Financing:** Centraide Sud-Ouest du Québec, provincial, donations

**Legal status:** non-profit organization

### MON LOGEMENT, MES DROITS

107 Jacques-Cartier Street, Suite 10, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

**438 308-5973**

**Website:** [comitelogementvalleyfield.com](http://comitelogementvalleyfield.com)

**Email:** [monlogementmesdroits@hotmail.com](mailto:monlogementmesdroits@hotmail.com)

**Services:** \* Defense of tenants' rights. \* Training for Tal hearings. \* Popular education workshop and documentation on housing issues. \* Promotion of social housing.

**Eligibility:** residents of the MRC Vaudreuil-Soulanges

**Coverage area:** MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

## Housing cooperatives and corporations

### AIRE OUVERTE DE SALABERRY-DE-VALLEYFIELD

320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3Z3

**1 888 440-2473**

**Website:** [santemonteregie.qc.ca/ouest/aire-ouverte](http://santemonteregie.qc.ca/ouest/aire-ouverte)

**Email:** [aireouverte.cisssmo16@ssss.gouv.qc.ca](mailto:aireouverte.cisssmo16@ssss.gouv.qc.ca)

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

**Eligibility:** youth from 12 to 25 years old

**Coverage area:** Montérégie-Ouest

**Hours:** Monday and Wednesday 14h00 à 18h00, Thursday 14h00 à 20h00, Friday and Saturday 12h00 à 18h00

**Financing:** provincial

**Legal status:** provincial government agency

### COMITÉ LOGEMENT BEAUHARNOIS

600 Ellice Street, Suite 105, Beauharnois, Montérégie, QC, J6N 3P7

**450 429-3000**

**Email:** clbeauharnois@gmail.com

**Services:** \* Advocacy for tenants. \* Information, awareness, development and promotion of access to social housing. \* Activities, workshops and training.

**Eligibility:** tenants

**Coverage area:** Beauharnois, Léry, Saint-Étienne-de-Beauharnois, Sainte-Martine

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

**Fees:** none

**Financing:** Centraide Sud-Ouest du Québec, provincial, donations

**Legal status:** non-profit organization

### GROUPE DE RESSOURCES TECHNIQUES DU SUD-OUEST

11 de l'Église Street, Suite 141, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1J5

**450 373-7067 Fax: 450 373-0212**

**Website:** grtso.ca

**Email:** info@grtso.ca

**Services:** Promote the development of social housing for housing co-ops and non-profit organizations. \* Technical help. \* Training. \* Information on government programs. \* Support for setting up an organization.

**Eligibility:** housing co-ops, non-profit organizations

**Coverage area:** MRC Vaudreuil-Soulanges

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

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### MON LOGEMENT, MES DROITS

107 Jacques-Cartier Street, Suite 10, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

**438 308-5973**

**Website:** comitelogementvalleyfield.com

**Email:** monlogementmesdroits@hotmail.com

**Services:** \* Defense of tenants' rights. \* Training for Tal hearings. \* Popular education workshop and documentation on housing issues. \* Promotion of social housing.

**Eligibility:** residents of the MRC Vaudreuil-Soulanges

**Coverage area:** MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

## Housing search assistance

### COUP DE POUCE DES MOISSONS

196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1

**1 888 429-4229** Fax: 450 429-6364

**Website:** cpmaide.ca

**Email:** direction@cpmaide.ca

**Services:** \* Light and heavy housework. \* Laundry and ironing. \* Preparation of meals without diet. \* Personal care. \* Respite. \* Assistance in boxing for moving purposes.

**Eligibility:** seniors, people who are ill, living with a disability or with a loss of autonomy

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon

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

**Fees:** variable depending on income and age

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD

42, rue Anderson, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1

**450 373-6788**

**Website:** mdjvalleyfield.com

**Email:** info@mdjvalleyfield.com

**Services:** Meeting place for young people. \* Food assistance. \* Homework assistance. \* Assistance in case of runaways. \* Help in finding temporary lodging. \* Street intervention. \* Cultural, creative, preventive, community and recreational activities. \* Animation of the downtown area. \* Education of democratic life and fundraising campaigns. \* Information and raising awareness on healthy lifestyle habits. \* Referrals to local organizations.

**Eligibility:** youth 12 to 24 years old

**Coverage area:** Salaberry-de-Valleyfield

**Hours:** reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## Social housing and housing cooperatives

### MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD - LES HABITATIONS CHEZ-NOUS

1 Bélanger Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5T5

**450 371-9617** Fax: 450 371-9630

**Email:** dg@mhdv.org

**Services:** Subsidized housing for people on a low income, with services.

**Eligibility:** individuals and families on a low income

**Capacity:** 13 units

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

**Hours:** 24 hours / 7 days

**Financing:** Centraide du Sud-Ouest, provincial, federal, self-financing

**Legal status:** non-profit organization



**Immigration and cultural communities****FRENCH COURSES**

## French courses

### CÉGEP DE VALLEYFIELD

169 Champlain Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1X6

**1 877 373-9441**    **Fax:** 450 373-7719

**Website:** [www.cegepvalleyfield.ca](http://www.cegepvalleyfield.ca)

**Email:** [communication@cegepvalleyfield.ca](mailto:communication@cegepvalleyfield.ca)

**Services:** Public educational institution at college level. \* Pre-university and technical programs (DEC). \* Certificate of collegiate studies (AEC). \* Ongoing training and services to businesses. \* International education centre. \* Test d'Évaluation de Français (TEF).

**Coverage area:** Province of Québec

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

**Financing:** foundations, municipal, donations, fundraising campaigns, grants

**Legal status:** parapublic organization

## Indigenous Peoples

### EMPLOYMENT

## Employment

### ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1

**450 373-9887**

**Website:** [www.lantichambre12-17.ca](http://www.lantichambre12-17.ca)

**Email:** [hebergement@lantichambre12-17.ca](mailto:hebergement@lantichambre12-17.ca)

**Services:** Intervention and first-line social housing for youth. \* Emergency housing. \* Temporary housing. \* Listening and support. \* Referral and accompaniment. \* Intervention in crisis situation. \* Outreach work. \* Family support. \* School, social and vocational support. \* Information and awareness on various topics.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** \$10 per day, \$70 per week

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

### P.S. JEUNESSE

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5

**450 377-9155 Fax: 450 377-8037**

**Website:** [psjeunesse.org](http://psjeunesse.org)

**Email:** [info@psjeunesse.org](mailto:info@psjeunesse.org)

**Services:** \* Reception and assessment. \* Pre-employment and personal dynamics service: accompaniment, workshops, helping relationship, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, research techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention. \* Option ressource travail: access program to non-traditional professions for women. \* Focus sur l'emploi: professional reintegration programme for people far from the labour market. \* Travail en liberté: employability program for people with a criminal record. \* Destination avenir: employability program for youth far from the labour market. \* PPE Saint-Rémi and Vaudreuil-Dorion: employment preparation programme. \* Services to employers.

**Eligibility:** general public, Destination avenir: youth 18 to 35 years old

**Capacity:** unlimited

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## **Justice and Advocacy**

### **ADVOCACY GROUPS**

### **CONSUMER PROTECTION AND COMPLAINTS**

### **COURTHOUSES AND TRIBUNALS**

### **LEGAL ASSISTANCE AND INFORMATION**

### **SUPPORT FOR OFFENDERS**

## Advocacy groups

### ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LA RIVE-SUD - POINT DE SERVICE DE VALLEYFIELD

19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4

**450 371-3470**

**Website:** [www.acefrsm.com](http://www.acefrsm.com)

**Email:** [acefrsv@acefrsm.com](mailto:acefrsv@acefrsm.com)

**Services:** \* Protection and promotion of consumers' interests. \* Consumer-related referral and assistance. \* Budget consultation. \* Information and education workshops for groups. \* Small loans from the Fonds d'entraide de la Rive-Sud. \* Assistance with Hydro-Québec payment arrangements. \* Bonhomme à lunette service point: low-cost glasses.

**Eligibility:** consumers on a low or medium income

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal, membership fees, donations

**Legal status:** cooperative

### ASSOCIATION DES RETRAITÉS ET RETRAITÉES DE L'ÉDUCATION ET DES AUTRES SERVICES PUBLICS DU QUÉBEC - SUROÎT

394 Dufferin Street, Suite 202-A, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2A8

**450 373-1009**

**Email:** [areq.suroit@gmail.com](mailto:areq.suroit@gmail.com)

**Services:** Advocacy for members and seniors' rights. \* Conferences and seminars. \* Representation with elected officials. \* Social activities.

**Eligibility:** retired people from public sectors, members

**Coverage area:** Suroît: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** variable

**Fees:** annual membership

**Financing:** self-financing

**Legal status:** non-profit organization

### ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - VALLEYFIELD-SUROÎT - CAAPA

110 Mathias Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3L6

**450 807-2232**

**Website:** [www.aqdr.org](http://www.aqdr.org)

**Email:** [caapainfo@caapavalleyfield.org](mailto:caapainfo@caapavalleyfield.org)

**Services:** Advocacy for seniors in situations where their rights are being infringed upon in order to improve their quality of life. \* Assistance and support centre. \* Home service if needed.

