



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

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



2-1-1



WWW.211.QC.CA

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Child, Youth and Family

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Child, Youth and Family

DAYCARE AND RESPITE

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Daycare and respite

AFFAIRE DE FAMILLE (UNE)

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

CENTRE DE RESSOURCES FAMILIALES DU HAUT-SAINT-LAURENT

16 King Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4598

Email: crf@bellnet.ca

Services: * Parent-child early stimulation workshops from 0 to 5 years old. * Parent-child transition to school workshops. * Educational and thematic collective cooking workshops. * Workshops for parents: program Y'APP - Y'a personne de parfait (Nobody's Perfect). * Loan of equipment for babies and children (car seat, bed, etc.). * Assistance with baby products (diapers, milk, cereal, jars, etc.). * Drop-in daycare. * Toys and games library. * Library. * Matériathèque. * Portathèque.

Eligibility: families

Coverage area: MRC Le Haut-Saint-Laurent

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

Financing: provincial

Legal status: non-profit organization

Maternity support and adoption

CENTRE DE RESSOURCES FAMILIALES DU HAUT-SAINT-LAURENT

16 King Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4598

Email: crf@bellnet.ca

Services: * Parent-child early stimulation workshops from 0 to 5 years old. * Parent-child transition to school workshops. * Educational and thematic collective cooking workshops. * Workshops for parents: program Y'APP - Y'a personne de parfait (Nobody's Perfect). * Loan of equipment for babies and children (car seat, bed, etc.). * Assistance with baby products (diapers, milk, cereal, jars, etc.). * Drop-in daycare. * Toys and games library. * Library. * Matériathèque. * Portathèque.

Eligibility: families

Coverage area: MRC Le Haut-Saint-Laurent

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

Financing: provincial

Legal status: non-profit organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

Parenting Education**AFFAIRE DE FAMILLE (UNE)**

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

Recreational Activities**CENTRE DE RESSOURCES FAMILIALES DU HAUT-SAINT-LAURENT**

16 King Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4598

Email: crf@bellnet.ca

Services: * Parent-child early stimulation workshops from 0 to 5 years old. * Parent-child transition to school workshops. * Educational and thematic collective cooking workshops. * Workshops for parents: program Y'APP - Y'a personne de parfait (Nobody's Perfect). * Loan of equipment for babies and children (car seat, bed, etc.). * Assistance with baby products (diapers, milk, cereal, jars, etc.). * Drop-in daycare. * Toys and games library. * Library. * Matériathèque. * Portathèque.

Eligibility: families

Coverage area: MRC Le Haut-Saint-Laurent

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

Financing: provincial

Legal status: non-profit organization

Youth Employment

AFFAIRE DE FAMILLE (UNE)

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI HUNTINGDON

2 Henderson Street, Suite 1, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5858 Fax: 450 264-2058

Website: cjehuntingdon.org

Email: cmoran@cjehuntingdon.org

Services: * Job search assistance: resume writing, referral, interview simulation. * School and professional guidance. * Business start-up assistance. * Youth service cooperative. * Desjardins - Jeunes au travail: internship program. * Jeunes volontaires: project realization program. * Self-service centre: documentation, Internet access, technical support, etc. * Meeting points in Sainte-Martine, Saint-Chrysostome and Saint-Anicet. * Services to employers.

Eligibility: youth 16 to 35 years old, youth service cooperative: youth 14 to 17 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Elgin, Franklin, Godmanchester, Havelock, Hinchinbrooke, Howick, Huntingdon, Ormstown, Sainte-Agnès-de-Dundee, Saint-Anicet, Saint-Antoine-Abbé, Sainte-Barbe, Saint-Chrysostome, Sainte-Martine, Saint-Urbain-Premier, Très-Saint-Sacrement

Hours: Monday, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 10h30 to 12h00 and 13h00 to 16h30, evenings by appointment

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

FRIPERIE COMMUNAUTAIRE HUNTINGDON

4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4775

Website: www.fripcommhunt.quebec

Email: fripcommhunt@hotmail.com

Services: * Thrift store: used clothing, furniture, small appliances, toys, tableware and household items. * On-site collection of used items. * Free rental of sports equipment. * Employment opportunities and socio-professional reintegration. * Assistance service and accompaniment. * Sale of reusable household products in bulk. * ARPE-Québec deposit site.

Eligibility: general population, individuals and families on a low income, people who are far from the labour market

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Saturday 9h00 to 17h00

Fees: rental of sports equipment: free but annual membership fee

Financing: self-financing, provincial, grants, donations

Legal status: non-profit organization

Youth Shelters and Support

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY DEVELOPMENT

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON

163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-6888

Website: addshuntingdonhsl.weebly.com

Email: adds.huntingdon@hotmail.ca

Services: Promoting rights and advocating social interests of people with a low income. * Accompaniment and support in the process of recognition of rights. * Assistance in filling out forms. * Assistance in getting in touch with government agencies. * Awareness and information. * Mobilization. * Tax clinic.

Eligibility: people on a low income

Coverage area: MRC Le Haut-Saint-Laurent

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

Fees: none

Legal status: non-profit organization

COMITÉ DÉTRESSE SOCIALE DU HAUT-SAINT-LAURENT

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 ext. 1325 Fax: 450 264-4542

Email: anyze.goyette.cssshsl16@sss.gouv.qc.ca

Services: Consultation of community partners. * Development of warning systems and response mechanisms to support the environment following a suicidal crisis. * Adaptation of services to the needs of at-risk groups. * Promotion tools for existing services. * Awareness in workplaces. * Monitoring of the state of distress in the environment.

