



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTÉRÉGIE / MRC LA VALLÉE-DU-RICHELIEU / ALL CITIES



2-1-1



WWW.211.QC.CA

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Summary

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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

CENTRE DE SERVICES PSYCHOSOCIAUX BELOEIL

535 Sir-Wilfrid-Laurier Boulevard, Beloeil, Montérégie, QC, J3G 5E9

450 461-5888

Website: santemonteregie.qc.ca/en/installations/centre-de-services-psychosociaux-beloeil

Services: * Psychosocial point of services.

Eligibility: children and teenagers experiencing difficulties, parents, guardians, counsellors

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

Daycare and respite

CARREFOUR FAMILIAL DU RICHELIEU

856 Grand Boulevard, Chambly, Montérégie, QC, J3L 1V9

1 800 508-9969

Website: carrefourfamilial.org

Email: accueil@carrefourfamilial.org

Services: * Respite and daycare. * Activities for parents with children 0 to 5 years old. * Early stimulation. * Thematic workshops and conferences. * Activities for grandparents and their grandchildren.

Eligibility: children 0 to 17 years old and their families

Coverage area: CLSC Richelieu

Hours: Monday to Friday 9h00 to 17h00, evening activities

Fees: membership card for families: \$10

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

MAISON DE RÉPIT L'INTERMÈDE

192 F.-X.-Garneau Street, Beloeil, Montérégie, QC, J3G 4Y1

450 464-9261 ext. 2

Website: www.repit-intermede.com

Email: coordoservices@gmail.com

Services: * On-site and in-home respite. * Various activities: outings, outdoor activities, cooking and music workshops, etc. * Weekday and weekend respite. * After-school daycare service.

Eligibility: people living with an intellectual disability or an autism spectrum disorder

Coverage area: Montérégie-Est

Hours: by reservation, weekday respite: Monday to Thursday 8h30 to 16h30, weekend respite: Thursday 16h00 to Sunday 19h00, day and night, daycare: Monday to Friday 16h00 to 18h00

Fees: weekend respite: \$10 per hour to a maximum of \$120 per 24 hours, in-home respite: \$17.50 per hour, weekday respite: \$75 per day, plus mileage costs, daycare: \$18 per day

Financing: grants, Centraide Richelieu-Yamaska, donations, self-financing

Legal status: non-profit organization

Family Support

BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLÉE-DU-RICHELIEU

308 Montsabr  Street, Suites 205 and 208, Beloeil, Montr rie, QC, J3G 2H5

450 467-3479

Website: bonjoursoleil.org

Email: info@bonjoursoleil.org

Services: * Accompaniment, support, referral. * Individual interventions. * Conferences: union breakdown, joint parenthood, family blending. * Community and family cooking workshops. * Social and family activities. * Family community garden. * Les Incroyables Comestibles: fruits and vegetables to share. * Promotion and defense of rights and obligations.

Eligibility: single-parent and blended families

Coverage area: MRC La Vall e-du-Richelieu

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CARREFOUR FAMILIAL DU RICHELIEU

856 Grand Boulevard, Chambly, Montr rie, QC, J3L 1V9

1 800 508-9969

Website: carrefourfamilial.org

Email: accueil@carrefourfamilial.org

Services: * Respite and daycare. * Activities for parents with children 0 to 5 years old. * Early stimulation. * Thematic workshops and conferences. * Activities for grandparents and their grandchildren.

Eligibility: children 0 to 17 years old and their families

Coverage area: CLSC Richelieu

Hours: Monday to Friday 9h00 to 17h00, evening activities

Fees: membership card for families: \$10

Financing: Centraide of Greater Montr al, provincial

Legal status: non-profit organization

CENTRE P RINATAL LE BERCEAU

733 Laurier Street, Beloeil, Montr rie, QC, J3G 4J7

450 446-7760

Website: leberceau.org

Email: info@leberceau.org

Services: Accompaniment of future and new parents, from birth to their baby's first birthday. * Les M res-Veilleuses: support group for postpartum depression. * Home care service. * Prenatal meetings. * Breastfeeding support. * First aid and CPR courses for babies and children. * Perinatal bereavement support group. * Accessories rental: baby carrier, breast pump, books and maternity clothes. * Thrift store with clothes for mom and baby, as well as accessories for the family. * Parent-baby activities.

Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15\$, activities and services: free or variable

Financing: provincial, foundations, donations, self-financing, grants, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE DU RICHELIEU - RESSOURCE-FAMILLE

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca/ressourcefamille

Email: ressourcefamille@mfvr.ca

Services: Psychosocial accompaniment and support for families. * Listening, guidance and support. * Home visits. * Referrals and information. * Transport assistance. * Drop-in childcare and childcare with atypical hours. * Parent-child stimulation workshops: baby-kangaroo 0 to 6 months, baby koala 6 to 12 months, baby marmoset 12 to 24 months. * Parent-child cooking workshop. * Language and reading workshops. * Friday dance. * Day camps for children with special needs.

Eligibility: families, parents with children 1 month to 5 years

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: administration: Monday to Friday 8h30 to 16h00, drop-in childcare: Monday to Friday 8h00 to 16h00, childcare atypical hours: Monday to Friday 17h00 to 21h30, Saturday 8h30 to 17h30, Friday dance: 3rd Friday of each month, day camps: school break and summer period

Fees: annual membership: \$20, drop-in childcare: \$30 per day, maximum 2 days per week

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MATINÉES MÈRES-ENFANTS

99 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4

514 800-6737

Website: lesmatinees.com

Email: lesmatinees@gmail.com

Services: Children-parents meetings with childcare. * Fitness classes. * Meetings in parks in the summer. * Cultural outings. * Parent-child activities. * Workshops and conferences. * Coffee chats.

Eligibility: parents with children from 0 to 5 years old

Coverage area: Montérégie

Hours: conferences and coffee chats: Tuesday and Thursday 9h00 to 11h30, fitness class: Monday and Friday 9h00 to 11h00

Fees: membership: \$15 per session for residents of Mont Saint-Hilaire and Otterburn Park, \$35 per session for non-residents, activities: variable

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

MONT-SAINT-HILAIRE PUBLIC LIBRARY

150 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 5Z5

450 467-2854 ext. 2268

Website: www.villemsh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales

Email: comptoir.bibliotheque@villemsh.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Book club for children. * Story time. * Early literacy activities. * Biblio-Santé. * Home loan for people with reduced mobility. * Exhibitions.

Coverage area: Mont-Saint-Hilaire

Hours: Tuesday and Thursday 10h00 to 20h30, Wednesday and Friday 10h00 to 17h30, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00, summer: Monday, Wednesday and Friday 10h00 to 18h00, Tuesday and Thursday 10h00 to 20h30, Saturday 10h00 to 17h00

Fees: residents: none, non-residents: \$118 per year

Financing: municipal

Legal status: municipal agency

Maternity support and adoption

BELOEIL - CITY

777 Laurier Street, Beloeil, Montérégie, QC, J3G 4S9

450 467-2835 ext. 0

Website: beloeil.ca

Email: info@beloeil.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Information and collection of bulky items, dead leaves and branches, compost, residual and recyclable wastes according to the calendar: <http://beloeil.ca/servir/environnement/collectes-residentielles> * Urban-planning department: construction permits. * Fire department. * Property assessment. * Public work department and reporting of public infrastructure failures. * Grants to citizens for environmental actions: washable diapers, reusable menstrual hygiene products, planting a tree, rainwater recovery barrel, etc. * Automated emergency notification system. * Leisure and culture. * Library.

Coverage area: Beloeil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h30, telephone services: 7 days, 8h00 to 20h00

Financing: municipal

Legal status: municipal agency

CARIGNAN - CITY

2379 de Chambly Road, Suite 210, Carignan, Montérégie, QC, J3L 4N4

450 658-1066 Fax: 450 658-2676

Website: www.carignan.quebec

Email: info@villedecarignan.org

Services: Management of municipal services. * Online property assessment and assessment roll. * Payment of municipal taxes. * Online permit application. * Urban planning by-laws. * Information on the management of residual materials and collections according to the calendar provided by the MRC de La Vallée-du-Richelieu: www.carignan.quebec/services/services-municipaux/collectes-et-recyclage * Public security: police and fire department. * Public works department: maintenance and construction of infrastructures. * Emergency phone alert service. * Grant for the purchase of cloth diapers. * Dog identification medals. * Leisure and culture.

Coverage area: Carignan

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

Financing: municipal

Legal status: municipal agency

CENTRE PÉRINATAL LE BERCEAU

733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7

450 446-7760

Website: leberceau.org

Email: info@leberceau.org

Services: Accompaniment of future and new parents, from birth to their baby's first birthday. * Les Mères-Veilleuses: support group for postpartum depression. * Home care service. * Prenatal meetings. * Breastfeeding support. * First aid and CPR courses for babies and children. * Perinatal bereavement support group. * Accessories rental: baby carrier, breast pump, books and maternity clothes. * Thrift store with clothes for mom and baby, as well as accessories for the family. * Parent-baby activities.

Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15\$, activities and services: free or variable

Financing: provincial, foundations, donations, self-financing, grants, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE DU RICHELIEU - RESSOURCE-FAMILLE

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca/ressourcefamille

Email: ressourcefamille@mfvr.ca

Services: Psychosocial accompaniment and support for families. * Listening, guidance and support. * Home visits. * Referrals and information. * Transport assistance. * Drop-in childcare and childcare with atypical hours. * Parent-child stimulation workshops: baby-kangaroo 0 to 6 months, baby koala 6 to 12 months, baby marmoset 12 to 24 months. * Parent-child cooking workshop. * Language and reading workshops. * Friday dance. * Day camps for children with special needs.

Eligibility: families, parents with children 1 month to 5 years

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: administration: Monday to Friday 8h30 to 16h00, drop-in childcare: Monday to Friday 8h00 to 16h00, childcare atypical hours: Monday to Friday 17h00 to 21h30, Saturday 8h30 to 17h30, Friday dance: 3rd Friday of each month, day camps: school break and summer period

Fees: annual membership: \$20, drop-in childcare: \$30 per day, maximum 2 days per week

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MCMASTERVILLE - MUNICIPALITY

255 Constable Boulevard, McMasterville, Montérégie, QC, J3G 6N9

450 467-3580 Fax: 450 467-2493

Website: www.mcmasterville.ca

Email: info@mcmasterville.ca

Services: Management of municipal services. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.mcmasterville.ca/services-aux-citoyens/collectes * Automated alerts service for boil water advisories, watermain breakage, emergency work and emergency measures. * Financial assistance program for the purchase of washable diapers. * Room rentals. * Fire department. * Animal licenses.

Coverage area: McMasterville

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

Financing: municipal

Legal status: municipal agency

SAINT-BASILE-LE-GRAND - CITY

204 Principale Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1M1

450 461-8000

Website: www.ville.saint-basile-le-grand.qc.ca

Email: communications@villesblg.ca

Services: Management of municipal services. * Property assessment and payment of municipal taxes. * Urban planning by-laws and building permits. * Emergency notification system * Information on waste management and collection according to the calendar: www.ville.saint-basile-le-grand.qc.ca/calendrier-categories/collectes-et-depots * Dog license. * Grant for the purchase of cloth diapers. * Development and maintenance of public infrastructures. * Civil security: Régie intermunicipale de police Richelieu-Saint-Laurent. * Fire department: Régie intermunicipale de sécurité incendie de la Vallée-du-Richelieu. * Leisure and culture. * Municipal library.

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU-DE-BELOEIL - MUNICIPALITY

5000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9

450 467-7490

Website: stmathieudebeloeil.ca

Email: info@stmathieudebeloeil.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Collection of residual materials: <https://stmathieudebeloeil.ca/wp-content/uploads/2022/10/CAL-MRCVR-Calendar-des-collectes-2023-Saint-Mathieu-de-Beloeil.pdf> * Hall rental. * Info-travaux. * Subsidy for the purpose of cloth diapers. * Leisure and culture.

Coverage area: Saint-Mathieu-de-Beloeil

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

Financing: municipal

Legal status: municipal agency

Parenting Education**CARREFOUR FAMILIAL DU RICHELIEU**

856 Grand Boulevard, Chambly, Montérégie, QC, J3L 1V9

1 800 508-9969

Website: carrefourfamilial.org

Email: accueil@carrefourfamilial.org

Services: * Respite and daycare. * Activities for parents with children 0 to 5 years old. * Early stimulation. * Thematic workshops and conferences. * Activities for grandparents and their grandchildren.

Eligibility: children 0 to 17 years old and their families

Coverage area: CLSC Richelieu

Hours: Monday to Friday 9h00 to 17h00, evening activities

Fees: membership card for families: \$10

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE PÉRINATAL LE BERCEAU

733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7

450 446-7760

Website: leberceau.org

Email: info@leberceau.org

Services: Accompaniment of future and new parents, from birth to their baby's first birthday. * Les Mères-Veilleuses: support group for postpartum depression. * Home care service. * Prenatal meetings. * Breastfeeding support. * First aid and CPR courses for babies and children. * Perinatal bereavement support group. * Accessories rental: baby carrier, breast pump, books and maternity clothes. * Thrift store with clothes for mom and baby, as well as accessories for the family. * Parent-baby activities.

Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15\$, activities and services: free or variable

Financing: provincial, foundations, donations, self-financing, grants, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE DU RICHELIEU - RESSOURCE-FAMILLE

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca/ressourcefamille

Email: ressourcefamille@mfvr.ca

Services: Psychosocial accompaniment and support for families. * Listening, guidance and support. * Home visits. * Referrals and information. * Transport assistance. * Drop-in childcare and childcare with atypical hours. * Parent-child stimulation workshops: baby-kangaroo 0 to 6 months, baby koala 6 to 12 months, baby marmoset 12 to 24 months. * Parent-child cooking workshop. * Language and reading workshops. * Friday dance. * Day camps for children with special needs.

Eligibility: families, parents with children 1 month to 5 years

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: administration: Monday to Friday 8h30 to 16h00, drop-in childcare: Monday to Friday 8h00 to 16h00, childcare atypical hours: Monday to Friday 17h00 to 21h30, Saturday 8h30 to 17h30, Friday dance: 3rd Friday of each month, day camps: school break and summer period

Fees: annual membership: \$20, drop-in childcare: \$30 per day, maximum 2 days per week

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

Recreational Activities

BELOEIL PUBLIC LIBRARY

620 Richelieu Street, Beloeil, Montérégie, QC, J3G 5E8

450 467-7872

Website: bibliotheque.beloeil.ca

Email: biblio@beloeil.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Computer workshops. * Exhibitions, conferences and events. * Book donation.

Eligibility: children, youth and adults

Coverage area: Beloeil

Hours: Tuesday 10h00 to 18h00, Wednesday to Friday 10h00 to 21h00, Saturday 10h00 to 16h00, Sunday 12h00 to 16h00, summer period: Monday 12h00 to 16h00, Tuesday 10h00 to 18h00, Wednesday to Friday 10h00 to 21h00, Saturday 10h00 to 16h00

Fees: residents: free, non-residents: \$75 per year

Financing: municipal

Legal status: municipal agency

BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLÉE-DU-RICHELIEU

308 Montsabr  Street, Suites 205 and 208, Beloeil, Mont r gie, QC, J3G 2H5

450 467-3479

Website: bonjoursoleil.org

Email: info@bonjoursoleil.org

Services: * Accompaniment, support, referral. * Individual interventions. * Conferences: union breakdown, joint parenthood, family blending. * Community and family cooking workshops. * Social and family activities. * Family community garden. * Les Incroyables Comestibles: fruits and vegetables to share. * Promotion and defense of rights and obligations.

Eligibility: single-parent and blended families

Coverage area: MRC La Vall e-du-Richelieu

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CARREFOUR FAMILIAL DU RICHELIEU

856 Grand Boulevard, Chambly, Montérégie, QC, J3L 1V9

1 800 508-9969

Website: carrefourfamilial.org

Email: accueil@carrefourfamilial.org

Services: * Respite and daycare. * Activities for parents with children 0 to 5 years old. * Early stimulation. * Thematic workshops and conferences. * Activities for grandparents and their grandchildren.

Eligibility: children 0 to 17 years old and their families

Coverage area: CLSC Richelieu

Hours: Monday to Friday 9h00 to 17h00, evening activities

Fees: membership card for families: \$10

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE PÉRINATAL LE BERCEAU

733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7

450 446-7760

Website: leberceau.org

Email: info@leberceau.org

Services: Accompaniment of future and new parents, from birth to their baby's first birthday. * Les Mères-Veilleuses: support group for postpartum depression. * Home care service. * Prenatal meetings. * Breastfeeding support. * First aid and CPR courses for babies and children. * Perinatal bereavement support group. * Accessories rental: baby carrier, breast pump, books and maternity clothes. * Thrift store with clothes for mom and baby, as well as accessories for the family. * Parent-baby activities.

Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15\$, activities and services: free or variable

Financing: provincial, foundations, donations, self-financing, grants, municipal

Legal status: non-profit organization

CORNE D'ABONDANCE - ENTRAIDE ALIMENTAIRE ET SOLIDARITÉ (LA)

2391 de Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 447-3414

Website: cornedabondance.com

Email: info@cornedabondance.com

Services: Mutual aid, education and awareness in food. * Collective and thematic kitchens. * Parent-children cooking. * Workshops on site and in schools. * Daycare during activities. * Summer camp for cooks 8 to 13 years old.

Capacity: 7 participants per kitchen

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday, Tuesday and Friday to Sunday 8h30 to 16h30, Wednesday and Thursday 18h30 to 21h30

Fees: \$10 per year

Financing: Centraide of Greater Montréal, provincial, federal, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE DU RICHELIEU - RESSOURCE-FAMILLE

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca/ressourcefamille

Email: ressourcefamille@mfvr.ca

Services: Psychosocial accompaniment and support for families. * Listening, guidance and support. * Home visits. * Referrals and information. * Transport assistance. * Drop-in childcare and childcare with atypical hours. * Parent-child stimulation workshops: baby-kangaroo 0 to 6 months, baby koala 6 to 12 months, baby marmoset 12 to 24 months. * Parent-child cooking workshop. * Language and reading workshops. * Friday dance. * Day camps for children with special needs.

Eligibility: families, parents with children 1 month to 5 years

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: administration: Monday to Friday 8h30 to 16h00, drop-in childcare: Monday to Friday 8h00 to 16h00, childcare atypical hours: Monday to Friday 17h00 to 21h30, Saturday 8h30 to 17h30, Friday dance: 3rd Friday of each month, day camps: school break and summer period

Fees: annual membership: \$20, drop-in childcare: \$30 per day, maximum 2 days per week

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE

138 de l'Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2173

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water gliçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Marc-Sur-Richelieu

Hours: Tuesday 18h00 to 21h00, Wednesday 15h00 to 21h00, Friday 15h00 to 22h00, Saturday 10h00 to 14h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU

1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water gliçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Antoine-Sur-Richelieu

Hours: Monday 15h00 to 19h00, Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

MATINÉES MÈRES-ENFANTS

99 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4

514 800-6737

Website: lesmatinees.com

Email: lesmatinees@gmail.com

Services: Children-parents meetings with childcare. * Fitness classes. * Meetings in parks in the summer. * Cultural outings. * Parent-child activities. * Workshops and conferences. * Coffee chats.

Eligibility: parents with children from 0 to 5 years old

Coverage area: Montérégie

Hours: conferences and coffee chats: Tuesday and Thursday 9h00 to 11h30, fitness class: Monday and Friday 9h00 to 11h00

Fees: membership: \$15 per session for residents of Mont Saint-Hilaire and Otterburn Park, \$35 per session for non-residents, activities: variable

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

MCMASTERVILLE MUNICIPAL LIBRARY

720 Morin Street, McMasterville, Montérégie, QC, J3G 1H1

450 467-4222 ext. 5028

Website: www.mcmasterville.ca/loisirs-et-culture/bibliotheque-municipale-et-scolaire

Email: biblio-260@csp.qc.ca

Services: Loan of books and documents. * Story time. * Online loan file: reservation, renewal, loan history, etc. * Online catalog. * Une naissance un livre program: free kit for baby readers when subscribing a child 12 months old or younger.

Coverage area: McMasterville

Hours: Tuesday and Thursday 10h00 to 12h00 and 18h00 to 21h00, Wednesday 14h00 to 16h00, Friday 18h00 to 21h00, Saturday 10h00 to 16h00, book chute: Monday 9h15 to Saturday 15h45

Fees: none

Financing: municipal

Legal status: municipal agency

MONT-SAINT-HILAIRE PUBLIC LIBRARY

150 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 5Z5

450 467-2854 ext. 2268

Website: www.villemsh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales

Email: comptoir.bibliotheque@villemsh.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Book club for children. * Story time. * Early literacy activities. * Biblio-Santé. * Home loan for people with reduced mobility. * Exhibitions.

Coverage area: Mont-Saint-Hilaire

Hours: Tuesday and Thursday 10h00 to 20h30, Wednesday and Friday 10h00 to 17h30, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00, summer: Monday, Wednesday and Friday 10h00 to 18h00, Tuesday and Thursday 10h00 to 20h30, Saturday 10h00 to 17h00

Fees: residents: none, non-residents: \$118 per year

Financing: municipal

Legal status: municipal agency

Youth Centres and Support

BUTTE (LA)

132 Montée des Trinitaires, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C3

450 461-8067

Website: www.labutte.org

Email: infomdj@labutte.org

Services: Place for meetings, services and referrals for youth. * Organization of sports and cultural activities.

Eligibility: youth 12 to 17 years old

Capacity: 56

Coverage area: Saint-Basile-le-Grand

Hours: school period: Wednesday to Friday 15h00 to 21h00, Saturday 12h00 to 21h00, summer period: Wednesday and Thursday 12h00 to 21h00, Friday and Saturday 12h00 to 22h00, Sunday 12h00 to 18h00

Financing: provincial, municipal, donations

Legal status: non-profit organization

CENTRE AMITIÉ-JEUNESSE CHAMBLY

505 Brassard Boulevard, Chambly, Montérégie, QC, J3L 4N5

450 658-6810

Email: mdjchambly@gmail.com

Services: Youth centre. * Evening activities: educational, preventive, sports and recreational workshops. * Dinner service. * Monthly theme dances. * Activities for spring break and the summer period. * Listening and intervention. * Assistance with homework. * Babysitting training.

Eligibility: youth 12 to 17 years old, monthly theme dances: youth 10 to 13 years old

Coverage area: Chambly

Hours: Tuesday 10h50 to 11h50 and 14h40 to 18h00, Wednesday and Thursday 10h50 to 11h50 and 14h40 to 19h00, Friday 10h50 to 11h50 and 14h40 to 20h00

Fees: annual member card: \$40

Financing: donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES

287 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481 Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1282 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X9

450 464-4481 Fax: 450 447-2037

Website: integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: immigrant people, adults, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE BELOEIL

1060 Saint-Joseph Street, Beloeil, Montérégie, QC, J3G 6C6

450 536-9096

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, federal, provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE MONT-SAINT-HILAIRE

100 Michel Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3R3

450 464-8224

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE

138 de l'Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2173

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water glçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Marc-Sur-Richelieu

Hours: Tuesday 18h00 to 21h00, Wednesday 15h00 to 21h00, Friday 15h00 to 22h00, Saturday 10h00 to 14h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU

1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water glçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Antoine-Sur-Richelieu

Hours: Monday 15h00 to 19h00, Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

POSA - SOURCE DES MONTS

620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-9898 Fax: 450 658-5368

Website: www.posasdm.com

Email: direction@posasdm.org

Services: * Street work: listening, support, information and awareness. * Youth clinic in partnership with the CISSS. * Maison Stéphane Fallu: youth accommodation, duration of 2 to 3 years. * Naloxone kits distribution. * Distribution of injection material. * J'ai faim à tous les jours: meals offered to underprivileged children. * POSART: creative workshops in oral and visual art.

Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec, Maison Stéphane Fallu: youth aged 17 to 19 who have left a youth centre

Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville

Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment

Financing: provincial, donations, municipal

Legal status: non-profit organization

Youth Employment

BOUTIQUE AUX FRINGUES (LA)

866 Laurier Street, Beloeil, Montérégie, QC, J3G 4K7

450 467-9025

Website: www.boutiqueauxfringues.com

Email: boutiqueauxfringues@hotmail.com

Services: * Sale of used clothing and fashion accessories at a low cost. * Employment and training of youth to facilitate access to the job market.