**Eligibility:** people aged 50 and over, their relatives

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

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

**Fees:** none

**Financing:** self-financing, provincial, federal

**Legal status:** non-profit organization

## **CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - LA VIGIE**

Confidential Address

**450 371-4222 Fax:** 450 371-9590

**Email:** info@calacslavigie.org

**Services:** Support and prevention relative to sexual assaults. \* Direct assistance: listening, information, referral, individual meetings and support groups. \* Support to families and friends of women victim of sexual assault. \* Education, prevention and training. \* Advocacy, accompaniment in the legal procedures and actions to address the issue of sexual violence.

**Eligibility:** victims of sexual assault, direct assistance: self-identified women, high school teens, trans and non-binary people who have experienced sexual assault, prevention, awareness and advocacy: general population

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## **COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - CHÂTEAUGUAY ET VALLEYFIELD**

107 Jacques-Cartier Street, Suite 21, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

**1 866 377-2481 Fax:** 450 747-3135

**Website:** www.cddm.qc.ca/en

**Email:** valleyfield@cddm.qc.ca

**Services:** \* Advocacy for people living with or having lived with emotional issues. \* Denouncing of the abuses of psychiatry. \* Training, mobilization and popular education.

**Eligibility:** people experiencing or having experienced mental health challenges

**Coverage area:** Châteauguay, Salaberry-de-Valleyfield

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## **COMITÉ DES USAGERS DU SUROÎT**

Confidential Address

**450 373-4818 ext. 620**

**Website:** cusecteursuroit.com

**Email:** comiteusagers.suroit@hotmail.ca

**Services:** Users committee. \* Information on the rights and obligations of users. \* Advocacy. \* Assistance in the proceedings when making a complaint.

**Eligibility:** users of the Suroît local service network

**Coverage area:** CISSS de la Montérégie-Ouest area

**Financing:** provincial

**Legal status:** parapublic organization

## **COMITÉ LOGEMENT BEAUHARNOIS**

600 Ellice Street, Suite 105, Beauharnois, Montérégie, QC, J6N 3P7

**450 429-3000**

**Email:** clbeauharnois@gmail.com

**Services:** \* Advocacy for tenants. \* Information, awareness, development and promotion of access to social housing. \* Activities, workshops and training.

**Eligibility:** tenants

**Coverage area:** Beauharnois, Léry, Saint-Étienne-de-Beauharnois, Sainte-Martine

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

**Fees:** none

**Financing:** Centraide Sud-Ouest du Québec, provincial, donations

**Legal status:** non-profit organization

### **MON LOGEMENT, MES DROITS**

107 Jacques-Cartier Street, Suite 10, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

**438 308-5973**

**Website:** comitelogementvalleyfield.com

**Email:** monlogementmesdroits@hotmail.com

**Services:** \* Defense of tenants' rights. \* Training for Tal hearings. \* Popular education workshop and documentation on housing issues. \* Promotion of social housing.

**Eligibility:** residents of the MRC Vaudreuil-Soulanges

**Coverage area:** MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

## **Consumer protection and complaints**

### **ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE LA RIVE-SUD - POINT DE SERVICE DE VALLEYFIELD**

19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4

**450 371-3470**

**Website:** www.acefrsm.com

**Email:** acefrsv@acefrsm.com

**Services:** \* Protection and promotion of consumers' interests. \* Consumer-related referral and assistance. \* Budget consultation. \* Information and education workshops for groups. \* Small loans from the Fonds d'entraide de la Rive-Sud. \* Assistance with Hydro-Québec payment arrangements. \* Bonhomme à lunette service point: low-cost glasses.

**Eligibility:** consumers on a low or medium income

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal, membership fees, donations

**Legal status:** cooperative

### **COMITÉ DES USAGERS DU SUROÎT**

Confidential Address

**450 373-4818 ext. 620**

**Website:** cusecteursuroit.com

**Email:** comiteusagers.suroit@hotmail.ca

**Services:** Users committee. \* Information on the rights and obligations of users. \* Advocacy. \* Assistance in the proceedings when making a complaint.

**Eligibility:** users of the Suroît local service network

**Coverage area:** CISSS de la Montérégie-Ouest area

**Financing:** provincial

**Legal status:** parapublic organization



## Courthouses and tribunals

### COURT OF QUÉBEC - CIVIL DIVISION - SALABERRY-DE-VALLEYFIELD

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8

**1 866 536-5140 option 3**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

**Services:** Court constituting the judicial system of Québec. \* Hearing of cases where the amount in dispute is less than \$100 000. \* Hearing of some cases regarding municipal and school affairs. \* Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. \* Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. \* Voluntary deposit. \* Settlement conference chaired by a judge. \* Mediation service. \* Documents relevant to all regions: [click here](#) \* Online schedule of hearings: [click here](#)

**Eligibility:** general public

**Coverage area:** Beauharnois judicial district: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 8h30 to 12h45 and 13h45 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - SALABERRY-DE-VALLEYFIELD

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8

**1 866 536-5140 option 3** **Fax:** 450 370-3021

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

**Services:** Court of Justice of the Judiciary of Quebec. \* Hearing of prosecutions under the Criminal Code, the Code of Penal Procedure or any other penal statute. \* Facilitation conference in criminal and penal matters. \* Relevant documents for all regions: [click here](#) \* Online schedule of hearings: [click here](#)

**Coverage area:** Beauharnois judicial district: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 8h30 to 12h45 and 13h45 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### COURT OF QUÉBEC - SMALL CLAIMS DIVISION - SALABERRY-DE-VALLEYFIELD

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8

**1 866 536-5140 option 3**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

**Services:** Subdivision of the Civil Division of the Court of Justice. \* Hearings of cases where the amount in dispute is less than \$15,000 and where people represent themselves without a lawyer. \* Fair and impartial assistance from judges. \* Mediation service. \* Tools, checklists and guide: [click here](#) \* Online schedule of hearings: [click here](#) \* Other point of service: 265 Anjou Boulevard, Châteauguay and 280 Harwood Boulevard, Vaudreuil-Dorion.

**Eligibility:** any person or legal person if it employed at most 10 people during the 12 months prior to the claim

**Coverage area:** Beauharnois judicial district: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 8h30 to 12h45 and 13h45 to 16h30, by appointment

**Financing:** provincial

**Legal status:** provincial government agency

**COURT OF QUÉBEC - YOUTH DIVISION - SALABERRY-DE-VALLEYFIELD**

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8

**1 866 536-5140 option 3**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

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

**Coverage area:** Beauharnois judicial district: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday of 8h30 to 12h45 and 13h45 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**SALABERRY-DE-VALLEYFIELD COURTHOUSE**

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8

**1 866 455-1585 Fax:** 450 370-3022

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

**Services:** Administration or court services of Sorel-Tracy. \* Support to various courts constituting the judicial system of Québec and some specialized courts. \* Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony. \* Online schedule of hearings: [click here](#) \* Online information: marriage, civil unions, family mediation, negotiating an equitable agreement, child support, wills, etc.

**Eligibility:** general public

**Coverage area:** Beauharnois judicial district: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 8h30 to 12h45 and 13h45 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**SUPERIOR COURT - SALABERRY-DE-VALLEYFIELD**

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8

**1 866 536-5140 option 3**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

**Services:** Court of Justice of the Judiciary of Quebec. \* Hearings of cases involving \$85,000 or more and administrative, family and bankruptcy disputes. \* Hearings in criminal jury trials and summary conviction appeals. \* Hearings of all cases not assigned by law to another court. \* Online hearing schedule: [click here](#) \* Registry of class actions: [click here](#)

**Eligibility:** general public

**Coverage area:** Beauharnois judicial district: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday of 8h30 to 12h45 and 13h45 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**Legal assistance and information****AIRE OUVERTE DE SALABERRY-DE-VALLEYFIELD**

320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3Z3

**1 888 440-2473**

**Website:** [santemonteregie.qc.ca/ouest/aire-ouverte](http://santemonteregie.qc.ca/ouest/aire-ouverte)

**Email:** [aireouverte.cisssmo16@ssss.gouv.qc.ca](mailto:aireouverte.cisssmo16@ssss.gouv.qc.ca)

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

**Eligibility:** youth from 12 to 25 years old

**Coverage area:** Montérégie-Ouest

**Hours:** Monday and Wednesday 14h00 à 18h00, Thursday 14h00 à 20h00, Friday and Saturday 12h00 à 18h00

**Financing:** provincial

**Legal status:** provincial government agency

### **ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')**

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1

**450 373-9887**

**Website:** [www.lantichambre12-17.ca](http://www.lantichambre12-17.ca)

**Email:** [hebergement@lantichambre12-17.ca](mailto:hebergement@lantichambre12-17.ca)

**Services:** Intervention and first-line social housing for youth. \* Emergency housing. \* Temporary housing. \* Listening and support. \* Referral and accompaniment. \* Intervention in crisis situation. \* Outreach work. \* Family support. \* School, social and vocational support. \* Information and awareness on various topics.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 8 beds

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** \$10 per day, \$70 per week

**Financing:** provincial, self-financing, foundations

**Legal status:** non-profit organization

### **ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - VALLEYFIELD-SUROÎT - CAAPA**

110 Mathias Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3L6

**450 807-2232**

**Website:** [www.aqdr.org](http://www.aqdr.org)

**Email:** [caapainfo@caapavalleyfield.org](mailto:caapainfo@caapavalleyfield.org)

**Services:** Advocacy for seniors in situations where their rights are being infringed upon in order to improve their quality of life. \* Assistance and support centre. \* Home service if needed.