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Charity Organizations

WOMEN'S AUXILIARY OF THE BARRIE MEMORIAL HOSPITAL

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

450 377-0700

Website: damesauxiliairesbarrie.org

Email: dabarriememorial@gmail.com

Services: Organization that collects donations to support the hospital, employees and patients. * Organizing events and fundraising activities.

Coverage area: MRC Le Haut-Saint-Laurent

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Community development

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DU HAUT-SAINT-LAURENT

72 Dalhousie Street, Suite 100b, Huntingdon, Montérégie, QC, J0S 1H0

450 264-9042

Website: www.cdchsl.org

Email: info@cdchsl.org

Services: Multisectoral association of community organizations. * Spokesperson and representative of the community sector. * Supporting and advocating the interests of the local popular and community sectors. * Ensuring consultation and collaboration among the members of the community. * Organizing the Biennale du financement des OBNL.

Eligibility: community organizations

Coverage area: MRC Le Haut-Saint-Laurent

Financing: provincial

Legal status: non-profit organization

Volunteering and volunteer centres

WOMEN'S AUXILIARY OF THE BARRIE MEMORIAL HOSPITAL

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

450 377-0700

Website: damesauxiliairesbarrie.org

Email: dabarriememorial@gmail.com

Services: Organization that collects donations to support the hospital, employees and patients. * Organizing events and fundraising activities.

Coverage area: MRC Le Haut-Saint-Laurent

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

MOBILITY AIDS

PARATRANSIT

RESPIRE, CHILD CARE AND HOUSING

SUPPORT ASSOCIATIONS

THERAPY AND REHABILITATION CENTRES

Adapted work and employability support

AFFAIRE DE FAMILLE (UNE)

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

Mobility aids

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

Paratransit

SUR LES ROUTES DU SAINT-LAURENT

10 King Street, Office 126, Huntingdon, Montérégie, QC, J0S 1H0

450 264-2267 Fax: 450 264-2919

Email: transports.adapte-slrs@outlook.com

Services: * Transportation for people with reduced mobility, by employees.

Eligibility: people with reduced mobility

Coverage area: Dundee, Elgin, Godmanchester, Hinchinbrooke, Huntingdon, Ormstown, Saint-Anicet, Sainte-Barbe

Hours: transportation: 7 days, 6h00 to 21h00, administration: Monday to Friday 8h00 to 16h30

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

Respite, child care and housing

CENTRE D'HÉBERGEMENT D'ORMSTOWN

65 Hector Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-2321 Fax: 450 829-3110

Website: www.santemonteregie.qc.ca/en/installations/centre-dhebergement-dormstown

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Ormstown

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre:

Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)

23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-1243

Website: www.aidantsnaturelshsl.com

Email: info@aidantsnaturelshsl.com

Services: Physical and psychological support to caregivers responsible of an elderly living at home. * Caregiving without burnout workshop. * Breakfast seminar and monthly support group. * Mourning support group. * Male caregivers support group. * Telephone listening service and individual support. * Prevention program against senior abuse and violence. * At-home respite, respite relief center and at-home palliatives cares.

Eligibility: caregivers of a senior living at home

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$5

Financing: provincial, grants

Legal status: non-profit organization

PROJET COMMUNIC-ACTION

1493 138 Road, Suite 3, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5197 Fax: 450 264-8166

Website: www.projetcommunication.org

Email: info@projetcommunication.org

Services: * Friendly visits and phonecalls. * Accompaniment-transportation. * Assistance for shopping. * Home respite. * Minor repairs. * Intergenerational projects. * Community integration projects.

Eligibility: people 65 years and over with a loss of autonomy living at home

Coverage area: Huntingdon, Hinchinbrooke, Godmanchester, Dundee, Elgin, Saint-Anicet, Sainte-Barbe, Ormstown

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

Fees: none

Financing: Centraide Sud-Ouest, provincial, self-financing, donations

Legal status: non-profit organization

SERVICE D'ACCOMPAGNEMENT BÉNÉVOLE ET COMMUNAUTAIRE

1493-2 Road 138, Huntingdon, Montérégie, QC, J0S 1H0

450 264-1131 Fax: 450 264-1131

Website: www.sabecduhsl.com

Email: sabec2641131@hotmail.com

Services: * Medical transportation and accompaniment. * Home support.

Eligibility: seniors, people with a temporary or permanent loss of autonomy, any person who has a medical appointment and that lives in the MRC du Haut-Saint-Laurent

Coverage area: MRC Haut-Saint-Laurent, transport in MRC Haut-Saint-Laurent, Châteauguay, Delson, Hawkesbury, Les Coteaux, Longueuil, Montréal, Saint-Constant, Saint-Jean-sur-Richelieu, Sainte-Martine, Valleyfield, Vaudreuil-Dorion

Hours: administration: Monday to Friday 9h00 to 16h30, transport and accompaniment: 7 days, by appointment

Fees: variable between \$10 and \$80, reduced rate for car sharing, social aid providers: \$5

Financing: Centraide Sout-West of Québec, municipal, donations, provincial, self-financing

Legal status: non-profit organization

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

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

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre:

Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

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

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

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CARDIO-ACTIFS DU HAUT-SAINT-LAURENT

24 York Street, Suite 101, Huntingdon, Montérégie, QC, J0S 1H0

579 491-3411

Website: cardio-actifs.webnode.fr

Email: cardioactifs@gmail.com

Services: Physical activities. * Fitness centre. * Group classes: step-cardio, crossfit. * Health promotion, prevention and awareness. * Coordination with community organizations.

