

The logo for 211, featuring the numbers "211" in white inside a white oval, set against a red background with faint white icons of people and bicycles.

# DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

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



**WWW.211.QC.CA**

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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](http://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](http://carrefourfamilial.org)

**Email:** [accueil@carrefourfamilial.org](mailto: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](http://www.repit-intermede.com)

**Email:** [coordoservices@gmail.com](mailto: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

### ARMAND-CARDINAL LIBRARY

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

**450 467-2542 ext. 2268**

**Website:** [www.villemsh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales](http://www.villemsh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales)

**Email:** [bibliotheque@villemsh.ca](mailto: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.

**Eligibility:** general public

**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: \$120 per year

**Financing:** municipal

**Legal status:** parapublic organization

## **CARREFOUR FAMILIAL DU RICHELIEU**

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

**1 800 508-9969**

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

**Email:** [accueil@carrefourfamilial.org](mailto: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](http://leberceau.org)

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

**Services:** Accompaniment of future and new parents, from birth to their baby's first birthday. \* Information, support and referrals. \* Les Mères-Veilleuses: support group for post-partum depression. \* Relevailles à domicile: baby and child care, light housekeeping, support with overall organization, help with meal preparation, etc. \* Prenatal meetings: pregnancy and parenthood, attachment, fetal development, breastfeeding and return to childhood, childbirth, pain, postnatal preparation. \* Breastfeeding support. \* First aid and CPR courses for babies and children. \* Perinatal bereavement support group. \* Rental of accessories: baby carriers, breast pumps, books and maternity clothes. \* Thrift store and used goods recovery: maternity and nursing clothes, baby clothes, shoes and boots 0-2 years, washable diapers, play mats, bedding, ergonomic slings and carriers, accessories. \* Parent-baby activities: a wide variety of activities, including special activities for fathers and their babies. \* Rental of multi-purpose rooms.

**Eligibility:** pregnant persons, parents-to-be and parents with a child under 2 years 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](http://www.mfvr.ca/ressourcefamille)

**Email:** [ressourcefamille@mfvr.ca](mailto:ressourcefamille@mfvr.ca)

**Services:** Accompaniment of families by psychosocial workers. \* Listening, guidance and support. \* Home visits. \* Referral 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 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:** None or unknown

## 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](http://www.carignan.quebec)

**Email:** [info@villedecarignan.org](mailto: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 and calendar on waste management provided by the MRC de La Vallée-du-Richelieu: [www.carignan.quebec/services/services-municipaux/collectes-et-recyclage](http://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.

**Eligibility:** general public

**Coverage area:** Carignan

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

**Financing:** municipal

**Legal status:** non-profit organization

**CENTRE PÉRINATAL LE BERCEAU**

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

**450 446-7760**

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

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

**Services:** Accompaniment of future and new parents, from birth to their baby's first birthday. \* Information, support and referrals. \* Les Mères-Veilleuses: support group for post-partum depression. \* Relevailles à domicile: baby and child care, light housekeeping, support with overall organization, help with meal preparation, etc. \* Prenatal meetings: pregnancy and parenthood, attachment, fetal development, breastfeeding and return to childhood, childbirth, pain, postnatal preparation. \* Breastfeeding support. \* First aid and CPR courses for babies and children. \* Perinatal bereavement support group. \* Rental of accessories: baby carriers, breast pumps, books and maternity clothes. \* Thrift store and used goods recovery: maternity and nursing clothes, baby clothes, shoes and boots 0-2 years, washable diapers, play mats, bedding, ergonomic slings and carriers, accessories. \* Parent-baby activities: a wide variety of activities, including special activities for fathers and their babies. \* Rental of multi-purpose rooms.

**Eligibility:** pregnant persons, parents-to-be and parents with a child under 2 years 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](http://www.mfvr.ca/ressourcefamille)

**Email:** [ressourcefamille@mfvr.ca](mailto:ressourcefamille@mfvr.ca)

**Services:** Accompaniment of families by psychosocial workers. \* Listening, guidance and support. \* Home visits. \* Referral 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](http://www.mcmasterville.ca)

**Email:** [info@mcmasterville.ca](mailto: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](http://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](http://saint-antoine-sur-richelieu.ca)

**Email:** [municipalite@sasr.ca](mailto:municipalite@sasr.ca)

**Services:** Municipal service management. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles](http://www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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](http://stmathieudebeloeil.ca)

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

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.stmathieudebeloeil.ca/collectes-et-depots](http://www.stmathieudebeloeil.ca/collectes-et-depots) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Commissioner of Oaths. \* Financial assistance for enrolment in sports and leisure activities. \* Subsidy for the purchase of cloth diapers. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Saint-Mathieu-de-Beloeil

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

**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](http://carrefourfamilial.org)

**Email:** [accueil@carrefourfamilial.org](mailto: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. \* Information, support and referrals. \* Les Mères-Veilleuses: support group for post-partum depression. \* Relevailles à domicile: baby and child care, light housekeeping, support with overall organization, help with meal preparation, etc. \* Prenatal meetings: pregnancy and parenthood, attachment, fetal development, breastfeeding and return to childhood, childbirth, pain, postnatal preparation. \* Breastfeeding support. \* First aid and CPR courses for babies and children. \* Perinatal bereavement support group. \* Rental of accessories: baby carriers, breast pumps, books and maternity clothes. \* Thrift store and used goods recovery: maternity and nursing clothes, baby clothes, shoes and boots 0-2 years, washable diapers, play mats, bedding, ergonomic slings and carriers, accessories. \* Parent-baby activities: a wide variety of activities, including special activities for fathers and their babies. \* Rental of multi-purpose rooms.

**Eligibility:** pregnant persons, parents-to-be and parents with a child under 2 years 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:** Accompaniment of families by psychosocial workers. \* Listening, guidance and support. \* Home visits. \* Referral 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****ARMAND-CARDINAL LIBRARY**

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

**450 467-2542 ext. 2268**

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

**Email:** 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.

**Eligibility:** general public

**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: \$120 per year

**Financing:** municipal

**Legal status:** parapublic organization

## 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

## 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. \* Information, support and referrals. \* Les Mères-Veilleuses: support group for post-partum depression. \* Relevailles à domicile: baby and child care, light housekeeping, support with overall organization, help with meal preparation, etc. \* Prenatal meetings: pregnancy and parenthood, attachment, fetal development, breastfeeding and return to childhood, childbirth, pain, postnatal preparation. \* Breastfeeding support. \* First aid and CPR courses for babies and children. \* Perinatal bereavement support group. \* Rental of accessories: baby carriers, breast pumps, books and maternity clothes. \* Thrift store and used goods recovery: maternity and nursing clothes, baby clothes, shoes and boots 0-2 years, washable diapers, play mats, bedding, ergonomic slings and carriers, accessories. \* Parent-baby activities: a wide variety of activities, including special activities for fathers and their babies. \* Rental of multi-purpose rooms.

**Eligibility:** pregnant persons, parents-to-be and parents with a child under 2 years 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

## CHAMBLY PUBLIC LIBRARY

1625 De Périgny Boulevard, Chambly, Montérégie, QC, J3L 1X1

**450 658-2711 Fax:** 450 447-4525

**Website:** ville.chambly.qc.ca/bibliotheque

**Email:** bibliotheque@ville.chambly.qc.ca

**Services:** Loan and consultation of books and audiovisual documents. \* Book club for adults. \* Book club for children. \* Computers and Internet access. \* Générations@branchées : introduction to computer technology for seniors by pairing with a teenager-teacher. \* Animation activities. \* Home delivery for people with reduced mobility. \* Collection for people with a visual disability.

**Eligibility:** general public

**Coverage area:** Chambly

**Hours:** Tuesday to Thursday 9h00 to 21h00, Monday and Friday 9h00 to 17h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

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

727 de Salaberry Avenue, Suite 201, Chambly, Montérégie, QC, J3L 1R2

**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:** Accompaniment of families by psychosocial workers. \* Listening, guidance and support. \* Home visits. \* Referral 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 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:** 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 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 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:** None or unknown

**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](http://www.mcmasterville.ca/loisirs-et-culture/bibliotheque-municipale-et-scolaire)

**Email:** [biblio-260@csp.qc.ca](mailto: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

**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](http://mepec-pemca.org)

**Email:** [info@mepec-pemca.org](mailto:info@mepec-pemca.org)

**Services:** Organization dedicated to serving the interests and guiding the English-speaking community to the appropriate resources. \* Information and referrals. \* Recreation, cultural and education programs for seniors and early child. \* English speaking workshops for french health care providers. \* English library. \* Assistance in filling out forms. \* Translations services french to english and english to french. \* Workshops Services-Canada for seniors. \* Organize community events.

**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, library: Tuesday to Thursday 13h30 to 15h30

**Fees:** low-cost

**Financing:** federal, provincial

**Legal status:** non-profit organization

**Youth Centres and Support****CENTRE AMITIÉ-JEUNESSE CHAMBLY**

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

**450 658-6810**

**Email:** [mdjchambly@gmail.com](mailto: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

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

**450 464-4481** Fax: 450 464-8455

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

**Email:** [info@integrationcompetences.ca](mailto: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](http://integrationcompetences.ca)

**Email:** [info@integrationcompetences.ca](mailto: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 glîcade, 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

**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. \* Information and referrals. \* Recreation, cultural and education programs for seniors and early child. \* English speaking workshops for french health care providers. \* English library. \* Assistance in filling out forms. \* Translations services french to english and english to french. \* Workshops Services-Canada for seniors. \* Organize community events.

**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, library: Tuesday to Thursday 13h30 to 15h30

**Fees:** low-cost

**Financing:** federal, 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 CISSS. \* Maison Stéphane Fallu: youth housing, 2 to 3 years. \* Distribution of naloxone kits. \* Distribution of injection equipment. \* I'm hungry every day: meals offered to needy children attending primary and secondary schools in Chambly or Carignan. \* POSART: creative oral and visual arts workshops. \* Open Door to Employment: socio-professional integration for young adults neither working nor studying. \* Halte-Chaleur with meals.