**Eligibility:** people aged 50 and over, their relatives

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

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

**Fees:** none

**Financing:** self-financing, provincial, federal

**Legal status:** non-profit organization

### **COURT OF QUÉBEC - YOUTH DIVISION - SALABERRY-DE-VALLEYFIELD**

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8

**1 866 536-5140 option 3**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

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

**Coverage area:** Beauharnois judicial district: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday of 8h30 to 12h45 and 13h45 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### **LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD**

151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8

**450 370-3064** Fax: 450 370-3068

**Website:** ccjrs.com/en/bureaux/salaberry-de-valleyfield-2

**Email:** valleyfield@ccjrs.com

**Services:** Free or low-cost legal services to eligible individuals. \* Receives and processes legal aid request.

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

**Coverage area:** MRC Beauharnois-Salaberry, Vaudreuil-Dorion

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

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

**Financing:** provincial

**Legal status:** parapublic organization

## **Support for offenders**

### **LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD**

151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8

**450 370-3064** Fax: 450 370-3068

**Website:** ccjrs.com/en/bureaux/salaberry-de-valleyfield-2

**Email:** valleyfield@ccjrs.com

**Services:** Free or low-cost legal services to eligible individuals. \* Receives and processes legal aid request.

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

**Coverage area:** MRC Beauharnois-Salaberry, Vaudreuil-Dorion

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

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

**Financing:** provincial

**Legal status:** parapublic organization

## **Mental Health and addictions**

**ADDICTION PREVENTION**

**ADDICTION TREATMENT**

**COMMUNITY SUPPORT IN MENTAL HEALTH**

**CRISIS CENTRES AND SUICIDE PREVENTION**

**HELPLINES**

**MENTAL HEALTH ADVOCACY GROUPS**

**PSYCHIATRIC SERVICES**

**SELF-HELP GROUPS FOR ADDICTION ISSUES**

**SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES**

## Addiction prevention

### AIRE OUVERTE DE SALABERRY-DE-VALLEYFIELD

320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3Z3

**1 888 440-2473**

**Website:** [santemonteregie.qc.ca/ouest/aire-ouverte](http://santemonteregie.qc.ca/ouest/aire-ouverte)

**Email:** [aireouverte.cisssmo16@ssss.gouv.qc.ca](mailto:aireouverte.cisssmo16@ssss.gouv.qc.ca)

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

**Eligibility:** youth from 12 to 25 years old

**Coverage area:** Montérégie-Ouest

**Hours:** Monday and Wednesday 14h00 à 18h00, Thursday 14h00 à 20h00, Friday and Saturday 12h00 à 18h00

**Financing:** provincial

**Legal status:** provincial government agency

### JUSTICE ALTERNATIVE DU SUROÎT

52 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4A2

**1 800 377-3576 Fax:** 450 377-4394

**Website:** [justicealternativedusuroit.com](http://justicealternativedusuroit.com)

**Email:** [reception@justicealternativedusuroit.com](mailto:reception@justicealternativedusuroit.com)

**Services:** \* Enforcement of certain criminal penalties under the Youth Criminal Justice Act: criminal mediation, volunteer work, compensation, apology. \* Laws and Consequences and Laws and Drugs programs: social skills development workshops. \* Conflict management projects in schools. \* GRAFF and DEGRAFF: projects to remove illegal graffiti and create frescoes on authorized sites. \* Résoluthèque: documentation centre on healthy conflict management.

**Eligibility:** young people 12 to 17 years old

**Coverage area:** MRC de Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, group facilitation: Tuesday evening

**Financing:** provincial

**Legal status:** non-profit organization

### LIBERTÉ DE CHOISIR

40 Ste-Cécile Street, Suite 100, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L7

**450 370-3444**

**Website:** [www.libertedechoisir.ca](http://www.libertedechoisir.ca)

**Email:** [libertedechoisir@cgocable.ca](mailto:libertedechoisir@cgocable.ca)

**Services:** Promotion of a healthy lifestyle and prevention of drug addiction among youth. \* Schools: individual assessment, early intervention, referral and accompaniment. \* Prevention workshops animation: Grade 6, high school, post-secondary institutions and trainings for teachers. \* Community sector: conferences and support to organizations. \* Parents: conferences and training workshops to better understand drug use among teenagers.

**Eligibility:** youth 12 to 24 years old, parents, community workers, teachers, community organizations

**Coverage area:** MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

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

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

## SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR SUROÎT

71 Maden Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3V4

**450 371-0143 ext. 113210**

**Website:** <https://santemonteregie.qc.ca/services/dependances>

**Services:** Front-line addiction services. \* Information and education on addiction. \* Reflection on consumption habits and possible solutions. \* Support for loved ones. \* Mes choix Alcool. \* Mes choix cannabis. \* Mes choix toutes substances.

**Eligibility:** people with questions about alcohol, drug, gambling, or Internet use habits

**Coverage area:** Montérégie-Ouest: Suroît Sector: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

**Legal status:** parapublic organization

## Addiction treatment

### CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - SALABERRY-DE-VALLEYFIELD

11 de l'Église Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1J5

**1 866 964-4413**

**Website:** [santemonteregie.qc.ca/services/dependances](https://santemonteregie.qc.ca/services/dependances)

**Email:** [accueil.dependance.ciassmo16@ssss.gouv.qc.ca](mailto:accueil.dependance.ciassmo16@ssss.gouv.qc.ca)

**Services:** Second-line addiction services. \* Inpatient and outpatient therapy of variable duration. \* Inpatient therapy for adults in collaboration with Maison la Margelle (substances and gambling) and Maison l'Alcôve (substances and stabilization 7 days for gambling). \* Inpatient therapy for youth in collaboration with Portage, PNPV and Le Grand Chemin. \* Outpatient therapy for adults and youth (substances, gambling and Internet addiction). \* Inpatient detoxification (St-Philippe service point). \* Outpatient detoxification. \* Support for cyberaddiction. \* TAO services. \* Support for relatives: individual and groups meetings. \* Social and professional reintegration.

**Eligibility:** youth or adults dealing with addiction problems, their relatives

**Coverage area:** Montérégie

**Hours:** Monday and Tuesday 8h30 to 12h00 and 13h00 to 20h00, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, centralized reception: Monday to Wednesday 8h30 to 12h00, 13h00 to 17h00 and 18h00 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

### DU SUROÎT HOSPITAL

150 Saint-Thomas Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6C1

**450 371-9920 Fax: 450 377-1372**

**Website:** [santemonteregie.qc.ca/en/installations/hopital-du-suroit](https://santemonteregie.qc.ca/en/installations/hopital-du-suroit)

**Services:** Hospital centre offering general and specialized cares. \* Emergencies and intensive cares. \* Surgery. \* Obstetrics and pediatrics. \* Mother-children centre and support to families living perinatal bereavement. \* Geriatrics, palliative care. \* Sleep laboratory. \* Physical rehabilitation. \* Informations for people living with diabetes. \* Inpatient psychiatric hospital unit and mental health consultations. \* Tests centre. \* Detoxification. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR SUROÎT

71 Maden Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3V4

**450 371-0143 ext. 113210**

**Website:** <https://santemonteregie.qc.ca/services/dependances>

**Services:** Front-line addiction services. \* Information and education on addiction. \* Reflection on consumption habits and possible solutions. \* Support for loved ones. \* Mes choix Alcool. \* Mes choix cannabis. \* Mes choix toutes substances.

**Eligibility:** people with questions about alcohol, drug, gambling, or Internet use habits

**Coverage area:** Montérégie-Ouest: Suroît Sector: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

**Legal status:** parapublic organization

## Community support in mental health

### CENTRE DE SERVICES AMBULATOIRES EN SANTÉ MENTALE DE LA RUE DU MARCHÉ

50 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P4

**450 373-7321 Fax: 450 371-5044**

**Website:** [www.santemonteregie.qc.ca/en/installations/edifice-pierre-deom-centre-de-jour-en-sante-mentale-pour-adultes](http://www.santemonteregie.qc.ca/en/installations/edifice-pierre-deom-centre-de-jour-en-sante-mentale-pour-adultes)

**Services:** Mental health day centre.

**Eligibility:** adults living with a mental health problem

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Vaudreuil-Soulanges

**Financing:** provincial

**Legal status:** parapublic organization

### COURT OF QUÉBEC - CIVIL DIVISION - SALABERRY-DE-VALLEYFIELD

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8

**1 866 536-5140 option 3**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

**Services:** Court constituting the judicial system of Québec. \* Hearing of cases where the amount in dispute is less than \$100 000. \* Hearing of some cases regarding municipal and school affairs. \* Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. \* Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. \* Voluntary deposit. \* Settlement conference chaired by a judge. \* Mediation service. \* Documents relevant to all regions: [click here](#) \* Online schedule of hearings: [click here](#)

**Eligibility:** general public

**Coverage area:** Beauharnois judicial district: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 8h30 to 12h45 and 13h45 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### DAHLIA (LE) - GROUPE D'ENTRAIDE EN SANTÉ MENTALE

183 Ellice Street, Beauharnois, Montérégie, QC, J6N 1W9

**450 225-0696**

**Email:** [dahliaentraide@hotmail.com](mailto:dahliaentraide@hotmail.com)

**Services:** Mental health day centre and living environment. \* Listening, support, referral and counselling. \* Individual or group follow-up. \* Training, prevention and awareness. \* Various workshops: self-management, self-esteem, sexuality, etc. \* Therapeutics activities. \* Workshops for men. \* Lunches and takeout. \* Coffee meetings and outings. \* Beauty Days.