Eligibility: seniors, people recovering from a heart injury, general population

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00

Fees: membership: \$10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

Academic and vocational guidance

CARREFOUR JEUNESSE-EMPLOI HUNTINGDON

2 Henderson Street, Suite 1, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5858 Fax: 450 264-2058

Website: cje huntingdon.org

Email: cmoran@cje huntingdon.org

Services: * Job search assistance: resume writing, referral, interview simulation. * School and professional guidance. * Business start-up assistance. * Youth service cooperative. * Desjardins - Jeunes au travail: internship program. * Jeunes volontaires: project realization program. * Self-service centre: documentation, Internet access, technical support, etc. * Meeting points in Sainte-Martine, Saint-Chrysostome and Saint-Anicet. * Services to employers.

Eligibility: youth 16 to 35 years old, youth service cooperative: youth 14 to 17 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Elgin, Franklin, Godmanchester, Havelock, Hinchinbrooke, Howick, Huntingdon, Ormstown, Sainte-Agnès-de-Dundee, Saint-Anicet, Saint-Antoine-Abbé, Sainte-Barbe, Saint-Chrysostome, Sainte-Martine, Saint-Urbain-Premier, Très-Saint-Sacrement

Hours: Monday, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 10h30 to 12h00 and 13h00 to 16h30, evenings by appointment

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Computer workshops

AFFAIRE DE FAMILLE (UNE)

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

Homework assistance and tutoring

AFFAIRE DE FAMILLE (UNE)

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

Language courses

CENTRE DE FORMATION DE HUNTINGDON

163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5558

Website: www.cfhuntingdon.com

Email: centreformationhuntingdon@gmail.com

Services: Basic education and literacy. * French and English, writing and mathematics. * Personalized training, adapted to people's pace. * French and English second languages classes.

Eligibility: people 16 years old and over

Coverage area: French services: MRC Le Haut-Saint-Laurent, English services: Suroît

Hours: September to May: Monday to Thursday 8h00 to 16h00

Fees: free

Financing: self-financing, donations

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

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

450 264-3596

Website: mwc.ca

Email: ss.mwcnhuntingdon@gmail.com

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

Financing: federal, provincial, donations

Legal status: non-profit organization

Literacy

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON

163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-6888

Website: addshuntingdonhsl.weebly.com

Email: adds.huntingdon@hotmail.ca

Services: Promoting rights and advocating social interests of people with a low income. * Accompaniment and support in the process of recognition of rights. * Assistance in filling out forms. * Assistance in getting in touch with government agencies. * Awareness and information. * Mobilization. * Tax clinic.

Eligibility: people on a low income

Coverage area: MRC Le Haut-Saint-Laurent

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

Fees: none

Legal status: non-profit organization

CENTRE DE FORMATION DE HUNTINGDON

163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5558

Website: www.cfhuntingdon.com

Email: centreformationhuntingdon@gmail.com

Services: Basic education and literacy. * French and English, writing and mathematics. * Personalized training, adapted to people's pace. * French and English second languages classes.

Eligibility: people 16 years old and over

Coverage area: French services: MRC Le Haut-Saint-Laurent, English services: Suroît

Hours: September to May: Monday to Thursday 8h00 to 16h00

Fees: free

Financing: self-financing, donations

Legal status: non-profit organization

Public education

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON

163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-6888

Website: addshuntingdonhsl.weebly.com

Email: adds.huntingdon@hotmail.ca

Services: Promoting rights and advocating social interests of people with a low income. * Accompaniment and support in the process of recognition of rights. * Assistance in filling out forms. * Assistance in getting in touch with government agencies. * Awareness and information. * Mobilization. * Tax clinic.

Eligibility: people on a low income

Coverage area: MRC Le Haut-Saint-Laurent

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

Fees: none

Legal status: non-profit organization

CARDIO-ACTIFS DU HAUT-SAINT-LAURENT

24 York Street, Suite 101, Huntingdon, Montérégie, QC, J0S 1H0

579 491-3411

Website: cardio-actifs.webnode.fr

Email: cardioactifs@gmail.com

Services: Physical activities. * Fitness centre. * Group classes: step-cardio, crossfit. * Health promotion, prevention and awareness. * Coordination with community organizations.

Eligibility: seniors, people recovering from a heart injury, general population

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00

Fees: membership: \$10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DE FORMATION DE HUNTINGDON

163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5558

Website: www.cfhuntingdon.com

Email: centreformationhuntingdon@gmail.com

Employment and Income Support

Services: Basic education and literacy. * French and English, writing and mathematics. * Personalized training, adapted to people's pace. * French and English second languages classes.

Eligibility: people 16 years old and over

Coverage area: French services: MRC Le Haut-Saint-Laurent, English services: Suroît

Hours: September to May: Monday to Thursday 8h00 to 16h00

Fees: free

Financing: self-financing, donations

Legal status: non-profit organization

Employment and Income Support

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR YOUTH

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON

163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-6888

Website: addshuntingdonhsl.weebly.com

Email: adds.huntingdon@hotmail.ca

Services: Promoting rights and advocating social interests of people with a low income. * Accompaniment and support in the process of recognition of rights. * Assistance in filling out forms. * Assistance in getting in touch with government agencies. * Awareness and information. * Mobilization. * Tax clinic.

Eligibility: people on a low income

Coverage area: MRC Le Haut-Saint-Laurent

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

Fees: none

Legal status: non-profit organization

Budget management and consumption

BOUFFE ADDITIONNELLE (LA)

16 Prince Street, Suite 105, Huntingdon, Montérégie, QC, J0S 1H0

450 264-2241 Fax: 450 264-8215

Website: www.labouffeadditionnelle.com

Email: labouffeadditionnelle@bellnet.ca

Services: * Food assistance. * Budget evaluation and follow-up. * Intervention with users and support in the procedures. * Sale of nutritious meals at low prices. * Educational and collective kitchens. * Information and referral. * Christmas baskets.

