



# DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTÉRÉGIE / MRC LE HAUT-SAINT-LAURENT / ALL CITIES



2-1-1



[WWW.211.QC.CA](http://WWW.211.QC.CA)

## Summary

<b>Disability</b>	1
Support Associations	2
Therapy and rehabilitation centres	2
<b>Education and Literacy</b>	3
Language courses	4
<b>Employment and Income Support</b>	5
Budget management and consumption	6
<b>Health</b>	7
Patient support associations	8
Public Health	8
<b>Immigration and cultural communities</b>	9
Prevention and fight against racism	10
<b>Justice and Advocacy</b>	11
Advocacy groups	12
<b>Mental Health and addictions</b>	13
Addiction treatment	14
<b>Sports, Recreation and Culture</b>	15
Arts and culture	16
Hobbies	16
Libraries	16

## **Disability**

**SUPPORT ASSOCIATIONS**

**THERAPY AND REHABILITATION CENTRES**

## Support Associations

### BARRIE MEMORIAL HOSPITAL

28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0

**450 829-2321** Fax: 450 829-3582

**Website:** [santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital](http://santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital)

**Services:** General and specialized cares hospital. \* General medicine. \* Emergencies and intensive care. \* Surgery. \* Outpatient clinics: surgery, endoscopy, diabetes, ophtalmology, wound cares. \* Diabetes Information Clinic. \* Physical rehabilitation. \* Distribution and recovery of injection equipment. \* Detoxification. \* Tests centre. \* Sleep laboratory.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## Therapy and rehabilitation centres

### BARRIE MEMORIAL HOSPITAL

28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0

**450 829-2321** Fax: 450 829-3582

**Website:** [santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital](http://santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital)

**Services:** General and specialized cares hospital. \* General medicine. \* Emergencies and intensive care. \* Surgery. \* Outpatient clinics: surgery, endoscopy, diabetes, ophtalmology, wound cares. \* Diabetes Information Clinic. \* Physical rehabilitation. \* Distribution and recovery of injection equipment. \* Detoxification. \* Tests centre. \* Sleep laboratory.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## Education and Literacy

### LANGUAGE COURSES

## Language courses

### **MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE**

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0

**450 264-3596**

**Website:** mwcnc.ca

**Email:** info@mwcnc.ca

**Services:** Development of the English-speaking community. \* Networking and partnerships. \* Health promotion. \* Advocacy. \* Knitting club. \* Financial literacy. \* French and English conversation workshops. \* Lending library: English books and audio books. \* Book club. \* Café-rencontre. \* Social and educational events and activities.

**Eligibility:** English-speaking community groups, citizens of all ages

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

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

**Fees:** membership: \$10 per year, \$20 for 2 years, \$25 for 3 years

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## **Employment and Income Support**

### **BUDGET MANAGEMENT AND CONSUMPTION**

## Budget management and consumption

### **MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE**

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0

**450 264-3596**

**Website:** mwcnc.ca

**Email:** info@mwcnc.ca

**Services:** Development of the English-speaking community. \* Networking and partnerships. \* Health promotion. \* Advocacy. \* Knitting club. \* Financial literacy. \* French and English conversation workshops. \* Lending library: English books and audio books. \* Book club. \* Café-rencontre. \* Social and educational events and activities.

**Eligibility:** English-speaking community groups, citizens of all ages

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

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

**Fees:** membership: \$10 per year, \$20 for 2 years, \$25 for 3 years

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization



**Health**

**PATIENT SUPPORT ASSOCIATIONS**

**PUBLIC HEALTH**

## Patient support associations

### BARRIE MEMORIAL HOSPITAL

28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0

**450 829-2321** Fax: 450 829-3582

**Website:** [santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital](http://santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital)

**Services:** General and specialized cares hospital. \* General medicine. \* Emergencies and intensive care. \* Surgery. \* Outpatient clinics: surgery, endoscopy, diabetes, ophtalmology, wound cares. \* Diabetes Information Clinic. \* Physical rehabilitation. \* Distribution and recovery of injection equipment. \* Detoxification. \* Tests centre. \* Sleep laboratory.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## Public Health

### MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0

**450 264-3596**

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

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

**Services:** Development of the English-speaking community. \* Networking and partnerships. \* Health promotion. \* Advocacy. \* Knitting club. \* Financial literacy. \* French and English conversation workshops. \* Lending library: English books and audio books. \* Book club. \* Café-rencontre. \* Social and educational events and activities.