**Eligibility:** people 35 years and under in difficulty, Clinique: people 12 to 24 years old, I'm hungry every day: children in need attending one of the primary or secondary schools in Chambly or Carignan, Maison Stéphane Fallu: 17 to 19 year olds leaving the DPJ, Open Door to Employment: people 16 to 35 years old who are neither working nor studying and who are eligible for Emploi-Québec

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

**Hours:** Monday to Friday 9h00 to 16h00, youth clinic: by appointment, Monday to Wednesday 9h00 to 16h00

**Fees:** variable

**Financing:** provincial, donations, municipal

**Legal status:** non-profit organization

## Youth Employment

### 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

285 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 CISSS. \* Maison Stéphane Fallu: youth housing, 2 to 3 years. \* Distribution of naloxone kits. \* Distribution of injection equipment. \* I'm hungry every day: meals offered to needy children attending primary and secondary schools in Chambly or Carignan. \* POSART: creative oral and visual arts workshops. \* Open Door to Employment: socio-professional integration for young adults neither working nor studying. \* Halte-Chaleur with meals.

**Eligibility:** people 35 years and under in difficulty, Clinique: people 12 to 24 years old, I'm hungry every day: children in need attending one of the primary or secondary schools in Chambly or Carignan, Maison Stéphane Fallu: 17 to 19 year olds leaving the DPJ, Open Door to Employment: people 16 to 35 years old who are neither working nor studying and who are eligible for Emploi-Québec

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

**Hours:** Monday to Friday 9h00 to 16h00, youth clinic: by appointment, Monday to Wednesday 9h00 to 16h00

**Fees:** variable

**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 CISSS. \* Maison Stéphane Fallu: youth housing, 2 to 3 years. \* Distribution of naloxone kits. \* Distribution of injection equipment. \* I'm hungry every day: meals offered to needy children attending primary and secondary schools in Chambly or Carignan. \* POSART: creative oral and visual arts workshops. \* Open Door to Employment: socio-professional integration for young adults neither working nor studying. \* Halte-Chaleur with meals.

**Eligibility:** people 35 years and under in difficulty, Clinique: people 12 to 24 years old, I'm hungry every day: children in need attending one of the primary or secondary schools in Chambly or Carignan, Maison Stéphane Fallu: 17 to 19 year olds leaving the DPJ, Open Door to Employment: people 16 to 35 years old who are neither working nor studying and who are eligible for Emploi-Québec

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

**Hours:** Monday to Friday 9h00 to 16h00, youth clinic: by appointment, Monday to Wednesday 9h00 to 16h00

**Fees:** variable

**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:** outthings: 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:** outthings: 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 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

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

308 Montsabr  Street, Suite D-206, Beloeil, Mont r gie, 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 Vall e-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, Mont r gie, 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, Mont r gie, 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. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villemsh.ca/collectes-et-ecocentre](http://www.villemsh.ca/collectes-et-ecocentre) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Recreation services: activities, day camp, etc. \* Les incroyables comestibles community gardens. \* Café-conférences on various health topics for adults. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Mont-Saint-Hilaire

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

**Financing:** municipal

**Legal status:** non-profit organization

## 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](http://saint-antoine-sur-richelieu.ca)

**Email:** [municipalite@sasr.ca](mailto:municipalite@sasr.ca)

**Services:** Municipal service management. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles](http://www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.smsr.quebec/matieres-residuelles](http://www.smsr.quebec/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Pair program: automated call service for seniors. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.stmathieudebeloeil.ca/collectes-et-depots](http://www.stmathieudebeloeil.ca/collectes-et-depots) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Commissioner of Oaths. \* Financial assistance for enrolment in sports and leisure activities. \* Subsidy for the purchase of cloth diapers. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Saint-Mathieu-de-Beloeil

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

**Financing:** municipal

**Legal status:** municipal agency

**Information and referral****ARMAND-CARDINAL LIBRARY**

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

**450 467-2542 ext. 2268**

**Website:** [www.villemsh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales](http://www.villemsh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales)

**Email:** 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.

**Eligibility:** general public

**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: \$120 per year

**Financing:** municipal

**Legal status:** parapublic organization

## Volunteering and volunteer centres

### ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE

308 Montsabr  Street, Suite D-131, Beloeil, Montr rie, 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:** Montr rie

**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 B N VOLE DE LA VALL E-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montr rie, 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. \* Op ration septembre: partial payment of school fees for parents in need. \* Thrift store: sale of clothing, dishes, accessories, books, toys and very small furniture at affordable prices. \* Christmas baskets. \* Bonhomme   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   lunette: Thursday 9h00 to 11h30

**Financing:** provincial, Centraide Richelieu-Yamaska, donations

**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, 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:** 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

### RADAR - RÉSEAU ACTIF DE DÉPISTAGE DES ADULTES À RISQUES

1282 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1X9

**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 old 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

### 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 CISSS. \* Maison Stéphane Fallu: youth housing, 2 to 3 years. \* Distribution of naloxone kits. \* Distribution of injection equipment. \* I'm hungry every day: meals offered to needy children attending primary and secondary schools in Chambly or Carignan. \* POSART: creative oral and visual arts workshops. \* Open Door to Employment: socio-professional integration for young adults neither working nor studying. \* Halte-Chaleur with meals.

**Eligibility:** people 35 years and under in difficulty, Clinique: people 12 to 24 years old, I'm hungry every day: children in need attending one of the primary or secondary schools in Chambly or Carignan, Maison Stéphane Fallu: 17 to 19 year olds leaving the DPJ, Open Door to Employment: people 16 to 35 years old who are neither working nor studying and who are eligible for Emploi-Québec

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

**Hours:** Monday to Friday 9h00 to 16h00, youth clinic: by appointment, Monday to Wednesday 9h00 to 16h00

**Fees:** variable

**Financing:** provincial, donations, municipal

**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:** Vallée du Richelieu, Marieville

**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

### SDEM SEMO MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU

315 MacDonald Street, Suite 115, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5

**450 646-1595** Fax: 450 674-7220

**Website:** sdem-semo.org

**Email:** stephanie.mickel@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 disorder, autistic people

**Coverage area:** Saint-Jean-Sur-Richelieu

**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 Montsabr  Street, Suite D-209, Beloeil, Montr gie, QC, J3G 2H5

**450 464-7445**

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

**Email:** [informations@aphvr.org](mailto: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 Vall e-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 MONTR GIE - MONT-SAINT-HILAIRE

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

**1 800 646-6096 Fax:** 450 674-7220

**Website:** [sdem-semo.org](http://sdem-semo.org)

**Email:** [info@sdem-semo.org](mailto: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:** Vall e du Richelieu, Marieville

**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

### SDEM SEMO MONTR GIE - SAINT-JEAN-SUR-RICHELIEU

315 MacDonald Street, Suite 115, Mont-Saint-Hilaire, Montr gie, QC, J3H 6M5

**450 646-1595 Fax:** 450 674-7220

**Website:** [sdem-semo.org](http://sdem-semo.org)

**Email:** [stephanie.mickel@sdem-semo.org](mailto:stephanie.mickel@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 disorder, autistic people

**Coverage area:** Saint-Jean-Sur-Richelieu

**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**

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

**Email:** [chambly@benevolatrivesud.ca](mailto: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: people and 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](http://www.cbsblg.org)

**Email:** [info@cbsblg.org](mailto: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, 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](http://avrditsa.org/en)

**Email:** [info@avrditsa.org](mailto: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](http://www.aphvr.org)

**Email:** [informations@aphvr.org](mailto: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](http://atccmonteregie.qc.ca)

**Email:** [atcc@atccmonteregie.qc.ca](mailto: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](http://entraideplus.org)

**Email:** [info@entraideplus.org](mailto: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/en/adapted-services/grandpre-camp/](http://fondationpapillon.ca/en/adapted-services/grandpre-camp/)

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

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

**Eligibility:** people living with intellectual disability or autism 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

### 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](http://www.mfvr.ca)

**Email:** [reception@mfvr.ca](mailto: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](http://www.repit-intermede.com)

**Email:** [coordoservices@gmail.com](mailto: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](http://avrditsa.org/en)

**Email:** [info@avrditsa.org](mailto: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](http://atccmonteregie.qc.ca)

**Email:** [atcc@atccmonteregie.qc.ca](mailto: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](http://poumonquebec.ca/en)**Email:** [info@poumonquebec.ca](mailto:info@poumonquebec.ca)**Services:** Virtual self-help group on sleep apnea. \* Information evenings, capsules, questions and answers with professionals from the field.**Eligibility:** people living with sleep apnea, family members, caregivers**Coverage area:** Beloeil and surroundings**Hours:** Monday to Thursday 9h00 to 17h00**Fees:** none**Financing:** fundraising campaigns, self-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](http://leberceau.org)**Email:** [info@leberceau.org](mailto:info@leberceau.org)**Services:** Accompaniment of future and new parents, from birth to their baby's first birthday. \* Information, support and referrals. \* Les Mères-Veilleuses: support group for post-partum depression. \* Relevailles à domicile: baby and child care, light housekeeping, support with overall organization, help with meal preparation, etc. \* Prenatal meetings: pregnancy and parenthood, attachment, fetal development, breastfeeding and return to childhood, childbirth, pain, postnatal preparation. \* Breastfeeding support. \* First aid and CPR courses for babies and children. \* Perinatal bereavement support group. \* Rental of accessories: baby carriers, breast pumps, books and maternity clothes. \* Thrift store and used goods recovery: maternity and nursing clothes, baby clothes, shoes and boots 0-2 years, washable diapers, play mats, bedding, ergonomic slings and carriers, accessories. \* Parent-baby activities: a wide variety of activities, including special activities for fathers and their babies. \* Rental of multi-purpose rooms.**Eligibility:** pregnant persons, parents-to-be and parents with a child under 2 years 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**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](http://www.ville.mont-saint-hilaire.qc.ca)**Email:** [information@villemsh.ca](mailto:information@villemsh.ca)**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villemsh.ca/collectes-et-ecocentre](http://www.villemsh.ca/collectes-et-ecocentre) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Recreation services: activities, day camp, etc. \* Les incroyables comestibles community gardens. \* Café-conférences on various health topics for adults. \* Municipal library. \* Rental of halls.**Eligibility:** general public**Coverage area:** Mont-Saint-Hilaire**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00**Financing:** municipal**Legal status:** non-profit organization