**Eligibility:** people living or having experienced mental health problems or emotional distress

**Coverage area:** MRC Beauharnois-Salaberry, MRC Roussillon

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

**Fees:** lunches: \$3, takeout: \$2

**Financing:** provincial, donations

**Legal status:** non-profit organization

## DROIT DI RÊVER

222 Alphonse-Desjardins Street, Suite 203, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9

**450 747-0213**

**Website:** droitdirever.org

**Email:** info@droitdirever.org

**Services:** Organization that offers recreational and training services to help adults living with an intellectual disability or an autism spectrum disorder to develop their autonomy and promote their social inclusion in various spheres of daily life. \* Trainings and workshops: hygiene, nutrition, self-esteem, etc. \* Physical and cultural activities: theater, dance, yoga, etc. \* Volunteer work.

**Eligibility:** people 21 years old and over living with an intellectual disability or an autism spectrum disorder

**Coverage area:** Le Suroît

**Hours:** Monday to Friday, variable hours

**Fees:** membership card: \$20, variable according to the activity

**Financing:** fundraising campaigns, donations, grants

**Legal status:** non-profit organization

## PONT DU SUROÎT

88 Alexandre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3J9

**450 377-3126**

**Website:** lepont.com/en/

**Email:** info@lepont.com

**Services:** \* Psychosocial intervention. \* Information and documentation centre. \* Monthly support and discussion group. \* Aider sans filtre project: accompaniment and support for young people close to people living with a mental health problem, awareness. \* Assistance with the presentation of a psychiatric assessment request. \* Training activities. \* Awareness activities.

**Eligibility:** families and friends of people living with a mental illness, Aider sans filtre project: youth 12 to 29 years old

**Coverage area:** MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

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

**Fees:** none

**Financing:** provincial, self-financing, donations

**Legal status:** non-profit organization

## PSYCOHÉSION

100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7

**450 377-2841** Fax: 450 377-0410

**Website:** www.psych cohesion.weebly.com

**Email:** direction@psych cohesion.com

**Services:** \* Support group. \* Individual meetings. \* Creative and personal development workshops. \* Café respite, luncheons and community meals. \* Light therapy. \* Documentation centre. \* Users committee and social club. \* Sports and recreational activities: fun games, board games and others. \* Summer activities: outings and trips. \* Pass-Action program.

**Eligibility:** people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market

**Capacity:** Pass-Action program: 8 people

**Coverage area:** MRC de Beauharnois-Salaberry

**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday: call first

**Fees:** annual membership: \$10

**Financing:** provincial

**Legal status:** non-profit organization

## Crisis centres and suicide prevention

### RESSOURCE DE TRANSITION LE TOURNANT

414 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2K3

**1 866 277-3553** Fax: 450 371-2681

**Website:** [www.letournant.org](http://www.letournant.org)

**Email:** [letournant@letournant.qc.ca](mailto:letournant@letournant.qc.ca)

**Services:** Crisis centre. \* Crisis intervention and suicide prevention helpline 24/7. \* Temporary accommodations, close monitoring, rehabilitation, telephone follow-up and crisis intervention within the community. \* Bereavement support: postvention measures, support groups for people bereaved by suicide. \* Variable intensity monitoring (SIV): medium term psychosocial rehabilitation service to increase the independence of people with serious mental disorders. \* Training.

**Eligibility:** people whose mental health is disturbed and who suffer from emotional distress, their relatives, counsellors

**Coverage area:** MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Helplines

### RESSOURCE DE TRANSITION LE TOURNANT

414 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2K3

**1 866 277-3553** Fax: 450 371-2681

**Website:** [www.letournant.org](http://www.letournant.org)

**Email:** [letournant@letournant.qc.ca](mailto:letournant@letournant.qc.ca)

**Services:** Crisis centre. \* Crisis intervention and suicide prevention helpline 24/7. \* Temporary accommodations, close monitoring, rehabilitation, telephone follow-up and crisis intervention within the community. \* Bereavement support: postvention measures, support groups for people bereaved by suicide. \* Variable intensity monitoring (SIV): medium term psychosocial rehabilitation service to increase the independence of people with serious mental disorders. \* Training.

**Eligibility:** people whose mental health is disturbed and who suffer from emotional distress, their relatives, counsellors

**Coverage area:** MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### TEL-AIDE RÉGION DU SUROÎT

Confidential Address

**1 855 377-0600**

**Website:** [telaideregiondusuroit.com](http://telaideregiondusuroit.com)

**Email:** [info@telaide.com](mailto:info@telaide.com)

**Services:** \* Anonymous and confidential helpline, support and referral.

**Eligibility:** anyone who feels the need to talk or is experiencing psychological distress

**Capacity:** 8500 calls per year

**Coverage area:** Suroît region

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Mental health advocacy groups

### COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - CHÂTEAUGUAY ET VALLEYFIELD

107 Jacques-Cartier Street, Suite 21, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

**1 866 377-2481 Fax:** 450 747-3135

**Website:** [www.cddm.qc.ca/en](http://www.cddm.qc.ca/en)

**Email:** [valleyfield@cddm.qc.ca](mailto:valleyfield@cddm.qc.ca)

**Services:** \* Advocacy for people living with or having lived with emotional issues. \* Denouncing of the abuses of psychiatry. \* Training, mobilization and popular education.

**Eligibility:** people experiencing or having experienced mental health challenges

**Coverage area:** Châteauguay, Salaberry-de-Valleyfield

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### DAHLIA (LE) - GROUPE D'ENTRAIDE EN SANTÉ MENTALE

183 Ellice Street, Beauharnois, Montérégie, QC, J6N 1W9

**450 225-0696**

**Email:** [dahliaentraide@hotmail.com](mailto:dahliaentraide@hotmail.com)

**Services:** Mental health day centre and living environment. \* Listening, support, referral and counselling. \* Individual or group follow-up. \* Training, prevention and awareness. \* Various workshops: self-management, self-esteem, sexuality, etc. \* Therapeutics activities. \* Workshops for men. \* Lunches and takeout. \* Coffee meetings and outings. \* Beauty Days.

**Eligibility:** people living or having experienced mental health problems or emotional distress

**Coverage area:** MRC Beauharnois-Salaberry, MRC Roussillon

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

**Fees:** lunches: \$3, takeout: \$2

**Financing:** provincial, donations

**Legal status:** non-profit organization

### PONT DU SUROÎT

88 Alexandre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3J9

**450 377-3126**

**Website:** [lepont.com/en/](http://lepont.com/en/)

**Email:** [info@lepont.com](mailto:info@lepont.com)

**Services:** \* Psychosocial intervention. \* Information and documentation centre. \* Monthly support and discussion group. \* Aider sans filtre project: accompaniment and support for young people close to people living with a mental health problem, awareness. \* Assistance with the presentation of a psychiatric assessment request. \* Training activities. \* Awareness activities.

**Eligibility:** families and friends of people living with a mental illness, Aider sans filtre project: youth 12 to 29 years old

**Coverage area:** MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

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

**Fees:** none

**Financing:** provincial, self-financing, donations

**Legal status:** non-profit organization

## PSYCOHÉSION

100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7

**450 377-2841 Fax:** 450 377-0410

**Website:** [www.psycohesion.weebly.com](http://www.psycohesion.weebly.com)

**Email:** [direction@psycohesion.com](mailto:direction@psycohesion.com)

**Services:** \* Support group. \* Individual meetings. \* Creative and personal development workshops. \* Café respite, luncheons and community meals. \* Light therapy. \* Documentation centre. \* Users committee and social club. \* Sports and recreational activities: fun games, board games and others. \* Summer activities: outings and trips. \* Pass-Action program.

**Eligibility:** people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market

**Capacity:** Pass-Action program: 8 people

**Coverage area:** MRC de Beauharnois-Salaberry

**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday: call first

**Fees:** annual membership: \$10

**Financing:** provincial

**Legal status:** non-profit organization

## Psychiatric services

### DU SUROÎT HOSPITAL

150 Saint-Thomas Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6C1

**450 371-9920 Fax:** 450 377-1372

**Website:** [santemonteregie.qc.ca/en/installations/hopital-du-suroit](http://santemonteregie.qc.ca/en/installations/hopital-du-suroit)

**Services:** Hospital centre offering general and specialized cares. \* Emergencies and intensive cares. \* Surgery. \* Obstetrics and pediatrics. \* Mother-children centre and support to families living perinatal bereavement. \* Geriatrics, palliative care. \* Sleep laboratory. \* Physical rehabilitation. \* Informations for people living with diabetes. \* Inpatient psychiatric hospital unit and mental health consultations. \* Tests centre. \* Detoxification. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## Self-help groups for addiction issues

### SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR SUROÎT

71 Maden Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3V4

**450 371-0143 ext. 113210**

**Website:** <https://santemonteregie.qc.ca/services/dependances>

**Services:** Front-line addiction services. \* Information and education on addiction. \* Reflection on consumption habits and possible solutions. \* Support for loved ones. \* Mes choix Alcool. \* Mes choix cannabis. \* Mes choix toutes substances.