Coverage area: MRC La Vallée-du-Richelieu

Hours: Tuesday to Saturday 10h00 to 15h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE AMITIÉ-JEUNESSE CHAMBLY

505 Brassard Boulevard, Chambly, Montérégie, QC, J3L 4N5

450 658-6810

Email: mdjchambly@gmail.com

Services: Youth centre. * Evening activities: educational, preventive, sports and recreational workshops. * Dinner service. * Monthly theme dances. * Activities for spring break and the summer period. * Listening and intervention. * Assistance with homework. * Babysitting training.

Eligibility: youth 12 to 17 years old, monthly theme dances: youth 10 to 13 years old

Coverage area: Chambly

Hours: Tuesday 10h50 to 11h50 and 14h40 to 18h00, Wednesday and Thursday 10h50 to 11h50 and 14h40 to 19h00, Friday 10h50 to 11h50 and 14h40 to 20h00

Fees: annual member card: \$40

Financing: donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES

287 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481 Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1282 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X9

450 464-4481 Fax: 450 447-2037

Website: integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: immigrant people, adults, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE BELOEIL

1060 Saint-Joseph Street, Beloeil, Montérégie, QC, J3G 6C6

450 536-9096

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, federal, provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE MONT-SAINT-HILAIRE

100 Michel Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3R3

450 464-8224

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns

Legal status: non-profit organization

POSA - SOURCE DES MONTS

620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-9898 Fax: 450 658-5368

Website: www.posasdm.com

Email: direction@posasdm.org

Services: * Street work: listening, support, information and awareness. * Youth clinic in partnership with the CISSS. * Maison Stéphane Fallu: youth accommodation, duration of 2 to 3 years. * Naloxone kits distribution. * Distribution of injection material. * J'ai faim à tous les jours: meals offered to underprivileged children. * POSART: creative workshops in oral and visual art.

Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec, Maison Stéphane Fallu: youth aged 17 to 19 who have left a youth centre

Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville

Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment

Financing: provincial, donations, municipal

Legal status: non-profit organization

Youth Shelters and Support

POSA - SOURCE DES MONTS

620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-9898 Fax: 450 658-5368

Website: www.posasdm.com

Email: direction@posasdm.org

Services: * Street work: listening, support, information and awareness. * Youth clinic in partnership with the CISSS. * Maison Stéphane Fallu: youth accommodation, duration of 2 to 3 years. * Naloxone kits distribution. * Distribution of injection material. * J'ai faim à tous les jours: meals offered to underprivileged children. * POSART: creative workshops in oral and visual art.

Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec, Maison Stéphane Fallu: youth aged 17 to 19 who have left a youth centre

Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville

Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment

Financing: provincial, donations, municipal

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

COMITÉ DE CONCERTATION ET DE VALORISATION DU BASSIN DE LA RIVIÈRE RICHELIEU

806 Richelieu Street, Beloeil, Montérégie, QC, J3G 4P6

450 446-8030

Website: covabar.qc.ca

Email: info@covabar.qc.ca

Services: * Development of an ecosystemic approach focused on discussion between various water users. * Awareness, information and education of all water users on the concept of integrated management per watershed and use conflicts related to water.

Eligibility: citizens, decision makers, organizations

Coverage area: watershed of the Richelieu river and the Saint-Laurent area

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: \$5

Financing: federal, provincial, municipal, contributions

Legal status: non-profit organization

CONNEXION NATURE

422 des Moulins Road, Mont-Saint-Hilaire, Montérégie, QC, J3G 4S6

450 467-1755

Website: connexionnature.org

Email: info@connexionnature.org

Services: Conservation of the natural environment of Mont Saint-Hilaire and the Biosphere Reserve. * Protection of the natural environment. * Characterization of the natural environment. * Restoration of the natural environment. * Geomatics and cartography. * Accompaniment of regions and municipalities. * Management of the natural environment.

Coverage area: Mont-Saint-Hilaire

Financing: provincial, municipal

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE LA MRC DE LA VALLÉE-DU-RICHELIEU

308 Montsabrè Street, Suite D-206, Beloeil, Montérégie, QC, J3G 2H5

450 281-1301

Website: cdcvr.org

Services: Multi-sector grouping of community organizations and service to organizations and the public. * Local and regional consultation. * Representation of community organizations on various bodies. * Development of structuring projects with a social vocation.

Eligibility: community organizations

Coverage area: MRC de la Vallée-du-Richelieu, except Chambly and Carignan

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE

138 de l'Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2173

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water gliçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Marc-Sur-Richelieu

Hours: Tuesday 18h00 to 21h00, Wednesday 15h00 to 21h00, Friday 15h00 to 22h00, Saturday 10h00 to 14h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU

1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water glçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Antoine-Sur-Richelieu

Hours: Monday 15h00 to 19h00, Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

NATURE-ACTION QUÉBEC

120 Ledoux Street, Beloeil, Montérégie, QC, J3G 0A4

1 800 214-1214 Fax: 450 536-0458

Website: nature-action.qc.ca

Email: info@nature-action.qc.ca

Services: Protection, awareness, restoration and development of natural spaces. * Project development, consultation and management. * Information, awareness and education campaigns. * Business services.

Eligibility: general public

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

TABLE DE CONCERTATION JEUNESSE DE LA VALLÉE-DES-PATRIOTES

300 Serge-Pépin Street, Beloeil, Montérégie, QC, J3G 0B8

450 536-2572 ext. 796515

Services: Group that promotes the health and well-being of young people 5 to 17 years old and their parents. * Raising public awareness of the needs of youth and families. * Organization and coordination of activities and services related to the well-being of youth and their parents.

Eligibility: organizations and people working with youth and their parents

Coverage area: Beloeil, Saint-Bruno-de-Montarville, Mont Saint-Hilaire, Otterburn Park, Saint-Jean-Baptiste, Saint-Basile-le-Grand, McMasterville, Saint-Mathieu-de-Beloeil, Saint-Antoine-sur-Richelieu, Saint-Marc-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

TABLE RÉGIONALE DE CONCERTATION DES ÂÎNÉS DE LA MONTÉRÉGIE

2601 Bourgoigne Avenue, Chambly, Montérégie, QC, J3L 2A9

450 447-5885

Website: trcam.ca

Email: info@trcam.ca

Services: Regional concertation on issues concerning seniors. * Information, consultation and representation.

* Promotion of seniors' quality of life. * Recognition of seniors' social contribution.

Eligibility: seniors' organizations

Coverage area: Montérégie

Hours: by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Community development**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE LA MRC DE LA VALLÉE-DU-RICHELIEU**

308 Montsabrè Street, Suite D-206, Beloeil, Montérégie, QC, J3G 2H5

450 281-1301

Website: cdcvr.org

Services: Multi-sector grouping of community organizations and service to organizations and the public. * Local and regional consultation. * Representation of community organizations on various bodies. * Development of structuring projects with a social vocation.

Eligibility: community organizations

Coverage area: MRC de la Vallée-du-Richelieu, except Chambly and Carignan

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

MCMASTERVILLE - MUNICIPALITY

255 Constable Boulevard, McMasterville, Montérégie, QC, J3G 6N9

450 467-3580 Fax: 450 467-2493

Website: www.mcmasterville.ca

Email: info@mcmasterville.ca

Services: Management of municipal services. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.mcmasterville.ca/services-aux-citoyens/collectes * Automated alerts service for boil water advisories, watermain breakage, emergency work and emergency measures. * Financial assistance program for the purchase of washable diapers. * Room rentals. * Fire department. * Animal licenses.

Coverage area: McMasterville

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

Financing: municipal

Legal status: municipal agency

SAINT-ANTOINE-SUR-RICHELIEU - MUNICIPALITY

1060 du Moulin-Payet Street, Suite 1, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497 Fax: 450 787-2852

Website: saint-antoine-sur-richelieu.ca

Email: municipalite@sasr.ca

Services: Municipal service management. * Municipal tax management and payment. * Urban planning department: permits and certificates for construction, renovation, sheds, swimming pools, etc. * Environment department: riverbank protection, sewage system regulation, tree and shrub donations. * Information on garbage collections: https://saint-antoine-sur-richelieu.ca/wp-content/uploads/2023/01/MRCVR_Calendariers2023_Saint-Antoine-sur-Richelieu2.pdf * Advisory committees. * Public safety: fire department, Sûreté du Québec. * Room rental. * Leisure and culture. * Municipal library.

Coverage area: Saint-Antoine-sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

SAINT-BASILE-LE-GRAND - SERVICE DES LOISIRS, DE LA CULTURE ET DE LA VIE COMMUNAUTAIRE

Centre communautaire Lise-B.-Boisvert, 103 Montpellier Avenue, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C6

450 461-8000 ext. 8600

Website: www.ville.saint-basile-le-grand.qc.ca/ville/services-municipaux/service-loisirs-culture-vie-communautaire

Email: loisirs@villesblg.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, parks and playgrounds. * Coordination with community organizations. * Summer and spring break day camps. * Community gardens. * Hall rental. * Parties, shows and events.

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Fees: variable

Legal status: municipal agency

SAINT-MATHIEU-DE-BELOEIL - MUNICIPALITY

5000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9

450 467-7490

Website: stmathieudebeloeil.ca

Email: info@stmathieudebeloeil.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Collection of residual materials: <https://stmathieudebeloeil.ca/wp-content/uploads/2022/10/CAL-MRCVR-Calendarier-des-collectes-2023-Saint-Mathieu-de-Beloeil.pdf> * Hall rental. * Info-travaux. * Subsidy for the purpose of cloth diapers. * Leisure and culture.

Coverage area: Saint-Mathieu-de-Beloeil

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

Financing: municipal

Legal status: municipal agency

Information and referral

MONT-SAINT-HILAIRE PUBLIC LIBRARY

150 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 5Z5

450 467-2854 ext. 2268

Website: www.villelesh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales

Email: comptoir.bibliotheque@villelesh.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Book club for children. * Story time. * Early literacy activities. * Biblio-Santé. * Home loan for people with reduced mobility. * Exhibitions.

Coverage area: Mont-Saint-Hilaire

Hours: Tuesday and Thursday 10h00 to 20h30, Wednesday and Friday 10h00 to 17h30, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00, summer: Monday, Wednesday and Friday 10h00 to 18h00, Tuesday and Thursday 10h00 to 20h30, Saturday 10h00 to 17h00

Fees: residents: none, non-residents: \$118 per year

Financing: municipal

Legal status: municipal agency

Volunteering and volunteer centres

ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE

308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5

450 446-1111 Fax: 450 446-6405

Website: atccmonteregie.qc.ca

Email: atcc@atccmonteregie.qc.ca

Services: Improving living conditions for people with traumatic brain injury. Reception and mental health * Information and referral. * Psychosocial support. * Support groups: individual, group and family meetings. Respite * Supervised housing: short- and medium-term respite care offering studio, accompaniment and support. * On-site or at-home respite service for caregivers. * Camps: stay from Friday to Sunday, for members only. Education * Educational, cultural, social, sports and crafts activities to maintain the acquired assets while working on the physical, cognitive, affective and social aspects of the person. * Prevention and awareness. Community * Volunteer opportunities. * RebonDire journal.

Eligibility: people 16 years and over having sustained a medically recognized craniocerebral trauma or stroke (light, light complex, moderate or severe) and with a stable state of health, their close ones

Coverage area: Montérégie

Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 16h30, Friday 9h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Promotion of volunteer work. * Food assistance. * Meals on wheels. * Friendly visits. * Activities and outings for seniors. * School aid for children. * Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. * Christmas baskets. * Bonhomme à lunette service point: low-cost glasses. * Medical accompaniment and transportation, and help with small errands provided by volunteers.

Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, bonhomme à lunette: Thursday 9h00 to 11h30

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE

138 de l'Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2173

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water gliçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Marc-Sur-Richelieu

Hours: Tuesday 18h00 to 21h00, Wednesday 15h00 to 21h00, Friday 15h00 to 22h00, Saturday 10h00 to 14h00

Fees: outhings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU

1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water gliçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Antoine-Sur-Richelieu

Hours: Monday 15h00 to 19h00, Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: outhings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

RADAR - RÉSEAU ACTIF DE DÉPISTAGE DES AÎNÉS À RISQUE

1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2

450 658-8509

Website: www.projetradar.org

Email: info@projetradar.org

Services: Seeks to break the isolation of seniors. * Information and awareness. * Training to detect seniors likely to experience isolation, psychological distress or abuse. * Referral.

Eligibility: people 50 years and over in a situation of vulnerability

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 12h00, 13h00 to 16h00 and 18h00 to 21h00, Saturday and Sunday 13h00 to 16h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

DEAF AND HEARING IMPAIRED

MOBILITY AIDS

RECREATION AND CAMPS

RESPIRE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

THE BLIND

THERAPY AND REHABILITATION CENTRES

Adapted work and employability support

SDEM SEMO MONTÉRÉGIE - MONT-SAINT-HILAIRE

430 Sir-Wilfrid-Laurier Boulevard, Suite 204, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5

1 800 646-6096 Fax: 450 674-7220

Website: sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: Mont-Saint-Hilaire

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Advocacy for people with a physical disability

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA VALLÉE DU RICHELIEU

308 Montsabré Street, Suite D-209, Beloeil, Montérégie, QC, J3G 2H5

450 464-7445

Website: www.aphvr.org

Email: informations@aphvr.org

Services: * Collective advocacy and promotion of the rights of people living with a physical disability and a loss of autonomy: accessibility of public sites and facilities, adapted transportation, adapted housing, etc. * Referrals. * Recreational outings and sport activities to promote social bonding.

Eligibility: people living with a physical disability, people with a loss of autonomy, their families

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Thursday 9h30 to 16h30

Fees: annual membership: \$20

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

Deaf and hearing impaired

SDEM SEMO MONTÉRÉGIE - MONT-SAINT-HILAIRE

430 Sir-Wilfrid-Laurier Boulevard, Suite 204, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5

1 800 646-6096 Fax: 450 674-7220

Website: sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: Mont-Saint-Hilaire

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Mobility aids

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.ca

Services: Home care services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Training and support for caregivers. * Medical accompaniment-transportation. Community action * Welcoming and referral. * Tax clinic. * Conferences. Material assistance * Loan of orthopedic equipment. * Coup de Pouce Family Counter: clothes, toys, kitchen items, small appliances. * Clothes or material assistance to organizations or individuals after assessment.

Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

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

Fees: meals on wheels: \$6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

Recreation and camps

ASSOCIATION DE LA VALLÉE DU RICHELIEU POUR LA DÉFICIENCE INTELLECTUELLE/TROUBLE DU SPECTRE DE L'AUTISME

625 Lechasseur Street, Beloeil, Montérégie, QC, J3G 2L3

450 467-8644

Website: avrditsa.org/en

Email: info@avrditsa.org

Services: Recreational activities, day programs and support for people living with an intellectual disability or with an autism spectrum disorder. * Recreational activities: meeting, music, crafts, entertainment and supervised play. * Theatre, choir and hip-hop classes. * Support to families. * Information and referrals. * Outings. * Summer day camps for youth and young adults 13 years old and over. * Day service for learning retention.

Eligibility: people 13 years old and over living with a mild or moderate intellectual disability and with or without an autism spectrum disorder

Capacity: depending on the activities, between 10 and 100 people

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Friday 8h00 to 16h00, Saturday 10h00 to 15h00

Fees: variable depending on the activity

Financing: donations, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA VALLÉE DU RICHELIEU

308 Montsabré Street, Suite D-209, Beloeil, Montérégie, QC, J3G 2H5

450 464-7445

Website: www.aphvr.org

Email: informations@aphvr.org

Services: * Collective advocacy and promotion of the rights of people living with a physical disability and a loss of autonomy: accessibility of public sites and facilities, adapted transportation, adapted housing, etc. * Referrals. * Recreational outings and sport activities to promote social bonding.

Eligibility: people living with a physical disability, people with a loss of autonomy, their families

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Thursday 9h30 to 16h30

Fees: annual membership: \$20

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE

308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5

450 446-1111 Fax: 450 446-6405

Website: atccmonteregie.qc.ca

Email: atcc@atccmonteregie.qc.ca

Services: Improving living conditions for people with traumatic brain injury. Reception and mental health * Information and referral. * Psychosocial support. * Support groups: individual, group and family meetings. Respite * Supervised housing: short- and medium-term respite care offering studio, accompaniment and support. * On-site or at-home respite service for caregivers. * Camps: stay from Friday to Sunday, for members only. Education * Educational, cultural, social, sports and crafts activities to maintain the acquired assets while working on the physical, cognitive, affective and social aspects of the person. * Prevention and awareness. Community * Volunteer opportunities. * RebonDire journal.

Eligibility: people 16 years and over having sustained a medically recognized craniocerebral trauma or stroke (light, light complex, moderate or severe) and with a stable state of health, their close ones

Coverage area: Montérégie

Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 16h30, Friday 9h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

FONDATION PAPILLON - CAMP DE GRANDPRÉ

756 des Patriotes Road South, Otterburn Park, Montérégie, QC, J3H 1Z5

514 937-6171

Website: fondationpapillon.ca/camps-et-sejours/camp-de-grandpre

Email: info@fondationpapillon.ca

Services: * Mixed camp. * Adapted cottages for rent. * Nature class.

Eligibility: people living with a physical or intellectual disability from different age groups

Capacity: 178 people

Coverage area: Province of Québec

Hours: information: Monday to Friday

Fees: variable

Financing: fundraising campaigns, grants

Legal status: non-profit organization

Respite services and housing

ARCHE MONTÉRÉGIE (L')

250 Hubert Street, Beloeil, Montérégie, QC, J3G 2S9

450 446-1061

Website: www.larchemonteregie.org

Email: info@larchemonteregie.org

Services: Supervised housing for people living with an intellectual disability. * 3 houses: Fleur de Soleil, l'Envolée, la Montagne. * Support and accompaniment. * Artistic, kitchen, garden and maintenance workshops.

Eligibility: people 18 years old and over living with an intellectual disability

Capacity: 17 persons

Coverage area: Montérégie

Hours: 24 hours / 7 days

Fees: variable annual pension

Financing: provincial, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca

Email: reception@mfvr.ca

Services: Services for families and seniors. * Respite and home support for caregivers looking after seniors with low mobility. * Pavillon des Aînés: day centre for seniors with low mobility. * Individual and family support meetings for caregivers. * Activities for seniors: yoga, dance on a chair, intergenerational activities, etc. * Collective kitchens. * Parental support, family space and various resources.

Eligibility: seniors, caregivers, families

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00, support meetings: every two weeks, Monday 13h30 to 15h30

Fees: annual membership card: \$20, activities: variable, support meetings: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DE RÉPIT L'INTERMÈDE

192 F.-X.-Garneau Street, Beloeil, Montérégie, QC, J3G 4Y1

450 464-9261 ext. 2

Website: www.repit-intermede.com

Email: coordoservices@gmail.com

Services: * On-site and in-home respite. * Various activities: outings, outdoor activities, cooking and music workshops, etc. * Weekday and weekend respite. * After-school daycare service.

Eligibility: people living with an intellectual disability or an autism spectrum disorder

Coverage area: Montérégie-Est

Hours: by reservation, weekday respite: Monday to Thursday 8h30 to 16h30, weekend respite: Thursday 16h00 to Sunday 19h00, day and night, daycare: Monday to Friday 16h00 to 18h00

Fees: weekend respite: \$10 per hour to a maximum of \$120 per 24 hours, in-home respite: \$17.50 per hour, weekday respite: \$75 per day, plus mileage costs, daycare: \$18 per day

Financing: grants, Centraide Richelieu-Yamaska, donations, self-financing

Legal status: non-profit organization

Support Associations

ASSOCIATION DE LA VALLÉE DU RICHELIEU POUR LA DÉFICIENCE INTELLECTUELLE/TROUBLE DU SPECTRE DE L'AUTISME

625 Lechasseur Street, Beloeil, Montérégie, QC, J3G 2L3

450 467-8644

Website: avrditsa.org/en

Email: info@avrditsa.org

Services: Recreational activities, day programs and support for people living with an intellectual disability or with an autism spectrum disorder. * Recreational activities: meeting, music, crafts, entertainment and supervised play. * Theatre, choir and hip-hop classes. * Support to families. * Information and referrals. * Outings. * Summer day camps for youth and young adults 13 years old and over. * Day service for learning retention.

Eligibility: people 13 years old and over living with a mild or moderate intellectual disability and with or without an autism spectrum disorder

Capacity: depending on the activities, between 10 and 100 people

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Friday 8h00 to 16h00, Saturday 10h00 to 15h00

Fees: variable depending on the activity

Financing: donations, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE

308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5

450 446-1111 Fax: 450 446-6405

Website: atccmonteregie.qc.ca

Email: atcc@atccmonteregie.qc.ca

Services: Improving living conditions for people with traumatic brain injury. Reception and mental health * Information and referral. * Psychosocial support. * Support groups: individual, group and family meetings. Respite * Supervised housing: short- and medium-term respite care offering studio, accompaniment and support. * On-site or at-home respite service for caregivers. * Camps: stay from Friday to Sunday, for members only. Education * Educational, cultural, social, sports and crafts activities to maintain the acquired assets while working on the physical, cognitive, affective and social aspects of the person. * Prevention and awareness. Community * Volunteer opportunities. * RebonDire journal.

Eligibility: people 16 years and over having sustained a medically recognized craniocerebral trauma or stroke (light, light complex, moderate or severe) and with a stable state of health, their close ones

Coverage area: Montérégie

Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 16h30, Friday 9h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - APNÉE BELOEIL

Confidential Address

1 888 768-6669

Website: poumonquebec.ca/en

Email: info@poumonquebec.ca

Services: Virtual self-help group on sleep apnea. * Information evenings, support and conferences with professionals from the field on Zoom.

Eligibility: people living with sleep apnea, family members, caregivers

Coverage area: Beloeil and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE - TAX CLINIC

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325

Website: benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.ca

Services: * Tax clinic by deposit of documents.

Eligibility: people on a low income, seniors 65 years and over, people living with a physical or intellectual disability

Coverage area: Chambly, Carignan

Hours: by document drop-off only, call to make an appointment

Fees: voluntary contribution: \$10 per person

Financing: donations

Legal status: non-profit organization

CENTRE PÉRINATAL LE BERCEAU

733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7

450 446-7760

Website: leberceau.org

Email: info@leberceau.org

Services: Accompaniment of future and new parents, from birth to their baby's first birthday. * Les Mères-Veilleuses: support group for postpartum depression. * Home care service. * Prenatal meetings. * Breastfeeding support. * First aid and CPR courses for babies and children. * Perinatal bereavement support group. * Accessories rental: baby carrier, breast pump, books and maternity clothes. * Thrift store with clothes for mom and baby, as well as accessories for the family. * Parent-baby activities.

Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15\$, activities and services: free or variable

Financing: provincial, foundations, donations, self-financing, grants, municipal

Legal status: non-profit organization

PARRAINAGE CIVIQUE DE LA VALLÉE-DU-RICHELIEU

308 Montsabré Street, Suite D132, Beloeil, Montérégie, QC, J3G 2H5

1 877 464-7287

Website: www.pcvr.ca

Email: info@pcvr.ca

Services: Pairing. * Select, monitor and support the volunteers. * Activities promoting social inclusion. * Inclusion workshops and discussion groups on request. * Integration trips.

Eligibility: teenagers 12 to 17 years old, adults and seniors, with an intellectual disability, a mental health problem, trisomy 21 or an autism spectrum disorder

Coverage area: MRC La Vallée-du-Richelieu, MRC Rouville, MRC Marguerite-D'Youville partly, MRC Pierre-de-Saurel

Hours: Monday to Friday from 9h00 to 12h00 and from 13h00 to 16h30

Fees: membership: \$10 per year, volunteer and support member: \$15

Financing: Centraide of Greater Montréal, Centraide Richelieu-Yamaska, provincial

Legal status: non-profit organization

SJÖGREN'S SYNDROME ASSOCIATION

886 Sir-Wilfrid-Laurier Boulevard, Mont-Saint-Hilaire, Montérégie, QC, J3H 6B7

1 877 934-3666

Website: sjogrens.ca/en

Email: sjogrenquebec@gmail.com

Services: * Support group for people living with Sjögren's syndrome. * Information for patients and their family.