**PARRAINAGE CIVIQUE DE LA VALLÉE-DU-RICHELIEU**

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

**1 877 464-7287**

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

**Email:** [info@pcvr.ca](mailto: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:** people 12 years old and over living with an intellectual disability, a mental health problem, trisomy 21 or autistic spectrum disorders

**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:** annual membership: \$15, \$20 for volunteer and support member

**Financing:** Centraide of Greater Montr al, Centraide Richelieu-Yamaska, provincial

**Legal status:** non-profit organization

**SJ GREN'S SYNDROME ASSOCIATION**

886 Sir-Wilfrid-Laurier Boulevard, Beloeil, Montr gie, QC, J3G 4J6

**1 877 934-3666**

**Website:** [sjogrens.ca/en](http://sjogrens.ca/en)

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

**Services:** \* Support group for people living with Sj gren's syndrome. \* Information for patients and their family.

**Eligibility:** people diagnosed with Sj gren's syndrome and their relatives

**Coverage area:** Province of Qu bec

**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****ASSOCIATION DE LA VALL E DU RICHELIEU POUR LA D FICIENCE INTELLECTUELLE/TROUBLE DU SPECTRE DE L'AUTISME**

625 Lechasseur Street, Beloeil, Montr gie, QC, J3G 2L3

**450 467-8644**

**Website:** [avrditsa.org/en](http://avrditsa.org/en)

**Email:** [info@avrditsa.org](mailto: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 Vall e-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, Montr gie, 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:** people 12 years old and over living with an intellectual disability, a mental health problem, trisomy 21 or autistic spectrum disorders

**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:** annual membership: \$15, \$20 for volunteer and support member

**Financing:** Centraide of Greater Montr al, Centraide Richelieu-Yamaska, provincial

**Legal status:** non-profit organization

**The Blind****CHAMBLY PUBLIC LIBRARY**

1625 De P rigny Boulevard, Chambly, Montr gie, QC, J3L 1X1

**450 658-2711 Fax:** 450 447-4525

**Website:** ville.chambly.qc.ca/bibliotheque

**Email:** bibliotheque@ville.chambly.qc.ca

**Services:** Loan and consultation of books and audiovisual documents. \* Book club for adults. \* Book club for children. \* Computers and Internet access. \* G n rations@branch es : introduction to computer technology for seniors by pairing with a teenager-teacher. \* Animation activities. \* Home delivery for people with reduced mobility. \* Collection for people with a visual disability.

**Eligibility:** general public

**Coverage area:** Chambly

**Hours:** Tuesday to Thursday 9h00 to 21h00, Monday and Friday 9h00 to 17h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

**SDEM SEMO MONTR GIE - MONT-SAINT-HILAIRE**

430 Sir-Wilfrid-Laurier Boulevard, Suite 204, Mont-Saint-Hilaire, Montr gie, 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:** Vall e du Richelieu, Marieville

**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



**SDEM SEMO MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU**

315 MacDonald Street, Suite 115, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5

**450 646-1595** Fax: 450 674-7220

**Website:** sdem-semo.org

**Email:** stephanie.mickel@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 disorder, autistic people

**Coverage area:** Saint-Jean-Sur-Richelieu

**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 Montsabr  Street, Suite D-131, Beloeil, Mont r gie, 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:** Mont r gie

**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**

**SCHOOL PERSEVERANCE**

## Academic and vocational guidance

### INTÉGRATION COMPÉTENCES

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

**450 464-4481** Fax: 450 464-8455

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

**Email:** [info@integrationcompetences.ca](mailto: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](http://integrationcompetences.ca)

**Email:** [info@integrationcompetences.ca](mailto: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](http://www.tandem-emploi.org)

**Email:** [info@tandem-emploi.org](mailto: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 labour 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 Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00

**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](http://www.tandem-emploi.org)

**Email:** [info@tandem-emploi.org](mailto: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 labour 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](http://entraideplus.org)

**Email:** [info@entraideplus.org](mailto: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

## 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:** Vallée du Richelieu, Marieville

**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

### SDEM SEMO MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU

315 MacDonald Street, Suite 115, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5

**450 646-1595 Fax:** 450 674-7220

**Website:** sdem-semo.org

**Email:** stephanie.mickel@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 disorder, autistic people

**Coverage area:** Saint-Jean-Sur-Richelieu

**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

**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****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. \* Information and referrals. \* Recreation, cultural and education programs for seniors and early child. \* English speaking workshops for french health care providers. \* English library. \* Assistance in filling out forms. \* Translations services french to english and english to french. \* Workshops Services-Canada for seniors. \* Organize community events.

**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, library: Tuesday to Thursday 13h30 to 15h30

**Fees:** low-cost

**Financing:** federal, provincial

**Legal status:** non-profit organization

**Literacy****ARMAND-CARDINAL LIBRARY**

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

**450 467-2542 ext. 2268**

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

**Email:** 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.

**Eligibility:** general public

**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: \$120 per year

**Financing:** municipal

**Legal status:** parapublic organization

## School perseverance

### INTÉGRATION COMPÉTENCES

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

**450 464-4481 Fax:** 450 464-8455

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

**Email:** [info@integrationcompetences.ca](mailto: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](http://integrationcompetences.ca)

**Email:** [info@integrationcompetences.ca](mailto: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

### 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. \* Opération septembre: partial payment of school fees for parents in need. \* 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

### INTÉGRATION COMPÉTENCES

285 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

## 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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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](http://stmathieudebeloeil.ca)

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

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.stmathieudebeloeil.ca/collectes-et-depots](http://www.stmathieudebeloeil.ca/collectes-et-depots) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Commissioner of Oaths. \* Financial assistance for enrolment in sports and leisure activities. \* Subsidy for the purchase of cloth diapers. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Saint-Mathieu-de-Beloeil

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

**Financing:** municipal

**Legal status:** municipal agency

## Business development

### CENTRE D'AIDE AUX ENTREPRISES DE LA RIVE-SUD

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

**450 446-3650**

**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

285 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 labour 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 Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00

**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](http://www.tandem-emploi.org)

**Email:** [info@tandem-emploi.org](mailto: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 labour 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

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

**450 464-4481 Fax:** 450 464-8455

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

**Email:** [info@integrationcompetences.ca](mailto: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

### 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

285 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 CISSS.

\* Maison Stéphane Fallu: youth housing, 2 to 3 years. \* Distribution of naloxone kits. \* Distribution of injection equipment. \* I'm hungry every day: meals offered to needy children attending primary and secondary schools in Chambly or Carignan. \* POSART: creative oral and visual arts workshops. \* Open Door to Employment: socio-professional integration for young adults neither working nor studying. \* Halte-Chaleur with meals.

**Eligibility:** people 35 years and under in difficulty, Clinique: people 12 to 24 years old, I'm hungry every day: children in need attending one of the primary or secondary schools in Chambly or Carignan, Maison Stéphane Fallu: 17 to 19 year olds leaving the DPJ, Open Door to Employment: people 16 to 35 years old who are neither working nor studying and who are eligible for Emploi-Québec

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

**Hours:** Monday to Friday 9h00 to 16h00, youth clinic: by appointment, Monday to Wednesday 9h00 to 16h00

**Fees:** variable

**Financing:** provincial, donations, municipal

**Legal status:** non-profit organization

## Tax clinics

### CHEVALIERS DE COLOMB - TAX CLINIC

20 Saint-Jean-Baptiste Street, Beloeil, Montérégie, QC, J3G 2T9

**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

**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:** suggested voluntary contribution: \$10 per person per tax year

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

## Vocational rehabilitation and disability-related 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

### 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 CISSS.

\* Maison Stéphane Fallu: youth housing, 2 to 3 years. \* Distribution of naloxone kits. \* Distribution of injection equipment. \* I'm hungry every day: meals offered to needy children attending primary and secondary schools in Chambly or Carignan. \* POSART: creative oral and visual arts workshops. \* Open Door to Employment: socio-professional integration for young adults neither working nor studying. \* Halte-Chaleur with meals.

**Eligibility:** people 35 years and under in difficulty, Clinique: people 12 to 24 years old, I'm hungry every day: children in need attending one of the primary or secondary schools in Chambly or Carignan, Maison Stéphane Fallu: 17 to 19 year olds leaving the DPJ, Open Door to Employment: people 16 to 35 years old who are neither working nor studying and who are eligible for Emploi-Québec

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

**Hours:** Monday to Friday 9h00 to 16h00, youth clinic: by appointment, Monday to Wednesday 9h00 to 16h00

**Fees:** variable

**Financing:** provincial, donations, municipal

**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:** Vallée du Richelieu, Marieville

**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

### **SDEM SEMO MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU**

315 MacDonald Street, Suite 115, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5

**450 646-1595** Fax: 450 674-7220

**Website:** [sdem-semo.org](http://sdem-semo.org)

**Email:** [stephanie.mickel@sdem-semo.org](mailto:stephanie.mickel@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 disorder, autistic people

**Coverage area:** Saint-Jean-Sur-Richelieu

**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 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. \* Opération septembre: partial payment of school fees for parents in need. \* 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, 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

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

727 de Salaberry Avenue, Suite 201, Chambly, Montérégie, QC, J3L 1R2

**450 447-3414**

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

**Email:** [info@cornedabondance.com](mailto: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 DE LA VALLÉE DU RICHELIEU (LA)

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

**450 446-0852**

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

**Email:** [reception@mfvr.ca](mailto: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 LA TRAVERSÉE

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

**450 584-2173**

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

**Email:** [dg@mdjlatraversee.com](mailto: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 glîçade, 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 glîçade, 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****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

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

**Fees:** perishable goods basket: \$10 to \$15 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 glîçade, 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

**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

**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. \* Opération septembre: partial payment of school fees for parents in need. \* 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, 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

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

**Fees:** perishable goods basket: \$10 to \$15 per week

**Financing:** donations, provincial

**Legal status:** non-profit organization

**Food assistance coordination****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 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](http://www.cbsblg.org)

**Email:** [info@cbsblg.org](mailto: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, 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](http://www.posasdm.com)

**Email:** [direction@posasdm.org](mailto:direction@posasdm.org)

**Services:** \* Street work: listening, support, information and awareness. \* Youth clinic in partnership with CISSS. \* Maison Stéphane Fallu: youth housing, 2 to 3 years. \* Distribution of naloxone kits. \* Distribution of injection equipment. \* I'm hungry every day: meals offered to needy children attending primary and secondary schools in Chambly or Carignan. \* POSART: creative oral and visual arts workshops. \* Open Door to Employment: socio-professional integration for young adults neither working nor studying. \* Halte-Chaleur with meals.