Eligibility: people going through difficult times

Coverage area: MRC Le Haut-Saint-Laurent, Saint-Louis-De-Gonzague, Saint-Stanislas-De-Kostka

Hours: Monday to Thursday 8h00 to 15h00, by appointment

Fees: food assistance: \$2

Financing: donations, Centraide Sud-Ouest du Québec, grants, provincial

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

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

450 264-3596

Website: mwcnc.ca

Email: ss.mwcnhuntingdon@gmail.com

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

Financing: federal, provincial, donations

Legal status: non-profit organization

Business development

CENTRE LOCAL D'EMPLOI DU HAUT-SAINT-LAURENT

220 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5323 Fax: 450 264-3297

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance.

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

Coverage area: MRC Le-Haut-Saint-Laurent

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

Financing: provincial

Legal status: provincial government agency

Employment support and training

CENTRE LOCAL D'EMPLOI DU HAUT-SAINT-LAURENT

220 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5323 Fax: 450 264-3297

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance.

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

Coverage area: MRC Le-Haut-Saint-Laurent

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

Financing: provincial

Legal status: provincial government agency

FRIPERIE COMMUNAUTAIRE HUNTINGDON

4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4775

Website: www.fripcommhunt.quebec

Email: fripcommhunt@hotmail.com

Services: * Thrift store: used clothing, furniture, small appliances, toys, tableware and household items. * On-site collection of used items. * Free rental of sports equipment. * Employment opportunities and socio-professional reintegration. * Assistance service and accompaniment. * Sale of reusable household products in bulk. * ARPE-Québec deposit site.

Eligibility: general population, individuals and families on a low income, people who are far from the labour market

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Saturday 9h00 to 17h00

Fees: rental of sports equipment: free but annual membership fee

Financing: self-financing, provincial, grants, donations

Legal status: non-profit organization

Employment support for youth**AFFAIRE DE FAMILLE (UNE)**

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI HUNTINGDON

2 Henderson Street, Suite 1, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5858 Fax: 450 264-2058

Website: cjehuntingdon.org

Email: cmoran@cjehuntingdon.org

Services: * Job search assistance: resume writing, referral, interview simulation. * School and professional guidance. * Business start-up assistance. * Youth service cooperative. * Desjardins - Jeunes au travail: internship program. * Jeunes volontaires: project realization program. * Self-service centre: documentation, Internet access, technical support, etc. * Meeting points in Sainte-Martine, Saint-Chrysostome and Saint-Anicet. * Services to employers.

Eligibility: youth 16 to 35 years old, youth service cooperative: youth 14 to 17 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Elgin, Franklin, Godmanchester, Havelock, Hinchinbrooke, Howick, Huntingdon, Ormstown, Sainte-Agnès-de-Dundee, Saint-Anicet, Saint-Antoine-Abbé, Sainte-Barbe, Saint-Chrysostome, Sainte-Martine, Saint-Urbain-Premier, Très-Saint-Sacrement

Hours: Monday, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 10h30 to 12h00 and 13h00 to 16h30, evenings by appointment

Fees: none

Financing: provincial, municipal
Legal status: non-profit organization

FRIPERIE COMMUNAUTAIRE HUNTINGDON

4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4775

Website: www.fripcommhunt.quebec

Email: fripcommhunt@hotmail.com

Services: * Thrift store: used clothing, furniture, small appliances, toys, tableware and household items. * On-site collection of used items. * Free rental of sports equipment. * Employment opportunities and socio-professional reintegration. * Assistance service and accompaniment. * Sale of reusable household products in bulk. * ARPE-Québec deposit site.

Eligibility: general population, individuals and families on a low income, people who are far from the labour market

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Saturday 9h00 to 17h00

Fees: rental of sports equipment: free but annual membership fee

Financing: self-financing, provincial, grants, donations

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

AFFAIRE DE FAMILLE (UNE)

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

CENTRE LOCAL D'EMPLOI DU HAUT-SAINT-LAURENT

220 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5323 Fax: 450 264-3297

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance.

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

Coverage area: MRC Le-Haut-Saint-Laurent

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

Financing: provincial

Legal status: provincial government agency

FRIPERIE COMMUNAUTAIRE HUNTINGDON

4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4775

Website: www.fripcommhunt.quebec

Email: fripcommhunt@hotmail.com

Services: * Thrift store: used clothing, furniture, small appliances, toys, tableware and household items. * On-site collection of used items. * Free rental of sports equipment. * Employment opportunities and socio-professional reintegration. * Assistance service and accompaniment. * Sale of reusable household products in bulk. * ARPE-Québec deposit site.

Eligibility: general population, individuals and families on a low income, people who are far from the labour market

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Saturday 9h00 to 17h00

Fees: rental of sports equipment: free but annual membership fee

Financing: self-financing, provincial, grants, donations

Legal status: non-profit organization

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

BOUFFE ADDITIONNELLE (LA)

16 Prince Street, Suite 105, Huntingdon, Montérégie, QC, J0S 1H0

450 264-2241 Fax: 450 264-8215

Website: www.labouffeadditionnelle.com

Email: labouffeadditionnelle@bellnet.ca

Services: * Food assistance. * Budget evaluation and follow-up. * Intervention with users and support in the procedures. * Sale of nutritious meals at low prices. * Educational and collective kitchens. * Information and referral. * Christmas baskets.