**Eligibility:** people with questions about alcohol, drug, gambling, or Internet use habits

**Coverage area:** Montérégie-Ouest: Suroît Sector: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

**Legal status:** parapublic organization

## Self-help groups for mental health issues

### DAHLIA (LE) - GROUPE D'ENTRAIDE EN SANTÉ MENTALE

183 Ellice Street, Beauharnois, Montérégie, QC, J6N 1W9

**450 225-0696**

**Email:** dahliaentraide@hotmail.com

**Services:** Mental health day centre and living environment. \* Listening, support, referral and counselling. \* Individual or group follow-up. \* Training, prevention and awareness. \* Various workshops: self-management, self-esteem, sexuality, etc. \* Therapeutics activities. \* Workshops for men. \* Lunches and takeout. \* Coffee meetings and outings. \* Beauty Days.

**Eligibility:** people living or having experienced mental health problems or emotional distress

**Coverage area:** MRC Beauharnois-Salaberry, MRC Roussillon

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

**Fees:** lunches: \$3, takeout: \$2

**Financing:** provincial, donations

**Legal status:** non-profit organization

### PONT DU SUROÎT

88 Alexandre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3J9

**450 377-3126**

**Website:** lepont.com/en/

**Email:** info@lepont.com

**Services:** \* Psychosocial intervention. \* Information and documentation centre. \* Monthly support and discussion group. \* Aider sans filtre project: accompaniment and support for young people close to people living with a mental health problem, awareness. \* Assistance with the presentation of a psychiatric assessment request. \* Training activities. \* Awareness activities.

**Eligibility:** families and friends of people living with a mental illness, Aider sans filtre project: youth 12 to 29 years old

**Coverage area:** MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

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

**Fees:** none

**Financing:** provincial, self-financing, donations

**Legal status:** non-profit organization

### PSYCOHÉSION

100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7

**450 377-2841** Fax: 450 377-0410

**Website:** www.psycohesion.weebly.com

**Email:** direction@psycohesion.com

**Services:** \* Support group. \* Individual meetings. \* Creative and personal development workshops. \* Café respite, luncheons and community meals. \* Light therapy. \* Documentation centre. \* Users committee and social club. \* Sports and recreational activities: fun games, board games and others. \* Summer activities: outings and trips. \* Pass-Action program.

**Eligibility:** people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market

**Capacity:** Pass-Action program: 8 people

**Coverage area:** MRC de Beauharnois-Salaberry

**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday: call first

**Fees:** annual membership: \$10

**Financing:** provincial

**Legal status:** non-profit organization

### RESSOURCE DE TRANSITION LE TOURNANT

414 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2K3

**1 866 277-3553 Fax:** 450 371-2681

**Website:** [www.letournant.org](http://www.letournant.org)

**Email:** [letournant@letournant.qc.ca](mailto:letournant@letournant.qc.ca)

**Services:** Crisis centre. \* Crisis intervention and suicide prevention helpline 24/7. \* Temporary accommodations, close monitoring, rehabilitation, telephone follow-up and crisis intervention within the community. \* Bereavement support: postvention measures, support groups for people bereaved by suicide. \* Variable intensity monitoring (SIV): medium term psychosocial rehabilitation service to increase the independence of people with serious mental disorders. \* Training.

**Eligibility:** people whose mental health is disturbed and who suffer from emotional distress, their relatives, counsellors

**Coverage area:** MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**Seniors****CAREGIVERS****COMMUNITY AND RECREATION CENTRES****DAY CENTRES AND RESPITE****FRIENDLY VISITS AND SAFETY CALLS****HOME SUPPORT****SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS****VOLUNTEER TRANSPORTATION**

## Caregivers

### COUP DE POUCE DES MOISSONS

196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1

**1 888 429-4229 Fax:** 450 429-6364

**Website:** cpmaide.ca

**Email:** direction@cpmaide.ca

**Services:** \* Light and heavy housework. \* Laundry and ironing. \* Preparation of meals without diet. \* Personal care. \* Respite. \* Assistance in boxing for moving purposes.

**Eligibility:** seniors, people who are ill, living with a disability or with a loss of autonomy

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon

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

**Fees:** variable depending on income and age

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### SOCIÉTÉ ALZHEIMER DU SUROÎT - SIÈGE SOCIAL ET POINT DE SERVICE SALABERRY-DE-VALLEYFIELD

340 du Havre Boulevard, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1S6

**450 373-0303 Fax:** 450 373-0388

**Website:** www.alzheimer.ca/en/suroit

**Email:** info@alzheimersuroit.com

**Services:** \* Telephone consultations. \* Individual and family consultations. \* Post-diagnosis reception and support. \* Information and support groups and training for caregivers \* Information and support groups and training for people affected. \* Brunch meetings for couples and families. \* Music and artistic activities. \* Respite care at home. \* Group respite at the Myosotis activity centres. \* Documentation centre. \* Information sessions, public conferences, kiosks \* Training for health care professionals and workers. \* Reference platform for health care workers: <http://referenceaidancequebec.ca>

**Eligibility:** people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

**Hours:** Monday to Friday 9h00 to 16h30, group respite: 9h30 to 15h30

**Fees:** services to individuals and families: free, services to professionals and practitioners: variable

**Financing:** donations, grants, fundraising campaigns

**Legal status:** non-profit organization

## Community and Recreation Centres

### AÎNÉS DE MAISONNEUVE (LES)

550 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1B8

**450 370-4866**

**Services:** \* Pool table, shuffleboard, card games, petanque.

**Eligibility:** people 65 years old and over

**Capacity:** 85

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 11h30 to 16h00

**Fees:** membership: \$40, bbq: variable

**Financing:** provincial, federal, foundations, membership fees

**Legal status:** non-profit organization



## ASSOCIATION DES RETRAITÉS ET RETRAITÉES DE L'ÉDUCATION ET DES AUTRES SERVICES PUBLICS DU QUÉBEC - SUROÎT

394 Dufferin Street, Suite 202-A, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2A8

**450 373-1009**

**Email:** areq.suroit@gmail.com

**Services:** Advocacy for members and seniors' rights. \* Conferences and seminars. \* Representation with elected officials. \* Social activities.

**Eligibility:** retired people from public sectors, members

**Coverage area:** Suroît: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** variable

**Fees:** annual membership

**Financing:** self-financing

**Legal status:** non-profit organization

## UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE

Confidential Address

**1 888 463-1835 ext. 61747**

**Website:** [www.usherbrooke.ca/uta/prog/monteregie](http://www.usherbrooke.ca/uta/prog/monteregie)

**Email:** uta.monteregie@usherbrooke.ca

**Services:** Educational programme divided into 30 university branches for seniors. \* Open-auditor type educational activities with no assignments or exams and no credits. \* Various teaching formulas: courses, seminars, open discussions, workshops, etc. \* Student associations that promote integration into cultural and social life. \* In-person activities in several towns in the region: Longueuil, Beloeil, Dorion, etc. \* Online activities: [click here](#)

**Eligibility:** people 50 years and over, no prior degree is required

**Coverage area:** Montérégie

**Fees:** compulsory student contribution: \$8, tuition fees: variable depending on the activity

**Financing:** donations, grants

**Legal status:** non-profit organization

## Day centres and respite

### COUP DE POUCE DES MOISSONS

196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1

**1 888 429-4229 Fax:** 450 429-6364

**Website:** [cpmaide.ca](http://cpmaide.ca)

**Email:** [direction@cpmaide.ca](mailto:direction@cpmaide.ca)

**Services:** \* Light and heavy housework. \* Laundry and ironing. \* Preparation of meals without diet. \* Personal care. \* Respite. \* Assistance in boxing for moving purposes.

**Eligibility:** seniors, people who are ill, living with a disability or with a loss of autonomy

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon

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

**Fees:** variable depending on income and age

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Friendly visits and safety calls

### FONDATION DE L'HÔPITAL DU SUROÎT

88 Saint-Laurent Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 6J9

**1 866 210-8623**

**Website:** [fondationhds.ca](http://fondationhds.ca)

**Email:** [info@fondationhds.ca](mailto:info@fondationhds.ca)

**Services:** Collecting donations and bequests to promote, improve and maintain the health and well-being of the public. \* Courtesy calls. \* «S'en sortir, sans sortir» informational kit. \* Sanitary equipment deposite.

**Eligibility:** general public, healthcare professionals and organizations

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Vaudreuil-Soulanges

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

**Financing:** donations

**Legal status:** non-profit organization

## Home support

### COUP DE POUCE DES MOISSONS

196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1

**1 888 429-4229** **Fax:** 450 429-6364

**Website:** [cpmaide.ca](http://cpmaide.ca)

**Email:** [direction@cpmaide.ca](mailto:direction@cpmaide.ca)

**Services:** \* Light and heavy housework. \* Laundry and ironing. \* Preparation of meals without diet. \* Personal care. \* Respite. \* Assistance in boxing for moving purposes.

**Eligibility:** seniors, people who are ill, living with a disability or with a loss of autonomy

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon

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

**Fees:** variable depending on income and age

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Seniors' Advocacy and Assistance Associations

### ASSOCIATION DES RETRAITÉS ET RETRAITÉES DE L'ÉDUCATION ET DES AUTRES SERVICES PUBLICS DU QUÉBEC - SUROÎT

394 Dufferin Street, Suite 202-A, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2A8

**450 373-1009**

**Email:** [areq.suroit@gmail.com](mailto:areq.suroit@gmail.com)

**Services:** Advocacy for members and seniors' rights. \* Conferences and seminars. \* Representation with elected officials. \* Social activities.