**Eligibility:** people 35 years and under in difficulty, Clinique: people 12 to 24 years old, I'm hungry every day: children in need attending one of the primary or secondary schools in Chambly or Carignan, Maison Stéphane Fallu: 17 to 19 year olds leaving the DPJ, Open Door to Employment: people 16 to 35 years old who are neither working nor studying and who are eligible for Emploi-Québec

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

**Hours:** Monday to Friday 9h00 to 16h00, youth clinic: by appointment, Monday to Wednesday 9h00 to 16h00

**Fees:** variable

**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](http://www.quebecfrancecvr.org)

**Email:** [info@quebecfrance.qc.ca](mailto: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](http://entraideplus.org)

**Email:** [info@entraideplus.org](mailto: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](http://www.cbsblg.org)

**Email:** [info@cbsblg.org](mailto: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, 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](http://www.cfessentielle.org)

**Email:** [essentielle@videotron.ca](mailto:essentielle@videotron.ca)

**Services:** Welcoming space, 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](http://www.graindesel.ca)

**Email:** [info@graindesel.ca](mailto: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

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

**Fees:** perishable goods basket: \$10 to \$15 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](http://entraideplus.org)

**Email:** [info@entraideplus.org](mailto: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](http://cabvr.org)

**Email:** [cabvr@cabvr.org](mailto:cabvr@cabvr.org)

**Services:** \* Promotion of volunteer work. \* Food assistance. \* Meals on wheels. \* Friendly visits. \* Activities and outings for seniors. \* Opération septembre: partial payment of school fees for parents in need. \* 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**

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

**Email:** [chambly@benevolatrivesud.ca](mailto: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: people and 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](http://www.cbsblg.org)

**Email:** [info@cbsblg.org](mailto: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, 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](http://beloeil.ca)

**Email:** [info@beloeil.ca](mailto: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](http://www.carignan.quebec)

**Email:** [info@villedecarignan.org](mailto: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 and calendar on waste management provided by the MRC de La Vallée-du-Richelieu: [www.carignan.quebec/services/services-municipaux/collectes-et-recyclage](http://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.

**Eligibility:** general public

**Coverage area:** Carignan

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

**Financing:** municipal

**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](http://ville.chambly.qc.ca)

**Email:** [information@ville.chambly.qc.ca](mailto: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](http://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/systeme-dappels-automatisees-pour-les-urgences/](http://ville.chambly.qc.ca/systeme-dappels-automatisees-pour-les-urgences/) \* 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](http://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](http://www.mcmasterville.ca)

**Email:** [info@mcmasterville.ca](mailto: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](http://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](http://www.ville.mont-saint-hilaire.qc.ca)

**Email:** [information@villemsh.ca](mailto:information@villemsh.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villemsh.ca/collectes-et-ecocentre](http://www.villemsh.ca/collectes-et-ecocentre) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Recreation services: activities, day camp, etc. \* Les incroyables comestibles community gardens. \* Café-conférences on various health topics for adults. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Mont-Saint-Hilaire

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

**Financing:** municipal

**Legal status:** non-profit organization

**OTTERBURN PARK - CITY**

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

**450 536-0303** Fax: 450 467-8260

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

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

**Services:** Municipal service management. \* Municipal tax payment. \* Waste collection calendar: [www.opark.ca/citoyens/collectes](http://www.opark.ca/citoyens/collectes) \* Dog and cat license. \* Urban-planning department: construction permits. \* Public work department: infrastructure maintenance.

**Eligibility:** general public

**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](http://saint-antoine-sur-richelieu.ca)

**Email:** [municipalite@sasr.ca](mailto:municipalite@sasr.ca)

**Services:** Municipal service management. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles](http://www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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](http://smsr.quebec)

**Email:** [info@smsr.quebec](mailto:info@smsr.quebec)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.smsr.quebec/matieres-residuelles](http://www.smsr.quebec/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Pair program: automated call service for seniors. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.stmathieudebeloeil.ca/collectes-et-depots](http://www.stmathieudebeloeil.ca/collectes-et-depots) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Commissioner of Oaths. \* Financial assistance for enrolment in sports and leisure activities. \* Subsidy for the purchase of cloth diapers. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Saint-Mathieu-de-Beloeil

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

**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](http://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 and calendar on waste management provided by the MRC de La Vallée-du-Richelieu: [www.carignan.quebec/services/services-municipaux/collectes-et-recyclage](http://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.

**Eligibility:** general public

**Coverage area:** Carignan

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

**Financing:** municipal

**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](http://ville.chambly.qc.ca)

**Email:** [information@ville.chambly.qc.ca](mailto: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](http://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/systeme-dappels-automatisees-pour-les-urgences/](http://ville.chambly.qc.ca/systeme-dappels-automatisees-pour-les-urgences/) \* 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](http://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](http://www.mcmasterville.ca)

**Email:** [info@mcmasterville.ca](mailto: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](http://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](http://www.ville.mont-saint-hilaire.qc.ca)

**Email:** [information@villemsh.ca](mailto:information@villemsh.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villemsh.ca/collectes-et-ecocentre](http://www.villemsh.ca/collectes-et-ecocentre) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Recreation services: activities, day camp, etc. \* Les incroyables comestibles community gardens. \* Café-conférences on various health topics for adults. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Mont-Saint-Hilaire

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

**Financing:** municipal

**Legal status:** non-profit organization

**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](http://www.mrcvr.ca)

**Email:** [info@mrcvr.ca](mailto: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 waste management: [www.mrcvr.ca/services/matieres-residuelles/info-collectes/calendriers-des-collectes](http://www.mrcvr.ca/services/matieres-residuelles/info-collectes/calendriers-des-collectes) \* Participation in socio-economic development and businesses support. \* Promotion of heritage, culture and tourism. \* Management of the Office régional d'habitation de La Vallée-du-Richelieu.

**Eligibility:** general public

**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:** non-profit organization

## OTTERBURN PARK - CITY

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

**450 536-0303** Fax: 450 467-8260

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

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

**Services:** Municipal service management. \* Municipal tax payment. \* Waste collection calendar: [www.opark.ca/citoyens/collectes](http://www.opark.ca/citoyens/collectes) \* Dog and cat license. \* Urban-planning department: construction permits. \* Public work department: infrastructure maintenance.

**Eligibility:** general public

**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](http://saint-antoine-sur-richelieu.ca)

**Email:** [municipalite@sasr.ca](mailto:municipalite@sasr.ca)

**Services:** Municipal service management. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles](http://www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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](http://smsr.quebec)

**Email:** [info@smsr.quebec](mailto:info@smsr.quebec)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.smsr.quebec/matieres-residuelles](http://www.smsr.quebec/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Pair program: automated call service for seniors. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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](http://stmathieudebeloeil.ca)

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

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.stmathieudebeloeil.ca/collectes-et-depots](http://www.stmathieudebeloeil.ca/collectes-et-depots) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Commissioner of Oaths. \* Financial assistance for enrolment in sports and leisure activities. \* Subsidy for the purchase of cloth diapers. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Saint-Mathieu-de-Beloeil

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

**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](http://soghu.com/en/homepage)

**Email:** [soghu@soghu.ca](mailto: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](http://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/](http://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](http://www.mrcvr.ca)

**Email:** [info@mrcvr.ca](mailto: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 waste management: [www.mrcvr.ca/services/matieres-residuelles/info-collectes/calendriers-des-collectes](http://www.mrcvr.ca/services/matieres-residuelles/info-collectes/calendriers-des-collectes) \* Participation in socio-economic development and businesses support. \* Promotion of heritage, culture and tourism. \* Management of the Office régional d'habitation de La Vallée-du-Richelieu.

**Eligibility:** general public

**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:** non-profit organization

**Official documents****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/](http://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/](http://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. \* Opération septembre: partial payment of school fees for parents in need. \* 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, capsules, questions and answers with professionals from the field.

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

**Coverage area:** Beloeil and surroundings

**Hours:** Monday to Thursday 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](http://www.cbsblg.org)

**Email:** [info@cbsblg.org](mailto: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, 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

**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](http://www.ville.mont-saint-hilaire.qc.ca)

**Email:** [information@villemsh.ca](mailto:information@villemsh.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villemsh.ca/collectes-et-ecocentre](http://www.villemsh.ca/collectes-et-ecocentre) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Recreation services: activities, day camp, etc. \* Les incroyables comestibles community gardens. \* Café-conférences on various health topics for adults. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Mont-Saint-Hilaire

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

**Financing:** municipal

**Legal status:** non-profit organization

**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](http://saint-antoine-sur-richelieu.ca)

**Email:** [municipalite@sasr.ca](mailto:municipalite@sasr.ca)

**Services:** Municipal service management. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles](http://www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Saint-Antoine-sur-Richelieu

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

**Financing:** municipal

**Legal status:** municipal agency

**SJÖGREN'S SYNDROME ASSOCIATION**

886 Sir-Wilfrid-Laurier Boulevard, Beloeil, Montérégie, QC, J3G 4J6

**1 877 934-3666**

**Website:** [sjogrens.ca/en](http://sjogrens.ca/en)

**Email:** [sjogrenquebec@gmail.com](mailto: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. \* Information, support and referrals. \* Les Mères-Veilleuses: support group for post-partum depression. \* Relevailles à domicile: baby and child care, light housekeeping, support with overall organization, help with meal preparation, etc. \* Prenatal meetings: pregnancy and parenthood, attachment, fetal development, breastfeeding and return to childhood, childbirth, pain, postnatal preparation. \* Breastfeeding support. \* First aid and CPR courses for babies and children. \* Perinatal bereavement support group. \* Rental of accessories: baby carriers, breast pumps, books and maternity clothes. \* Thrift store and used goods recovery: maternity and nursing clothes, baby clothes, shoes and boots 0-2 years, washable diapers, play mats, bedding, ergonomic slings and carriers, accessories. \* Parent-baby activities: a wide variety of activities, including special activities for fathers and their babies. \* Rental of multi-purpose rooms.