Eligibility: people going through difficult times

Coverage area: MRC Le Haut-Saint-Laurent, Saint-Louis-De-Gonzague, Saint-Stanislas-De-Kostka

Hours: Monday to Thursday 8h00 to 15h00, by appointment

Fees: food assistance: \$2

Financing: donations, Centraide Sud-Ouest du Québec, grants, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Home-support and promotion of social inclusion. * Meals on wheels. * Food bank. * Thrift store: used clothing, household goods, furniture, mattresses, appliances, etc. * Used items recovery on site, home pick-up and delivery. * Transportation for medical appointment and activities. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community diners. * Friendly visits. * Information and referral. * Social and cultural activities, outings. * Christmas baskets. * Tax clinic.

Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: \$8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

Collective kitchens and cooking workshops

ANCRE ET AILES DU HAUT-SAINT-LAURENT

10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3491

Website: ancreetailes.com

Email: ancreetailes@bellnet.ca

Services: * Counselling, active listening. * Community dinners. * Collective kitchen. * Community Garden. * Accompaniment. * Free transportation to members within a radius of 20 km. * Discussion and sharing group. * Training. * Personal growth, informative, creative and manual workshops. * Music. * Sports and cultural activities. * Light therapy. * Referral. * Internal management committees. * Involvement in the community.

Eligibility: adult living with or having experienced a mental health problem or psychological distress

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

BOUFFE ADDITIONNELLE (LA)

16 Prince Street, Suite 105, Huntingdon, Montérégie, QC, J0S 1H0

450 264-2241 Fax: 450 264-8215

Website: www.labouffeadditionnelle.com

Email: labouffeadditionnelle@bellnet.ca

Services: * Food assistance. * Budget evaluation and follow-up. * Intervention with users and support in the procedures. * Sale of nutritious meals at low prices. * Educational and collective kitchens. * Information and referral. * Christmas baskets.

Eligibility: people going through difficult times

Coverage area: MRC Le Haut-Saint-Laurent, Saint-Louis-De-Gonzague, Saint-Stanislas-De-Kostka

Hours: Monday to Thursday 8h00 to 15h00, by appointment

Fees: food assistance: \$2

Financing: donations, Centraide Sud-Ouest du Québec, grants, provincial

Legal status: non-profit organization

Community gardens and markets**ANCRE ET AILES DU HAUT-SAINT-LAURENT**

10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3491

Website: ancretailes.com

Email: ancretailes@bellnet.ca

Services: * Counselling, active listening. * Community dinners. * Collective kitchen. * Community Garden. * Accompaniment. * Free transportation to members within a radius of 20 km. * Discussion and sharing group. * Training. * Personal growth, informative, creative and manual workshops. * Music. * Sports and cultural activities. * Light therapy. * Referral. * Internal management committees. * Involvement in the community.

Eligibility: adult living with or having experienced a mental health problem or psychological distress

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

Food Assistance**BOUFFE ADDITIONNELLE (LA)**

16 Prince Street, Suite 105, Huntingdon, Montérégie, QC, J0S 1H0

450 264-2241 Fax: 450 264-8215

Website: www.labouffeadditionnelle.com

Email: labouffeadditionnelle@bellnet.ca

Services: * Food assistance. * Budget evaluation and follow-up. * Intervention with users and support in the procedures. * Sale of nutritious meals at low prices. * Educational and collective kitchens. * Information and referral. * Christmas baskets.

Eligibility: people going through difficult times

Coverage area: MRC Le Haut-Saint-Laurent, Saint-Louis-De-Gonzague, Saint-Stanislas-De-Kostka

Hours: Monday to Thursday 8h00 to 15h00, by appointment

Fees: food assistance: \$2

Financing: donations, Centraide Sud-Ouest du Québec, grants, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Home-support and promotion of social inclusion. * Meals on wheels. * Food bank. * Thrift store: used clothing, household goods, furniture, mattresses, appliances, etc. * Used items recovery on site, home pick-up and delivery. * Transportation for medical appointment and activities. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community diners. * Friendly visits. * Information and referral. * Social and cultural activities, outings. * Christmas baskets. * Tax clinic.

Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: \$8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

Food aid for pregnant women and children**CENTRE DE RESSOURCES FAMILIALES DU HAUT-SAINT-LAURENT**

16 King Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4598

Email: crf@bellnet.ca

Services: * Parent-child early stimulation workshops from 0 to 5 years old. * Parent-child transition to school workshops. * Educational and thematic collective cooking workshops. * Workshops for parents: program Y'APP - Y'a personne de parfait (Nobody's Perfect). * Loan of equipment for babies and children (car seat, bed, etc.). * Assistance with baby products (diapers, milk, cereal, jars, etc.). * Drop-in daycare. * Toys and games library. * Library. * Matériathèque. * Portathèque.

Eligibility: families

Coverage area: MRC Le Haut-Saint-Laurent

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

Financing: provincial

Legal status: non-profit organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

Low cost or free meals**ANCRE ET AILES DU HAUT-SAINT-LAURENT**

10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3491

Website: ancreetailes.com

Email: ancreetailes@bellnet.ca

Services: * Counselling, active listening. * Community dinners. * Collective kitchen. * Community Garden. * Accompaniment. * Free transportation to members within a radius of 20 km. * Discussion and sharing group. * Training. * Personal growth, informative, creative and manual workshops. * Music. * Sports and cultural activities. * Light therapy. * Referral. * Internal management committees. * Involvement in the community.