Eligibility: people diagnosed with Sjögren's syndrome and their relatives

Coverage area: Province of Québec

Hours: 2 days per week, voicemail: 24 hours / 7 days

Fees: membership: \$30 for 1 year, \$50 for 2 years

Financing: membership fees, grants, provincial, donations

Legal status: non-profit organization

Support and integration organizations

ARCHE MONTÉRÉGIE (L')

250 Hubert Street, Beloeil, Montérégie, QC, J3G 2S9

450 446-1061

Website: www.larchemonteregie.org

Email: info@larchemonteregie.org

Services: Supervised housing for people living with an intellectual disability. * 3 houses: Fleur de Soleil, l'Envolée, la Montagne. * Support and accompaniment. * Artistic, kitchen, garden and maintenance workshops.

Eligibility: people 18 years old and over living with an intellectual disability

Capacity: 17 persons

Coverage area: Montérégie

Hours: 24 hours / 7 days

Fees: variable annual pension

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DE LA VALLÉE DU RICHELIEU POUR LA DÉFICIENCE INTELLECTUELLE/TROUBLE DU SPECTRE DE L'AUTISME

625 Lechasseur Street, Beloeil, Montérégie, QC, J3G 2L3

450 467-8644

Website: avrditsa.org/en

Email: info@avrditsa.org

Services: Recreational activities, day programs and support for people living with an intellectual disability or with an autism spectrum disorder. * Recreational activities: meeting, music, crafts, entertainment and supervised play. * Theatre, choir and hip-hop classes. * Support to families. * Information and referrals. * Outings. * Summer day camps for youth and young adults 13 years old and over. * Day service for learning retention.

Eligibility: people 13 years old and over living with a mild or moderate intellectual disability and with or without an autism spectrum disorder

Capacity: depending on the activities, between 10 and 100 people

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Friday 8h00 to 16h00, Saturday 10h00 to 15h00

Fees: variable depending on the activity

Financing: donations, provincial, self-financing

Legal status: non-profit organization

PARRAINAGE CIVIQUE DE LA VALLÉE-DU-RICHELIEU

308 Montsabr  Street, Suite D132, Beloeil, Montérégie, QC, J3G 2H5

1 877 464-7287

Website: www.pcvr.ca

Email: info@pcvr.ca

Services: Pairing. * Select, monitor and support the volunteers. * Activities promoting social inclusion. * Inclusion workshops and discussion groups on request. * Integration trips.

Eligibility: teenagers 12 to 17 years old, adults and seniors, with an intellectual disability, a mental health problem, trisomy 21 or an autism spectrum disorder

Coverage area: MRC La Vallée-du-Richelieu, MRC Rouville, MRC Marguerite-D'Youville partly, MRC Pierre-de-Saurel

Hours: Monday to Friday from 9h00 to 12h00 and from 13h00 to 16h30

Fees: membership: \$10 per year, volunteer and support member: \$15

Financing: Centraide of Greater Montréal, Centraide Richelieu-Yamaska, provincial

Legal status: non-profit organization

The Blind

SDEM SEMO MONTÉRÉGIE - MONT-SAINT-HILAIRE

430 Sir-Wilfrid-Laurier Boulevard, Suite 204, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5

1 800 646-6096 Fax: 450 674-7220

Website: sdem-semb.org

Email: info@sdem-semb.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: Mont-Saint-Hilaire

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Therapy and rehabilitation centres

ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE

308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5

450 446-1111 Fax: 450 446-6405

Website: atccmonteregie.qc.ca

Email: atcc@atccmonteregie.qc.ca

Services: Improving living conditions for people with traumatic brain injury. Reception and mental health * Information and referral. * Psychosocial support. * Support groups: individual, group and family meetings. Respite * Supervised housing: short- and medium-term respite care offering studio, accompaniment and support. * On-site or at-home respite service for caregivers. * Camps: stay from Friday to Sunday, for members only. Education * Educational, cultural, social, sports and crafts activities to maintain the acquired assets while working on the physical, cognitive, affective and social aspects of the person. * Prevention and awareness. Community * Volunteer opportunities. * RebonDire journal.

Eligibility: people 16 years and over having sustained a medically recognized craniocerebral trauma or stroke (light, light complex, moderate or severe) and with a stable state of health, their close ones

Coverage area: Montérégie

Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 16h30, Friday 9h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

Academic and vocational guidance

INTÉGRATION COMPÉTENCES

287 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481 Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1282 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X9

450 464-4481 Fax: 450 447-2037

Website: integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: immigrant people, adults, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

TANDEM EMPLOI

545 Sir-Wilfrid-Laurier Boulevard, Suite 301, Beloeil, Montérégie, QC, J3G 4H8

450 464-5323 Fax: 450 464-7402

Website: www.tandem-emploi.org

Email: info@tandem-emploi.org

Services: * Individual counselling and group services. * Job search assistance: resume, letters, interview skills, information on the job market and social media. * Clarification of employment objectives and career transition with the expertise of a guidance counsellor, including skills assessment and psychometric tests. * Exploration of the labor market. * Teleworking time management and use of videoconferencing applications. * Employment coaching until obtaining permanence. * Documentation room with self-service access to computers, printers and fax machines.

Eligibility: people 18 years old and over who are looking for a job or thinking about their career

Coverage area: Montérégie

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

Fees: none

Financing: provincial

Legal status: non-profit organization

TANDEM EMPLOI - CHAMBLY SITE

240 Fréchette Boulevard, Suite 210, Chambly, Montérégie, QC, J3L 2Z5

450 447-4037 Fax: 450 447-8130

Website: www.tandem-emploi.org

Email: info@tandem-emploi.org

Services: * Individual counselling and group services. * Job search assistance: resume, letters, interview skills, information on the job market and social media. * Clarification of employment objectives and career transition with the expertise of a guidance counsellor, including skills assessment and psychometric tests. * Exploration of the labor market. * Teleworking time management and use of videoconferencing applications. * Employment coaching until obtaining permanence. * Documentation room with self-service access to computers, printers and fax machines.

Eligibility: people 18 years old and over who are looking for a job or thinking about their career

Coverage area: Montérégie

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Computer workshops**CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS**

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

ÉDUC À TOUT - CHAMBLY

2000 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Z4

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Difficulties and learning disabilities

SDEM SEMO MONTÉRÉGIE - MONT-SAINT-HILAIRE

430 Sir-Wilfrid-Laurier Boulevard, Suite 204, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5

1 800 646-6096 Fax: 450 674-7220

Website: sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: Mont-Saint-Hilaire

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Homework assistance and tutoring

CENTRE AMITIÉ-JEUNESSE CHAMBLY

505 Brassard Boulevard, Chambly, Montérégie, QC, J3L 4N5

450 658-6810

Email: mdjchambly@gmail.com

Services: Youth centre. * Evening activities: educational, preventive, sports and recreational workshops. * Dinner service. * Monthly theme dances. * Activities for spring break and the summer period. * Listening and intervention. * Assistance with homework. * Babysitting training.

Eligibility: youth 12 to 17 years old, monthly theme dances: youth 10 to 13 years old

Coverage area: Chambly

Hours: Tuesday 10h50 to 11h50 and 14h40 to 18h00, Wednesday and Thursday 10h50 to 11h50 and 14h40 to 19h00, Friday 10h50 to 11h50 and 14h40 to 20h00

Fees: annual member card: \$40

Financing: donations

Legal status: non-profit organization

ÉDUC À TOUT - CHAMBLY

2000 Bourgoigne Avenue, Chambly, Montérégie, QC, J3L 1Z4

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE BELOEIL

1060 Saint-Joseph Street, Beloeil, Montérégie, QC, J3G 6C6

450 536-9096

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, federal, provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE MONT-SAINT-HILAIRE

100 Michel Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3R3

450 464-8224

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE

138 de l'Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2173

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water glçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Marc-Sur-Richelieu

Hours: Tuesday 18h00 to 21h00, Wednesday 15h00 to 21h00, Friday 15h00 to 22h00, Saturday 10h00 to 14h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU

1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water glçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Antoine-Sur-Richelieu

Hours: Monday 15h00 to 19h00, Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

Language courses**ÉDUC À TOUT - CHAMBLY**

2000 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Z4

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Literacy

ÉDUC À TOUT - CHAMBLY

2000 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Z4

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MONT-SAINT-HILAIRE PUBLIC LIBRARY

150 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 5Z5

450 467-2854 ext. 2268

Website: www.villelesh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales

Email: comptoir.bibliotheque@villelesh.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Book club for children. * Story time. * Early literacy activities. * Biblio-Santé. * Home loan for people with reduced mobility. * Exhibitions.

Coverage area: Mont-Saint-Hilaire

Hours: Tuesday and Thursday 10h00 to 20h30, Wednesday and Friday 10h00 to 17h30, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00, summer: Monday, Wednesday and Friday 10h00 to 18h00, Tuesday and Thursday 10h00 to 20h30, Saturday 10h00 to 17h00

Fees: residents: none, non-residents: \$118 per year

Financing: municipal

Legal status: municipal agency

Public education

ÉDUC À TOUT - CHAMBLY

2000 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Z4

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

LA MAISON AMÉRINDIENNE

510 des Trentes Montée, Mont-Saint-Hilaire, Montérégie, QC, J3H 2R8

450 464-2500 Fax: 450 464-0071

Website: www.maisonamerindienne.com

Email: info@maisonamerindienne.com

Services: Site of learning of the various aspects of the amerindian cultures of Québec and Canada. * Temporary and permanent exhibitions. * Day camps. * Activities: events, shows, workshops, sugar meals. * Educational programs. * Facilities rental. * Boutique and meals.

Eligibility: general population, day camps: children 6 to 12 years old, educational programs: preschool, primary, secondary and post-secondary level

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

School perseverance**INTÉGRATION COMPÉTENCES**

287 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481 Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1282 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X9

450 464-4481 Fax: 450 447-2037

Website: integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: immigrant people, adults, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE BELOEIL

1060 Saint-Joseph Street, Beloeil, Montérégie, QC, J3G 6C6

450 536-9096

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, federal, provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE MONT-SAINT-HILAIRE

100 Michel Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3R3

450 464-8224

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns

Legal status: non-profit organization

Employment and Income Support

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Budget management and consumption

INTÉGRATION COMPÉTENCES

287 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481 Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1282 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X9

450 464-4481 Fax: 450 447-2037

Website: integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: immigrant people, adults, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Business development

CENTRE D'AIDE AUX ENTREPRISES DE LA RIVE-SUD

270 Sir-Wilfrid-Laurier Boulevard, Suite 200, Beloeil, Montérégie, QC, J3G 4G7

514 656-5650 Fax: 450 446-3806

Website: caecapital.com/en

Email: info@caecapital.com

Services: Involvement with businesses. * Contribution to the development of the regional economy. * Investment in business development. * Promotion of job creation and retention.

Eligibility: businesses

Coverage area: South Shore

Hours: Monday to Friday 9h00 to 17h00

Financing: municipal, provincial, federal

Legal status: non-profit organization

CERCLES D'ENTRAIDE RIVE-SUD

270 Sir-Wilfrid-Laurier Boulevard, Suite 200, Beloeil, Montérégie, QC, J3G 4G7

514 656-5650

Website: www.caecapital.com/en

Email: info@caecapital.com

Services: * Pre-startup training. * Networking activities. * Self-employment support: guidance, technical advice and financial support to eligible candidates.

Eligibility: adults who started a business or are in the process of starting a business, self-employed workers

Coverage area: agglomeration of Longueuil, MRC La Vallée-du-Richelieu, MRC Marguerite-D'Youville, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel

Hours: Monday to Thursday 8h30 to 17h00

Fees: none

Financing: grants, self-financing

Legal status: non-profit organization

Employment support and training

INTÉGRATION COMPÉTENCES

287 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481 Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1282 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X9

450 464-4481 Fax: 450 447-2037

Website: integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: immigrant people, adults, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

TANDEM EMPLOI

545 Sir-Wilfrid-Laurier Boulevard, Suite 301, Beloeil, Montérégie, QC, J3G 4H8

450 464-5323 Fax: 450 464-7402

Website: www.tandem-emploi.org

Email: info@tandem-emploi.org

Services: * Individual counselling and group services. * Job search assistance: resume, letters, interview skills, information on the job market and social media. * Clarification of employment objectives and career transition with the expertise of a guidance counsellor, including skills assessment and psychometric tests. * Exploration of the labor market. * Teleworking time management and use of videoconferencing applications. * Employment coaching until obtaining permanence. * Documentation room with self-service access to computers, printers and fax machines.

Eligibility: people 18 years old and over who are looking for a job or thinking about their career

Coverage area: Montérégie

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

Fees: none

Financing: provincial

Legal status: non-profit organization

TANDEM EMPLOI - CHAMBLY SITE

240 Fréchette Boulevard, Suite 210, Chambly, Montérégie, QC, J3L 2Z5

450 447-4037 Fax: 450 447-8130

Website: www.tandem-emploi.org

Email: info@tandem-emploi.org

Services: * Individual counselling and group services. * Job search assistance: resume, letters, interview skills, information on the job market and social media. * Clarification of employment objectives and career transition with the expertise of a guidance counsellor, including skills assessment and psychometric tests. * Exploration of the labor market. * Teleworking time management and use of videoconferencing applications. * Employment coaching until obtaining permanence. * Documentation room with self-service access to computers, printers and fax machines.

Eligibility: people 18 years old and over who are looking for a job or thinking about their career

Coverage area: Montérégie

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for immigrants

INTÉGRATION COMPÉTENCES

287 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481 Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1282 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X9

450 464-4481 Fax: 450 447-2037

Website: integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: immigrant people, adults, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Employment support for youth

BOUTIQUE AUX FRINGUES (LA)

866 Laurier Street, Beloeil, Montérégie, QC, J3G 4K7

450 467-9025

Website: www.boutiqueauxfringues.com

Email: boutiqueauxfringues@hotmail.com

Services: * Sale of used clothing and fashion accessories at a low cost. * Employment and training of youth to facilitate access to the job market.

Coverage area: MRC La Vallée-du-Richelieu

Hours: Tuesday to Saturday 10h00 to 15h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE AMITIÉ-JEUNESSE CHAMBLY

505 Brassard Boulevard, Chambly, Montérégie, QC, J3L 4N5

450 658-6810

Email: mdjchambly@gmail.com

Services: Youth centre. * Evening activities: educational, preventive, sports and recreational workshops. * Dinner service. * Monthly theme dances. * Activities for spring break and the summer period. * Listening and intervention. * Assistance with homework. * Babysitting training.

Eligibility: youth 12 to 17 years old, monthly theme dances: youth 10 to 13 years old

Coverage area: Chambly

Hours: Tuesday 10h50 to 11h50 and 14h40 to 18h00, Wednesday and Thursday 10h50 to 11h50 and 14h40 to 19h00, Friday 10h50 to 11h50 and 14h40 to 20h00

Fees: annual member card: \$40

Financing: donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES

287 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481 Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1282 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X9

450 464-4481 Fax: 450 447-2037

Website: integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: immigrant people, adults, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE BELOEIL

1060 Saint-Joseph Street, Beloeil, Montérégie, QC, J3G 6C6

450 536-9096

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, federal, provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE MONT-SAINT-HILAIRE

100 Michel Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3R3

450 464-8224

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns

Legal status: non-profit organization

POSA - SOURCE DES MONTS

620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-9898 Fax: 450 658-5368

Website: www.posasdm.com

Email: direction@posasdm.org

Services: * Street work: listening, support, information and awareness. * Youth clinic in partnership with the CISSS. * Maison Stéphane Fallu: youth accommodation, duration of 2 to 3 years. * Naloxone kits distribution. * Distribution of injection material. * J'ai faim à tous les jours: meals offered to underprivileged children. * POSART: creative workshops in oral and visual art.

Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec, Maison Stéphane Fallu: youth aged 17 to 19 who have left a youth centre

Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville

Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment

Financing: provincial, donations, municipal

Legal status: non-profit organization

Tax clinics

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE - TAX CLINIC

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325

Website: benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.ca

Services: * Tax clinic by deposit of documents.

Eligibility: people on a low income, seniors 65 years and over, people living with a physical or intellectual disability

Coverage area: Chambly, Carignan

Hours: by document drop-off only, call to make an appointment

Fees: voluntary contribution: \$10 per person

Financing: donations

Legal status: non-profit organization

CHEVALIERS DE COLOMB - TAX CLINIC

105 Richelieu Road, McMasterville, Montérégie, QC, J3G 1T5

450 864-1211

Website: www.cdecbeloeil.com

Email: cdecbeloeil@gmail.com

Services: * Tax clinic by appointment.

Eligibility: single people living with an income of \$35,000 or less, couples living with an income of \$45,000 (plus \$2,500 per dependant)

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Saint-Antoine-Sur-Richelieu, Saint-Basile-Le-Grand, Saint-Jean-Baptiste, Saint-Marc-Sur-Richelieu, Saint-Mathieu-de-Beloeil, Sainte-Madeleine

Hours: 2024 tax clinic: by appointment only, March 4th to April 30th, Tuesday to Friday

Fees: contribution: \$10 per person per tax year

Financing: self-financing, municipal

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

BOUTIQUE AUX FRINGUES (LA)

866 Laurier Street, Beloeil, Montérégie, QC, J3G 4K7

450 467-9025

Website: www.boutiqueauxfringues.com

Email: boutiqueauxfringues@hotmail.com

Services: * Sale of used clothing and fashion accessories at a low cost. * Employment and training of youth to facilitate access to the job market.

Coverage area: MRC La Vallée-du-Richelieu

Hours: Tuesday to Saturday 10h00 to 15h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

OPEX BELOEIL - CHAMBLY

515 Sir-Wilfrid-Laurier Boulevard, Suite 201, Beloeil, Montérégie, QC, J3G 6R7

438 394-3777

Website: opexemploi.com

Email: info@opexemploi.com

Services: Job assistance service for people with a criminal record. * Accompaniment in the process of request for forgiveness. * Assessment and skills transfer. * CV redaction, guidance and career choice. * Job integration. * Job posting and searching, searching techniques.

Eligibility: adults with a criminal record

Coverage area: South Shore

Hours: by appointment only

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - MONT-SAINT-HILAIRE

430 Sir-Wilfrid-Laurier Boulevard, Suite 204, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5

1 800 646-6096 Fax: 450 674-7220

Website: sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: Mont-Saint-Hilaire

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Food**CHRISTMAS BASKET****COLLECTIVE KITCHENS AND COOKING WORKSHOPS****COMMUNITY GARDENS AND MARKETS****FOOD ASSISTANCE****FOOD AID FOR PREGNANT WOMEN AND CHILDREN****FOOD ASSISTANCE COORDINATION****FOOD ASSISTANCE IN SCHOOLS****LOW COST OR FREE MEALS****PREPARED MEALS AND MEALS-ON-WHEELS**

Christmas basket

AUX SOURCES DU BASSIN DE CHAMBLY

1369 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Y4

450 658-1568 Fax: 450 658-0823

Website: as-bc.org

Email: info@as-bc.org

Services: * Psychosocial support. * Affordable grocery. * Weekly food distribution. * Friperie du bassin: sale of clothing, household items, small electrical appliances, toys, books, dishes, bedclothes, sport items at low prices, etc. * Occasional donations. * Christmas baskets.

Eligibility: food assistance: people in need, friperie du bassin: general public

Coverage area: Carignan, Chambly

Hours: food assistance: Tuesday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 17h30, friperie du bassin: Monday to Wednesday, Saturday and Sunday 9h00 to 16h00, Thursday and Friday 9h00 to 20h00, administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: self-financing, donations, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Promotion of volunteer work. * Food assistance. * Meals on wheels. * Friendly visits. * Activities and outings for seniors. * School aid for children. * Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. * Christmas baskets. * Bonhomme à lunette service point: low-cost glasses. * Medical accompaniment and transportation, and help with small errands provided by volunteers.

Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, bonhomme à lunette: Thursday 9h00 to 11h30

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

Collective kitchens and cooking workshops

BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLÉE-DU-RICHELIEU

308 Montsabr  Street, Suites 205 and 208, Beloeil, Montr rie, QC, J3G 2H5

450 467-3479

Website: bonjoursoleil.org

Email: info@bonjoursoleil.org

Services: * Accompaniment, support, referral. * Individual interventions. * Conferences: union breakdown, joint parenthood, family blending. * Community and family cooking workshops. * Social and family activities. * Family community garden. * Les Incroyables Comestibles: fruits and vegetables to share. * Promotion and defense of rights and obligations.

Eligibility: single-parent and blended families

Coverage area: MRC La Vall e-du-Richelieu

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CORNE D'ABONDANCE - ENTRAIDE ALIMENTAIRE ET SOLIDARIT  (LA)

2391 de Bourgogne Avenue, Chambly, Montr rie, QC, J3L 2A5

450 447-3414

Website: cornedabondance.com

Email: info@cornedabondance.com

Services: Mutual aid, education and awareness in food. * Collective and thematic kitchens. * Parent-children cooking. * Workshops on site and in schools. * Daycare during activities. * Summer camp for cooks 8 to 13 years old.

Capacity: 7 participants per kitchen

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-C saire, Saint-Mathias-sur-Richelieu, Sainte-Ang le-de-Monnoir

Hours: Monday, Tuesday and Friday to Sunday 8h30 to 16h30, Wednesday and Thursday 18h30 to 21h30

Fees: \$10 per year

Financing: Centraide of Greater Montr al, provincial, federal, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DE LA VALL E DU RICHELIEU (LA)

91 Cartier Boulevard, Beloeil, Montr rie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca

Email: reception@mfvr.ca

Services: Services for families and seniors. * Respite and home support for caregivers looking after seniors with low mobility. * Pavillon des A n s: day centre for seniors with low mobility. * Individual and family support meetings for caregivers. * Activities for seniors: yoga, dance on a chair, intergenerational activities, etc. * Collective kitchens. * Parental support, family space and various resources.

Eligibility: seniors, caregivers, families

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00, support meetings: every two weeks, Monday 13h30 to 15h30

Fees: annual membership card: \$20, activities: variable, support meetings: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE

138 de l'Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2173

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water gliçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Marc-Sur-Richelieu

Hours: Tuesday 18h00 to 21h00, Wednesday 15h00 to 21h00, Friday 15h00 to 22h00, Saturday 10h00 to 14h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU

1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water gliçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Antoine-Sur-Richelieu

Hours: Monday 15h00 to 19h00, Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

Community gardens and markets

BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLÉE-DU-RICHELIEU

308 Montsabré Street, Suites 205 and 208, Beloeil, Montérégie, QC, J3G 2H5

450 467-3479

Website: bonjoursoleil.org

Email: info@bonjoursoleil.org

Services: * Accompaniment, support, referral. * Individual interventions. * Conferences: union breakdown, joint parenthood, family blending. * Community and family cooking workshops. * Social and family activities. * Family community garden. * Les Incroyables Comestibles: fruits and vegetables to share. * Promotion and defense of rights and obligations.

Eligibility: single-parent and blended families

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial

Legal status: non-profit organization

GRAIN D'SEL DE LA VALLÉE-DU-RICHELIEU (LE)

544 Laurier Boulevard, Beloeil, Montérégie, QC, J3G 4H9

450 467-5733

Website: www.graindesel.ca

Email: info@graindesel.ca

Services: * Food bank. * Low-cost grocery store. * Resto pop. * Community garden.