**Eligibility:** pregnant persons, parents-to-be and parents with a child under 2 years 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)

727 de Salaberry Avenue, Suite 201, Chambly, Montérégie, QC, J3L 1R2

**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

SHELTERS

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 CISSS. \* Maison Stéphane Fallu: youth housing, 2 to 3 years. \* Distribution of naloxone kits. \* Distribution of injection equipment. \* I'm hungry every day: meals offered to needy children attending primary and secondary schools in Chambly or Carignan. \* POSART: creative oral and visual arts workshops. \* Open Door to Employment: socio-professional integration for young adults neither working nor studying. \* Halte-Chaleur with meals.

**Eligibility:** people 35 years and under in difficulty, Clinique: people 12 to 24 years old, I'm hungry every day: children in need attending one of the primary or secondary schools in Chambly or Carignan, Maison Stéphane Fallu: 17 to 19 year olds leaving the DPJ, Open Door to Employment: people 16 to 35 years old who are neither working nor studying and who are eligible for Emploi-Québec

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

**Hours:** Monday to Friday 9h00 to 16h00, youth clinic: by appointment, Monday to Wednesday 9h00 to 16h00

**Fees:** variable

**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 CISSS. \* Maison Stéphane Fallu: youth housing, 2 to 3 years. \* Distribution of naloxone kits. \* Distribution of injection equipment. \* I'm hungry every day: meals offered to needy children attending primary and secondary schools in Chambly or Carignan. \* POSART: creative oral and visual arts workshops. \* Open Door to Employment: socio-professional integration for young adults neither working nor studying. \* Halte-Chaleur with meals.

**Eligibility:** people 35 years and under in difficulty, Clinique: people 12 to 24 years old, I'm hungry every day: children in need attending one of the primary or secondary schools in Chambly or Carignan, Maison Stéphane Fallu: 17 to 19 year olds leaving the DPJ, Open Door to Employment: people 16 to 35 years old who are neither working nor studying and who are eligible for Emploi-Québec

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

**Hours:** Monday to Friday 9h00 to 16h00, youth clinic: by appointment, Monday to Wednesday 9h00 to 16h00

**Fees:** variable

**Financing:** provincial, donations, municipal

**Legal status:** non-profit organization

## Shelters

### 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 CISSS.

\* Maison Stéphane Fallu: youth housing, 2 to 3 years. \* Distribution of naloxone kits. \* Distribution of injection equipment. \* I'm hungry every day: meals offered to needy children attending primary and secondary schools in Chambly or Carignan. \* POSART: creative oral and visual arts workshops. \* Open Door to Employment: socio-professional integration for young adults neither working nor studying. \* Halte-Chaleur with meals.

**Eligibility:** people 35 years and under in difficulty, Clinique: people 12 to 24 years old, I'm hungry every day: children in need attending one of the primary or secondary schools in Chambly or Carignan, Maison Stéphane Fallu: 17 to 19 year olds leaving the DPJ, Open Door to Employment: people 16 to 35 years old who are neither working nor studying and who are eligible for Emploi-Québec

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

**Hours:** Monday to Friday 9h00 to 16h00, youth clinic: by appointment, Monday to Wednesday 9h00 to 16h00

**Fees:** variable

**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 CISSS.

\* Maison Stéphane Fallu: youth housing, 2 to 3 years. \* Distribution of naloxone kits. \* Distribution of injection equipment. \* I'm hungry every day: meals offered to needy children attending primary and secondary schools in Chambly or Carignan. \* POSART: creative oral and visual arts workshops. \* Open Door to Employment: socio-professional integration for young adults neither working nor studying. \* Halte-Chaleur with meals.

**Eligibility:** people 35 years and under in difficulty, Clinique: people 12 to 24 years old, I'm hungry every day: children in need attending one of the primary or secondary schools in Chambly or Carignan, Maison Stéphane Fallu: 17 to 19 year olds leaving the DPJ, Open Door to Employment: people 16 to 35 years old who are neither working nor studying and who are eligible for Emploi-Québec

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

**Hours:** Monday to Friday 9h00 to 16h00, youth clinic: by appointment, Monday to Wednesday 9h00 to 16h00

**Fees:** variable

**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](http://www.mrcvr.ca/services/vie-communautaire/orhvr)

**Email:** [info@orhvr.ca](mailto: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:** Government - Provincial

## Emergency

### BELOEIL - CITY

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

**450 467-2835 ext. 0**

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

**Email:** [info@beloeil.ca](mailto: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](http://www.carignan.quebec)

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

**Services:** Management of municipal services. \* Online property assessment and assessment roll. \* Payment of municipal taxes. \* Online permit application. \* Urban planning by-laws. \* Information and calendar on waste management provided by the MRC de La Vallée-du-Richelieu: [www.carignan.quebec/services/services-municipaux/collectes-et-recyclage](http://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.

**Eligibility:** general public

**Coverage area:** Carignan

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

**Financing:** municipal

**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](http://ville.chambly.qc.ca)

**Email:** [information@ville.chambly.qc.ca](mailto: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](http://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/systeme-dappels-automatisees-pour-les-urgences/](http://ville.chambly.qc.ca/systeme-dappels-automatisees-pour-les-urgences/) \* 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](http://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](http://www.mcmasterville.ca)

**Email:** [info@mcmasterville.ca](mailto: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](http://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](http://www.ville.mont-saint-hilaire.qc.ca)

**Email:** [information@villemsh.ca](mailto:information@villemsh.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villemsh.ca/collectes-et-ecocentre](http://www.villemsh.ca/collectes-et-ecocentre) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Recreation services: activities, day camp, etc. \* Les incroyables comestibles community gardens. \* Café-conférences on various health topics for adults. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Mont-Saint-Hilaire

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

**Financing:** municipal

**Legal status:** non-profit organization

**OTTERBURN PARK - CITY**

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

**450 536-0303** Fax: 450 467-8260

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

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

**Services:** Municipal service management. \* Municipal tax payment. \* Waste collection calendar: [www.opark.ca/citoyens/collectes](http://www.opark.ca/citoyens/collectes) \* Dog and cat license. \* Urban-planning department: construction permits. \* Public work department: infrastructure maintenance.

**Eligibility:** general public

**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](http://saint-antoine-sur-richelieu.ca)

**Email:** [municipalite@sasr.ca](mailto:municipalite@sasr.ca)

**Services:** Municipal service management. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles](http://www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.smsr.quebec/matieres-residuelles](http://www.smsr.quebec/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Pair program: automated call service for seniors. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.stmathieudebeloeil.ca/collectes-et-depots](http://www.stmathieudebeloeil.ca/collectes-et-depots) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Commissioner of Oaths. \* Financial assistance for enrolment in sports and leisure activities. \* Subsidy for the purchase of cloth diapers. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Saint-Mathieu-de-Beloeil

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

**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](http://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:** Government - Provincial

## 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](http://www.mrcvr.ca/services/vie-communautaire/orhvr)

**Email:** [info@orhvr.ca](mailto: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:** Government - Provincial

## **Immigration and cultural communities**

**INTERPRETATION AND TRANSLATION**

**MULTICULTURAL ORGANIZATIONS**

**PREVENTION AND FIGHT AGAINST RACISM**

**RECOGNITION OF PRIOR LEARNING AND DIPLOMAS**

**SETTLEMENT SERVICES FOR NEWCOMERS**

## Interpretation and translation

### 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](http://mepec-pemca.org)

**Email:** [info@mepec-pemca.org](mailto:info@mepec-pemca.org)

**Services:** Organization dedicated to serving the interests and guiding the English-speaking community to the appropriate resources. \* Information and referrals. \* Recreation, cultural and education programs for seniors and early child. \* English speaking workshops for french health care providers. \* English library. \* Assistance in filling out forms. \* Translations services french to english and english to french. \* Workshops Services-Canada for seniors. \* Organize community events.

**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, library: Tuesday to Thursday 13h30 to 15h30

**Fees:** low-cost

**Financing:** federal, provincial

**Legal status:** non-profit organization

## Multicultural organizations

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

Confidential Address

**450 906-1065**

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

**Email:** [info@quebecfrance.qc.ca](mailto: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](http://mepec-pemca.org)

**Email:** [info@mepec-pemca.org](mailto:info@mepec-pemca.org)

**Services:** Organization dedicated to serving the interests and guiding the English-speaking community to the appropriate resources. \* Information and referrals. \* Recreation, cultural and education programs for seniors and early child. \* English speaking workshops for french health care providers. \* English library. \* Assistance in filling out forms. \* Translations services french to english and english to french. \* Workshops Services-Canada for seniors. \* Organize community events.