Eligibility: adult living with or having experienced a mental health problem or psychological distress

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

BOUFFE ADDITIONNELLE (LA)

16 Prince Street, Suite 105, Huntingdon, Montérégie, QC, J0S 1H0

450 264-2241 Fax: 450 264-8215

Website: www.labouffeadditionnelle.com

Email: labouffeadditionnelle@bellnet.ca

Services: * Food assistance. * Budget evaluation and follow-up. * Intervention with users and support in the procedures. * Sale of nutritious meals at low prices. * Educational and collective kitchens. * Information and referral. * Christmas baskets.

Eligibility: people going through difficult times

Coverage area: MRC Le Haut-Saint-Laurent, Saint-Louis-De-Gonzague, Saint-Stanislas-De-Kostka

Hours: Monday to Thursday 8h00 to 15h00, by appointment

Fees: food assistance: \$2

Financing: donations, Centraide Sud-Ouest du Québec, grants, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Home-support and promotion of social inclusion. * Meals on wheels. * Food bank. * Thrift store: used clothing, household goods, furniture, mattresses, appliances, etc. * Used items recovery on site, home pick-up and delivery. * Transportation for medical appointment and activities. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community diners. * Friendly visits. * Information and referral. * Social and cultural activities, outings. * Christmas baskets. * Tax clinic.

Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: \$8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

Prepared meals and Meals-on-wheels**CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS**

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Home-support and promotion of social inclusion. * Meals on wheels. * Food bank. * Thrift store: used clothing, household goods, furniture, mattresses, appliances, etc. * Used items recovery on site, home pick-up and delivery. * Transportation for medical appointment and activities. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community diners. * Friendly visits. * Information and referral. * Social and cultural activities, outings. * Christmas baskets. * Tax clinic.

Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: \$8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

PROVINCIAL SERVICES

Municipal services

DUNDEE - TOWNSHIP MUNICIPALITY

3296 Montée Smallman, Dundee, Montérégie, QC, J0S 1L0

450 264-4674 Fax: 450 264-8044

Website: www.cantondundee.ca/?lang=en

Email: info@cantondundee.ca

Services: Municipal service management. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recycling and garbage collection and information on waste management: 51cdd258-5958-44cf-a0b1-d7d182db707c.filesusr.com/ugd/d43ad5_730c707418024f4fa745535ad2f651a5.pdf * Public safety: fire department, Sûreté du Québec * Animal licenses.

Coverage area: Dundee

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

Financing: municipal

Legal status: municipal agency

ELGIN - MUNICIPALITY

933 2nd Concession, Elgin, Montérégie, QC, J0S 2E0

450 264-2320

Website: municipalites-du-quebec.ca/elgin/en_index.php

Email: dg@munelgin.ca

Services: Municipal service management. * Municipal tax management and payment. * Garbage collection calendar: municipalites-du-quebec.org/elgin/custom/calendrier_dechets.pdf. * Municipal newsletter. * Building permits.

Coverage area: Elgin

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

Financing: municipal

Legal status: municipal agency

FRANKLIN - MUNICIPALITY

1670 Road 202, Franklin, Montérégie, QC, J0S 1E0

450 827-2538 Fax: 450 827-2640

Website: www.municipalitedefranklin.ca

Email: info@municipalitedefranklin.ca

Services: Municipal services management. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Waste collection calendar: www.municipalitedefranklin.ca/category/services-et-organismes-municipaux/ordures-et-recyclages/calendrier-de-la-collecte-des-matieres-recyclables-et-dechets * Voilà: mobile application to report an incident requiring the intervention of the road service. * Public security: fire department, Sûreté du Québec.

Coverage area: Franklin

Financing: municipal

Legal status: non-profit organization

HINCHINBROOKE - MUNICIPALITY

1056 Brook Road, Hinchinbrooke, Montérégie, QC, J0S 1A0

450 264-5353

Email: info@hinchinbrooke.com

Services: Municipal services management.

Coverage area: Hinchinbrooke

Financing: municipal

Legal status: municipal agency

HUNTINGDON - CITY

23 King Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5389

Website: villehuntingdon.com

Email: dg@villehuntingdon.com

Services: Management of municipal services. * Management of drinking water and residual materials. * Public works. * Recreational and cultural activities. * Fire department. * Renovation and construction permits.

Coverage area: Huntingdon

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

Financing: municipal

Legal status: municipal agency

SAINT-ANICET - MUNICIPALITY

335 Jules-Léger Avenue, Saint-Anicet, Montérégie, QC, J0S 1M0

450 264-2555 Fax: 450 264-2395

Website: www.stanicet.com

Email: info@stanicet.com

Services: Municipal services management. * Construction and renovation licenses. * Fire safety department. * Taxation and property assessment.

Coverage area: Saint-Anicet

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

Financing: municipal

Legal status: municipal agency

SAINT-CHRYSOSTOME - MUNICIPALITY

624 Notre-Dame Street, 2nd floor, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-3911 Fax: 450 826-0568

Website: www.mun-sc.ca

Email: dga@mun-sc.ca

Services: Management of the municipal services. * Municipal counter: information about licences, payment of taxes. * Online calendar of the recyclable and garbage collections. * Room rental. * Public security. * Online evaluation role.

Coverage area: Saint-Chrysostome

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Financing: municipal

Legal status: municipal agency

SAINTE-BARBE - MUNICIPALITY

470 de l'Église Road, Sainte-Barbe, Montérégie, QC, J0S 1P0

450 371-2504 Fax: 450 371-2575

Website: www.ste-barbe.com

Email: info@ste-barbe.com

Services: Management of municipal services. * Information and collection of residual, recyclable and compostable wastes according to the calendar: www.ste-barbe.com/collecte-et-recuperation. * Tax collection. * Fire safety department. * Public works and water purification. * Urbanism service: by-laws and permits. * Assessment role available online. * Room rental.