**Eligibility:** English-speaking community groups, citizens of all ages

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

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

**Fees:** membership: \$10 per year, \$20 for 2 years, \$25 for 3 years

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## **Immigration and cultural communities**

### **PREVENTION AND FIGHT AGAINST RACISM**

## Prevention and fight against racism

### **MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE**

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0

**450 264-3596**

**Website:** mwcnc.ca

**Email:** info@mwcnc.ca

**Services:** Development of the English-speaking community. \* Networking and partnerships. \* Health promotion. \* Advocacy. \* Knitting club. \* Financial literacy. \* French and English conversation workshops. \* Lending library: English books and audio books. \* Book club. \* Café-rencontre. \* Social and educational events and activities.

**Eligibility:** English-speaking community groups, citizens of all ages

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

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

**Fees:** membership: \$10 per year, \$20 for 2 years, \$25 for 3 years

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## **Justice and Advocacy**

### **ADVOCACY GROUPS**

## Advocacy groups

### **MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE**

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0

**450 264-3596**

**Website:** mwcnc.ca

**Email:** info@mwcnc.ca

**Services:** Development of the English-speaking community. \* Networking and partnerships. \* Health promotion. \* Advocacy. \* Knitting club. \* Financial literacy. \* French and English conversation workshops. \* Lending library: English books and audio books. \* Book club. \* Café-rencontre. \* Social and educational events and activities.

**Eligibility:** English-speaking community groups, citizens of all ages

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

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

**Fees:** membership: \$10 per year, \$20 for 2 years, \$25 for 3 years

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## **Mental Health and addictions**

### **ADDICTION TREATMENT**

## Addiction treatment

### **BARRIE MEMORIAL HOSPITAL**

28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0

**450 829-2321** Fax: 450 829-3582

**Website:** [santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital](http://santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital)

**Services:** General and specialized cares hospital. \* General medicine. \* Emergencies and intensive care. \* Surgery. \* Outpatient clinics: surgery, endoscopy, diabetes, ophtalmology, wound cares. \* Diabetes Information Clinic. \* Physical rehabilitation. \* Distribution and recovery of injection equipment. \* Detoxification. \* Tests centre. \* Sleep laboratory.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization



## **Sports, Recreation and Culture**

**ARTS AND CULTURE**

**HOBBIES**

**LIBRARIES**

## Arts and culture

### MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0

**450 264-3596**

**Website:** mwcnc.ca

**Email:** info@mwcnc.ca

**Services:** Development of the English-speaking community. \* Networking and partnerships. \* Health promotion. \* Advocacy. \* Knitting club. \* Financial literacy. \* French and English conversation workshops. \* Lending library: English books and audio books. \* Book club. \* Café-rencontre. \* Social and educational events and activities.

**Eligibility:** English-speaking community groups, citizens of all ages

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

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

**Fees:** membership: \$10 per year, \$20 for 2 years, \$25 for 3 years

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## Hobbies

### MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0

**450 264-3596**

**Website:** mwcnc.ca

**Email:** info@mwcnc.ca

**Services:** Development of the English-speaking community. \* Networking and partnerships. \* Health promotion. \* Advocacy. \* Knitting club. \* Financial literacy. \* French and English conversation workshops. \* Lending library: English books and audio books. \* Book club. \* Café-rencontre. \* Social and educational events and activities.

**Eligibility:** English-speaking community groups, citizens of all ages

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

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

**Fees:** membership: \$10 per year, \$20 for 2 years, \$25 for 3 years

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## Libraries

### MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0

**450 264-3596**

**Website:** mwcnc.ca

**Email:** info@mwcnc.ca

**Services:** Development of the English-speaking community. \* Networking and partnerships. \* Health promotion. \* Advocacy. \* Knitting club. \* Financial literacy. \* French and English conversation workshops. \* Lending library: English books and audio books. \* Book club. \* Café-rencontre. \* Social and educational events and activities.

**Eligibility:** English-speaking community groups, citizens of all ages

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

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

**Fees:** membership: \$10 per year, \$20 for 2 years, \$25 for 3 years

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## **Alphabetical Index**

BARRIE MEMORIAL HOSPITAL	14
MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE	16