**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, library: Tuesday to Thursday 13h30 to 15h30

**Fees:** low-cost

**Financing:** federal, provincial

**Legal status:** non-profit organization

## Recognition of prior learning and diplomas

### INTÉGRATION COMPÉTENCES

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

**450 464-4481 Fax:** 450 464-8455

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

**Email:** [info@integrationcompetences.ca](mailto: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](http://integrationcompetences.ca)

**Email:** [info@integrationcompetences.ca](mailto: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

### 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. \* Opération septembre: partial payment of school fees for parents in need. \* 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

### INTÉGRATION COMPÉTENCES

285 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

### GOVERNMENT SERVICES

## 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

## Government services

### 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. \* Opération septembre: partial payment of school fees for parents in need. \* 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

## **Justice and Advocacy**

### **ADVOCACY GROUPS**

### **CONSUMER PROTECTION AND COMPLAINTS**

### **COURTHOUSES AND TRIBUNALS**

### **LEGAL ASSISTANCE AND INFORMATION**

### **SUPPORT FOR OFFENDERS**

## Advocacy groups

### ASSOCIATION DES PERSONNES HANDICAPÉES DE LA VALLÉE DU RICHELIEU

308 Montsabr  Street, Suite D-209, Beloeil, Montr gie, QC, J3G 2H5

**450 464-7445**

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

**Email:** [informations@aphvr.org](mailto: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 Vall e-du-Richelieu

**Hours:** Monday to Thursday 9h30 to 16h30

**Fees:** annual membership: \$20

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

**Legal status:** non-profit organization

### COMIT  DE CONCERTATION ET DE VALORISATION DU BASSIN DE LA RIVI RE RICHELIEU

806 Richelieu Street, Beloeil, Montr gie, QC, J3G 4P6

**450 446-8030**

**Website:** [covabar.qc.ca](http://covabar.qc.ca)

**Email:** [info@covabar.qc.ca](mailto: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

### COMIT  DES USAGERS DU CENTRE DE R ADAPTATION EN D FICIENCE INTELLECTUELLE ET DU TROUBLE DU SPECTRE DE L'AUTISME - SERVICES EXTERNES - LONGUEUIL

255 Choquette Street, Beloeil, Montr gie, QC, J3G 4V6

**450 446-7477 ext. 2400**

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

**Email:** [info@cuditsa.ca](mailto: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 r adaptation en d fici nce intellectuelle et du trouble du spectre de l'autisme de Longueuil (CRDITEDME) users

**Coverage area:** CISSS de la Montr gie-Ouest area

**Financing:** provincial

**Legal status:** parapublic organization

### CONNEXION NATURE

422 des Moulins Road, Mont-Saint-Hilaire, Montr gie, QC, J3G 4S6

**450 467-1755**

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

**Email:** [info@connexionnature.org](mailto: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. \* Information and referrals. \* Recreation, cultural and education programs for seniors and early child. \* English speaking workshops for french health care providers. \* English library. \* Assistance in filling out forms. \* Translations services french to english and english to french. \* Workshops Services-Canada for seniors. \* Organize community events.

**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, library: Tuesday to Thursday 13h30 to 15h30

**Fees:** low-cost

**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 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

## 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](http://cuditsa.ca)

**Email:** [info@cuditsa.ca](mailto: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](http://www.mrcvr.ca/services/vie-communautaire/orhvr)

**Email:** [info@orhvr.ca](mailto: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:** Government - Provincial

## Courthouses and tribunals

### BELOEIL - MUNICIPAL COURT

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

**450 467-2835 ext. 2818 Fax: 450 467-5939**

**Website:** [beloeil.ca/servir/affaires-juridiques/contraventions-et-cour-municipale](http://beloeil.ca/servir/affaires-juridiques/contraventions-et-cour-municipale)

**Email:** [cour@beloeil.ca](mailto:cour@beloeil.ca)

**Services:** First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Tickets payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.

**Coverage area:** Beloeil, McMasterville, Saint-Basile-Le-Grand, MRC de La Vallée-du-Richelieu

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

**Financing:** municipal

**Legal status:** municipal agency

## 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](http://ainsisoitellecdf.ca)

**Email:** [info@ainsisoitellecdf.ca](mailto: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: \$15 each year

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

**Legal status:** non-profit organization

### BELOEIL - MUNICIPAL COURT

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

**450 467-2835 ext. 2818 Fax:** 450 467-5939

**Website:** [beloeil.ca/servir/affaires-juridiques/contraventions-et-cour-municipale](http://beloeil.ca/servir/affaires-juridiques/contraventions-et-cour-municipale)

**Email:** [cour@beloeil.ca](mailto:cour@beloeil.ca)

**Services:** First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Tickets payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.

**Coverage area:** Beloeil, McMasterville, Saint-Basile-Le-Grand, MRC de La Vallée-du-Richelieu

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

**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](http://ville.chambly.qc.ca)

**Email:** [information@ville.chambly.qc.ca](mailto: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](http://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/systeme-dappels-automatisees-pour-les-urgences/](http://ville.chambly.qc.ca/systeme-dappels-automatisees-pour-les-urgences/) \* 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](http://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

## Support for offenders

### BELOEIL - MUNICIPAL COURT

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

**450 467-2835 ext. 2818**    **Fax:** 450 467-5939

**Website:** [beloeil.ca/servir/affaires-juridiques/contraventions-et-cour-municipale](http://beloeil.ca/servir/affaires-juridiques/contraventions-et-cour-municipale)

**Email:** [cour@beloeil.ca](mailto:cour@beloeil.ca)

**Services:** First instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Tickets payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.

**Coverage area:** Beloeil, McMasterville, Saint-Basile-Le-Grand, MRC de La Vallée-du-Richelieu

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

**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 Montsabr  Street, Suite 204, Beloeil, Montr gie, QC, J3G 2H5

**450 446-1661**

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

**Email:** [info@preventionarcenciel.org](mailto: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

**Capacity:** unlimited

**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 S n cal Street, Chambly, Montr gie, QC, J3L 1N9

**450 658-2016** Fax: 450 358-2034

**Website:** [santemonteregie.qc.ca/en/installations/clinique-des-jeunes-du-bassin-de-chambly](http://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:** Montr gie

**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, Montr gie, QC, J3G 4H8

**450 714-1317** Fax: 450 714-1285

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

**Email:** [coordo@cpsry.org](mailto: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 Vall e-du-Richelieu

**Hours:** Monday to Friday 8h30 to 16h00, by appointment

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## INTÉGRATION COMPÉTENCES

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

**450 464-4481** Fax: 450 464-8455

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

**Email:** [info@integrationcompetences.ca](mailto: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](http://integrationcompetences.ca)

**Email:** [info@integrationcompetences.ca](mailto: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 gie, 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:** people 12 years old and over living with an intellectual disability, a mental health problem, trisomy 21 or autistic spectrum disorders

**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:** annual membership: \$15, \$20 for volunteer and support member

**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 gie, 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 gie, 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: \$15 each year

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

**Legal status:** non-profit organization

### CENTRE D'ÉCOUTE MONTÉRÉGIE, BRISER L'ISOLEMENT CHEZ LES ÂÎNÉS

1282 Bourgogne Street, Chambly, Montérégie, QC, J3L 1X9

**1 877 658-8509**

**Website:** ecoutemonteregie.org

**Email:** info@ecoutemonteregie.org

**Services:** Free, confidential helpline service for seniors. \* Weekly follow-up calls. \* Information and referrals.

**Eligibility:** people 50 years old 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 affected by sexaholism or sexual behaviors of another person. \* Weekly meetings. \* Open meeting in Montréal.

**Eligibility:** people 18 years and over suffering from sex addiction, sexual obsession or addicted to pornography

**Capacity:** meetings: between 5 and 20 people

**Coverage area:** Greater Montréal

**Hours:** variable, open meeting in Montréal: Friday 19h00

**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. \* Information, support and referrals. \* Les Mères-Veilleuses: support group for post-partum depression. \* Relevailles à domicile: baby and child care, light housekeeping, support with overall organization, help with meal preparation, etc. \* Prenatal meetings: pregnancy and parenthood, attachment, fetal development, breastfeeding and return to childhood, childbirth, pain, postnatal preparation. \* Breastfeeding support. \* First aid and CPR courses for babies and children. \* Perinatal bereavement support group. \* Rental of accessories: baby carriers, breast pumps, books and maternity clothes. \* Thrift store and used goods recovery: maternity and nursing clothes, baby clothes, shoes and boots 0-2 years, washable diapers, play mats, bedding, ergonomic slings and carriers, accessories. \* Parent-baby activities: a wide variety of activities, including special activities for fathers and their babies. \* Rental of multi-purpose rooms.

**Eligibility:** pregnant persons, parents-to-be and parents with a child under 2 years 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

### ARMAND-CARDINAL LIBRARY

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

**450 467-2542 ext. 2268**

**Website:** [www.villemsh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales](http://www.villemsh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales)

**Email:** [bibliotheque@villemsh.ca](mailto: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.

**Eligibility:** general public

**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: \$120 per year

**Financing:** municipal

**Legal status:** parapublic organization

### CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

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

**450 658-4469 Fax:** 450 658-4469

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

**Email:** [info@entraideplus.org](mailto: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**

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

**Email:** [chambly@benevolatrivesud.ca](mailto: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: people and 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](http://www.mfvr.ca)

**Email:** [reception@mfvr.ca](mailto: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

## 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](http://entraideplus.org)

**Email:** [info@entraideplus.org](mailto: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](http://cabvr.org)

**Email:** [cabvr@cabvr.org](mailto:cabvr@cabvr.org)

**Services:** \* Promotion of volunteer work. \* Food assistance. \* Meals on wheels. \* Friendly visits. \* Activities and outings for seniors. \* Opération septembre: partial payment of school fees for parents in need. \* 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](http://www.cbsblg.org)

**Email:** [info@cbsblg.org](mailto: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, 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](http://www.mfvr.ca)

**Email:** [reception@mfvr.ca](mailto: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

## **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](http://www.ville.mont-saint-hilaire.qc.ca)

**Email:** [information@villemsh.ca](mailto:information@villemsh.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villemsch.ca/collectes-et-ecocentre](http://www.villemsch.ca/collectes-et-ecocentre) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Recreation services: activities, day camp, etc. \* Les incroyables comestibles community gardens. \* Café-conférences on various health topics for adults. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Mont-Saint-Hilaire

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

**Financing:** 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](http://mepec-pemca.org)

**Email:** [info@mepec-pemca.org](mailto:info@mepec-pemca.org)

**Services:** Organization dedicated to serving the interests and guiding the English-speaking community to the appropriate resources. \* Information and referrals. \* Recreation, cultural and education programs for seniors and early child. \* English speaking workshops for french health care providers. \* English library. \* Assistance in filling out forms. \* Translations services french to english and english to french. \* Workshops Services-Canada for seniors. \* Organize community events.