Coverage area: Sainte-Barbe

Financing: municipal

Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC DU HAUT-SAINT-LAURENT

25 Saint-Paul Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-2887 Fax: 450 829-2854

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Le Haut-Saint-Laurent

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

Financing: provincial

Legal status: provincial government agency

Provincial services**CENTRE LOCAL D'EMPLOI DU HAUT-SAINT-LAURENT**

220 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5323 Fax: 450 264-3297

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance.

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

Coverage area: MRC Le-Haut-Saint-Laurent

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

Financing: provincial

Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DU HAUT-SAINT-LAURENT

25 Saint-Paul Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-2887 Fax: 450 829-2854

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Le Haut-Saint-Laurent

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

Financing: provincial

Legal status: provincial government agency

Health

FAMILY PLANNING

HOME CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Family planning

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montréal, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

Home care

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

Hospitals, CLSC and community clinics

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

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

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

ICI SANTÉ - HOWICK

63 Lambton Street, Howick, Montérégie, QC, J0S 1G0

514 773-7854

Email: howickcoop@gmail.com

Services: Low cost professional health services. * Nursing services. * Vaccination. * Specimen collection. * Naloxone kit distribution. * Health education. * Foot care.

Eligibility: general population

Coverage area: Haut-Saint-Laurent, Sûroit

Hours: Thursday 8h00 to 12h00

Fees: variable

Financing: contributions, donations, grants

Legal status: cooperative

Palliative care

CENTRE D'HÉBERGEMENT DU COMTÉ DE HUNTINGDON

198 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-4923

Website: www.santemonteregie.qc.ca/en/installations/centre-dhebergement-du-comte-de-huntingdon

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Huntingdon

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)

23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-1243

Website: www.aidantsnaturelshsl.com

Email: info@aidantsnaturelshsl.com

Services: Physical and psychological support to caregivers responsible of an elderly living at home. * Caregiving without burnout workshop. * Breakfast seminar and monthly support group. * Mourning support group. * Male caregivers support group. * Telephone listening service and individual support. * Prevention program against senior abuse and violence. * At-home respite, respite relief center and at-home palliatives cares.

Eligibility: caregivers of a senior living at home

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$5

Financing: provincial, grants

Legal status: non-profit organization

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

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

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

Public Health

BOUFFE ADDITIONNELLE (LA)

16 Prince Street, Suite 105, Huntingdon, Montérégie, QC, J0S 1H0

450 264-2241 Fax: 450 264-8215

Website: www.labouffeadditionnelle.com

Email: labouffeadditionnelle@bellnet.ca

Services: * Food assistance. * Budget evaluation and follow-up. * Intervention with users and support in the procedures. * Sale of nutritious meals at low prices. * Educational and collective kitchens. * Information and referral. * Christmas baskets.

Eligibility: people going through difficult times

Coverage area: MRC Le Haut-Saint-Laurent, Saint-Louis-De-Gonzague, Saint-Stanislas-De-Kostka

Hours: Monday to Thursday 8h00 to 15h00, by appointment

Fees: food assistance: \$2

Financing: donations, Centraide Sud-Ouest du Québec, grants, provincial

Legal status: non-profit organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

ICI SANTÉ - HOWICK

63 Lambton Street, Howick, Montérégie, QC, J0S 1G0

514 773-7854

Email: howickcoop@gmail.com

Services: Low cost professional health services. * Nursing services. * Vaccination. * Specimen collection. * Naloxone kit distribution. * Health education. * Foot care.

Eligibility: general population

Coverage area: Haut-Saint-Laurent, Sûroit

Hours: Thursday 8h00 to 12h00

Fees: variable

Financing: contributions, donations, grants

Legal status: cooperative

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

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

450 264-3596

Website: mwcnc.ca

Email: ss.mwcnhuntingdon@gmail.com

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

Financing: federal, provincial, donations

Legal status: non-profit organization

Homelessness

MOBILE UNITS AND STREET WORK

Mobile units and street work

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

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

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

Housing

ADVOCACY FOR HOUSING

HOUSING COOPERATIVES AND CORPORATIONS

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

OFFICE D'HABITATION DU HAUT-SAINT-LAURENT

35 Hector Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-2522

Website: www.ohhsl.com

Email: direction@ohhsl.com

Services: Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals and families on a low and moderate income

Capacity: 179 units

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h00

Financing: provincial, municipal

Legal status: municipal agency

Housing cooperatives and corporations

OFFICE D'HABITATION DU HAUT-SAINT-LAURENT

35 Hector Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-2522

Website: www.ohhsl.com

Email: direction@ohhsl.com

Services: Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals and families on a low and moderate income

Capacity: 179 units

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h00

Financing: provincial, municipal

Legal status: municipal agency

Social housing and housing cooperatives

OFFICE D'HABITATION DU HAUT-SAINT-LAURENT

35 Hector Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-2522

Website: www.ohhsl.com

Email: direction@ohhsl.com

Services: Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals and families on a low and moderate income

Capacity: 179 units

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h00

Financing: provincial, municipal

Legal status: municipal agency

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: ss.mwcnhuntingdon@gmail.com

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

Financing: federal, provincial, donations

Legal status: non-profit organization

Indigenous Peoples

GOVERNMENT SERVICES

Government services

CENTRE LOCAL D'EMPLOI DU HAUT-SAINT-LAURENT

220 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5323 Fax: 450 264-3297

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance.