Eligibility: people and families living in financial difficulty

Coverage area: Beloeil, McMasterville, Saint-Mathieu-de-Beloeil, Mont-Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Antoine-sur-Richelieu, Saint-Denis-sur-Richelieu, Otterburn Park, Sainte-Madeleine, Saint-Mathias-sur-Richelieu

Hours: Monday to Thursday 8h30 to 16h00, resto pop: Wednesday 11h30 to 13h00

Fees: perishable goods basket: \$10 per week

Financing: donations, provincial

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE

138 de l'Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2173

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water gliçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Marc-Sur-Richelieu

Hours: Tuesday 18h00 to 21h00, Wednesday 15h00 to 21h00, Friday 15h00 to 22h00, Saturday 10h00 to 14h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU

1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water gliçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Antoine-Sur-Richelieu

Hours: Monday 15h00 to 19h00, Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

SAINT-BASILE-LE-GRAND - SERVICE DES LOISIRS, DE LA CULTURE ET DE LA VIE COMMUNAUTAIRE

Centre communautaire Lise-B.-Boisvert, 103 Montpellier Avenue, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C6

450 461-8000 ext. 8600

Website: www.ville.saint-basile-le-grand.qc.ca/ville/services-municipaux/service-loisirs-culture-vie-communautaire

Email: loisirs@villesblg.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, parks and playgrounds. * Coordination with community organizations. * Summer and spring break day camps. * Community gardens. * Hall rental. * Parties, shows and events.

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Fees: variable

Legal status: municipal agency

Food Assistance

AUX SOURCES DU BASSIN DE CHAMBLY

1369 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Y4

450 658-1568 Fax: 450 658-0823

Website: as-bc.org

Email: info@as-bc.org

Services: * Psychosocial support. * Affordable grocery. * Weekly food distribution. * Friperie du bassin: sale of clothing, household items, small electrical appliances, toys, books, dishes, bedclothes, sport items at low prices, etc. * Occasional donations. * Christmas baskets.

Eligibility: food assistance: people in need, friperie du bassin: general public

Coverage area: Carignan, Chambly

Hours: food assistance: Tuesday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 17h30, friperie du bassin: Monday to Wednesday, Saturday and Sunday 9h00 to 16h00, Thursday and Friday 9h00 to 20h00, administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: self-financing, donations, provincial

Legal status: non-profit organization

BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLÉE-DU-RICHELIEU

308 Montsabré Street, Suites 205 and 208, Beloeil, Montérégie, QC, J3G 2H5

450 467-3479

Website: bonjoursoleil.org

Email: info@bonjoursoleil.org

Services: * Accompaniment, support, referral. * Individual interventions. * Conferences: union breakdown, joint parenthood, family blending. * Community and family cooking workshops. * Social and family activities. * Family community garden. * Les Incroyables Comestibles: fruits and vegetables to share. * Promotion and defense of rights and obligations.

Eligibility: single-parent and blended families

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Promotion of volunteer work. * Food assistance. * Meals on wheels. * Friendly visits. * Activities and outings for seniors. * School aid for children. * Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. * Christmas baskets. * Bonhomme à lunette service point: low-cost glasses. * Medical accompaniment and transportation, and help with small errands provided by volunteers.

Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, bonhomme à lunette: Thursday 9h00 to 11h30

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

GRAIN D'SEL DE LA VALLÉE-DU-RICHELIEU (LE)

544 Laurier Boulevard, Beloeil, Montérégie, QC, J3G 4H9

450 467-5733

Website: www.graindesel.ca

Email: info@graindesel.ca

Services: * Food bank. * Low-cost grocery store. * Resto pop. * Community garden.

Eligibility: people and families living in financial difficulty

Coverage area: Beloeil, McMasterville, Saint-Mathieu-de-Beloeil, Mont-Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Antoine-sur-Richelieu, Saint-Denis-sur-Richelieu, Otterburn Park, Sainte-Madeleine, Saint-Mathias-sur-Richelieu

Hours: Monday to Thursday 8h30 to 16h00, resto pop: Wednesday 11h30 to 13h00

Fees: perishable goods basket: \$10 per week

Financing: donations, provincial

Legal status: non-profit organization

Food aid for pregnant women and children

BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLÉE-DU-RICHELIEU

308 Montsabr  Street, Suites 205 and 208, Beloeil, Montr rie, QC, J3G 2H5

450 467-3479

Website: bonjoursoleil.org

Email: info@bonjoursoleil.org

Services: * Accompaniment, support, referral. * Individual interventions. * Conferences: union breakdown, joint parenthood, family blending. * Community and family cooking workshops. * Social and family activities. * Family community garden. * Les Incroyables Comestibles: fruits and vegetables to share. * Promotion and defense of rights and obligations.

Eligibility: single-parent and blended families

Coverage area: MRC La Vall e-du-Richelieu

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Food assistance coordination

AUX SOURCES DU BASSIN DE CHAMBLY

1369 Bourgogne Avenue, Chambly, Montr rie, QC, J3L 1Y4

450 658-1568 Fax: 450 658-0823

Website: as-bc.org

Email: info@as-bc.org

Services: * Psychosocial support. * Affordable grocery. * Weekly food distribution. * Friperie du bassin: sale of clothing, household items, small electrical appliances, toys, books, dishes, bedclothes, sport items at low prices, etc. * Occasional donations. * Christmas baskets.

Eligibility: food assistance: people in need, friperie du bassin: general public

Coverage area: Carignan, Chambly

Hours: food assistance: Tuesday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 17h30, friperie du bassin: Monday to Wednesday, Saturday and Sunday 9h00 to 16h00, Thursday and Friday 9h00 to 20h00, administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: self-financing, donations, provincial

Legal status: non-profit organization

CENTRE DE B N VOLAT DE SAINT-BASILE-LE-GRAND

50 Mont e Robert, Saint-Basile-le-Grand, Montr rie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

Food assistance in schools

POSA - SOURCE DES MONTS

620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-9898 Fax: 450 658-5368

Website: www.posasdm.com

Email: direction@posasdm.org

Services: * Street work: listening, support, information and awareness. * Youth clinic in partnership with the CISSS. * Maison Stéphane Fallu: youth accommodation, duration of 2 to 3 years. * Naloxone kits distribution. * Distribution of injection material. * J'ai faim à tous les jours: meals offered to underprivileged children. * POSART: creative workshops in oral and visual art.

Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec, Maison Stéphane Fallu: youth aged 17 to 19 who have left a youth centre

Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville

Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment

Financing: provincial, donations, municipal

Legal status: non-profit organization

Low cost or free meals

ASSOCIATION QUÉBEC-FRANCE (L') - VALLÉE-DU-RICHELIEU

Confidential Address

450 906-1065

Website: www.quebecfrancecvr.org

Email: info@quebecfrance.qc.ca

Services: Development of a France-Québec direct and privileged relationships. * Community diners. * Slam-poetry. * Conferences. * Cultural and tourist excursions.

Eligibility: francophiles, French language defenders

Coverage area: Province of Quebec

Fees: annual membership: variable depending on the type of membership

Financing: membership fees

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE DE FEMMES L'ESSENTIELLE

231 Brillon Street, Beloeil, Montérégie, QC, J3G 2T5

450 467-3418 Fax: 450 467-1749

Website: www.cfessentielle.org

Email: essentielle@videotron.ca

Services: Place of belonging managed by and for women. * Reception, listening and referral. * Workshops and coffee-chats. * Community meals. * Education and action network.

Eligibility: women

Coverage area: MRC La Vallée-du-Richelieu and surroundings

Hours: Monday 8h30 to 12h00, Tuesday to Thursday 8h30 to 12h00 and 13h15 to 16h30, community meal: Wednesday 12h00

Fees: none

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

Legal status: non-profit organization

GRAIN D'SEL DE LA VALLÉE-DU-RICHELIEU (LE)

544 Laurier Boulevard, Beloeil, Montérégie, QC, J3G 4H9

450 467-5733

Website: www.graindesel.ca

Email: info@graindesel.ca

Services: * Food bank. * Low-cost grocery store. * Resto pop. * Community garden.

Eligibility: people and families living in financial difficulty

Coverage area: Beloeil, McMasterville, Saint-Mathieu-de-Beloeil, Mont-Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Antoine-sur-Richelieu, Saint-Denis-sur-Richelieu, Otterburn Park, Sainte-Madeleine, Saint-Mathias-sur-Richelieu

Hours: Monday to Thursday 8h30 to 16h00, resto pop: Wednesday 11h30 to 13h00

Fees: perishable goods basket: \$10 per week

Financing: donations, provincial

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Promotion of volunteer work. * Food assistance. * Meals on wheels. * Friendly visits. * Activities and outings for seniors. * School aid for children. * Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. * Christmas baskets. * Bonhomme à lunette service point: low-cost glasses. * Medical accompaniment and transportation, and help with small errands provided by volunteers.

Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, bonhomme à lunette: Thursday 9h00 to 11h30

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.ca

Services: Home care services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Training and support for caregivers. * Medical accompaniment-transportation. Community action * Welcoming and referral. * Tax clinic. * Conferences. Material assistance * Loan of orthopedic equipment. * Coup de Pouce Family Counter: clothes, toys, kitchen items, small appliances. * Clothes or material assistance to organizations or individuals after assessment.

Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

Food

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

Fees: meals on wheels: \$6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc.

* Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. *

Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00,

Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

Government services

INCOME STATEMENTS

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES

Income statements

BELOEIL - CITY

777 Laurier Street, Beloeil, Montérégie, QC, J3G 4S9

450 467-2835 ext. 0

Website: beloeil.ca

Email: info@beloeil.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Information and collection of bulky items, dead leaves and branches, compost, residual and recyclable wastes according to the calendar: <http://beloeil.ca/servir/environnement/collectes-residentielles> * Urban-planning department: construction permits. * Fire department. * Property assessment. * Public work department and reporting of public infrastructure failures. * Grants to citizens for environmental actions: washable diapers, reusable menstrual hygiene products, planting a tree, rainwater recovery barrel, etc. * Automated emergency notification system. * Leisure and culture. * Library.

Coverage area: Beloeil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h30, telephone services: 7 days, 8h00 to 20h00

Financing: municipal

Legal status: municipal agency

CARIGNAN - CITY

2379 de Chambly Road, Suite 210, Carignan, Montérégie, QC, J3L 4N4

450 658-1066 Fax: 450 658-2676

Website: www.carignan.quebec

Email: info@villedecarignan.org

Services: Management of municipal services. * Online property assessment and assessment roll. * Payment of municipal taxes. * Online permit application. * Urban planning by-laws. * Information on the management of residual materials and collections according to the calendar provided by the MRC de La Vallée-du-Richelieu: www.carignan.quebec/services/services-municipaux/collectes-et-recyclage * Public security: police and fire department. * Public works department: maintenance and construction of infrastructures. * Emergency phone alert service. * Grant for the purchase of cloth diapers. * Dog identification medals. * Leisure and culture.

Coverage area: Carignan

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

Financing: municipal

Legal status: municipal agency

CHAMBLY - CITY

56 Martel Street, Chambly, Montérégie, QC, J3L 4X1

450 658-8788 Fax: 450 447-4525

Website: ville.chambly.qc.ca

Email: information@ville.chambly.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: ville.chambly.qc.ca/environnement/matieres-residuelles * Public safety: fire safety service, Régir intermunicipale de police Richelieu. * Automated alert system for emergencies and snow removal: ville.chambly.qc.ca/alertes * Online services: ticket payment and contestation, animal licenses, construction and renovation permits, property assessment and online consultation of the property assessment roll, public works requests, etc.: ville.chambly.qc.ca/servicesenligne * Leisure and culture.

Coverage area: Chambly

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

MCMASTERVILLE - MUNICIPALITY

255 Constable Boulevard, McMasterville, Montérégie, QC, J3G 6N9

450 467-3580 Fax: 450 467-2493

Website: www.mcmasterville.ca

Email: info@mcmasterville.ca

Services: Management of municipal services. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.mcmasterville.ca/services-aux-citoyens/collectes * Automated alerts service for boil water advisories, watermain breakage, emergency work and emergency measures. * Financial assistance program for the purchase of washable diapers. * Room rentals. * Fire department. * Animal licenses.

Coverage area: McMasterville

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

Financing: municipal

Legal status: municipal agency

MONT-SAINT-HILAIRE - CITY

100 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3M8

450 467-2854 ext. 0

Website: www.ville.mont-saint-hilaire.qc.ca

Email: information@villemsh.ca

Services: Management of municipal services. * Payment of municipal taxes and property assessment. * Information and calendar for waste collection: www.villemsh.ca/services-aux-citoyens/collectes-et-ecocentre/collectes-des-matieres-residuelles/informations-generales * Online follow-up and application for building, renovation and landscaping permits. * Payment of tickets for infractions. * Municipal notification system. * Annual dog registration. * Info-travaux and snow removal information. * Leisure culture.

Coverage area: Mont-Saint-Hilaire

Hours: Monday 8h15 to 12h00 and 13h00 to 16h30, Tuesday to Thursday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h00

Financing: municipal

Legal status: municipal agency

OTTERBURN PARK - CITY

601 Ozias-Leduc Road, Otterburn Park, Montérégie, QC, J3H 2M6

450 536-0303 Fax: 450 467-8260

Website: www.opark.ca

Email: info@opark.ca

Services: Municipal service management. * Municipal tax payment. * Waste collection calendar: www.mrcvr.ca/wp-content/uploads/2021/12/Calendrier_Collectes_2022_OtterburnPark.pdf * Dog and cat license. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance.

Coverage area: Otterburn Park

Hours: Monday to Thursday 7h45 to 12h00 and 13h00 to 16h30, Friday 7h45 to 11h45

Financing: municipal

Legal status: municipal agency

SAINT-ANTOINE-SUR-RICHELIEU - MUNICIPALITY

1060 du Moulin-Payet Street, Suite 1, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497 Fax: 450 787-2852

Website: saint-antoine-sur-richelieu.ca

Email: municipalite@sasr.ca

Government services

Services: Municipal service management. * Municipal tax management and payment. * Urban planning department: permits and certificates for construction, renovation, sheds, swimming pools, etc. * Environment department: riverbank protection, sewage system regulation, tree and shrub donations. * Information on garbage collections: https://saint-antoine-sur-richelieu.ca/wp-content/uploads/2023/01/MRCVR_Calendriers2023_Saint-Antoine-sur-Richelieu2.pdf * Advisory committees. * Public safety: fire department, Sûreté du Québec. * Room rental. * Leisure and culture. * Municipal library.

Coverage area: Saint-Antoine-sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

SAINT-BASILE-LE-GRAND - CITY

204 Principale Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1M1

450 461-8000

Website: www.ville.saint-basile-le-grand.qc.ca

Email: communications@villesblg.ca

Services: Management of municipal services. * Property assessment and payment of municipal taxes. * Urban planning by-laws and building permits. * Emergency notification system * Information on waste management and collection according to the calendar: www.ville.saint-basile-le-grand.qc.ca/calendrier-categories/collectes-et-depots * Dog license. * Grant for the purchase of cloth diapers. * Development and maintenance of public infrastructures. * Civil security: Régie intermunicipale de police Richelieu-Saint-Laurent. * Fire department: Régie intermunicipale de sécurité incendie de la Vallée-du-Richelieu. * Leisure and culture. * Municipal library.

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-MARC-SUR-RICHELIEU - MUNICIPALITÉ

102 de la Fabrique Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2258 Fax: 450 584-2795

Website: smsr.quebec

Email: info@smsr.quebec

Services: Management of municipal services. * Municipal office: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: https://smsr.quebec/wp-content/uploads/2023/03/MRCVR_Calendriers2023_Saint-Marc-sur-Richelieu.pdf * Public security: fire safety service, Sûreté du Québec. * Emergency notification system. * Leisure, culture, and community life. * Municipal library.

Coverage area: Saint-Marc-Sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU-DE-BELOEIL - MUNICIPALITY

5000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9

450 467-7490

Website: stmathieudebeloeil.ca

Email: info@stmathieudebeloeil.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Collection of residual materials: <https://stmathieudebeloeil.ca/wp-content/uploads/2022/10/CAL-MRCVR-Calendrier-des-collectes-2023-Saint-Mathieu-de-Beloeil.pdf> * Hall rental. * Info-travaux. * Subsidy for the purpose of cloth diapers. * Leisure and culture.

Coverage area: Saint-Mathieu-de-Beloeil

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

Financing: municipal

Legal status: municipal agency

Municipal services

BELOEIL - CITY

777 Laurier Street, Beloeil, Montérégie, QC, J3G 4S9

450 467-2835 ext. 0

Website: beloeil.ca

Email: info@beloeil.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Information and collection of bulky items, dead leaves and branches, compost, residual and recyclable wastes according to the calendar: <http://beloeil.ca/servir/environnement/collectes-residentielles> * Urban-planning department: construction permits. * Fire department. * Property assessment. * Public work department and reporting of public infrastructure failures. * Grants to citizens for environmental actions: washable diapers, reusable menstrual hygiene products, planting a tree, rainwater recovery barrel, etc. * Automated emergency notification system. * Leisure and culture. * Library.

Coverage area: Beloeil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h30, telephone services: 7 days, 8h00 to 20h00

Financing: municipal

Legal status: municipal agency

CARIGNAN - CITY

2379 de Chambly Road, Suite 210, Carignan, Montérégie, QC, J3L 4N4

450 658-1066 Fax: 450 658-2676

Website: www.carignan.quebec

Email: info@villedecarignan.org

Services: Management of municipal services. * Online property assessment and assessment roll. * Payment of municipal taxes. * Online permit application. * Urban planning by-laws. * Information on the management of residual materials and collections according to the calendar provided by the MRC de La Vallée-du-Richelieu: www.carignan.quebec/services/services-municipaux/collectes-et-recyclage * Public security: police and fire department. * Public works department: maintenance and construction of infrastructures. * Emergency phone alert service. * Grant for the purchase of cloth diapers. * Dog identification medals. * Leisure and culture.

Coverage area: Carignan

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

Financing: municipal

Legal status: municipal agency

CHAMBLY - CITY

56 Martel Street, Chambly, Montérégie, QC, J3L 4X1

450 658-8788 Fax: 450 447-4525

Website: ville.chambly.qc.ca

Email: information@ville.chambly.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: ville.chambly.qc.ca/environnement/matieres-residuelles * Public safety: fire safety service, Régir intermunicipale de police Richelieu. * Automated alert system for emergencies and snow removal: ville.chambly.qc.ca/alertes * Online services: ticket payment and contestation, animal licenses, construction and renovation permits, property assessment and online consultation of the property assessment roll, public works requests, etc.: ville.chambly.qc.ca/servicesenligne * Leisure and culture.

Coverage area: Chambly

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

MCMASTERVILLE - MUNICIPALITY

255 Constable Boulevard, McMasterville, Montérégie, QC, J3G 6N9

450 467-3580 Fax: 450 467-2493

Website: www.mcmasterville.ca

Email: info@mcmasterville.ca

Services: Management of municipal services. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.mcmasterville.ca/services-aux-citoyens/collectes * Automated alerts service for boil water advisories, watermain breakage, emergency work and emergency measures. * Financial assistance program for the purchase of washable diapers. * Room rentals. * Fire department. * Animal licenses.

Coverage area: McMasterville

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

Financing: municipal

Legal status: municipal agency

MONT-SAINT-HILAIRE - CITY

100 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3M8

450 467-2854 ext. 0

Website: www.ville.mont-saint-hilaire.qc.ca

Email: information@villemsh.ca

Services: Management of municipal services. * Payment of municipal taxes and property assessment. * Information and calendar for waste collection: www.villemsh.ca/services-aux-citoyens/collectes-et-ecocentre/collectes-des-matieres-residuelles/informations-generales * Online follow-up and application for building, renovation and landscaping permits. * Payment of tickets for infractions. * Municipal notification system. * Annual dog registration. * Info-travaux and snow removal information. * Leisure culture.

Coverage area: Mont-Saint-Hilaire

Hours: Monday 8h15 to 12h00 and 13h00 to 16h30, Tuesday to Thursday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h00

Financing: municipal

Legal status: municipal agency

MRC DE LA VALLÉE-DU-RICHELIEU

255 Laurier Boulevard, Suite 100, McMasterville, Montérégie, QC, J3G 0B7

450 464-0339 Fax: 450 464-3827

Website: www.mrcvr.ca

Email: info@mrcvr.ca

Services: Administration of regional services with supralocal character. * Land management and development. * Urban planning regulations. * Management of public services: watercourses, waste management, property assessment, civil, fire and public security. * Calendar of recyclable and garbage collections and information on waste management: mrcvr.ca/collectes * Participation in socio-economic development and businesses support. * Promotion of heritage, culture and tourism.

Coverage area: MRC de La Vallée-du-Richelieu

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h45, Friday 8h15 to 12h00

Financing: municipal, self-financing, provincial

Legal status: municipal agency

OTTERBURN PARK - CITY

601 Ozias-Leduc Road, Otterburn Park, Montérégie, QC, J3H 2M6

450 536-0303 Fax: 450 467-8260

Website: www.opark.ca

Email: info@opark.ca

Services: Municipal service management. * Municipal tax payment. * Waste collection calendar: www.mrcvr.ca/wp-content/uploads/2021/12/Calendrier_Collectes_2022_OtterburnPark.pdf * Dog and cat license. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance.

Coverage area: Otterburn Park

Hours: Monday to Thursday 7h45 to 12h00 and 13h00 to 16h30, Friday 7h45 to 11h45

Financing: municipal

Legal status: municipal agency

SAINT-ANTOINE-SUR-RICHELIEU - MUNICIPALITY

1060 du Moulin-Payet Street, Suite 1, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497 Fax: 450 787-2852

Website: saint-antoine-sur-richelieu.ca

Email: municipalite@sasr.ca

Services: Municipal service management. * Municipal tax management and payment. * Urban planning department: permits and certificates for construction, renovation, sheds, swimming pools, etc. * Environment department: riverbank protection, sewage system regulation, tree and shrub donations. * Information on garbage collections: https://saint-antoine-sur-richelieu.ca/wp-content/uploads/2023/01/MRCVR_Calendriers2023_Saint-Antoine-sur-Richelieu2.pdf * Advisory committees. * Public safety: fire department, Sûreté du Québec. * Room rental. * Leisure and culture. * Municipal library.

Coverage area: Saint-Antoine-sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

SAINT-BASILE-LE-GRAND - CITY

204 Principale Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1M1

450 461-8000

Website: www.ville.saint-basile-le-grand.qc.ca

Email: communications@villesblg.ca

Services: Management of municipal services. * Property assessment and payment of municipal taxes. * Urban planning by-laws and building permits. * Emergency notification system * Information on waste management and collection according to the calendar: www.ville.saint-basile-le-grand.qc.ca/calendrier-categories/collectes-et-depots * Dog license. * Grant for the purchase of cloth diapers. * Development and maintenance of public infrastructures. * Civil security: Régie intermunicipale de police Richelieu-Saint-Laurent. * Fire department: Régie intermunicipale de sécurité incendie de la Vallée-du-Richelieu. * Leisure and culture. * Municipal library.

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-BASILE-LE-GRAND - SERVICE DES LOISIRS, DE LA CULTURE ET DE LA VIE COMMUNAUTAIRE

Centre communautaire Lise-B.-Boisvert, 103 Montpellier Avenue, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C6

450 461-8000 ext. 8600

Website: www.ville.saint-basile-le-grand.qc.ca/ville/services-municipaux/service-loisirs-culture-vie-communautaire

Email: loisirs@villesblg.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, parks and playgrounds. * Coordination with community organizations. * Summer and spring break day camps. * Community gardens. * Hall rental. * Parties, shows and events.

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Fees: variable

Legal status: municipal agency

SAINT-MARC-SUR-RICHELIEU - MUNICIPALITÉ

102 de la Fabrique Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2258 Fax: 450 584-2795

Website: smsr.quebec

Email: info@smsr.quebec

Services: Management of municipal services. * Municipal office: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: https://smsr.quebec/wp-content/uploads/2023/03/MRCVR_Calendriers2023_Saint-Marc-sur-Richelieu.pdf * Public security: fire safety service, Sûreté du Québec. * Emergency notification system. * Leisure, culture, and community life. * Municipal library.

Coverage area: Saint-Marc-Sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU-DE-BELOEIL - MUNICIPALITY

5000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9

450 467-7490

Website: stmathieudebeloeil.ca

Email: info@stmathieudebeloeil.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Collection of residual materials: <https://stmathieudebeloeil.ca/wp-content/uploads/2022/10/CAL-MRCVR-Calendarier-des-collectes-2023-Saint-Mathieu-de-Beloeil.pdf> * Hall rental. * Info-travaux. * Subsidy for the purpose of cloth diapers. * Leisure and culture.