**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, library: Tuesday to Thursday 13h30 to 15h30

**Fees:** low-cost

**Financing:** federal, provincial

**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](http://entraideplus.org)

**Email:** [info@entraideplus.org](mailto: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'ÉCOUTE MONTÉRÉGIE, BRISER L'ISOLEMENT CHEZ LES ÂÎNÉS**

1282 Bourgogne Street, Chambly, Montérégie, QC, J3L 1X9

**1 877 658-8509**

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

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

**Services:** Free, confidential helpline service for seniors. \* Weekly follow-up calls. \* Information and referrals.

**Eligibility:** people 50 years old 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](http://www.mfvr.ca)

**Email:** [reception@mfvr.ca](mailto:reception@mfvr.ca)

**Services:** Services for families and seniors. \* Respite and home support for caregivers looking after seniors with low mobility. \* Pavillon des Âînés: 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](http://cabvr.org)

**Email:** [cabvr@cabvr.org](mailto:cabvr@cabvr.org)

**Services:** \* Promotion of volunteer work. \* Food assistance. \* Meals on wheels. \* Friendly visits. \* Activities and outings for seniors. \* Opération septembre: partial payment of school fees for parents in need. \* 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 ÂÎNÉS**

1282 Bourgogne Street, Chambly, Montérégie, QC, J3L 1X9

**1 877 658-8509**

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

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

**Services:** Free, confidential helpline service for seniors. \* Weekly follow-up calls. \* Information and referrals.

**Eligibility:** people 50 years old 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**

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

**Email:** [chambly@benevolatrivesud.ca](mailto: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: people and 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](http://1001rues.org)

**Email:** [mo1001rues@hotmail.com](mailto: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](http://entraideplus.org)

**Email:** [info@entraideplus.org](mailto: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](http://cabvr.org)

**Email:** [cabvr@cabvr.org](mailto:cabvr@cabvr.org)

**Services:** \* Promotion of volunteer work. \* Food assistance. \* Meals on wheels. \* Friendly visits. \* Activities and outings for seniors. \* Opération septembre: partial payment of school fees for parents in need. \* 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**

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

**Email:** [chambly@benevolatrivesud.ca](mailto: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: people and 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](http://www.cbsblg.org)

**Email:** [info@cbsblg.org](mailto: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, 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](http://aideatout.com)

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

**Services:** \* Light and heavy housekeeping. \* Help with daily living: laundry, moving around, getting up, going to bed, hygiene care and safe supervision. \* Respite for caregivers. \* Light housework and seasonal chores. \*

Help with shopping. \* Meal preparation at home.

**Eligibility:** people aged 18 and over with a physical or functional limitation

**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:** lifetime social share: \$10, light work: \$34.92 per hour, heavy work: \$40.02 per hour, assistance with daily living: personal care: \$35 per hour, financial assistance and tax credit for people over 65: based on 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](http://www.mfvr.ca)

**Email:** [reception@mfvr.ca](mailto: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

### 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. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles](http://www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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

## 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](http://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, 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](http://www.mrcvr.ca/services/vie-communautaire/orhvr)

**Email:** [info@orhvr.ca](mailto: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:** Government - Provincial

## Intergenerational activities

### CHAMBLY PUBLIC LIBRARY

1625 De Périgny Boulevard, Chambly, Montérégie, QC, J3L 1X1

**450 658-2711** Fax: 450 447-4525

**Website:** [ville.chambly.qc.ca/bibliotheque](http://ville.chambly.qc.ca/bibliotheque)

**Email:** [bibliotheque@ville.chambly.qc.ca](mailto:bibliotheque@ville.chambly.qc.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Book club for adults. \* Book club for children. \* Computers and Internet access. \* Générations@branchées : introduction to computer technology for seniors by pairing with a teenager-teacher. \* Animation activities. \* Home delivery for people with reduced mobility. \* Collection for people with a visual disability.

**Eligibility:** general public

**Coverage area:** Chambly

**Hours:** Tuesday to Thursday 9h00 to 21h00, Monday and Friday 9h00 to 17h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

### 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](http://www.mfvr.ca)

**Email:** [reception@mfvr.ca](mailto: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 ADULTES À RISQUES

1282 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1X9

**450 658-8509**

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

**Email:** [info@projetradar.org](mailto: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 old 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

### 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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department.

\* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library.

\* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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

## 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](http://entraideplus.org)

**Email:** [info@entraideplus.org](mailto: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. \* Opération septembre: partial payment of school fees for parents in need. \* 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**

**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: people and 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](http://www.cbsblg.org)

**Email:** [info@cbsblg.org](mailto: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, 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****TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS DE LA MONTÉRÉGIE**

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

**450 447-5885**

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

**Email:** [info@trcam.ca](mailto: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](http://cabvr.org)

**Email:** [cabvr@cabvr.org](mailto: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**

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

**Email:** [chambly@benevolatrivesud.ca](mailto:chambly@benevolatrivesud.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](http://www.cbsblg.org)

**Email:** [info@cbsblg.org](mailto: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, 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**

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

**Services:** \* Medical transportation by volunteers.

**Eligibility:** general public

**Coverage area:** Saint-Basile-le-Grand

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

**Fees:** \$5 to \$25 according to the destination

**Financing:** subvention, dons, autofinancement

**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](http://www.mfvr.ca/ressourcefamille)

**Email:** [ressourcefamille@mfvr.ca](mailto:ressourcefamille@mfvr.ca)



**Services:** Accompaniment of families by psychosocial workers. \* Listening, guidance and support. \* Home visits. \* Referral 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

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

**Email:** [info@entraidepourhommes.org](mailto: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 9h00 to 16h00, Tuesday to Thursday 13h30 to 21h30

**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](http://ainsisoitellecdf.ca)

**Email:** [info@ainsisoitellecdf.ca](mailto: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: \$15 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](http://www.cfessentielle.org)

**Email:** [essentielle@videotron.ca](mailto:essentielle@videotron.ca)

**Services:** Welcoming space, 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: \$15 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:** Welcoming space, 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**

**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](http://avrditsa.org/en)

**Email:** [info@avrditsa.org](mailto: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

### CHAMBLY PUBLIC LIBRARY

1625 De Périgny Boulevard, Chambly, Montérégie, QC, J3L 1X1

**450 658-2711** Fax: 450 447-4525

**Website:** [ville.chambly.qc.ca/bibliotheque](http://ville.chambly.qc.ca/bibliotheque)

**Email:** [bibliotheque@ville.chambly.qc.ca](mailto:bibliotheque@ville.chambly.qc.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Book club for adults. \* Book club for children. \* Computers and Internet access. \* Générations@branchées : introduction to computer technology for seniors by pairing with a teenager-teacher. \* Animation activities. \* Home delivery for people with reduced mobility. \* Collection for people with a visual disability.

**Eligibility:** general public

**Coverage area:** Chambly

**Hours:** Tuesday to Thursday 9h00 to 21h00, Monday and Friday 9h00 to 17h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

## Clubs and social events

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

Confidential Address

**450 906-1065**

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

**Email:** [info@quebecfrance.qc.ca](mailto: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](http://entraideplus.org)

**Email:** [info@entraideplus.org](mailto: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](http://www.cbsblg.org)

**Email:** [info@cbsblg.org](mailto: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, 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](http://www.cfessentielle.org)

**Email:** [essentielle@videotron.ca](mailto:essentielle@videotron.ca)

**Services:** Welcoming space, 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

**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](http://www.ville.mont-saint-hilaire.qc.ca)

**Email:** [information@villemsh.ca](mailto:information@villemsh.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villemsh.ca/collectes-et-ecocentre](http://www.villemsh.ca/collectes-et-ecocentre) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Recreation services: activities, day camp, etc. \* Les incroyables comestibles community gardens. \* Café-conférences on various health topics for adults. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Mont-Saint-Hilaire

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

**Financing:** municipal

**Legal status:** non-profit organization

**Community recreation centres****CENTRE AMITIÉ-JEUNESSE CHAMBLY**

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

**450 658-6810**

**Email:** [mdjchambly@gmail.com](mailto: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](http://www.mfvr.ca)

**Email:** [reception@mfvr.ca](mailto: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 glîcade, 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

**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 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:** None or unknown

**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. \* Information and referrals. \* Recreation, cultural and education programs for seniors and early child. \* English speaking workshops for french health care providers. \* English library. \* Assistance in filling out forms. \* Translations services french to english and english to french. \* Workshops Services-Canada for seniors. \* Organize community events.

**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, library: Tuesday to Thursday 13h30 to 15h30

**Fees:** low-cost

**Financing:** federal, provincial

**Legal status:** non-profit organization

## Day camps and specialized camps

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

727 de Salaberry Avenue, Suite 201, Chambly, Montérégie, QC, J3L 1R2

**450 447-3414**

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

**Email:** [info@cornedabondance.com](mailto: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](http://www.mfvr.ca/ressourcefamille)

**Email:** [ressourcefamille@mfvr.ca](mailto:ressourcefamille@mfvr.ca)

**Services:** Accompaniment of families by psychosocial workers. \* Listening, guidance and support. \* Home visits. \* Referral 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

### 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](http://www.ville.mont-saint-hilaire.qc.ca)

**Email:** [information@villemsh.ca](mailto:information@villemsh.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villemsh.ca/collectes-et-ecocentre](http://www.villemsh.ca/collectes-et-ecocentre) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Recreation services: activities, day camp, etc. \* Les incroyables comestibles community gardens. \* Café-conférences on various health topics for adults. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Mont-Saint-Hilaire

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

**Financing:** municipal

**Legal status:** non-profit organization

### 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. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles](http://www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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](http://smsr.quebec)

**Email:** [info@smsr.quebec](mailto:info@smsr.quebec)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.smsr.quebec/matieres-residuelles](http://www.smsr.quebec/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Pair program: automated call service for seniors. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.stmathieudebeloeil.ca/collectes-et-depots](http://www.stmathieudebeloeil.ca/collectes-et-depots) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Commissioner of Oaths. \* Financial assistance for enrolment in sports and leisure activities. \* Subsidy for the purchase of cloth diapers. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Saint-Mathieu-de-Beloeil

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

**Financing:** municipal

**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)

727 de Salaberry Avenue, Suite 201, Chambly, Montérégie, QC, J3L 1R2

**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

## Libraries

### ARMAND-CARDINAL LIBRARY

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

**450 467-2542 ext. 2268**

**Website:** [www.villemsh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales](http://www.villemsh.ca/sports-culture-et-loisirs/bibliotheque/informations-generales)

**Email:** [bibliotheque@villemsh.ca](mailto: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.

**Eligibility:** general public

**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: \$120 per year

**Financing:** municipal

**Legal status:** parapublic organization

### BELOEIL - CITY

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

**450 467-2835 ext. 0**

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

**Email:** [info@beloeil.ca](mailto: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](http://bibliotheque.beloeil.ca)

**Email:** [biblio@beloeil.ca](mailto: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

### CHAMBLY PUBLIC LIBRARY

1625 De Périgny Boulevard, Chambly, Montérégie, QC, J3L 1X1

**450 658-2711 Fax:** 450 447-4525

**Website:** ville.chambly.qc.ca/bibliotheque

**Email:** bibliotheque@ville.chambly.qc.ca

**Services:** Loan and consultation of books and audiovisual documents. \* Book club for adults. \* Book club for children. \* Computers and Internet access. \* Générations@branchées : introduction to computer technology for seniors by pairing with a teenager-teacher. \* Animation activities. \* Home delivery for people with reduced mobility. \* Collection for people with a visual disability.