**Eligibility:** retired people from public sectors, members

**Coverage area:** Suroît: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** variable

**Fees:** annual membership

**Financing:** self-financing

**Legal status:** non-profit organization

## **ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - VALLEYFIELD-SUROÎT - CAAPA**

110 Mathias Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3L6

**450 807-2232**

**Website:** [www.aqdr.org](http://www.aqdr.org)

**Email:** [caapainfo@caapavalleyfield.org](mailto:caapainfo@caapavalleyfield.org)

**Services:** Advocacy for seniors in situations where their rights are being infringed upon in order to improve their quality of life. \* Assistance and support centre. \* Home service if needed.

**Eligibility:** people aged 50 and over, their relatives

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

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

**Fees:** none

**Financing:** self-financing, provincial, federal

**Legal status:** non-profit organization

## **LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD**

151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8

**450 370-3064** Fax: 450 370-3068

**Website:** [ccjrs.com/en/bureaux/salaberry-de-valleyfield-2](http://ccjrs.com/en/bureaux/salaberry-de-valleyfield-2)

**Email:** [valleyfield@ccjrs.com](mailto:valleyfield@ccjrs.com)

**Services:** Free or low-cost legal services to eligible individuals. \* Receives and processes legal aid request.

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

**Coverage area:** MRC Beauharnois-Salaberry, Vaudreuil-Dorion

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

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

**Financing:** provincial

**Legal status:** parapublic organization

## **Volunteer Transportation**

### **COUP DE POUCE DES MOISSONS - ACCOMPANIMENT-TRANSPORTATION**

196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1

**1 888 429-4229** Fax: 450 429-6364

**Website:** [cpmaide.ca](http://cpmaide.ca)

**Email:** [direction@cpmaide.ca](mailto:direction@cpmaide.ca)

**Services:** \* Accompaniment and transport for running errands by employees.

**Eligibility:** seniors, people who are ill, living with a disability or with a loss of autonomy

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon

**Hours:** Monday to Friday, by appointment

**Fees:** starting from \$32.50 per hour, transportation: \$0.60/km

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**Sex and gender****LGBTQ ASSOCIATIONS**

## LGBTQ associations

### JEUNES ADULTES GAI-E-S - SALABERRY-DE-VALLEYFIELD SERVICE POINT

107 Jacques-Cartier Street Suite 11, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

**1 800 774-1349**

**Website:** lejag.org

**Email:** info@lejag.org

**Services:** Community organization that raises awareness, provides support and referrals for anyone affected by or questioning emotional, sexual and gender diversity. \* Individual counseling: by phone, in person, by video conference (Messenger or Teams). \* Group meetings. \* Social activities. \* Workshops and conferences in schools and community organizations on the importance of allies and on different sexual orientations and gender diversity. \* Training for health, school and community workers. \* Representation: stands and round tables.

**Eligibility:** people affected by or questioning emotional, sexual and gender diversity

**Coverage area:** Montérégie-West

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

**Fees:** annual membership: free for people 18 years old and lower, \$5 for people 18 years old and over

**Financing:** membership fees, donations, provincial, municipal

**Legal status:** non-profit organization

## **Sports, Recreation and Culture**

**ARTS AND CULTURE**

**CLUBS AND SOCIAL EVENTS**

**COMMUNITY RECREATION CENTRES**

**HOBBIES**

**SPORT**

**SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY**

## Arts and culture

### TROUPE DE THÉÂTRE ADAPTÉ LES PAS POUR RIRE

222 Alphonse-Desjardins Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9  
**438 502-1220**

**Website:** lespaspourrire.com

**Email:** info@lespaspourrire.com

**Services:** \* Adapted theater workshops. \* Creation, preparation and animation of an original play. \* Show-assembler for the adapted groups and the work platforms of the school and social network. \* Participation in events and activities: festivals, Journées de la culture, la Fête Différente, FRAS challenge, etc.

**Eligibility:** people living with an intellectual disability and adjustment difficulties

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Tuesday 19h00 to 21h00, September to June

**Fees:** membership card: \$5, theater workshop: \$7

**Financing:** donations, grants

**Legal status:** non-profit organization

## Clubs and social events

### AÎNÉS DE MAISONNEUVE (LES)

550 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1B8  
**450 370-4866**

**Services:** \* Pool table, shuffleboard, card games, petanque.

**Eligibility:** people 65 years old and over

**Capacity:** 85

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 11h30 to 16h00

**Fees:** membership: \$40, bbq: variable

**Financing:** provincial, federal, foundations, membership fees

**Legal status:** non-profit organization

### ASSOCIATION DES RETRAITÉS ET RETRAITÉES DE L'ÉDUCATION ET DES AUTRES SERVICES PUBLICS DU QUÉBEC - SUROÎT

394 Dufferin Street, Suite 202-A, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2A8  
**450 373-1009**

**Email:** areq.suroit@gmail.com

**Services:** Advocacy for members and seniors' rights. \* Conferences and seminars. \* Representation with elected officials. \* Social activities.

**Eligibility:** retired people from public sectors, members

**Coverage area:** Suroît: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** variable

**Fees:** annual membership

**Financing:** self-financing

**Legal status:** non-profit organization

### DIOCÈSE DE VALLEYFIELD

11 de l'Église Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1J5  
**450 373-8122** Fax: 450 371-0000

**Website:** www.diocesevalleyfield.org/fr/homepage

**Email:** accueil@diocesevalleyfield.org

**Services:** Diocesan activities. \* List of parishes: www.diocesevalleyfield.org/fr/paroisses

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, Châteauguay, Hemmingford

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h30 to 16h30

**Financing:** donations

**Legal status:** non-profit organization

### **JEUNES ADULTES GAI-E-S - SALABERRY-DE-VALLEYFIELD SERVICE POINT**

107 Jacques-Cartier Street Suite 11, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

**1 800 774-1349**

**Website:** lejag.org

**Email:** info@lejag.org

**Services:** Community organization that raises awareness, provides support and referrals for anyone affected by or questioning emotional, sexual and gender diversity. \* Individual counseling: by phone, in person, by video conference (Messenger or Teams). \* Group meetings. \* Social activities. \* Workshops and conferences in schools and community organizations on the importance of allies and on different sexual orientations and gender diversity. \* Training for health, school and community workers. \* Representation: stands and round tables.

**Eligibility:** people affected by or questioning emotional, sexual and gender diversity

**Coverage area:** Montérégie-West

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

**Fees:** annual membership: free for people 18 years old and lower, \$5 for people 18 years old and over

**Financing:** membership fees, donations, provincial, municipal

**Legal status:** non-profit organization

### **UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE**

Confidential Address

**1 888 463-1835 ext. 61747**

**Website:** www.usherbrooke.ca/uta/prog/monteregie

**Email:** uta.monteregie@usherbrooke.ca

**Services:** Educational programme divided into 30 university branches for seniors. \* Open-auditor type educational activities with no assignments or exams and no credits. \* Various teaching formulas: courses, seminars, open discussions, workshops, etc. \* Student associations that promote integration into cultural and social life. \* In-person activities in several towns in the region: Longueuil, Beloeil, Dorion, etc. \* Online activities: [click here](#)

**Eligibility:** people 50 years and over, no prior degree is required

**Coverage area:** Montérégie

**Fees:** compulsory student contribution: \$8, tuition fees: variable depending on the activity

**Financing:** donations, grants

**Legal status:** non-profit organization

## **Community recreation centres**

### **MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD**

42, rue Anderson, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1

**450 373-6788**

**Website:** mdjvalleyfield.com

**Email:** info@mdjvalleyfield.com

**Services:** Meeting place for young people. \* Food assistance. \* Homework assistance. \* Assistance in case of runaways. \* Help in finding temporary lodging. \* Street intervention. \* Cultural, creative, preventive, community and recreational activities. \* Animation of the downtown area. \* Education of democratic life and fundraising campaigns. \* Information and raising awareness on healthy lifestyle habits. \* Referrals to local organizations.

**Eligibility:** youth 12 to 24 years old

**Coverage area:** Salaberry-de-Valleyfield



**Hours:** reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## Hobbies

### AÎNÉS DE MAISONNEUVE (LES)

550 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1B8

**450 370-4866**

**Services:** \* Pool table, shuffleboard, card games, petanque.

**Eligibility:** people 65 years old and over

**Capacity:** 85

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 11h30 to 16h00

**Fees:** membership: \$40, bbq: variable

**Financing:** provincial, federal, foundations, membership fees

**Legal status:** non-profit organization

### ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST

35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9

**450 377-5941**

**Email:** adsmqso@gmail.com

**Services:** \* Advanced lip-reading workshops and possibility of a beginner course. \* Quebec Sign Language courses. \* Coffee-meeting with sign language. \* Falun Dafa workshops: soft exercises with meditation. \* Embroidery on card and special activities. \* Sign language support services. \* Activities: Christmas party for members, mass of the hearing impaired in May and month of hearing. \* Publication of Sans Son newspaper.

**Eligibility:** people who became deaf and hearing impaired

**Coverage area:** MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon

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

**Fees:** annual membership: \$25

**Financing:** membership fees

**Legal status:** non-profit organization

## Sport

### DROIT DI RÊVER

222 Alphonse-Desjardins Street, Suite 203, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9

**450 747-0213**

**Website:** droitdirever.org

**Email:** info@droitdirever.org

**Services:** Organization that offers recreational and training services to help adults living with an intellectual disability or an autism spectrum disorder to develop their autonomy and promote their social inclusion in various spheres of daily life. \* Trainings and workshops: hygiene, nutrition, self-esteem, etc. \* Physical and cultural activities: theater, dance, yoga, etc. \* Volunteer work.