Coverage area: Saint-Mathieu-de-Beloeil

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

Financing: municipal

Legal status: municipal agency

SOCIÉTÉ DE GESTION DES HUILES USAGÉES

248 Fréchette Boulevard, Suite 204, Chambly, Montérégie, QC, J3L 2Z5

1 877 987-6448 Fax: 450 450-9998

Website: soghu.com/en/homepage

Email: soghu@soghu.ca

Services: Recovery and recycling of used automobile maintenance products (oils, glycols, filter, aerosols and oil and glycol plastic containers). * Awareness-raising. * Drop-off points: soghu.com/en/collection-facilities.

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 16h30

Fees: none

Financing: self-financing

Legal status: non-profit organization

SÛRETÉ DU QUÉBEC - POSTE MRC DE LA VALLÉE-DU-RICHELIEU

4000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9

450 536-0032 Fax: 450 536-0052

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC La Vallée-du-Richelieu

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

Financing: provincial

Legal status: provincial government agency

Municipalité régionale de comté (MRC)

MRC DE LA VALLÉE-DU-RICHELIEU

255 Laurier Boulevard, Suite 100, McMasterville, Montérégie, QC, J3G 0B7

450 464-0339 Fax: 450 464-3827

Website: www.mrcvr.ca

Email: info@mrcvr.ca

Services: Administration of regional services with supralocal character. * Land management and development. * Urban planning regulations. * Management of public services: watercourses, waste management, property assessment, civil, fire and public security. * Calendar of recyclable and garbage collections and information on waste management: mrcvr.ca/collectes * Participation in socio-economic development and businesses support. * Promotion of heritage, culture and tourism.

Coverage area: MRC de La Vallée-du-Richelieu

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h45, Friday 8h15 to 12h00

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Official documents

SAINT-MARC-SUR-RICHELIEU - MUNICIPALITÉ

102 de la Fabrique Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2258 Fax: 450 584-2795

Website: smsr.quebec

Email: info@smsr.quebec

Services: Management of municipal services. * Municipal office: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: https://smsr.quebec/wp-content/uploads/2023/03/MRCVIR_Calendriers2023_Saint-Marc-sur-Richelieu.pdf * Public security: fire safety service, Sûreté du Québec. * Emergency notification system. * Leisure, culture, and community life. * Municipal library.

Coverage area: Saint-Marc-Sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC DE LA VALLÉE-DU-RICHELIEU

4000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9

450 536-0032 Fax: 450 536-0052

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC La Vallée-du-Richelieu

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

Financing: provincial

Legal status: provincial government agency

Provincial services**SÛRETÉ DU QUÉBEC - POSTE MRC DE LA VALLÉE-DU-RICHELIEU**

4000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9

450 536-0032 Fax: 450 536-0052

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC La Vallée-du-Richelieu

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

Financing: provincial

Legal status: provincial government agency

Health

EYE CARE

FAMILY PLANNING

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Eye care

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Promotion of volunteer work. * Food assistance. * Meals on wheels. * Friendly visits. * Activities and outings for seniors. * School aid for children. * Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. * Christmas baskets. * Bonhomme à lunette service point: low-cost glasses. * Medical accompaniment and transportation, and help with small errands provided by volunteers.

Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, bonhomme à lunette: Thursday 9h00 to 11h30

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

Family planning

CLINIQUE DES JEUNES DU BASSIN DE CHAMBLY

650 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-2016 Fax: 450 358-2034

Website: santemonteregie.qc.ca/en/installations/clinique-des-jeunes-du-bassin-de-chambly

Services: Health cares and prevention services concerning sexual health, STD, contraception, food, and healthy habits. * Information. * Youth clinic with access to doctors, nurses and psychosocial counsellors. * STD and HIV tests. * Pregnancy tests. * Referrals for termination of pregnancies. * Exchange and recovery of injection equipment.

Eligibility: people 12 to 24 years old

Coverage area: Montérégie

Hours: Monday, Tuesday and Wednesday, variable hours

Financing: provincial

Legal status: parapublic organization

MILLE ET UNE RUES

285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

514 349-4749

Website: 1001rues.org

Email: mo1001rues@hotmail.com

Services: Street and outreach work. * Welcoming, listening, support, accompaniment and referral. * Orientation and accompaniment to resources: housing, CLSC, food bank, school counsellors, etc. * Distribution of condoms. * Preventive services in sexual health, addictions, homelessness and violence. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Coverage area: MRC La Vallée-du-Richelieu and Saint-Bruno-De-Montarville

Hours: Monday to Saturday, variable schedule depending on the needs

Fees: none

Financing: municipal, provincial

Legal status: non-profit organization

Palliative care

MAISON VICTOR-GADBOIS (LA)

1000 Chabot Street, Saint-Mathieu-de-Beloeil, Montérégie, QC, J3G 0R8

450 467-1710 Fax: 450 467-5799

Website: maisonvictor-gadbois.com

Email: administration@maisonvictor-gadbois.com

Services: Specialized palliative care for patients with terminal cancer.

Eligibility: people 18 years and over

Capacity: 12 beds

Coverage area: Montérégie

Hours: 24 hours / 7 days

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

Patient support associations

ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE

308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5

450 446-1111 Fax: 450 446-6405

Website: atccmonteregie.qc.ca

Email: atcc@atccmonteregie.qc.ca

Services: Improving living conditions for people with traumatic brain injury. Reception and mental health * Information and referral. * Psychosocial support. * Support groups: individual, group and family meetings. Respite * Supervised housing: short- and medium-term respite care offering studio, accompaniment and support. * On-site or at-home respite service for caregivers. * Camps: stay from Friday to Sunday, for members only. Education * Educational, cultural, social, sports and crafts activities to maintain the acquired assets while working on the physical, cognitive, affective and social aspects of the person. * Prevention and awareness. Community * Volunteer opportunities. * RebonDire journal.

Eligibility: people 16 years and over having sustained a medically recognized craniocerebral trauma or stroke (light, light complex, moderate or severe) and with a stable state of health, their close ones

Coverage area: Montérégie

Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 16h30, Friday 9h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - APNÉE BELOEIL

Confidential Address

1 888 768-6669

Website: poumonquebec.ca/en

Email: info@poumonquebec.ca

Services: Virtual self-help group on sleep apnea. * Information evenings, support and conferences with professionals from the field on Zoom.

Eligibility: people living with sleep apnea, family members, caregivers

Coverage area: Beloeil and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

SJÖGREN'S SYNDROME ASSOCIATION

886 Sir-Wilfrid-Laurier Boulevard, Mont-Saint-Hilaire, Montérégie, QC, J3H 6B7

1 877 934-3666

Website: sjogrens.ca/en

Email: sjogrenquebec@gmail.com

Services: * Support group for people living with Sjögren's syndrome. * Information for patients and their family.

Eligibility: people diagnosed with Sjögren's syndrome and their relatives

Coverage area: Province of Québec

Hours: 2 days per week, voicemail: 24 hours / 7 days

Fees: membership: \$30 for 1 year, \$50 for 2 years

Financing: membership fees, grants, provincial, donations

Legal status: non-profit organization

Public Health**CENTRE PÉRINATAL LE BERCEAU**

733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7

450 446-7760

Website: leberceau.org

Email: info@leberceau.org

Services: Accompaniment of future and new parents, from birth to their baby's first birthday. * Les Mères-Veilleuses: support group for postpartum depression. * Home care service. * Prenatal meetings. * Breastfeeding support. * First aid and CPR courses for babies and children. * Perinatal bereavement support group. * Accessories rental: baby carrier, breast pump, books and maternity clothes. * Thrift store with clothes for mom and baby, as well as accessories for the family. * Parent-baby activities.

Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15\$, activities and services: free or variable

Financing: provincial, foundations, donations, self-financing, grants, municipal

Legal status: non-profit organization

CORNE D'ABONDANCE - ENTRAIDE ALIMENTAIRE ET SOLIDARITÉ (LA)

2391 de Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 447-3414

Website: cornedabondance.com

Email: info@cornedabondance.com

Services: Mutual aid, education and awareness in food. * Collective and thematic kitchens. * Parent-children cooking. * Workshops on site and in schools. * Daycare during activities. * Summer camp for cooks 8 to 13 years old.

Capacity: 7 participants per kitchen

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday, Tuesday and Friday to Sunday 8h30 to 16h30, Wednesday and Thursday 18h30 to 21h30

Fees: \$10 per year

Financing: Centraide of Greater Montréal, provincial, federal, self-financing

Legal status: non-profit organization

Homelessness

HEALTH CARE

MOBILE UNITS AND STREET WORK

TRANSITIONAL HOUSING

Health care

POSA - SOURCE DES MONTS

620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-9898 Fax: 450 658-5368

Website: www.posasdm.com

Email: direction@posasdm.org

Services: * Street work: listening, support, information and awareness. * Youth clinic in partnership with the CISSS. * Maison Stéphane Fallu: youth accommodation, duration of 2 to 3 years. * Naloxone kits distribution. * Distribution of injection material. * J'ai faim à tous les jours: meals offered to underprivileged children. * POSART: creative workshops in oral and visual art.

Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec, Maison Stéphane Fallu: youth aged 17 to 19 who have left a youth centre

Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville

Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment

Financing: provincial, donations, municipal

Legal status: non-profit organization

Mobile units and street work

MILLE ET UNE RUES

285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

514 349-4749

Website: 1001rues.org

Email: mo1001rues@hotmail.com

Services: Street and outreach work. * Welcoming, listening, support, accompaniment and referral. * Orientation and accompaniment to resources: housing, CLSC, food bank, school counsellors, etc. * Distribution of condoms. * Preventive services in sexual health, addictions, homelessness and violence. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Coverage area: MRC La Vallée-du-Richelieu and Saint-Bruno-De-Montarville

Hours: Monday to Saturday, variable schedule depending on the needs

Fees: none

Financing: municipal, provincial

Legal status: non-profit organization

POSA - SOURCE DES MONTS

620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-9898 Fax: 450 658-5368

Website: www.posasdm.com

Email: direction@posasdm.org

Services: * Street work: listening, support, information and awareness. * Youth clinic in partnership with the CISSS. * Maison Stéphane Fallu: youth accommodation, duration of 2 to 3 years. * Naloxone kits distribution. * Distribution of injection material. * J'ai faim à tous les jours: meals offered to underprivileged children. * POSART: creative workshops in oral and visual art.

Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec, Maison Stéphane Fallu: youth aged 17 to 19 who have left a youth centre

Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville

Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment

Financing: provincial, donations, municipal

Legal status: non-profit organization

Transitional housing

POSA - SOURCE DES MONTS

620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-9898 Fax: 450 658-5368

Website: www.posasdm.com

Email: direction@posasdm.org

Services: * Street work: listening, support, information and awareness. * Youth clinic in partnership with the CISSS. * Maison Stéphane Fallu: youth accommodation, duration of 2 to 3 years. * Naloxone kits distribution. * Distribution of injection material. * J'ai faim à tous les jours: meals offered to underprivileged children. * POSART: creative workshops in oral and visual art.

Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec, Maison Stéphane Fallu: youth aged 17 to 19 who have left a youth centre

Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville

Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment

Financing: provincial, donations, municipal

Legal status: non-profit organization

Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

OFFICE RÉGIONAL D'HABITATION DE LA VALLÉE-DU-RICHELIEU

250 Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 464-3696

Website: www.mrcvr.ca/services/vie-communautaire/orhvr

Email: info@orhvr.ca

Services: Grouping of Offices municipaux d'habitation that manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Referral.

Eligibility: individuals and families on a low or moderate income

Coverage area: Beloeil, Otterburn Park, Mont-Saint-Hilaire, Saint-Basile-le-Grand, Saint-Jean-Baptiste, McMasterville

Hours: Monday to Thursday 9h00 to 11h30 and 13h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: parapublic organization

Emergency

BELOEIL - CITY

777 Laurier Street, Beloeil, Montérégie, QC, J3G 4S9

450 467-2835 ext. 0

Website: beloeil.ca

Email: info@beloeil.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Information and collection of bulky items, dead leaves and branches, compost, residual and recyclable wastes according to the calendar: <http://beloeil.ca/servir/environnement/collectes-residentielles> * Urban-planning department: construction permits. * Fire department. * Property assessment. * Public work department and reporting of public infrastructure failures. * Grants to citizens for environmental actions: washable diapers, reusable menstrual hygiene products, planting a tree, rainwater recovery barrel, etc. * Automated emergency notification system. * Leisure and culture. * Library.

Coverage area: Beloeil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h30, telephone services: 7 days, 8h00 to 20h00

Financing: municipal

Legal status: municipal agency

CARIGNAN - CITY

2379 de Chambly Road, Suite 210, Carignan, Montérégie, QC, J3L 4N4

450 658-1066 Fax: 450 658-2676

Website: www.carignan.quebec

Email: info@villedecarignan.org

Services: Management of municipal services. * Online property assessment and assessment roll. * Payment of municipal taxes. * Online permit application. * Urban planning by-laws. * Information on the management of residual materials and collections according to the calendar provided by the MRC de La Vallée-du-Richelieu: www.carignan.quebec/services/services-municipaux/collectes-et-recyclage * Public security: police and fire department. * Public works department: maintenance and construction of infrastructures. * Emergency phone alert service. * Grant for the purchase of cloth diapers. * Dog identification medals. * Leisure and culture.

Coverage area: Carignan

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

Financing: municipal

Legal status: municipal agency

CHAMBLY - CITY

56 Martel Street, Chambly, Montérégie, QC, J3L 4X1

450 658-8788 Fax: 450 447-4525

Website: ville.chambly.qc.ca

Email: information@ville.chambly.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: ville.chambly.qc.ca/environnement/matieres-residuelles * Public safety: fire safety service, Régir intermunicipale de police Richelieu. * Automated alert system for emergencies and snow removal: ville.chambly.qc.ca/alertes * Online services: ticket payment and contestation, animal licenses, construction and renovation permits, property assessment and online consultation of the property assessment roll, public works requests, etc.: ville.chambly.qc.ca/servicesenligne * Leisure and culture.

Coverage area: Chambly

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

MCMASTERVILLE - MUNICIPALITY

255 Constable Boulevard, McMasterville, Montérégie, QC, J3G 6N9

450 467-3580 Fax: 450 467-2493

Website: www.mcmasterville.ca

Email: info@mcmasterville.ca

Services: Management of municipal services. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.mcmasterville.ca/services-aux-citoyens/collectes * Automated alerts service for boil water advisories, watermain breakage, emergency work and emergency measures. * Financial assistance program for the purchase of washable diapers. * Room rentals. * Fire department. * Animal licenses.

Coverage area: McMasterville

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

Financing: municipal

Legal status: municipal agency

MONT-SAINT-HILAIRE - CITY

100 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3M8

450 467-2854 ext. 0

Website: www.ville.mont-saint-hilaire.qc.ca

Email: information@villemsh.ca

Services: Management of municipal services. * Payment of municipal taxes and property assessment. * Information and calendar for waste collection: www.villemsh.ca/services-aux-citoyens/collectes-et-ecocentre/collectes-des-matieres-residuelles/informations-generales * Online follow-up and application for building, renovation and landscaping permits. * Payment of tickets for infractions. * Municipal notification system. * Annual dog registration. * Info-travaux and snow removal information. * Leisure culture.

Coverage area: Mont-Saint-Hilaire

Hours: Monday 8h15 to 12h00 and 13h00 to 16h30, Tuesday to Thursday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h00

Financing: municipal

Legal status: municipal agency

OTTERBURN PARK - CITY

601 Ozias-Leduc Road, Otterburn Park, Montérégie, QC, J3H 2M6

450 536-0303 Fax: 450 467-8260

Website: www.opark.ca

Email: info@opark.ca

Services: Municipal service management. * Municipal tax payment. * Waste collection calendar: www.mrcvr.ca/wp-content/uploads/2021/12/Calendrier_Collectes_2022_OtterburnPark.pdf * Dog and cat license. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance.

Coverage area: Otterburn Park

Hours: Monday to Thursday 7h45 to 12h00 and 13h00 to 16h30, Friday 7h45 to 11h45

Financing: municipal

Legal status: municipal agency

SAINT-ANTOINE-SUR-RICHELIEU - MUNICIPALITY

1060 du Moulin-Payet Street, Suite 1, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497 Fax: 450 787-2852

Website: saint-antoine-sur-richelieu.ca

Email: municipalite@sasr.ca

Services: Municipal service management. * Municipal tax management and payment. * Urban planning department: permits and certificates for construction, renovation, sheds, swimming pools, etc. * Environment department: riverbank protection, sewage system regulation, tree and shrub donations. * Information on garbage collections: https://saint-antoine-sur-richelieu.ca/wp-content/uploads/2023/01/MRCVR_Calendriers2023_Saint-Antoine-sur-Richelieu2.pdf * Advisory committees. * Public safety: fire department, Sûreté du Québec. * Room rental. * Leisure and culture. * Municipal library.

Coverage area: Saint-Antoine-sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

SAINT-BASILE-LE-GRAND - CITY

204 Principale Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1M1

450 461-8000

Website: www.ville.saint-basile-le-grand.qc.ca

Email: communications@villesblg.ca

Services: Management of municipal services. * Property assessment and payment of municipal taxes. * Urban planning by-laws and building permits. * Emergency notification system * Information on waste management and collection according to the calendar: www.ville.saint-basile-le-grand.qc.ca/calendrier-categories/collectes-et-depots * Dog license. * Grant for the purchase of cloth diapers. * Development and maintenance of public infrastructures. * Civil security: Régie intermunicipale de police Richelieu-Saint-Laurent. * Fire department: Régie intermunicipale de sécurité incendie de la Vallée-du-Richelieu. * Leisure and culture. * Municipal library.

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-MARC-SUR-RICHELIEU - MUNICIPALITÉ

102 de la Fabrique Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2258 Fax: 450 584-2795

Website: smsr.quebec

Email: info@smsr.quebec

Services: Management of municipal services. * Municipal office: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: https://smsr.quebec/wp-content/uploads/2023/03/MRCVR_Calendriers2023_Saint-Marc-sur-Richelieu.pdf * Public security: fire safety service, Sûreté du Québec. * Emergency notification system. * Leisure, culture, and community life. * Municipal library.

Coverage area: Saint-Marc-Sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations

OFFICE RÉGIONAL D'HABITATION?DE LA VALLÉE-DU-RICHELIEU

250 Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 464-3696

Website: www.mrcvr.ca/services/vie-communautaire/orhvr

Email: info@orhvr.ca

Services: Grouping of Offices municipaux d'habitation that manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Referral.

Eligibility: individuals and families on a low or moderate income

Coverage area: Beloeil, Otterburn Park, Mont-Saint-Hilaire, Saint-Basile-le-Grand, Saint-Jean-Baptiste, McMasterville

Hours: Monday to Thursday 9h00 to 11h30 and 13h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: parapublic organization

Social housing and housing cooperatives

OFFICE RÉGIONAL D'HABITATION?DE LA VALLÉE-DU-RICHELIEU

250 Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 464-3696

Website: www.mrcvr.ca/services/vie-communautaire/orhvr

Email: info@orhvr.ca

Services: Grouping of Offices municipaux d'habitation that manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Referral.

Eligibility: individuals and families on a low or moderate income

Coverage area: Beloeil, Otterburn Park, Mont-Saint-Hilaire, Saint-Basile-le-Grand, Saint-Jean-Baptiste, McMasterville

Hours: Monday to Thursday 9h00 to 11h30 and 13h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: parapublic organization

Immigration and cultural communities

FRENCH COURSES

MULTICULTURAL ORGANIZATIONS

PREVENTION AND FIGHT AGAINST RACISM

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

SETTLEMENT SERVICES FOR NEWCOMERS

French courses

ÉDUC À TOUT - CHAMBLY

2000 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Z4

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Multicultural organizations

ASSOCIATION QUÉBEC-FRANCE (L') - VALLÉE-DU-RICHELIEU

Confidential Address

450 906-1065

Website: www.quebecfrancecvr.org

Email: info@quebecfrance.qc.ca

Services: Development of a France-Québec direct and privileged relationships. * Community diners. * Slam-poetry. * Conferences. * Cultural and tourist excursions.

Eligibility: francophiles, French language defenders

Coverage area: Province of Quebec

Fees: annual membership: variable depending on the type of membership

Financing: membership fees

Legal status: non-profit organization

Prevention and fight against racism

MONTÉRÉGIE EAST PARTNERSHIP FOR THE ENGLISH-SPEAKING COMMUNITY

551 Sir-Wilfrid-Laurier Boulevard, Suite 106, Beloeil, Montérégie, QC, J3G 4J1

450 281-3732

Website: mepec-pemca.org

Email: info@mepec-pemca.org

Services: Organization dedicated to serving the interests and guiding the English-speaking community to the appropriate resources.

Eligibility: English-speaking people

Capacity: 50 to 100 people

Coverage area: Agglomeration of Longueuil, MRC Acton, MRC Pierre-De Saurel, MRC La Haute-Yamaska, MRC Marguerite-D'Youville, MRC Les Maskoutains, MRC La Vallée-du-Richelieu

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

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

Recognition of prior learning and diplomas

INTÉGRATION COMPÉTENCES

287 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481 Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1282 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X9

450 464-4481 Fax: 450 447-2037

Website: integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: immigrant people, adults, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Settlement services for newcomers

ÉDUC À TOUT - CHAMBLY

2000 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Z4

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES

287 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481 Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1282 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X9

450 464-4481 Fax: 450 447-2037

Website: integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: immigrant people, adults, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Indigenous Peoples

EMPLOYMENT

Employment

OPEX BELOEIL - CHAMBLY

515 Sir-Wilfrid-Laurier Boulevard, Suite 201, Beloeil, Montérégie, QC, J3G 6R7

438 394-3777

Website: opexemploi.com

Email: info@opexemploi.com

Services: Job assistance service for people with a criminal record. * Accompaniment in the process of request for forgiveness. * Assessment and skills transfer. * CV redaction, guidance and career choice. * Job integration.

* Job posting and searching, searching techniques.

Eligibility: adults with a criminal record

Coverage area: South Shore

Hours: by appointment only

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

LEGAL ASSISTANCE AND INFORMATION

Advocacy groups

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA VALLÉE DU RICHELIEU

308 Montsabré Street, Suite D-209, Beloeil, Montérégie, QC, J3G 2H5

450 464-7445

Website: www.aphvr.org

Email: informations@aphvr.org

Services: * Collective advocacy and promotion of the rights of people living with a physical disability and a loss of autonomy: accessibility of public sites and facilities, adapted transportation, adapted housing, etc. * Referrals.

* Recreational outings and sport activities to promote social bonding.

Eligibility: people living with a physical disability, people with a loss of autonomy, their families

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Thursday 9h30 to 16h30

Fees: annual membership: \$20

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTS ET RIVIÈRES DE LA VALLÉE-DU-RICHELIEU

1500 Industriel Boulevard, Chambly, Montérégie, QC, J3L 6Z7

450 658-8543

Website: www.aqdr.org

Email: aqdrmontsetrivieres@gmail.com

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home, care, transportation and health.

Eligibility: retired and pre-retired people 50 years old and over

Coverage area: MRC Rouville, MRC La Vallée-du-Richelieu

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$20

Financing: membership fees

Legal status: non-profit organization

COMITÉ DE CONCERTATION ET DE VALORISATION DU BASSIN DE LA RIVIÈRE RICHELIEU

806 Richelieu Street, Beloeil, Montérégie, QC, J3G 4P6

450 446-8030

Website: covabar.qc.ca

Email: info@covabar.qc.ca

Services: * Development of an ecosystemic approach focused on discussion between various water users. * Awareness, information and education of all water users on the concept of integrated management per watershed and use conflicts related to water.

Eligibility: citizens, decision makers, organizations

Coverage area: watershed of the Richelieu river and the Saint-Laurent area

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: \$5

Financing: federal, provincial, municipal, contributions

Legal status: non-profit organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET DU TROUBLE DU SPECTRE DE L'AUTISME - SERVICES EXTERNES - LONGUEUIL

255 Choquette Street, Beloeil, Montérégie, QC, J3G 4V6

450 446-7477 ext. 2400

Website: cuditsa.ca

Email: info@cuditsa.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: centre de réadaptation en déficience intellectuelle et du trouble du spectre de l'autisme de Longueuil (CRDITEDME) users

Coverage area: CISSS de la Montérégie-Ouest area

Financing: provincial

Legal status: parapublic organization

CONNEXION NATURE

422 des Moulins Road, Mont-Saint-Hilaire, Montérégie, QC, J3G 4S6

450 467-1755

Website: connexionnature.org

Email: info@connexionnature.org

Services: Conservation of the natural environment of Mont Saint-Hilaire and the Biosphere Reserve. * Protection of the natural environment. * Characterization of the natural environment. * Restoration of the natural environment. * Geomatics and cartography. * Accompaniment of regions and municipalities. * Management of the natural environment.