**Eligibility:** general public

**Coverage area:** Chambly

**Hours:** Tuesday to Thursday 9h00 to 21h00, Monday and Friday 9h00 to 17h00

**Fees:** none

**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

### 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. \* Information and referrals. \* Recreation, cultural and education programs for seniors and early child. \* English speaking workshops for french health care providers. \* English library. \* Assistance in filling out forms. \* Translations services french to english and english to french. \* Workshops Services-Canada for seniors. \* Organize community events.

**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, library: Tuesday to Thursday 13h30 to 15h30

**Fees:** low-cost

**Financing:** federal, provincial

**Legal status:** non-profit organization

### 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. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles](http://www.saint-antoine-sur-richelieu.ca/services-aux-citoyens/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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](http://smsr.quebec)

**Email:** [info@smsr.quebec](mailto:info@smsr.quebec)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.smsr.quebec/matieres-residuelles](http://www.smsr.quebec/matieres-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Pair program: automated call service for seniors. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public



**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. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.stmathieudebeloeil.ca/collectes-et-depots](http://www.stmathieudebeloeil.ca/collectes-et-depots) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Commissioner of Oaths. \* Financial assistance for enrolment in sports and leisure activities. \* Subsidy for the purchase of cloth diapers. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Saint-Mathieu-de-Beloeil

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

**Financing:** municipal

**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](http://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](http://lesmatinees.com)

**Email:** [lesmatinees@gmail.com](mailto: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 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:** None or unknown

### 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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department.

\* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library.

\* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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](http://stmathieudebeloeil.ca)

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

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.stmathieudebeloeil.ca/collectes-et-depots](http://www.stmathieudebeloeil.ca/collectes-et-depots) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Commissioner of Oaths. \* Financial assistance for enrolment in sports and leisure activities. \* Subsidy for the purchase of cloth diapers. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Saint-Mathieu-de-Beloeil

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

**Financing:** municipal

**Legal status:** municipal agency

## 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](http://avrditsa.org/en)

**Email:** [info@avrditsa.org](mailto: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](http://www.aphvr.org)

**Email:** [informations@aphvr.org](mailto: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](http://atccmonteregie.qc.ca)

**Email:** [atcc@atccmonteregie.qc.ca](mailto: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](http://entraideplus.org)

**Email:** [info@entraideplus.org](mailto: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

### **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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department.

\* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library.

\* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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](http://stmathieudebeloeil.ca)

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

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.stmathieudebeloeil.ca/collectes-et-depots](http://www.stmathieudebeloeil.ca/collectes-et-depots) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Commissioner of Oaths. \* Financial assistance for enrolment in sports and leisure activities. \* Subsidy for the purchase of cloth diapers. \* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library. \* Rental of halls.

**Eligibility:** general public

**Coverage area:** Saint-Mathieu-de-Beloeil

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

**Financing:** municipal

**Legal status:** municipal agency

**Thrift store and material aid****CLOTHING****DONATION PICK-UPS****THRIFT STORES**

## Clothing

### CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE

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

**450 658-4325**

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

**Email:** [chambly@benevolatrivesud.ca](mailto: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: people and 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](http://leberceau.org)

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

**Services:** Accompaniment of future and new parents, from birth to their baby's first birthday. \* Information, support and referrals. \* Les Mères-Veilleuses: support group for post-partum depression. \* Relevailles à domicile: baby and child care, light housekeeping, support with overall organization, help with meal preparation, etc. \* Prenatal meetings: pregnancy and parenthood, attachment, fetal development, breastfeeding and return to childhood, childbirth, pain, postnatal preparation. \* Breastfeeding support. \* First aid and CPR courses for babies and children. \* Perinatal bereavement support group. \* Rental of accessories: baby carriers, breast pumps, books and maternity clothes. \* Thrift store and used goods recovery: maternity and nursing clothes, baby clothes, shoes and boots 0-2 years, washable diapers, play mats, bedding, ergonomic slings and carriers, accessories. \* Parent-baby activities: a wide variety of activities, including special activities for fathers and their babies. \* Rental of multi-purpose rooms.

**Eligibility:** pregnant persons, parents-to-be and parents with a child under 2 years 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

### CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE - USED ITEMS RECOVERY

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

**450 658-4325**

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

**Email:** [chambly@benevolatrivesud.qc.ca](mailto: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

## MEUBLÉTOUT - 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

## 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

### 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. \* Opération septembre: partial payment of school fees for parents in need. \* 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**

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

**Email:** [chambly@benevolatrivesud.ca](mailto: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: people and 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](http://www.cbsblg.org)

**Email:** [info@cbsblg.org](mailto: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, 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](http://leberceau.org)

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

**Services:** Accompaniment of future and new parents, from birth to their baby's first birthday. \* Information, support and referrals. \* Les Mères-Veilleuses: support group for post-partum depression. \* Relevailles à domicile: baby and child care, light housekeeping, support with overall organization, help with meal preparation, etc. \* Prenatal meetings: pregnancy and parenthood, attachment, fetal development, breastfeeding and return to childhood, childbirth, pain, postnatal preparation. \* Breastfeeding support. \* First aid and CPR courses for babies and children. \* Perinatal bereavement support group. \* Rental of accessories: baby carriers, breast pumps, books and maternity clothes. \* Thrift store and used goods recovery: maternity and nursing clothes, baby clothes, shoes and boots 0-2 years, washable diapers, play mats, bedding, ergonomic slings and carriers, accessories. \* Parent-baby activities: a wide variety of activities, including special activities for fathers and their babies. \* Rental of multi-purpose rooms.

**Eligibility:** pregnant persons, parents-to-be and parents with a child under 2 years 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 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](http://paroissebeloeil.qc.ca/comptoir-familiale)

**Email:** [info@paroissebeloeil.qc.ca](mailto: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](http://meubletout.com)

**Email:** [info@meubletout.com](mailto: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**

**Website:** www.benevolatrivesud.qc.ca

**Email:** chambly@benevolatrivesud.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, 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**

**Email:** info@cbsblg.org

**Services:** \* Medical transportation by volunteers.

**Eligibility:** general public

**Coverage area:** Saint-Basile-le-Grand

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

**Fees:** \$5 to \$25 according to the destination

**Financing:** subvention, dons, autofinancement

**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:** Accompaniment of families by psychosocial workers. \* Listening, guidance and support. \* Home visits. \* Referral 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**

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

**Email:** [chambly@benevolatrivesud.ca](mailto:chambly@benevolatrivesud.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**

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

**Services:** \* Medical transportation by volunteers.

**Eligibility:** general public

**Coverage area:** Saint-Basile-le-Grand

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

**Fees:** \$5 to \$25 according to the destination

**Financing:** subvention, dons, autofinancement

**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: \$15 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

**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 9h00 to 16h00, Tuesday to Thursday 13h30 to 21h30

**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 ADULTES À RISQUES

1282 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1X9

**450 658-8509**

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

**Email:** [info@projetradar.org](mailto: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 old 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

### 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](http://www.ville.saint-basile-le-grand.qc.ca)

**Email:** [communications@villesblg.ca](mailto:communications@villesblg.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Calendar for waste management: [www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots](http://www.villesblg.ca/services-aux-citoyens/environnement/collectes-et-depots) \* Payment of municipal taxes \* Building permits, complaints and requests. \* Fire department.

\* Automated emergency notification system. \* Recreation services: activities, day camp, etc. \* Municipal library.

\* Rental of halls. Assistance programs. \* Aîné-Avisé contre l'abus et la fraude: information workshops for seniors. \* On rentre à la maison: a fact sheet describing a loved one with cognitive loss, enabling police to intervene more quickly in the event of a disappearance. \* Opération secours adaptés: an information sheet describing a person with reduced mobility, enabling emergency responders to intervene more quickly in the event of a fire or other disaster. \* Pair Program: a computerized system of telephone calls to check on the health of a senior citizen. Financial assistance programs \* Subsidy for the purchase of sustainable hygiene products: cloth diapers, menstrual cups, etc. \* Registration assistance for aquatic or sports activities. \* Home support: cash back for seniors.

**Eligibility:** general public

**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

## Support for perpetrators of violence and their families

### ENTRAIDE POUR HOMMES (L')

535 Sir-Wilfrid-Laurier Boulevard, Suite 312, Beloeil, Montérégie, QC, J3G 5E9

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

**Email:** [info@entraidepourhommes.org](mailto: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 9h00 to 16h00, Tuesday to Thursday 13h30 to 21h30

**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: \$15 each year

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

**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 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 LA FAMILLE VALLÉE DU RICHELIEU - RESSOURCE-FAMILLE**

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

**450 446-0852**

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

**Email:** [ressourcefamille@mfvr.ca](mailto:ressourcefamille@mfvr.ca)

**Services:** Accompaniment of families by psychosocial workers. \* Listening, guidance and support. \* Home visits. \* Referral 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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