**Eligibility:** people 21 years old and over living with an intellectual disability or an autism spectrum disorder

**Coverage area:** Le Suroît

**Hours:** Monday to Friday, variable hours

**Fees:** membership card: \$20, variable according to the activity

**Financing:** fundraising campaigns, donations, grants

**Legal status:** non-profit organization

## Sports and recreation for people with a disability

### ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST

35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9

**450 377-5941**

**Email:** adsmqso@gmail.com

**Services:** \* Advanced lip-reading workshops and possibility of a beginner course. \* Quebec Sign Language courses. \* Coffee-meeting with sign language. \* Falun Dafa workshops: soft exercises with meditation. \* Embroidery on card and special activities. \* Sign language support services. \* Activities: Christmas party for members, mass of the hearing impaired in May and month of hearing. \* Publication of Sans Son newspaper.

**Eligibility:** people who became deaf and hearing impaired

**Coverage area:** MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon

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

**Fees:** annual membership: \$25

**Financing:** membership fees

**Legal status:** non-profit organization

### AU MOULIN DE LA SOURCE - CENTRE VALLEYFIELD

226 Montcalm Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2E4

**450 377-5254**

**Website:** www.moulinde lasource.com

**Email:** info@moulinde lasource.com

**Services:** Day centre for people living with a physical disability. \* Respite. \* Social activities to achieve self-sufficiency. \* Sociocultural education and animation.

**Eligibility:** people living with a physical disability, parents, beneficiaries, close ones

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

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

**Fees:** \$5 per visit

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

**Legal status:** non-profit organization

### CLUB LA JOIE DE VIVRE POUR PERSONNE VIVANT AVANT UNE DI/TED

748 Grande-Île Avenue, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3N8

**450 377-1213**

**Website:** clubjoiedevivre.net

**Email:** admin@clubjoiedevivre.net

**Services:** Leisure club for people living with an intellectual disability or autistic people. \* Leisure, educational and socialization activities. \* Promotion of social integration and maintenance of autonomy. \* Occasional themed parties.

**Eligibility:** adults aged 21 years and over living with an intellectual disability, autistic adults aged 21 years and over

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 9h00 to 15h00, Saturday 9h00 to 15h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**DROIT DI RÊVER**

222 Alphonse-Desjardins Street, Suite 203, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9

**450 747-0213**

**Website:** [droitdirever.org](http://droitdirever.org)

**Email:** [info@droitdirever.org](mailto:info@droitdirever.org)

**Services:** Organization that offers recreational and training services to help adults living with an intellectual disability or an autism spectrum disorder to develop their autonomy and promote their social inclusion in various spheres of daily life. \* Trainings and workshops: hygiene, nutrition, self-esteem, etc. \* Physical and cultural activities: theater, dance, yoga, etc. \* Volunteer work.

**Eligibility:** people 21 years old and over living with an intellectual disability or an autism spectrum disorder

**Coverage area:** Le Suroît

**Hours:** Monday to Friday, variable hours

**Fees:** membership card: \$20, variable according to the activity

**Financing:** fundraising campaigns, donations, grants

**Legal status:** non-profit organization

**PSYCOHÉSION**

100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7

**450 377-2841** Fax: 450 377-0410

**Website:** [www.psycohesion.weebly.com](http://www.psycohesion.weebly.com)

**Email:** [direction@psycohesion.com](mailto:direction@psycohesion.com)

**Services:** \* Support group. \* Individual meetings. \* Creative and personal development workshops. \* Café respite, luncheons and community meals. \* Light therapy. \* Documentation centre. \* Users committee and social club. \* Sports and recreational activities: fun games, board games and others. \* Summer activities: outings and trips. \* Pass-Action program.

**Eligibility:** people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market

**Capacity:** Pass-Action program: 8 people

**Coverage area:** MRC de Beauharnois-Salaberry

**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday: call first

**Fees:** annual membership: \$10

**Financing:** provincial

**Legal status:** non-profit organization

**SOCIÉTÉ ALZHEIMER DU SUROÎT - SIÈGE SOCIAL ET POINT DE SERVICE SALABERRY-DE-VALLEYFIELD**

340 du Havre Boulevard, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1S6

**450 373-0303** Fax: 450 373-0388

**Website:** [www.alzheimer.ca/en/suroit](http://www.alzheimer.ca/en/suroit)

**Email:** [info@alzheimersuroit.com](mailto:info@alzheimersuroit.com)

**Services:** \* Telephone consultations. \* Individual and family consultations. \* Post-diagnosis reception and support. \* Information and support groups and training for caregivers \* Information and support groups and training for people affected. \* Brunch meetings for couples and families. \* Music and artistic activities. \* Respite care at home. \* Group respite at the Myosotis activity centres. \* Documentation centre. \* Information sessions, public conferences, kiosks \* Training for health care professionals and workers. \* Reference platform for health care workers: <http://referenceaidancequebec.ca>

**Eligibility:** people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

**Coverage area:** MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

**Hours:** Monday to Friday 9h00 to 16h30, group respite: 9h30 to 15h30

**Fees:** services to individuals and families: free, services to professionals and practitioners: variable

**Financing:** donations, grants, fundraising campaigns

**Legal status:** non-profit organization

## Thrift store and material aid

### THRIFT STORES

## Thrift Stores

### MOISSON SUD-OUEST - O'HANGAR MAGASIN COMMUNAUTAIRE

42 Edmond Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1L8

**450 377-8597**

**Website:** [moissonsudouest.org/ohangar](http://moissonsudouest.org/ohangar)

**Email:** [info@moissonsudouest.org](mailto:info@moissonsudouest.org)

**Services:** Thrift store. \* Recovery of material goods on site and resale at low prices: clothing, furniture, household items, etc.

**Coverage area:** MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

**Hours:** Tuesday to Friday 9h00 to 16h30

**Financing:** provincial, self-financing, grants, donations

**Legal status:** non-profit organization

## Transportation

### ACCOMPANIED TRANSPORT

### PARATRANSIT

## Accompanied transport

### COUP DE POUCE DES MOISSONS - ACCOMPANIMENT-TRANSPORTATION

196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1

**1 888 429-4229** Fax: 450 429-6364

**Website:** cpmaide.ca

**Email:** direction@cpmaide.ca

**Services:** \* Accompaniment and transport for running errands by employees.

**Eligibility:** seniors, people who are ill, living with a disability or with a loss of autonomy

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon

**Hours:** Monday to Friday, by appointment

**Fees:** starting from \$32.50 per hour, transportation: \$0.60/km

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Paratransit

### SOCIÉTÉ DE TRANSPORT DE SALABERRY DE VALLEYFIELD - PARATRANSIT

51 Hébert Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2R5

**Website:** stsv.ca

**Email:** ta@stsv.ca

**Services:** Paratransit service. \* Application form: [www.stsv.ca/wp-content/uploads/2019/07/formulaire-transport-adapte-anglais.pdf](http://www.stsv.ca/wp-content/uploads/2019/07/formulaire-transport-adapte-anglais.pdf) \* Online reservation: [www.stsv.ca/transport-adapte-formulaire-de-reservation/](http://www.stsv.ca/transport-adapte-formulaire-de-reservation/)

**Eligibility:** people with disabilities, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others

**Coverage area:** Coteau-du-Lac, Les Coteaux, Rivière-Beaudette, Saint-Louis-de-Gonzague, Saint-Polycarpe, Saint-Stanislas-de-Kosta, Saint-Zotique, Salaberry-de-Valleyfield

**Hours:** reservation Monday to Friday from 7h00 to 5h00, transportation: 7 days

**Fees:** variables

**Financing:** municipal, provincial

**Legal status:** parapublic organization



## **Violence and abuse**

### **CHILD ABUSE**

### **DOMESTIC VIOLENCE: SHELTERS AND SUPPORT**

### **PREVENTION OF VIOLENCE AND CRIME**

### **SEXUAL ASSAULT AND INCEST**

### **SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES**

### **SUPPORT FOR VICTIMS AND THEIR FAMILIES**

### **THERAPY AND COUNSELLING**

## Child abuse

### ESPACE SUROÎT

394 Dufferin Street, Suite 202, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2A8

**450 371-8096**

**Website:** [espacesansviolence.org](http://espacesansviolence.org)

**Email:** [info@espacesuroit.ca](mailto:info@espacesuroit.ca)

**Services:** Prevention and awareness on child abuse. \* Programs and educational workshops in primary schools and daycares.

**Eligibility:** children 3 to 12 years old, parents, teachers, counsellors

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** September to June, Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Domestic violence: shelters and support

### LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD

151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8

**450 370-3064** Fax: 450 370-3068

**Website:** [ccjrs.com/en/bureaux/salaberry-de-valleyfield-2](http://ccjrs.com/en/bureaux/salaberry-de-valleyfield-2)

**Email:** [valleyfield@ccjrs.com](mailto:valleyfield@ccjrs.com)

**Services:** Free or low-cost legal services to eligible individuals. \* Receives and processes legal aid request.

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

**Coverage area:** MRC Beauharnois-Salaberry, Vaudreuil-Dorion

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

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

**Financing:** provincial

**Legal status:** parapublic organization

### VIA L'ANSE

340 du Havre Boulevard, Suite 203, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1S6

**450 370-3200** Fax: 450 370-0143

**Website:** [vialanse.com/en/vialanse-en](http://vialanse.com/en/vialanse-en)

**Email:** [mario.trepanier@vialanse.com](mailto:mario.trepanier@vialanse.com)

**Services:** Intervention with people at risk of violent behavior in family situations. \* Prevention of domestic and family violence. \* Awareness, research and training activities. \* Intervention activities for people with violent behavior. \* Group and individual monitoring.