Coverage area: Mont-Saint-Hilaire

Financing: provincial, municipal

Legal status: non-profit organization

MONTÉRÉGIE EAST PARTNERSHIP FOR THE ENGLISH-SPEAKING COMMUNITY

551 Sir-Wilfrid-Laurier Boulevard, Suite 106, Beloeil, Montérégie, QC, J3G 4J1

450 281-3732

Website: mepec-pemca.org

Email: info@mepec-pemca.org

Services: Organization dedicated to serving the interests and guiding the English-speaking community to the appropriate resources.

Eligibility: English-speaking people

Capacity: 50 to 100 people

Coverage area: Agglomeration of Longueuil, MRC Acton, MRC Pierre-De Saurel, MRC La Haute-Yamaska, MRC Marguerite-D'Youville, MRC Les Maskoutains, MRC La Vallée-du-Richelieu

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

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

NATURE-ACTION QUÉBEC

120 Ledoux Street, Beloeil, Montérégie, QC, J3G 0A4

1 800 214-1214 Fax: 450 536-0458

Website: nature-action.qc.ca

Email: info@nature-action.qc.ca

Services: Protection, awareness, restoration and development of natural spaces. * Project development, consultation and management. * Information, awareness and education campaigns. * Business services.

Eligibility: general public

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

TABLE RÉGIONALE DE CONCERTATION DES ÂÎNÉS DE LA MONTÉRÉGIE

2601 Bourgoigne Avenue, Chambly, Montérégie, QC, J3L 2A9

450 447-5885

Website: trcam.ca

Email: info@trcam.ca

Services: Regional concertation on issues concerning seniors. * Information, consultation and representation.

* Promotion of seniors' quality of life. * Recognition of seniors' social contribution.

Eligibility: seniors' organizations

Coverage area: Montérégie

Hours: by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Consumer protection and complaints**COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET DU TROUBLE DU SPECTRE DE L'AUTISME - SERVICES EXTERNES - LONGUEUIL**

255 Choquette Street, Beloeil, Montérégie, QC, J3G 4V6

450 446-7477 ext. 2400

Website: cuditsa.ca

Email: info@cuditsa.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: centre de réadaptation en déficience intellectuelle et du trouble du spectre de l'autisme de Longueuil (CRDITEDME) users

Coverage area: CISSS de la Montérégie-Ouest area

Financing: provincial

Legal status: parapublic organization

OFFICE RÉGIONAL D'HABITATION?DE LA VALLÉE-DU-RICHELIEU

250 Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 464-3696

Website: www.mrcvr.ca/services/vie-communautaire/orhvr

Email: info@orhvr.ca

Services: Grouping of Offices municipaux d'habitation that manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Referral.

Eligibility: individuals and families on a low or moderate income

Coverage area: Beloeil, Otterburn Park, Mont-Saint-Hilaire, Saint-Basile-le-Grand, Saint-Jean-Baptiste, McMasterville

Hours: Monday to Thursday 9h00 to 11h30 and 13h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: parapublic organization

Legal assistance and information

AINSI SOIT-ELLE - CENTRE DE FEMMES

1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3

450 447-3576 Fax: 450 447-8242

Website: ainsisoitellecdf.ca

Email: info@ainsisoitellecdf.ca

Services: Centre providing assistance, listening and meetings. * Individual consultation related to various problems: violence, illness, bereavement, addiction, mental health, psychological distress, relational conflicts, financial difficulties, etc. * Phone listening line. * Socio-legal and medical accompaniment in the steps following a sexual assault, in a situation of violence, during a separation or divorce, etc. * Self-help group. * Meeting with a lawyer by appointment. * Access to computer stations. * Information and referral. * Workshops and thematic conferences.

Eligibility: women

Coverage area: CLSC du Richelieu

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

Fees: members: \$10 each year

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

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTS ET RIVIÈRES DE LA VALLÉE-DU-RICHELIEU

1500 Industriel Boulevard, Chambly, Montérégie, QC, J3L 6Z7

450 658-8543

Website: www.aqdr.org

Email: aqdrmontsetrivieres@gmail.com

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home, care, transportation and health.

Eligibility: retired and pre-retired people 50 years old and over

Coverage area: MRC Rouville, MRC La Vallée-du-Richelieu

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$20

Financing: membership fees

Legal status: non-profit organization

CHAMBLY - CITY

56 Martel Street, Chambly, Montérégie, QC, J3L 4X1

450 658-8788 Fax: 450 447-4525

Website: ville.chambly.qc.ca

Email: information@ville.chambly.qc.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: ville.chambly.qc.ca/environnement/matieres-residuelles * Public safety: fire safety service, Régir intermunicipale de police Richelieu. * Automated alert system for emergencies and snow removal: ville.chambly.qc.ca/alertes * Online services: ticket payment and contestation, animal licenses, construction and renovation permits, property assessment and online consultation of the property assessment roll, public works requests, etc.: ville.chambly.qc.ca/servicesenligne * Leisure and culture.

Coverage area: Chambly

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

MONT-SAINT-HILAIRE - CITY

100 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3M8

450 467-2854 ext. 0

Website: www.ville.mont-saint-hilaire.qc.ca

Email: information@villemsh.ca

Services: Management of municipal services. * Payment of municipal taxes and property assessment. * Information and calendar for waste collection: www.villemsh.ca/services-aux-citoyens/collectes-et-ecocentre/collectes-des-matieres-residuelles/informations-generales * Online follow-up and application for building, renovation and landscaping permits. * Payment of tickets for infractions. * Municipal notification system. * Annual dog registration. * Info-travaux and snow removal information. * Leisure culture.

Coverage area: Mont-Saint-Hilaire

Hours: Monday 8h15 to 12h00 and 13h00 to 16h30, Tuesday to Thursday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-MARC-SUR-RICHELIEU - MUNICIPALITÉ

102 de la Fabrique Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2258 Fax: 450 584-2795

Website: smsr.quebec

Email: info@smsr.quebec

Services: Management of municipal services. * Municipal office: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: https://smsr.quebec/wp-content/uploads/2023/03/MRCVR_Calendriers2023_Saint-Marc-sur-Richelieu.pdf * Public security: fire safety service, Sûreté du Québec. * Emergency notification system. * Leisure, culture, and community life. * Municipal library.

Coverage area: Saint-Marc-Sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction prevention

PRÉVENTION DES DÉPENDANCES L'ARC-EN-CIEL

308 Montsabré Street, Suite 204, Beloeil, Montérégie, QC, J3G 2H5

450 446-1661

Website: preventionarcenciel.org

Email: info@preventionarcenciel.org

Services: * Youth information, education and awareness in order to prevent addictions to drugs, alcohol and gambling. * Training program for youth support providers in secondary schools. * Trainings, thematic discussions and animation booths. * Prevention workshops in schools. * Drive home after prom.

Eligibility: youth, counsellors, parents, community organizations, businesses

Coverage area: CLSC des Patriotes, Beloeil, Mont-Saint-Hilaire, Saint-Antoine-sur-Richelieu, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Marc-sur-Richelieu, McMasterville, Otterburn Park, Saint-Jean-Baptiste, Saint-Basile-le-Grand, Saint-Denis-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: Monday to Friday 8h30 to 16h00

Fees: variable for workshops in businesses

Financing: provincial

Legal status: non-profit organization

Addiction treatment

CLINIQUE DES JEUNES DU BASSIN DE CHAMBLY

650 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-2016 Fax: 450 358-2034

Website: santemonteregie.qc.ca/en/installations/clinique-des-jeunes-du-bassin-de-chambly

Services: Health cares and prevention services concerning sexual health, STD, contraception, food, and healthy habits. * Information. * Youth clinic with access to doctors, nurses and psychosocial counsellors. * STD and HIV tests. * Pregnancy tests. * Referrals for termination of pregnancies. * Exchange and recovery of injection equipment.

Eligibility: people 12 to 24 years old

Coverage area: Montérégie

Hours: Monday, Tuesday and Wednesday, variable hours

Financing: provincial

Legal status: parapublic organization

Community support in mental health

CENTRE PSYCHOSOCIAL RICHELIEU-YAMASKA (LE) - BELOEIL

545 Laurier Boulevard, Suite 210, Beloeil, Montérégie, QC, J3G 4H8

450 714-1317 Fax: 450 714-1285

Website: www.centropsychosocial.org

Email: coordo@cpsry.org

Services: Follow-up with variable intensity directly provided in the person's home environment. * Rehabilitation support and social reintegration activities. * Specialized and personalized accompaniment depending on the needs.

Eligibility: people aged 18 years old and over living with a mental health issue

Coverage area: MRC Acton, MRC des Maskoutains, MRC La Vallée-du-Richelieu

Hours: Monday to Friday 8h30 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES

287 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481 Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1282 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X9

450 464-4481 Fax: 450 447-2037

Website: integrationcompetences.ca

Email: info@integrationcompetences.ca

Services: Employment * General help in the job search: help writing CVs, mock interviews, networking, etc. * Drop-in service: support, information and accompaniment by a counsellor. * Clarifying career choices. * Free and short-term training. * Vente-Conseil: program in integration, training and accompaniment in the retail sector. * Services for employers. Immigrants * L'Envol: help for the integration and the search for employment of newcomers. * Information, referral and support for the settlement of immigrants. * Sociocultural and themed activities. * Professional insertion: preparing a CV and cover letter, help in the job search, mock interviews. * Orientation and information about schooling and career: evaluating competencies, information on diploma equivalencies, on the school system and on professional associations. * Help starting a business. Youth * Carrefour Jeunesse-Emploi: free services to help youth in the job search. * Créneau carrefour Jeunesse: student retention, personal and social autonomy, entrepreneurship, volunteering. * L'École du Fort: alternative schooling for youth who have dropped out. * L'Avenue de l'Emploi: professional support to youth facing serious obstacles in the job search. * Mes finances Mes choix: financial education workshops. * Vocation en art: support for young artists.

Eligibility: immigrant people, adults, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE DE LA VALLÉE-DU-RICHELIEU

308 Montsabr  Street, Suite D132, Beloeil, Montr g , QC, J3G 2H5

1 877 464-7287

Website: www.pcvr.ca

Email: info@pcvr.ca

Services: Pairing. * Select, monitor and support the volunteers. * Activities promoting social inclusion. * Inclusion workshops and discussion groups on request. * Integration trips.

Eligibility: teenagers 12 to 17 years old, adults and seniors, with an intellectual disability, a mental health problem, trisomy 21 or an autism spectrum disorder

Coverage area: MRC La Vall e-du-Richelieu, MRC Rouville, MRC Marguerite-D'Youville partly, MRC Pierre-de-Saurel

Hours: Monday to Friday from 9h00 to 12h00 and from 13h00 to 16h30

Fees: membership: \$10 per year, volunteer and support member: \$15

Financing: Centraide of Greater Montr al, Centraide Richelieu-Yamaska, provincial

Legal status: non-profit organization

Crisis centres and suicide prevention**MAISON DES JEUNES DES QUATRE FEN TRES - MAISON DE BELOEIL**

1060 Saint-Joseph Street, Beloeil, Montr g , QC, J3G 6C6

450 536-9096

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coop rative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, federal, provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FEN TRES - MAISON DE MONT-SAINT-HILAIRE

100 Michel Street, Mont-Saint-Hilaire, Montr g , QC, J3H 3R3

450 464-8224

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coop rative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns

Legal status: non-profit organization

Helplines

AINSI SOIT-ELLE - CENTRE DE FEMMES

1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3

450 447-3576 Fax: 450 447-8242

Website: ainsisoitellecdf.ca

Email: info@ainsisoitellecdf.ca

Services: Centre providing assistance, listening and meetings. * Individual consultation related to various problems: violence, illness, bereavement, addiction, mental health, psychological distress, relational conflicts, financial difficulties, etc. * Phone listening line. * Socio-legal and medical accompaniment in the steps following a sexual assault, in a situation of violence, during a separation or divorce, etc. * Self-help group. * Meeting with a lawyer by appointment. * Access to computer stations. * Information and referral. * Workshops and thematic conferences.

Eligibility: women

Coverage area: CLSC du Richelieu

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

Fees: members: \$10 each year

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

Legal status: non-profit organization

CENTRE D'ÉCOUTE MONTÉRÉGIE, BRISER L'ISOLEMENT CHEZ LES AÎNÉS

1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2

1 877 658-8509

Website: ecoutemonteregie.org

Email: info@ecoutemonteregie.org

Services: Free and confidential hotline. * Weekly friendly call by and for seniors who request it or are referred. * Information and referral.

Eligibility: people 50 years and over living loneliness and isolation

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 12h00, 13h00 to 16h00 and 18h00 to 21h00, Saturday and Sunday 13h00 to 16h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Self-help groups for addiction issues

SEXAHOLICS ANONYMOUS

Confidential Address

514 254-8181

Website: www.sa-quebec.org

Email: info@sa-quebec.org

Services: Self-help weekly groups. * Recovery program for those who want to stop their sexually self-destructive thoughts and behaviour. * Phone information for partners and people who have been sexaholics. * Monthly meetings.

Eligibility: people 18 years and older suffering from sex addiction, sexual obsession or addicted to pornography

Capacity: meetings: between 5 and 20 persons

Coverage area: Greater Montréal

Hours: variable

Fees: voluntary contributions

Financing: contributions

Legal status: non-profit organization

Self-help groups for mental health issues

CENTRE PÉRINATAL LE BERCEAU

733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7

450 446-7760

Website: leberceau.org

Email: info@leberceau.org

Services: Accompaniment of future and new parents, from birth to their baby's first birthday. * Les Mères-Veilleuses: support group for postpartum depression. * Home care service. * Prenatal meetings. * Breastfeeding support. * First aid and CPR courses for babies and children. * Perinatal bereavement support group. * Accessories rental: baby carrier, breast pump, books and maternity clothes. * Thrift store with clothes for mom and baby, as well as accessories for the family. * Parent-baby activities.

Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15\$, activities and services: free or variable

Financing: provincial, foundations, donations, self-financing, grants, municipal

Legal status: non-profit organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

INTERVENTION WITH SENIORS SUBJECTED TO ABUSE

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Caregivers

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.ca

Services: Home care services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Training and support for caregivers. * Medical accompaniment-transportation. Community action * Welcoming and referral. * Tax clinic. * Conferences. Material assistance * Loan of orthopedic equipment. * Coup de Pouce Family Counter: clothes, toys, kitchen items, small appliances. * Clothes or material assistance to organizations or individuals after assessment.

Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

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

Fees: meals on wheels: \$6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca

Email: reception@mfvr.ca

Services: Services for families and seniors. * Respite and home support for caregivers looking after seniors with low mobility. * Pavillon des Aînés: day centre for seniors with low mobility. * Individual and family support meetings for caregivers. * Activities for seniors: yoga, dance on a chair, intergenerational activities, etc. * Collective kitchens. * Parental support, family space and various resources.

Eligibility: seniors, caregivers, families

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Seniors

Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00, support meetings: every two weeks, Monday 13h30 to 15h30

Fees: annual membership card: \$20, activities: variable, support meetings: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MONT-SAINT-HILAIRE PUBLIC LIBRARY

150 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 5Z5

450 467-2854 ext. 2268

Website: www.villelesh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales

Email: comptoir.bibliotheque@villelesh.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Book club for children. * Story time. * Early literacy activities. * Biblio-Santé. * Home loan for people with reduced mobility. * Exhibitions.

Coverage area: Mont-Saint-Hilaire

Hours: Tuesday and Thursday 10h00 to 20h30, Wednesday and Friday 10h00 to 17h30, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00, summer: Monday, Wednesday and Friday 10h00 to 18h00, Tuesday and Thursday 10h00 to 20h30, Saturday 10h00 to 17h00

Fees: residents: none, non-residents: \$118 per year

Financing: municipal

Legal status: municipal agency

Community and Recreation Centres**CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS**

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Promotion of volunteer work. * Food assistance. * Meals on wheels. * Friendly visits. * Activities and outings for seniors. * School aid for children. * Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. * Christmas baskets. * Bonhomme à lunette service point: low-cost glasses. * Medical accompaniment and transportation, and help with small errands provided by volunteers.

Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, bonhomme à lunette: Thursday 9h00 to 11h30

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca

Email: reception@mfvr.ca

Services: Services for families and seniors. * Respite and home support for caregivers looking after seniors with low mobility. * Pavillon des Aînés: day centre for seniors with low mobility. * Individual and family support meetings for caregivers. * Activities for seniors: yoga, dance on a chair, intergenerational activities, etc. * Collective kitchens. * Parental support, family space and various resources.

Eligibility: seniors, caregivers, families

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00, support meetings: every two weeks, Monday 13h30 to 15h30

Fees: annual membership card: \$20, activities: variable, support meetings: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

Day centres and respite

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Seniors

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ÉCOUTE MONTRÉGIE, BRISER L'ISOLEMENT CHEZ LES AÎNÉS

1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2

1 877 658-8509

Website: ecoutemonteregie.org

Email: info@ecoutemonteregie.org

Services: Free and confidential hotline. * Weekly friendly call by and for seniors who request it or are referred. * Information and referral.

Eligibility: people 50 years and over living loneliness and isolation

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 12h00, 13h00 to 16h00 and 18h00 to 21h00, Saturday and Sunday 13h00 to 16h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca

Email: reception@mfvr.ca

Services: Services for families and seniors. * Respite and home support for caregivers looking after seniors with low mobility. * Pavillon des Aînés: day centre for seniors with low mobility. * Individual and family support meetings for caregivers. * Activities for seniors: yoga, dance on a chair, intergenerational activities, etc. * Collective kitchens. * Parental support, family space and various resources.

Eligibility: seniors, caregivers, families

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00, support meetings: every two weeks, Monday 13h30 to 15h30

Fees: annual membership card: \$20, activities: variable, support meetings: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

Friendly visits and safety calls

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Promotion of volunteer work. * Food assistance. * Meals on wheels. * Friendly visits. * Activities and outings for seniors. * School aid for children. * Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. * Christmas baskets. * Bonhomme à lunette service point: low-cost glasses. * Medical accompaniment and transportation, and help with small errands provided by volunteers.

Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, bonhomme à lunette: Thursday 9h00 to 11h30

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE D'ÉCOUTE MONTÉRÉGIE, BRISER L'ISOLEMENT CHEZ LES AÎNÉS

1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2

1 877 658-8509

Website: ecoutemonteregie.org

Email: info@ecoutemonteregie.org

Services: Free and confidential hotline. * Weekly friendly call by and for seniors who request it or are referred. * Information and referral.

Eligibility: people 50 years and over living loneliness and isolation

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 12h00, 13h00 to 16h00 and 18h00 to 21h00, Saturday and Sunday 13h00 to 16h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.ca

Services: Home care services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Training and support for caregivers. * Medical accompaniment-transportation. Community action * Welcoming and referral. * Tax clinic. * Conferences. Material assistance * Loan of orthopedic equipment. * Coup de Pouce Family Counter: clothes, toys, kitchen items, small appliances. * Clothes or material assistance to organizations or individuals after assessment.

Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

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

Fees: meals on wheels: \$6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

MILLE ET UNE RUES - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ

285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

514 919-4481

Website: 1001rues.org

Email: mo1001rues@hotmail.com

Services: Community outreach work for vulnerable seniors.

Eligibility: people aged 55 and over

Coverage area: Beloeil, Mont-Saint-Hilaire, Otterburn Park, McMasterville

Hours: Monday to Saturday, variable schedule depending on the needs

Fees: none

Financing: municipal

Legal status: non-profit organization

Home support

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Promotion of volunteer work. * Food assistance. * Meals on wheels. * Friendly visits. * Activities and outings for seniors. * School aid for children. * Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. * Christmas baskets. * Bonhomme à lunette service point: low-cost glasses. * Medical accompaniment and transportation, and help with small errands provided by volunteers.

Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, bonhomme à lunette: Thursday 9h00 to 11h30

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.ca

Services: Home care services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Training and support for caregivers. * Medical accompaniment-transportation. Community action * Welcoming and referral. * Tax clinic. * Conferences. Material assistance * Loan of orthopedic equipment. * Coup de Pouce Family Counter: clothes, toys, kitchen items, small appliances. * Clothes or material assistance to organizations or individuals after assessment.

Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

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

Fees: meals on wheels: \$6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ D'AIDE À DOMICILE AIDE ATOUT

545 Sir-Wilfrid-Laurier Boulevard, Suite 310, Beloeil, Montérégie, QC, J3G 4H8

1 877 446-2108

Website: aideatout.com

Email: info@aideatout.com

Services: * Light and heavy housekeeping work. * Light carpentry work. * Home meal preparation. * Grocery shopping. * Everyday assistance: laundry, mobility, getting up, going to bed, personal care and safety monitoring.

Eligibility: adults 18 years and over

Coverage area: MRC La Vallée-du-Richelieu, Saint-Bruno-de-Montarville

Hours: office: Monday to Friday 8h00 to 16h00, services: week (day and evening) and weekend

Fees: lifelong share: \$10, light work: \$34.75 per hour, heavy work: \$36.75 per hour, everyday assistance: personal care: 37\$ per hour, financial aid and tax credit for people over 65 years old: according to income

Financing: provincial, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca

Email: reception@mfvr.ca

Services: Services for families and seniors. * Respite and home support for caregivers looking after seniors with low mobility. * Pavillon des Aînés: day centre for seniors with low mobility. * Individual and family support meetings for caregivers. * Activities for seniors: yoga, dance on a chair, intergenerational activities, etc. * Collective kitchens. * Parental support, family space and various resources.

Eligibility: seniors, caregivers, families

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00, support meetings: every two weeks, Monday 13h30 to 15h30

Fees: annual membership card: \$20, activities: variable, support meetings: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

Housing for seniors**CENTRE D'HÉBERGEMENT SAINT-JOSEPH**

100 Martel Street, Chambly, Montérégie, QC, J3L 1V3

450 658-6271 Fax: 450 658-5971

Website: santemonteregie.qc.ca/en/installations/chsld-saint-joseph

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

OFFICE RÉGIONAL D'HABITATION?DE LA VALLÉE-DU-RICHELIEU

250 Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 464-3696

Website: www.mrcvr.ca/services/vie-communautaire/orhvr

Email: info@orhvr.ca

Services: Grouping of Offices municipaux d'habitation that manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Referral.

Eligibility: individuals and families on a low or moderate income

Coverage area: Beloeil, Otterburn Park, Mont-Saint-Hilaire, Saint-Basile-le-Grand, Saint-Jean-Baptiste, McMasterville

Hours: Monday to Thursday 9h00 to 11h30 and 13h30 to 16h00

Fees: variable

Financing: municipal, provincial

Legal status: parapublic organization

Intergenerational activities

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca

Email: reception@mfvr.ca

Services: Services for families and seniors. * Respite and home support for caregivers looking after seniors with low mobility. * Pavillon des Aînés: day centre for seniors with low mobility. * Individual and family support meetings for caregivers. * Activities for seniors: yoga, dance on a chair, intergenerational activities, etc. * Collective kitchens. * Parental support, family space and various resources.

Eligibility: seniors, caregivers, families

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00, support meetings: every two weeks, Monday 13h30 to 15h30

Fees: annual membership card: \$20, activities: variable, support meetings: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

Intervention with seniors subjected to abuse

RADAR - RÉSEAU ACTIF DE DÉPISTAGE DES AÎNÉS À RISQUE

1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2

450 658-8509

Website: www.projetradar.org

Email: info@projetradar.org

Services: Seeks to break the isolation of seniors. * Information and awareness. * Training to detect seniors likely to experience isolation, psychological distress or abuse. * Referral.

Eligibility: people 50 years and over in a situation of vulnerability

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 12h00, 13h00 to 16h00 and 18h00 to 21h00, Saturday and Sunday 13h00 to 16h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

Meals on Wheels

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Promotion of volunteer work. * Food assistance. * Meals on wheels. * Friendly visits. * Activities and outings for seniors. * School aid for children. * Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. * Christmas baskets. * Bonhomme à lunette service point: low-cost glasses. * Medical accompaniment and transportation, and help with small errands provided by volunteers.

Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, bonhomme à lunette: Thursday 9h00 to 11h30

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.ca

Services: Home care services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Training and support for caregivers. * Medical accompaniment-transportation. Community action * Welcoming and referral. * Tax clinic. * Conferences. Material assistance * Loan of orthopedic equipment. * Coup de Pouce Family Counter: clothes, toys, kitchen items, small appliances. * Clothes or material assistance to organizations or individuals after assessment.

Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

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

Fees: meals on wheels: \$6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRÉTRAITÉES - MONTS ET RIVIÈRES DE LA VALLÉE-DU-RICHELIEU

1500 Industriel Boulevard, Chambly, Montérégie, QC, J3L 6Z7

450 658-8543

Website: www.aqdr.org

Email: aqdrmontsetrivieres@gmail.com

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home, care, transportation and health.

Eligibility: retired and pre-retired people 50 years old and over

Coverage area: MRC Rouville, MRC La Vallée-du-Richelieu

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$20

Financing: membership fees

Legal status: non-profit organization

TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS DE LA MONTÉRÉGIE

2601 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A9

450 447-5885

Website: trcam.ca

Email: info@trcam.ca

Services: Regional concertation on issues concerning seniors. * Information, consultation and representation.

* Promotion of seniors' quality of life. * Recognition of seniors' social contribution.

Eligibility: seniors' organizations

Coverage area: Montérégie

Hours: by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Volunteer Transportation

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU - ACCOMPANIMENT-TRANSPORTATION

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Accompaniment and transportation for medical appointments and errands by volunteers.

Eligibility: people in need

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu, travels: Province of Québec

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

Fees: variable, depending on the location of the appointment

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE - ACCOMPANIMENT-TRANSPORTATION

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.qc.ca

Services: * Accompaniment-transportation for medical appointments and errands by volunteers.

Eligibility: seniors 65 years and over, ill or convalescent people

Coverage area: Chambly, Carignan, appointments: neighbouring regions (Montréal, Longueuil, Laval, etc.) according to need

Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities

Fees: \$0.50 per km, trips less than 10 km long: \$5

Financing: donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc.

* Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. *

Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00,

Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND - ACCOMPANIMENT-TRANSPORTATION

50 Robert Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111 Fax: 450 461-1588

Email: centredebenevolat@bellnet.ca

Services: * Medical transportation by volunteers.

Eligibility: general public

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, more according to availabilities

Fees: \$5 to \$25 according to the destination

Financing: grants, donations, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE DU RICHELIEU - RESSOURCE-FAMILLE

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca/ressourcefamille

Email: ressourcefamille@mfvr.ca

Services: Psychosocial accompaniment and support for families. * Listening, guidance and support. * Home visits. * Referrals and information. * Transport assistance. * Drop-in childcare and childcare with atypical hours. * Parent-child stimulation workshops: baby-kangaroo 0 to 6 months, baby koala 6 to 12 months, baby marmoset 12 to 24 months. * Parent-child cooking workshop. * Language and reading workshops. * Friday dance. * Day camps for children with special needs.

Eligibility: families, parents with children 1 month to 5 years

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: administration: Monday to Friday 8h30 to 16h00, drop-in childcare: Monday to Friday 8h00 to 16h00, childcare atypical hours: Monday to Friday 17h00 to 21h30, Saturday 8h30 to 17h30, Friday dance: 3rd Friday of each month, day camps: school break and summer period

Fees: annual membership: \$20, drop-in childcare: \$30 per day, maximum 2 days per week

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

Sex and gender

MEN'S ASSOCIATIONS

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

Men's associations

ENTRAIDE POUR HOMMES (L')

535 Sir-Wilfrid-Laurier Boulevard, Suite 312, Beloeil, Montérégie, QC, J3G 5E9

1 833 651-4447 Fax: 450 651-4448

Website: www.entraidepourhommes.org

Email: info@entraidepourhommes.org

Services: * Telephone intake and referral. * Intervention groups for male perpetrators of domestic violence. * Intervention groups for male victims of domestic violence.

Eligibility: men 18 years and over

Coverage area: Montérégie: service points in Beloeil, Longueuil and Saint-Hyacinthe

Hours: Monday and Friday 10h00 to 16h00, Tuesday to Thursday 13h00 to 21h00

Fees: according to the income

Financing: Centraide Richelieu-Yamaska, provincial, self-financing, donations

Legal status: non-profit organization

Women's centres

AINSI SOIT-ELLE - CENTRE DE FEMMES

1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3

450 447-3576 Fax: 450 447-8242

Website: ainsisoitellecdf.ca

Email: info@ainsisoitellecdf.ca

Services: Centre providing assistance, listening and meetings. * Individual consultation related to various problems: violence, illness, bereavement, addiction, mental health, psychological distress, relational conflicts, financial difficulties, etc. * Phone listening line. * Socio-legal and medical accompaniment in the steps following a sexual assault, in a situation of violence, during a separation or divorce, etc. * Self-help group. * Meeting with a lawyer by appointment. * Access to computer stations. * Information and referral. * Workshops and thematic conferences.

Eligibility: women

Coverage area: CLSC du Richelieu

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

Fees: members: \$10 each year

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

Legal status: non-profit organization

CENTRE DE FEMMES L'ESSENTIELLE

231 Brillon Street, Beloeil, Montérégie, QC, J3G 2T5

450 467-3418 Fax: 450 467-1749

Website: www.cfessentielle.org

Email: essentielle@videotron.ca

Services: Place of belonging managed by and for women. * Reception, listening and referral. * Workshops and coffee-chats. * Community meals. * Education and action network.

Eligibility: women

Coverage area: MRC La Vallée-du-Richelieu and surroundings

Hours: Monday 8h30 to 12h00, Tuesday to Thursday 8h30 to 12h00 and 13h15 to 16h30, community meal: Wednesday 12h00

Fees: none

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

Legal status: non-profit organization

Women's associations

AINSI SOIT-ELLE - CENTRE DE FEMMES

1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3

450 447-3576 Fax: 450 447-8242

Website: ainsisoitellecdf.ca

Email: info@ainsisoitellecdf.ca

Services: Centre providing assistance, listening and meetings. * Individual consultation related to various problems: violence, illness, bereavement, addiction, mental health, psychological distress, relational conflicts, financial difficulties, etc. * Phone listening line. * Socio-legal and medical accompaniment in the steps following a sexual assault, in a situation of violence, during a separation or divorce, etc. * Self-help group. * Meeting with a lawyer by appointment. * Access to computer stations. * Information and referral. * Workshops and thematic conferences.

Eligibility: women

Coverage area: CLSC du Richelieu

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

Fees: members: \$10 each year

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

Legal status: non-profit organization

CENTRE DE FEMMES L'ESSENTIELLE

231 Brillon Street, Beloeil, Montérégie, QC, J3G 2T5

450 467-3418 Fax: 450 467-1749

Website: www.cfessentielle.org

Email: essentielle@videotron.ca

Services: Place of belonging managed by and for women. * Reception, listening and referral. * Workshops and coffee-chats. * Community meals. * Education and action network.

Eligibility: women

Coverage area: MRC La Vallée-du-Richelieu and surroundings

Hours: Monday 8h30 to 12h00, Tuesday to Thursday 8h30 to 12h00 and 13h15 to 16h30, community meal: Wednesday 12h00

Fees: none

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

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

DAY CAMPS AND SPECIALIZED CAMPS

HOBBIES

LIBRARIES

MUNICIPAL SPORTS AND RECREATION SERVICES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

ASSOCIATION DE LA VALLÉE DU RICHELIEU POUR LA DÉFICIENCE INTELLECTUELLE/TROUBLE DU SPECTRE DE L'AUTISME

625 Lechasseur Street, Beloeil, Montérégie, QC, J3G 2L3

450 467-8644

Website: avrditsa.org/en

Email: info@avrditsa.org

Services: Recreational activities, day programs and support for people living with an intellectual disability or with an autism spectrum disorder. * Recreational activities: meeting, music, crafts, entertainment and supervised play. * Theatre, choir and hip-hop classes. * Support to families. * Information and referrals. * Outings. * Summer day camps for youth and young adults 13 years old and over. * Day service for learning retention.

Eligibility: people 13 years old and over living with a mild or moderate intellectual disability and with or without an autism spectrum disorder

Capacity: depending on the activities, between 10 and 100 people

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Friday 8h00 to 16h00, Saturday 10h00 to 15h00

Fees: variable depending on the activity

Financing: donations, provincial, self-financing

Legal status: non-profit organization

LA MAISON AMÉRINDIENNE

510 des Trentes Montée, Mont-Saint-Hilaire, Montérégie, QC, J3H 2R8

450 464-2500 Fax: 450 464-0071

Website: www.maisonamerindienne.com

Email: info@maisonamerindienne.com

Services: Site of learning of the various aspects of the amerindian cultures of Québec and Canada. * Temporary and permanent exhibitions. * Day camps. * Activities: events, shows, workshops, sugar meals. * Educational programs. * Facilities rental. * Boutique and meals.

Eligibility: general population, day camps: children 6 to 12 years old, educational programs: preschool, primary, secondary and post-secondary level

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Clubs and social events

ASSOCIATION QUÉBEC-FRANCE (L') - VALLÉE-DU-RICHELIEU

Confidential Address

450 906-1065

Website: www.quebecfrancecvr.org

Email: info@quebecfrance.qc.ca

Services: Development of a France-Québec direct and privileged relationships. * Community diners. * Slam-poetry. * Conferences. * Cultural and tourist excursions.

Eligibility: francophiles, French language defenders

Coverage area: Province of Quebec

Fees: annual membership: variable depending on the type of membership

Financing: membership fees

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

2437 Bourgoigne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE DE FEMMES L'ESSENTIELLE

231 Brillon Street, Beloeil, Montérégie, QC, J3G 2T5

450 467-3418 Fax: 450 467-1749

Website: www.cfessentielle.org

Email: essentielle@videotron.ca

Services: Place of belonging managed by and for women. * Reception, listening and referral. * Workshops and coffee-chats. * Community meals. * Education and action network.

Eligibility: women

Coverage area: MRC La Vallée-du-Richelieu and surroundings

Hours: Monday 8h30 to 12h00, Tuesday to Thursday 8h30 to 12h00 and 13h15 to 16h30, community meal: Wednesday 12h00

Fees: none

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

Legal status: non-profit organization

Community recreation centres

BUTTE (LA)

132 Montée des Trinitaires, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C3

450 461-8067

Website: www.labutte.org

Email: infomdj@labutte.org

Services: Place for meetings, services and referrals for youth. * Organization of sports and cultural activities.

Eligibility: youth 12 to 17 years old

Capacity: 56

Coverage area: Saint-Basile-le-Grand

Hours: school period: Wednesday to Friday 15h00 to 21h00, Saturday 12h00 to 21h00, summer period: Wednesday and Thursday 12h00 to 21h00, Friday and Saturday 12h00 to 22h00, Sunday 12h00 to 18h00

Financing: provincial, municipal, donations

Legal status: non-profit organization

CENTRE AMITIÉ-JEUNESSE CHAMBLY

505 Brassard Boulevard, Chambly, Montérégie, QC, J3L 4N5

450 658-6810

Email: mdjchambly@gmail.com

Services: Youth centre. * Evening activities: educational, preventive, sports and recreational workshops. *

Dinner service. * Monthly theme dances. * Activities for spring break and the summer period. * Listening and intervention. * Assistance with homework. * Babysitting training.

Eligibility: youth 12 to 17 years old, monthly theme dances: youth 10 to 13 years old

Coverage area: Chambly

Hours: Tuesday 10h50 to 11h50 and 14h40 to 18h00, Wednesday and Thursday 10h50 to 11h50 and 14h40 to 19h00, Friday 10h50 to 11h50 and 14h40 to 20h00

Fees: annual member card: \$40

Financing: donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca

Email: reception@mfvr.ca

Services: Services for families and seniors. * Respite and home support for caregivers looking after seniors with low mobility. * Pavillon des Aînés: day centre for seniors with low mobility. * Individual and family support meetings for caregivers. * Activities for seniors: yoga, dance on a chair, intergenerational activities, etc. * Collective kitchens. * Parental support, family space and various resources.

Eligibility: seniors, caregivers, families

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00, support meetings: every two weeks, Monday 13h30 to 15h30

Fees: annual membership card: \$20, activities: variable, support meetings: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE BELOEIL

1060 Saint-Joseph Street, Beloeil, Montérégie, QC, J3G 6C6

450 536-9096

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, federal, provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE MONT-SAINT-HILAIRE

100 Michel Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3R3

450 464-8224

Website: mdj4f.ca

Email: direction@mdj4f.ca

Services: Living environment by and for youth, with activities and interventions. * Support and accompaniment. * Sports and cultural activities: hockey, basketball, soccer, etc. * Social and recreational activities: video games, board games, pool table, etc. * Youth committee: an opportunity to get involved and create a space where young people can feel at home. * Homework help. * Coopérative jeunes entrepreneurs au boulot: employability Canada program. * Dance evenings for students in grades 4, 5 and 6. * Online discussion group on Discord.

Eligibility: people 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 15h00 to 21h00, Saturday 11h00 to 17h00, discord: Saturday 17h00 to 22h00

Fees: free, outings: variable

Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE

138 de l'Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2173

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water gliçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Marc-Sur-Richelieu

Hours: Tuesday 18h00 to 21h00, Wednesday 15h00 to 21h00, Friday 15h00 to 22h00, Saturday 10h00 to 14h00

Fees: outings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU

1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497

Website: mdjlatraversee.com

Email: dg@mdjlatraversee.com

Services: Meeting place, services and referrals designed by and for youth. * Sporting and cultural activities. * Homework assistance. * Collective kitchen. * Community gardens. * Monthly outings: water glçade, biodome, cinema, etc. * Volunteering.

Eligibility: youth 10 to 17 years old

Coverage area: MRC La Vallée-du-Richelieu, mainly Saint-Antoine-Sur-Richelieu

Hours: Monday 15h00 to 19h00, Thursday 15h00 to 21h00, Friday 15h00 to 22h00

Fees: outhings: variable

Financing: Centraide Richelieu-Yamaska, fundraising campaigns, municipal, provincial, donations, grants

Legal status: non-profit organization

MATINÉES MÈRES-ENFANTS

99 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4

514 800-6737

Website: lesmatinees.com

Email: lesmatinees@gmail.com

Services: Children-parents meetings with childcare. * Fitness classes. * Meetings in parks in the summer. * Cultural outings. * Parent-child activities. * Workshops and conferences. * Coffee chats.

Eligibility: parents with children from 0 to 5 years old

Coverage area: Montérégie

Hours: conferences and coffee chats: Tuesday and Thursday 9h00 to 11h30, fitness class: Monday and Friday 9h00 to 11h00

Fees: membership: \$15 per session for residents of Mont Saint-Hilaire and Otterburn Park, \$35 per session for non-residents, activities: variable

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

Day camps and specialized camps**CORNE D'ABONDANCE - ENTRAIDE ALIMENTAIRE ET SOLIDARITÉ (LA)**

2391 de Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 447-3414

Website: cornedabondance.com

Email: info@cornedabondance.com

Services: Mutual aid, education and awareness in food. * Collective and thematic kitchens. * Parent-children cooking. * Workshops on site and in schools. * Daycare during activities. * Summer camp for cooks 8 to 13 years old.

Capacity: 7 participants per kitchen

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday, Tuesday and Friday to Sunday 8h30 to 16h30, Wednesday and Thursday 18h30 to 21h30

Fees: \$10 per year

Financing: Centraide of Greater Montréal, provincial, federal, self-financing

Legal status: non-profit organization

LA MAISON AMÉRINDIENNE

510 des Trentes Montée, Mont-Saint-Hilaire, Montérégie, QC, J3H 2R8

450 464-2500 Fax: 450 464-0071

Website: www.maisonamerindienne.com

Email: info@maisonamerindienne.com

Services: Site of learning of the various aspects of the amerindian cultures of Québec and Canada. * Temporary and permanent exhibitions. * Day camps. * Activities: events, shows, workshops, sugar meals. * Educational programs. * Facilities rental. * Boutique and meals.

Eligibility: general population, day camps: children 6 to 12 years old, educational programs: preschool, primary, secondary and post-secondary level

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE DU RICHELIEU - RESSOURCE-FAMILLE

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca/ressourcefamille

Email: ressourcefamille@mfvr.ca

Services: Psychosocial accompaniment and support for families. * Listening, guidance and support. * Home visits. * Referrals and information. * Transport assistance. * Drop-in childcare and childcare with atypical hours. * Parent-child stimulation workshops: baby-kangaroo 0 to 6 months, baby koala 6 to 12 months, baby marmoset 12 to 24 months. * Parent-child cooking workshop. * Language and reading workshops. * Friday dance. * Day camps for children with special needs.

Eligibility: families, parents with children 1 month to 5 years

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: administration: Monday to Friday 8h30 to 16h00, drop-in childcare: Monday to Friday 8h00 to 16h00, childcare atypical hours: Monday to Friday 17h00 to 21h30, Saturday 8h30 to 17h30, Friday dance: 3rd Friday of each month, day camps: school break and summer period

Fees: annual membership: \$20, drop-in childcare: \$30 per day, maximum 2 days per week

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

SAINT-BASILE-LE-GRAND - SERVICE DES LOISIRS, DE LA CULTURE ET DE LA VIE COMMUNAUTAIRE

Centre communautaire Lise-B.-Boisvert, 103 Montpellier Avenue, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C6

450 461-8000 ext. 8600

Website: www.ville.saint-basile-le-grand.qc.ca/ville/services-municipaux/service-loisirs-culture-vie-communautaire

Email: loisirs@villesblg.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, parks and playgrounds. * Coordination with community organizations. * Summer and spring break day camps. * Community gardens. * Hall rental. * Parties, shows and events.

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Fees: variable

Legal status: municipal agency

Hobbies

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

CORNE D'ABONDANCE - ENTRAIDE ALIMENTAIRE ET SOLIDARITÉ (LA)

2391 de Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 447-3414

Website: cornedabondance.com

Email: info@cornedabondance.com

Services: Mutual aid, education and awareness in food. * Collective and thematic kitchens. * Parent-children cooking. * Workshops on site and in schools. * Daycare during activities. * Summer camp for cooks 8 to 13 years old.

Capacity: 7 participants per kitchen

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday, Tuesday and Friday to Sunday 8h30 to 16h30, Wednesday and Thursday 18h30 to 21h30

Fees: \$10 per year

Financing: Centraide of Greater Montréal, provincial, federal, self-financing

Legal status: non-profit organization

ÉDUC À TOUT - CHAMBLY

2000 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Z4

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

LA MAISON AMÉRINDIENNE

510 des Trentes Montée, Mont-Saint-Hilaire, Montérégie, QC, J3H 2R8

450 464-2500 Fax: 450 464-0071

Website: www.maisonamerindienne.com

Email: info@maisonamerindienne.com

Services: Site of learning of the various aspects of the amerindian cultures of Québec and Canada. * Temporary and permanent exhibitions. * Day camps. * Activities: events, shows, workshops, sugar meals. * Educational programs. * Facilities rental. * Boutique and meals.

Eligibility: general population, day camps: children 6 to 12 years old, educational programs: preschool, primary, secondary and post-secondary level

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Libraries**BELOEIL - CITY**

777 Laurier Street, Beloeil, Montérégie, QC, J3G 4S9

450 467-2835 ext. 0

Website: beloeil.ca

Email: info@beloeil.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Information and collection of bulky items, dead leaves and branches, compost, residual and recyclable wastes according to the calendar: <http://beloeil.ca/servir/environnement/collectes-residentielles> * Urban-planning department: construction permits. * Fire department. * Property assessment. * Public work department and reporting of public infrastructure failures. * Grants to citizens for environmental actions: washable diapers, reusable menstrual hygiene products, planting a tree, rainwater recovery barrel, etc. * Automated emergency notification system. * Leisure and culture. * Library.

Coverage area: Beloeil

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h30, telephone services: 7 days, 8h00 to 20h00

Financing: municipal

Legal status: municipal agency

BELOEIL PUBLIC LIBRARY

620 Richelieu Street, Beloeil, Montérégie, QC, J3G 5E8

450 467-7872

Website: bibliotheque.beloeil.ca

Email: biblio@beloeil.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Computer workshops. * Exhibitions, conferences and events. * Book donation.

Eligibility: children, youth and adults

Coverage area: Beloeil

Hours: Tuesday 10h00 to 18h00, Wednesday to Friday 10h00 to 21h00, Saturday 10h00 to 16h00, Sunday 12h00 to 16h00, summer period: Monday 12h00 to 16h00, Tuesday 10h00 to 18h00, Wednesday to Friday 10h00 to 21h00, Saturday 10h00 to 16h00

Fees: residents: free, non-residents: \$75 per year

Financing: municipal

Legal status: municipal agency

MCMASTERVILLE MUNICIPAL LIBRARY

720 Morin Street, McMasterville, Montérégie, QC, J3G 1H1

450 467-4222 ext. 5028

Website: www.mcmasterville.ca/loisirs-et-culture/bibliotheque-municipale-et-scolaire

Email: biblio-260@csp.qc.ca

Services: Loan of books and documents. * Story time. * Online loan file: reservation, renewal, loan history, etc. * Online catalog. * Une naissance un livre program: free kit for baby readers when subscribing a child 12 months old or younger.

Coverage area: McMasterville

Hours: Tuesday and Thursday 10h00 to 12h00 and 18h00 to 21h00, Wednesday 14h00 to 16h00, Friday 18h00 to 21h00, Saturday 10h00 to 16h00, book chute: Monday 9h15 to Saturday 15h45

Fees: none

Financing: municipal

Legal status: municipal agency

MONT-SAINT-HILAIRE PUBLIC LIBRARY

150 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 5Z5

450 467-2854 ext. 2268

Website: www.villemslh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales

Email: comptoir.bibliotheque@villemslh.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Book club for children. * Story time. * Early literacy activities. * Biblio-Santé. * Home loan for people with reduced mobility. * Exhibitions.

Coverage area: Mont-Saint-Hilaire

Hours: Tuesday and Thursday 10h00 to 20h30, Wednesday and Friday 10h00 to 17h30, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00, summer: Monday, Wednesday and Friday 10h00 to 18h00, Tuesday and Thursday 10h00 to 20h30, Saturday 10h00 to 17h00

Fees: residents: none, non-residents: \$118 per year

Financing: municipal

Legal status: municipal agency

SAINT-ANTOINE-SUR-RICHELIEU - MUNICIPALITY

1060 du Moulin-Payet Street, Suite 1, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0

450 787-3497 Fax: 450 787-2852

Website: saint-antoine-sur-richelieu.ca

Email: municipalite@sasr.ca

Services: Municipal service management. * Municipal tax management and payment. * Urban planning department: permits and certificates for construction, renovation, sheds, swimming pools, etc. * Environment department: riverbank protection, sewage system regulation, tree and shrub donations. * Information on garbage collections: https://saint-antoine-sur-richelieu.ca/wp-content/uploads/2023/01/MRCVR_Calendriers2023_Saint-Antoine-sur-Richelieu2.pdf * Advisory committees. * Public safety: fire department, Sûreté du Québec. * Room rental. * Leisure and culture. * Municipal library.

Coverage area: Saint-Antoine-sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

SAINT-BASILE-LE-GRAND - CITY

204 Principale Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1M1

450 461-8000

Website: www.ville.saint-basile-le-grand.qc.ca

Email: communications@villesblg.ca

Services: Management of municipal services. * Property assessment and payment of municipal taxes. * Urban planning by-laws and building permits. * Emergency notification system * Information on waste management and collection according to the calendar: www.ville.saint-basile-le-grand.qc.ca/calendrier-categories/collectes-et-depots * Dog license. * Grant for the purchase of cloth diapers. * Development and maintenance of public infrastructures. * Civil security: Régie intermunicipale de police Richelieu-Saint-Laurent. * Fire department: Régie intermunicipale de sécurité incendie de la Vallée-du-Richelieu. * Leisure and culture. * Municipal library.