**Eligibility:** people with violent behaviour

**Coverage area:** Vaudreuil-Dorion, Huntingdon, Beauharnois

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

**Fees:** voluntary contribution

**Financing:** donations

**Legal status:** non-profit organization

## Prevention of violence and crime

### MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD

42, rue Anderson, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1

**450 373-6788**

**Website:** mdjvalleyfield.com

**Email:** info@mdjvalleyfield.com

**Services:** Meeting place for young people. \* Food assistance. \* Homework assistance. \* Assistance in case of runaways. \* Help in finding temporary lodging. \* Street intervention. \* Cultural, creative, preventive, community and recreational activities. \* Animation of the downtown area. \* Education of democratic life and fundraising campaigns. \* Information and raising awareness on healthy lifestyle habits. \* Referrals to local organizations.

**Eligibility:** youth 12 to 24 years old

**Coverage area:** Salaberry-de-Valleyfield

**Hours:** reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

### VIA L'ANSE

340 du Havre Boulevard, Suite 203, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1S6

**450 370-3200 Fax:** 450 370-0143

**Website:** vialanse.com/en/vialanse-en

**Email:** mario.trepanier@vialanse.com

**Services:** Intervention with people at risk of violent behavior in family situations. \* Prevention of domestic and family violence. \* Awareness, research and training activities. \* Intervention activities for people with violent behavior. \* Group and individual monitoring.

**Eligibility:** people with violent behaviour

**Coverage area:** Vaudreuil-Dorion, Huntingdon, Beauharnois

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

**Fees:** voluntary contribution

**Financing:** donations

**Legal status:** non-profit organization

## Sexual assault and incest

### CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - LA VIGIE

Confidential Address

**450 371-4222 Fax:** 450 371-9590

**Email:** info@calacslavigie.org

**Services:** Support and prevention relative to sexual assaults. \* Direct assistance: listening, information, referral, individual meetings and support groups. \* Support to families and friends of women victim of sexual assault. \* Education, prevention and training. \* Advocacy, accompaniment in the legal procedures and actions to address the issue of sexual violence.

**Eligibility:** victims of sexual assault, direct assistance: self-identified women, high school teens, trans and non-binary people who have experienced sexual assault, prevention, awareness and advocacy: general population

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Support for perpetrators of violence and their families

### VIA L'ANSE

340 du Havre Boulevard, Suite 203, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1S6

**450 370-3200** Fax: 450 370-0143

**Website:** vialanse.com/en/vialanse-en

**Email:** mario.trepanier@vialanse.com

**Services:** Intervention with people at risk of violent behavior in family situations. \* Prevention of domestic and family violence. \* Awareness, research and training activities. \* Intervention activities for people with violent behavior. \* Group and individual monitoring.

**Eligibility:** people with violent behaviour

**Coverage area:** Vaudreuil-Dorion, Huntingdon, Beauharnois

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

**Fees:** voluntary contribution

**Financing:** donations

**Legal status:** non-profit organization

## Support for victims and their families

### CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - LA VIGIE

Confidential Address

**450 371-4222** Fax: 450 371-9590

**Email:** info@calacslavigie.org

**Services:** Support and prevention relative to sexual assaults. \* Direct assistance: listening, information, referral, individual meetings and support groups. \* Support to families and friends of women victim of sexual assault. \* Education, prevention and training. \* Advocacy, accompaniment in the legal procedures and actions to address the issue of sexual violence.

**Eligibility:** victims of sexual assault, direct assistance: self-identified women, high school teens, trans and non-binary people who have experienced sexual assault, prevention, awareness and advocacy: general population

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### JUSTICE ALTERNATIVE DU SUROÎT

52 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4A2

**1 800 377-3576** Fax: 450 377-4394

**Website:** justicealternativedusuroit.com

**Email:** reception@justicealternativedusuroit.com

**Services:** \* Enforcement of certain criminal penalties under the Youth Criminal Justice Act: criminal mediation, volunteer work, compensation, apology. \* Laws and Consequences and Laws and Drugs programs: social skills development workshops. \* Conflict management projects in schools. \* GRAFF and DEGRAFF: projects to remove illegal graffiti and create frescoes on authorized sites. \* Résoluthèque: documentation centre on healthy conflict management.

**Eligibility:** young people 12 to 17 years old

**Coverage area:** MRC de Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, group facilitation: Tuesday evening

**Financing:** provincial

**Legal status:** non-profit organization

## Therapy and counselling

### AIRE OUVERTE DE SALABERRY-DE-VALLEYFIELD

320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3Z3

**1 888 440-2473**

**Website:** [santemonteregie.qc.ca/ouest/aire-ouverte](http://santemonteregie.qc.ca/ouest/aire-ouverte)

**Email:** [aireouverte.cisssmo16@ssss.gouv.qc.ca](mailto:aireouverte.cisssmo16@ssss.gouv.qc.ca)

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

**Eligibility:** youth from 12 to 25 years old

**Coverage area:** Montérégie-Ouest

**Hours:** Monday and Wednesday 14h00 à 18h00, Thursday 14h00 à 20h00, Friday and Saturday 12h00 à 18h00

**Financing:** provincial

**Legal status:** provincial government agency

### CENTRE DE ZOOTHÉRAPIE COMMUNAUTAIRE

2025 Hebert Boulevard, Suite 803, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5Y4

**450 560-0910**

**Website:** [zootherapia.com/english-greetings](http://zootherapia.com/english-greetings)

**Email:** [centredezootherapiecommunautai@gmail.com](mailto:centredezootherapiecommunautai@gmail.com)

**Services:** \* Adapted zootherapy programs. \* Animal boarding.

**Eligibility:** children, teenagers, seniors, people with disabilities

**Coverage area:** Laurentians, Montérégie, Laval

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

**Fees:** \$80 per hour

**Financing:** self-financing, fundraising campaigns

**Legal status:** non-profit organization

### COURT OF QUÉBEC - CIVIL DIVISION - SALABERRY-DE-VALLEYFIELD

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8

**1 866 536-5140 option 3**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

**Services:** Court constituting the judicial system of Québec. \* Hearing of cases where the amount in dispute is less than \$100 000. \* Hearing of some cases regarding municipal and school affairs. \* Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. \* Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. \* Voluntary deposit. \* Settlement conference chaired by a judge. \* Mediation service. \* Documents relevant to all regions: [click here](#) \* Online schedule of hearings: [click here](#)

**Eligibility:** general public

**Coverage area:** Beauharnois judicial district: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 8h30 to 12h45 and 13h45 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## JEUNES ADULTES GAI-E-S - SALABERRY-DE-VALLEYFIELD SERVICE POINT

107 Jacques-Cartier Street Suite 11, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

**1 800 774-1349**

**Website:** lejag.org

**Email:** info@lejag.org

**Services:** Community organization that raises awareness, provides support and referrals for anyone affected by or questioning emotional, sexual and gender diversity. \* Individual counseling: by phone, in person, by video conference (Messenger or Teams). \* Group meetings. \* Social activities. \* Workshops and conferences in schools and community organizations on the importance of allies and on different sexual orientations and gender diversity. \* Training for health, school and community workers. \* Representation: stands and round tables.

**Eligibility:** people affected by or questioning emotional, sexual and gender diversity

**Coverage area:** Montérégie-West

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

**Fees:** annual membership: free for people 18 years old and lower, \$5 for people 18 years old and over

**Financing:** membership fees, donations, provincial, municipal

**Legal status:** non-profit organization

## PSYCOHÉSION

100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7

**450 377-2841 Fax:** 450 377-0410

**Website:** www.psycohesion.weebly.com

**Email:** direction@psycohesion.com

**Services:** \* Support group. \* Individual meetings. \* Creative and personal development workshops. \* Café respite, luncheons and community meals. \* Light therapy. \* Documentation centre. \* Users committee and social club. \* Sports and recreational activities: fun games, board games and others. \* Summer activities: outings and trips. \* Pass-Action program.

**Eligibility:** people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market

**Capacity:** Pass-Action program: 8 people

**Coverage area:** MRC de Beauharnois-Salaberry

**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday: call first

**Fees:** annual membership: \$10

**Financing:** provincial

**Legal status:** non-profit organization

## TROUPE DE THÉÂTRE ADAPTÉ LES PAS POUR RIRE

222 Alphonse-Desjardins Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9

**438 502-1220**

**Website:** lespaspourrire.com

**Email:** info@lespaspourrire.com

**Services:** \* Adapted theater workshops. \* Creation, preparation and animation of an original play. \* Show-assembler for the adapted groups and the work platforms of the school and social network. \* Participation in events and activities: festivals, Journées de la culture, la Fête Différente, FRAS challenge, etc.

**Eligibility:** people living with an intellectual disability and adjustment difficulties

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Tuesday 19h00 to 21h00, September to June

**Fees:** membership card: \$5, theater workshop: \$7

**Financing:** donations, grants

**Legal status:** non-profit organization

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