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-MARC-SUR-RICHELIEU - MUNICIPALITÉ

102 de la Fabrique Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2258 Fax: 450 584-2795

Website: smsr.quebec

Email: info@smsr.quebec

Services: Management of municipal services. * Municipal office: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: https://smsr.quebec/wp-content/uploads/2023/03/MRCVR_Calendriers2023_Saint-Marc-sur-Richelieu.pdf * Public security: fire safety service, Sûreté du Québec. * Emergency notification system. * Leisure, culture, and community life. * Municipal library.

Coverage area: Saint-Marc-Sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

Municipal sports and recreation services

SAINT-BASILE-LE-GRAND - SERVICE DES LOISIRS, DE LA CULTURE ET DE LA VIE COMMUNAUTAIRE

Centre communautaire Lise-B.-Boisvert, 103 Montpellier Avenue, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C6

450 461-8000 ext. 8600

Website: www.ville.saint-basile-le-grand.qc.ca/ville/services-municipaux/service-loisirs-culture-vie-communautaire

Email: loisirs@villesblg.ca

Services: * Community, sociocultural and sporting activities. * Community centre, arena, parks and playgrounds. * Coordination with community organizations. * Summer and spring break day camps. * Community gardens. * Hall rental. * Parties, shows and events.

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Fees: variable

Legal status: municipal agency

Sport

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca

Email: reception@mfvr.ca

Services: Services for families and seniors. * Respite and home support for caregivers looking after seniors with low mobility. * Pavillon des Aînés: day centre for seniors with low mobility. * Individual and family support meetings for caregivers. * Activities for seniors: yoga, dance on a chair, intergenerational activities, etc. * Collective kitchens. * Parental support, family space and various resources.

Eligibility: seniors, caregivers, families

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00, support meetings: every two weeks, Monday 13h30 to 15h30

Fees: annual membership card: \$20, activities: variable, support meetings: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MATINÉES MÈRES-ENFANTS

99 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4

514 800-6737

Website: lesmatinees.com

Email: lesmatinees@gmail.com

Services: Children-parents meetings with childcare. * Fitness classes. * Meetings in parks in the summer. * Cultural outings. * Parent-child activities. * Workshops and conferences. * Coffee chats.

Eligibility: parents with children from 0 to 5 years old

Coverage area: Montérégie

Hours: conferences and coffee chats: Tuesday and Thursday 9h00 to 11h30, fitness class: Monday and Friday 9h00 to 11h00

Fees: membership: \$15 per session for residents of Mont Saint-Hilaire and Otterburn Park, \$35 per session for non-residents, activities: variable

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

Sports and recreation for people with a disability

ASSOCIATION DE LA VALLÉE DU RICHELIEU POUR LA DÉFICIENCE INTELLECTUELLE/TROUBLE DU SPECTRE DE L'AUTISME

625 Lechasseur Street, Beloeil, Montérégie, QC, J3G 2L3

450 467-8644

Website: avrditsa.org/en

Email: info@avrditsa.org

Services: Recreational activities, day programs and support for people living with an intellectual disability or with an autism spectrum disorder. * Recreational activities: meeting, music, crafts, entertainment and supervised play. * Theatre, choir and hip-hop classes. * Support to families. * Information and referrals. * Outings. * Summer day camps for youth and young adults 13 years old and over. * Day service for learning retention.

Eligibility: people 13 years old and over living with a mild or moderate intellectual disability and with or without an autism spectrum disorder

Capacity: depending on the activities, between 10 and 100 people

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Friday 8h00 to 16h00, Saturday 10h00 to 15h00

Fees: variable depending on the activity

Financing: donations, provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA VALLÉE DU RICHELIEU

308 Montsabré Street, Suite D-209, Beloeil, Montérégie, QC, J3G 2H5

450 464-7445

Website: www.aphvr.org

Email: informations@aphvr.org

Services: * Collective advocacy and promotion of the rights of people living with a physical disability and a loss of autonomy: accessibility of public sites and facilities, adapted transportation, adapted housing, etc. * Referrals. * Recreational outings and sport activities to promote social bonding.

Eligibility: people living with a physical disability, people with a loss of autonomy, their families

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Thursday 9h30 to 16h30

Fees: annual membership: \$20

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE

308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5

450 446-1111 Fax: 450 446-6405

Website: atccmonteregie.qc.ca

Email: atcc@atccmonteregie.qc.ca

Services: Improving living conditions for people with traumatic brain injury. Reception and mental health * Information and referral. * Psychosocial support. * Support groups: individual, group and family meetings. Respite * Supervised housing: short- and medium-term respite care offering studio, accompaniment and support. * On-site or at-home respite service for caregivers. * Camps: stay from Friday to Sunday, for members only. Education * Educational, cultural, social, sports and crafts activities to maintain the acquired assets while working on the physical, cognitive, affective and social aspects of the person. * Prevention and awareness. Community * Volunteer opportunities. * RebonDire journal.

Eligibility: people 16 years and over having sustained a medically recognized craniocerebral trauma or stroke (light, light complex, moderate or severe) and with a stable state of health, their close ones

Coverage area: Montérégie

Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 16h30, Friday 9h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 658-4469 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day activity centre for seniors and caregivers. * Meeting place. * Respite service. * Resto-Entre: community dinners. * Frozen meals, with the possibility of delivery. * Activities and workshops. * Individual computer classes.

Eligibility: people 50 years old and over, autonomous, living with a disability, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 36 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday to Friday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: \$25 per year, Resto-Entre: \$8 for members, \$11 for non-members

Financing: donations, grants

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

Clothing

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.ca

Services: Home care services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Training and support for caregivers. * Medical accompaniment-transportation. Community action * Welcoming and referral. * Tax clinic. * Conferences. Material assistance * Loan of orthopedic equipment. * Coup de Pouce Family Counter: clothes, toys, kitchen items, small appliances. * Clothes or material assistance to organizations or individuals after assessment.

Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

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

Fees: meals on wheels: \$6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

CENTRE PÉRINATAL LE BERCEAU

733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7

450 446-7760

Website: leberceau.org

Email: info@leberceau.org

Services: Accompaniment of future and new parents, from birth to their baby's first birthday. * Les Mères-Veilleuses: support group for postpartum depression. * Home care service. * Prenatal meetings. * Breastfeeding support. * First aid and CPR courses for babies and children. * Perinatal bereavement support group. * Accessories rental: baby carrier, breast pump, books and maternity clothes. * Thrift store with clothes for mom and baby, as well as accessories for the family. * Parent-baby activities.

Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15\$, activities and services: free or variable

Financing: provincial, foundations, donations, self-financing, grants, municipal

Legal status: non-profit organization

Donation pick-ups

BOUTIQUE AUX FRINGUES (LA) - USED ITEMS RECOVERY

866 Laurier Street, Beloeil, Montérégie, QC, J3G 4K7

450 464-7888

Website: www.boutiqueauxfringues.com

Email: info@boutiqueauxfringues.com

Services: Recovery of used clothing. * Donation box on-site. * Home pick-up.

Coverage area: MRC La Vallée-du-Richelieu

Hours: Tuesday to Saturday 10h00 to 15h00, donation box: always open

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE CHAMBLY - RÉCUPÉRATION D'ARTICLES USAGÉS

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.qc.ca

Services: * Used items recovery and at-home donations pick-up: household items, clothes, toys and books.

Eligibility: general public

Coverage area: Chambly, Carignan

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

Fees: none

Financing: donations

Legal status: non-profit organization

MEUBLÉTOU - USED ITEMS RECOVERY

185 Sir-Wilfrid-Laurier Boulevard, McMasterville, Montérégie, QC, J3G 1P9

450 464-7888

Website: meubletout.com

Email: info@meubletout.com

Services: Recovery of donations: furniture, household items, appliances, small electronics devices, toys, computer items, books, sports items, etc. * Home pick-up.

Coverage area: MRC La Vallée-du-Richelieu, Saint-Bruno-de-Montarville

Hours: Tuesday to Friday 9h00 to 16h30, Saturday 9h00 to 12h00

Financing: self-financing, donations

Legal status: non-profit organization

School supplies

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Promotion of volunteer work. * Food assistance. * Meals on wheels. * Friendly visits. * Activities and outings for seniors. * School aid for children. * Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. * Christmas baskets. * Bonhomme à lunette service point: low-cost glasses. * Medical accompaniment and transportation, and help with small errands provided by volunteers.

Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, bonhomme à lunette: Thursday 9h00 to 11h30

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

Thrift Stores

AUX SOURCES DU BASSIN DE CHAMBLY

1369 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Y4

450 658-1568 Fax: 450 658-0823

Website: as-bc.org

Email: info@as-bc.org

Services: * Psychosocial support. * Affordable grocery. * Weekly food distribution. * Friperie du bassin: sale of clothing, household items, small electrical appliances, toys, books, dishes, bedclothes, sport items at low prices, etc. * Occasional donations. * Christmas baskets.

Eligibility: food assistance: people in need, friperie du bassin: general public

Coverage area: Carignan, Chambly

Hours: food assistance: Tuesday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 17h30, friperie du bassin: Monday to Wednesday, Saturday and Sunday 9h00 to 16h00, Thursday and Friday 9h00 to 20h00, administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: self-financing, donations, provincial

Legal status: non-profit organization

BOUTIQUE AUX FRINGUES (LA)

866 Laurier Street, Beloeil, Montérégie, QC, J3G 4K7

450 467-9025

Website: www.boutiqueauxfringues.com

Email: boutiqueauxfringues@hotmail.com

Services: * Sale of used clothing and fashion accessories at a low cost. * Employment and training of youth to facilitate access to the job market.

Coverage area: MRC La Vallée-du-Richelieu

Hours: Tuesday to Saturday 10h00 to 15h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Promotion of volunteer work. * Food assistance. * Meals on wheels. * Friendly visits. * Activities and outings for seniors. * School aid for children. * Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. * Christmas baskets. * Bonhomme à lunette service point: low-cost glasses. * Medical accompaniment and transportation, and help with small errands provided by volunteers.

Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, bonhomme à lunette: Thursday 9h00 to 11h30

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.ca

Services: Home care services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Training and support for caregivers. * Medical accompaniment-transportation. Community action * Welcoming and referral. * Tax clinic. * Conferences. Material assistance * Loan of orthopedic equipment. * Coup de Pouce Family Counter: clothes, toys, kitchen items, small appliances. * Clothes or material assistance to organizations or individuals after assessment.

Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

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

Fees: meals on wheels: \$6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. * Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00, Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE PÉRINATAL LE BERCEAU

733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7

450 446-7760

Website: leberceau.org

Email: info@leberceau.org

Services: Accompaniment of future and new parents, from birth to their baby's first birthday. * Les Mères-Veilleuses: support group for postpartum depression. * Home care service. * Prenatal meetings. * Breastfeeding support. * First aid and CPR courses for babies and children. * Perinatal bereavement support group. * Accessories rental: baby carrier, breast pump, books and maternity clothes. * Thrift store with clothes for mom and baby, as well as accessories for the family. * Parent-baby activities.

Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15\$, activities and services: free or variable

Financing: provincial, foundations, donations, self-financing, grants, municipal

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINT-BASILE-LE-GRAND (LA) - BRIC-À-BRAC SAINT-BASILE-LE-GRAND

205 Principale Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L6

450 653-6144 Fax: 450-653-9892

Email: stbasile.paroisse@gmail.com

Services: * Used goods store: kitchenware, sporting goods, small furniture, lamps, decorative items, garden items, toys, bedding, small appliances and small electronics. * On-site collection of used items.

Eligibility: people and families on a low income

Coverage area: Saint-Basile-Le-Grand

Hours: Thursday and Friday 13h00 to 19h00, donation pick-up on site: Monday to Thursday 9h00 to 19h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE TRINITÉ-SUR-RICHELIEU (LA) - COMPTOIR FAMILIAL TRINITÉ-SUR-RICHELIEU

360 Sir-Wilfrid-Laurier Boulevard, Beloeil, Montérégie, QC, J3G 2H5

450 446-2222

Website: paroissebeloeil.qc.ca/comptoir-familiale

Email: info@paroissebeloeil.qc.ca

Services: * Used items store: clothing, toys, dishes and various household items.

Coverage area: Beloeil

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

Fees: variable

Financing: donations

Legal status: non-profit organization

MEUBLÉTOUT

185 Sir-Wilfrid-Laurier Boulevard, McMasterville, Montérégie, QC, J3G 1P9

450 464-7888

Website: meubletout.com

Email: info@meubletout.com

Services: Sale of used items: furniture, household items, appliances, small electronics devices, toys, computer items, books, sports items, etc.

Coverage area: Boucherville, Longueuil, MRC La Vallée-du-Richelieu, Saint-Bruno-de-Montarville, Saint-Hyacinthe, Sainte-Julie

Hours: Tuesday to Friday 9h00 to 16h30, Saturday 9h00 à 12h00

Financing: self-financing, donations

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

Accompanied transport

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU - ACCOMPANIMENT-TRANSPORTATION

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Accompaniment and transportation for medical appointments and errands by volunteers.

Eligibility: people in need

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu, travels: Province of Québec

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

Fees: variable, depending on the location of the appointment

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE - ACCOMPANIMENT-TRANSPORTATION

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.qc.ca

Services: * Accompaniment-transportation for medical appointments and errands by volunteers.

Eligibility: seniors 65 years and over, ill or convalescent people

Coverage area: Chambly, Carignan, appointments: neighbouring regions (Montréal, Longueuil, Laval, etc.) according to need

Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities

Fees: \$0.50 per km, trips less than 10 km long: \$5

Financing: donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND

50 Montée Robert, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111

Website: www.cbsblg.org

Email: info@cbsblg.org

Services: * Thrift store. * Food assistance. * Medical equipment loan: wheelchairs, crutches, bath benches, etc.

* Community meals. * Social activities for seniors. * Meals on wheels. * Food drive. * Christmas baskets. *

Shopping assistance. * Medical accompaniment-transportation.

Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 17h00 to 20h00,

Friday 9h00 to 12h00, Saturday 10h00 to 13h00

Fees: free or low cost, depending on the service

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND - ACCOMPANIMENT-TRANSPORTATION

50 Robert Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111 Fax: 450 461-1588

Email: centredebenevolat@bellnet.ca

Services: * Medical transportation by volunteers.

Eligibility: general public

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, more according to availabilities

Fees: \$5 to \$25 according to the destination

Financing: grants, donations, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE DU RICHELIEU - RESSOURCE-FAMILLE

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca/ressourcefamille

Email: ressourcefamille@mfvr.ca

Services: Psychosocial accompaniment and support for families. * Listening, guidance and support. * Home visits. * Referrals and information. * Transport assistance. * Drop-in childcare and childcare with atypical hours. * Parent-child stimulation workshops: baby-kangaroo 0 to 6 months, baby koala 6 to 12 months, baby marmoset 12 to 24 months. * Parent-child cooking workshop. * Language and reading workshops. * Friday dance. * Day camps for children with special needs.

Eligibility: families, parents with children 1 month to 5 years

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: administration: Monday to Friday 8h30 to 16h00, drop-in childcare: Monday to Friday 8h00 to 16h00, childcare atypical hours: Monday to Friday 17h00 to 21h30, Saturday 8h30 to 17h30, Friday dance: 3rd Friday of each month, day camps: school break and summer period

Fees: annual membership: \$20, drop-in childcare: \$30 per day, maximum 2 days per week

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

Accompanied transport for medical reasons

CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU - ACCOMPANIMENT-TRANSPORTATION

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373

Website: cabvr.org

Email: cabvr@cabvr.org

Services: * Accompaniment and transportation for medical appointments and errands by volunteers.

Eligibility: people in need

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu, travels: Province of Québec

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

Fees: variable, depending on the location of the appointment

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE - ACCOMPANIMENT-TRANSPORTATION

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325 Fax: 450 658-1694

Website: www.benevolatrivesud.qc.ca

Email: chambly@benevolatrivesud.qc.ca

Services: * Accompaniment-transportation for medical appointments and errands by volunteers.

Eligibility: seniors 65 years and over, ill or convalescent people

Coverage area: Chambly, Carignan, appointments: neighbouring regions (Montréal, Longueuil, Laval, etc.) according to need

Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities

Fees: \$0.50 per km, trips less than 10 km long: \$5

Financing: donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND - ACCOMPANIMENT-TRANSPORTATION

50 Robert Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111 Fax: 450 461-1588

Email: centredebenevolat@bellnet.ca

Services: * Medical transportation by volunteers.

Eligibility: general public

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, more according to availabilities

Fees: \$5 to \$25 according to the destination

Financing: grants, donations, self-financing

Legal status: non-profit organization

Violence and abuse

CHILD ABUSE

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

ELDER ABUSE

SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES

THERAPY AND COUNSELLING

Child abuse

MILLE ET UNE RUES

285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

514 349-4749

Website: 1001rues.org

Email: mo1001rues@hotmail.com

Services: Street and outreach work. * Welcoming, listening, support, accompaniment and referral. * Orientation and accompaniment to resources: housing, CLSC, food bank, school counsellors, etc. * Distribution of condoms. * Preventive services in sexual health, addictions, homelessness and violence. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

Coverage area: MRC La Vallée-du-Richelieu and Saint-Bruno-De-Montarville

Hours: Monday to Saturday, variable schedule depending on the needs

Fees: none

Financing: municipal, provincial

Legal status: non-profit organization

Domestic violence: shelters and support

AINSI SOIT-ELLE - CENTRE DE FEMMES

1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3

450 447-3576 Fax: 450 447-8242

Website: ainsisoitellecdf.ca

Email: info@ainsisoitellecdf.ca

Services: Centre providing assistance, listening and meetings. * Individual consultation related to various problems: violence, illness, bereavement, addiction, mental health, psychological distress, relational conflicts, financial difficulties, etc. * Phone listening line. * Socio-legal and medical accompaniment in the steps following a sexual assault, in a situation of violence, during a separation or divorce, etc. * Self-help group. * Meeting with a lawyer by appointment. * Access to computer stations. * Information and referral. * Workshops and thematic conferences.

Eligibility: women

Coverage area: CLSC du Richelieu

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

Fees: members: \$10 each year

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

Legal status: non-profit organization

ENTRAIDE POUR HOMMES (L')

535 Sir-Wilfrid-Laurier Boulevard, Suite 312, Beloeil, Montérégie, QC, J3G 5E9

1 833 651-4447 Fax: 450 651-4448

Website: www.entraidepourhommes.org

Email: info@entraidepourhommes.org

Services: * Telephone intake and referral. * Intervention groups for male perpetrators of domestic violence. * Intervention groups for male victims of domestic violence.

Eligibility: men 18 years and over

Coverage area: Montérégie: service points in Beloeil, Longueuil and Saint-Hyacinthe

Hours: Monday and Friday 10h00 to 16h00, Tuesday to Thursday 13h00 to 21h00

Fees: according to the income

Financing: Centraide Richelieu-Yamaska, provincial, self-financing, donations

Legal status: non-profit organization

Elder abuse

RADAR - RÉSEAU ACTIF DE DÉPISTAGE DES AÎNÉS À RISQUE

1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2

450 658-8509

Website: www.projetradar.org

Email: info@projetradar.org

Services: Seeks to break the isolation of seniors. * Information and awareness. * Training to detect seniors likely to experience isolation, psychological distress or abuse. * Referral.

Eligibility: people 50 years and over in a situation of vulnerability

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 12h00, 13h00 to 16h00 and 18h00 to 21h00, Saturday and Sunday 13h00 to 16h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

Support for perpetrators of violence and their families

ENTRAIDE POUR HOMMES (L')

535 Sir-Wilfrid-Laurier Boulevard, Suite 312, Beloeil, Montérégie, QC, J3G 5E9

1 833 651-4447 Fax: 450 651-4448

Website: www.entraidepourhommes.org

Email: info@entraidepourhommes.org

Services: * Telephone intake and referral. * Intervention groups for male perpetrators of domestic violence. * Intervention groups for male victims of domestic violence.

Eligibility: men 18 years and over

Coverage area: Montérégie: service points in Beloeil, Longueuil and Saint-Hyacinthe

Hours: Monday and Friday 10h00 to 16h00, Tuesday to Thursday 13h00 to 21h00

Fees: according to the income

Financing: Centraide Richelieu-Yamaska, provincial, self-financing, donations

Legal status: non-profit organization

Therapy and counselling

AINSI SOIT-ELLE - CENTRE DE FEMMES

1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3

450 447-3576 Fax: 450 447-8242

Website: ainsisoitellecdf.ca

Email: info@ainsisoitellecdf.ca

Services: Centre providing assistance, listening and meetings. * Individual consultation related to various problems: violence, illness, bereavement, addiction, mental health, psychological distress, relational conflicts, financial difficulties, etc. * Phone listening line. * Socio-legal and medical accompaniment in the steps following a sexual assault, in a situation of violence, during a separation or divorce, etc. * Self-help group. * Meeting with a lawyer by appointment. * Access to computer stations. * Information and referral. * Workshops and thematic conferences.

Eligibility: women

Coverage area: CLSC du Richelieu

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

Fees: members: \$10 each year

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

Legal status: non-profit organization

ARCHE MONTÉRÉGIE (L')

250 Hubert Street, Beloeil, Montérégie, QC, J3G 2S9

450 446-1061

Website: www.larchemonteregie.org

Email: info@larchemonteregie.org

Services: Supervised housing for people living with an intellectual disability. * 3 houses: Fleur de Soleil, l'Envolée, la Montagne. * Support and accompaniment. * Artistic, kitchen, garden and maintenance workshops.

Eligibility: people 18 years old and over living with an intellectual disability

Capacity: 17 persons

Coverage area: Montérégie

Hours: 24 hours / 7 days

Fees: variable annual pension

Financing: provincial, donations

Legal status: non-profit organization

CLINIQUE DES JEUNES DU BASSIN DE CHAMBLY

650 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-2016 Fax: 450 358-2034

Website: santemonteregie.qc.ca/en/installations/clinique-des-jeunes-du-bassin-de-chambly

Services: Health cares and prevention services concerning sexual health, STD, contraception, food, and healthy habits. * Information. * Youth clinic with access to doctors, nurses and psychosocial counsellors. * STD and HIV tests. * Pregnancy tests. * Referrals for termination of pregnancies. * Exchange and recovery of injection equipment.

Eligibility: people 12 to 24 years old

Coverage area: Montérégie

Hours: Monday, Tuesday and Wednesday, variable hours

Financing: provincial

Legal status: parapublic organization

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca

Email: reception@mfvr.ca

Services: Services for families and seniors. * Respite and home support for caregivers looking after seniors with low mobility. * Pavillon des Aînés: day centre for seniors with low mobility. * Individual and family support meetings for caregivers. * Activities for seniors: yoga, dance on a chair, intergenerational activities, etc. * Collective kitchens. * Parental support, family space and various resources.

Eligibility: seniors, caregivers, families

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavillon: Monday to Thursday 13h00 to 16h00, support meetings: every two weeks, Monday 13h30 to 15h30

Fees: annual membership card: \$20, activities: variable, support meetings: free

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE DU RICHELIEU - RESSOURCE-FAMILLE

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca/ressourcefamille

Email: ressourcefamille@mfvr.ca

Services: Psychosocial accompaniment and support for families. * Listening, guidance and support. * Home visits. * Referrals and information. * Transport assistance. * Drop-in childcare and childcare with atypical hours. * Parent-child stimulation workshops: baby-kangaroo 0 to 6 months, baby koala 6 to 12 months, baby marmoset 12 to 24 months. * Parent-child cooking workshop. * Language and reading workshops. * Friday dance. * Day camps for children with special needs.

Eligibility: families, parents with children 1 month to 5 years

Coverage area: Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

Hours: administration: Monday to Friday 8h30 to 16h00, drop-in childcare: Monday to Friday 8h00 to 16h00, childcare atypical hours: Monday to Friday 17h00 to 21h30, Saturday 8h30 to 17h30, Friday dance: 3rd Friday of each month, day camps: school break and summer period

Fees: annual membership: \$20, drop-in childcare: \$30 per day, maximum 2 days per week

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

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