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

Coverage area: MRC Le-Haut-Saint-Laurent

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

Financing: provincial

Legal status: provincial government agency

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

LEGAL ASSISTANCE AND INFORMATION

Advocacy groups

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON

163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-6888

Website: addshuntingdonhsl.weebly.com

Email: adds.huntingdon@hotmail.ca

Services: Promoting rights and advocating social interests of people with a low income. * Accompaniment and support in the process of recognition of rights. * Assistance in filling out forms. * Assistance in getting in touch with government agencies. * Awareness and information. * Mobilization. * Tax clinic.

Eligibility: people on a low income

Coverage area: MRC Le Haut-Saint-Laurent

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

Fees: none

Legal status: non-profit organization

COMITÉ VIOLENCE CONJUGALE ET AGRESSIONS SEXUELLES DU HAUT-SAINT-LAURENT

Confidential Address

450 264-2999 Fax: 450 264-6574

Email: mjleduc.residence-elle@outlook.com

Services: * Advocacy and representation for victims of domestic and sexual violence. * Concertation and information sharing.

Eligibility: victims of domestic and sexual violence

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

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

450 264-3596

Website: mwcnc.ca

Email: ss.mwcnhuntingdon@gmail.com

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

Financing: federal, provincial, donations

Legal status: non-profit organization

Consumer protection and complaints

OFFICE D'HABITATION DU HAUT-SAINT-LAURENT

35 Hector Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-2522

Website: www.ohhsl.com

Email: direction@ohhsl.com

Services: Management and administration of housing and housing programs. * Low income housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals and families on a low and moderate income

Capacity: 179 units

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h00

Financing: provincial, municipal

Legal status: municipal agency

Legal assistance and information

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON

163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-6888

Website: addshuntingdonhsl.weebly.com

Email: adds.huntingdon@hotmail.ca

Services: Promoting rights and advocating social interests of people with a low income. * Accompaniment and support in the process of recognition of rights. * Assistance in filling out forms. * Assistance in getting in touch with government agencies. * Awareness and information. * Mobilization. * Tax clinic.

Eligibility: people on a low income

Coverage area: MRC Le Haut-Saint-Laurent

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

Fees: none

Legal status: non-profit organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

MENTAL HEALTH ADVOCACY GROUPS

Addiction prevention

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

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

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

Addiction treatment

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - HUNTINGDON

CLSC de Huntingdon, 10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

1 866 964-4413 Fax: 450 264-6801

Website: santemonteregie.qc.ca/services/dependances

Email: accueil.dependance.ci:sssmo16@ssss.gouv.qc.ca

Services: * Internal et external detoxification. * Consultation and treatment for compulsive gamblers. * Support to the relatives: individual and group meetings, support group for parents of teenagers and group for adults relatives. * Social rehabilitation.

Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - VAUDREUIL

CLSC de Vaudreuil-Dorion, 3031 de la Gare Boulevard, Huntingdon, Montérégie, QC, J0S 1H0

1 866 964-4413 Fax: 450 455-2356

Website: santemonteregie.qc.ca/services/dependances

Email: accueil.dependance.ci:sssmo16@ssss.gouv.qc.ca

Services: * Internal et external detoxification. * Consultation and treatment for compulsive gamblers. * Support to the relatives: individual and group meetings, support group for parents of teenagers and group for adults relatives. * Social rehabilitation.

Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Legal status: parapublic organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

Community support in mental health**ANCRE ET AILES DU HAUT-SAINT-LAURENT**

10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3491

Website: ancretailes.com

Email: ancretailes@bellnet.ca

Services: * Counselling, active listening. * Community dinners. * Collective kitchen. * Community Garden. * Accompaniment. * Free transportation to members within a radius of 20 km. * Discussion and sharing group. * Training. * Personal growth, informative, creative and manual workshops. * Music. * Sports and cultural activities. * Light therapy. * Referral. * Internal management committees. * Involvement in the community.

Eligibility: adult living with or having experienced a mental health problem or psychological distress

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

Crisis centres and suicide prevention**COMITÉ DÉTRESSE SOCIALE DU HAUT-SAINT-LAURENT**

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 ext. 1325 Fax: 450 264-4542

Email: anyze.goyette.cssshsl16@ssss.gouv.qc.ca

Services: Consultation of community partners. * Development of warning systems and response mechanisms to support the environment following a suicidal crisis. * Adaptation of services to the needs of at-risk groups. * Promotion tools for existing services. * Awareness in workplaces. * Monitoring of the state of distress in the environment.

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Mental health advocacy groups

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

COMITÉ DÉTRESSE SOCIALE DU HAUT-SAINT-LAURENT

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 ext. 1325 Fax: 450 264-4542

Email: anyze.goyette.cssshsl16@ssss.gouv.qc.ca

Services: Consultation of community partners. * Development of warning systems and response mechanisms to support the environment following a suicidal crisis. * Adaptation of services to the needs of at-risk groups. * Promotion tools for existing services. * Awareness in workplaces. * Monitoring of the state of distress in the environment.

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic 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

VOLUNTEER TRANSPORTATION

Caregivers

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)

23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-1243

Website: www.aidantsnaturelshsl.com

Email: info@aidantsnaturelshsl.com

Services: Physical and psychological support to caregivers responsible of an elderly living at home. * Caregiving without burnout workshop. * Breakfast seminar and monthly support group. * Mourning support group. * Male caregivers support group. * Telephone listening service and individual support. * Prevention program against senior abuse and violence. * At-home respite, respite relief center and at-home palliatives cares.

Eligibility: caregivers of a senior living at home

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$5

Financing: provincial, grants

Legal status: non-profit organization

PROJET COMMUNIC-ACTION

1493 138 Road, Suite 3, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5197 Fax: 450 264-8166

Website: www.projetcommunication.org

Email: info@projetcommunication.org

Services: * Friendly visits and phonecalls. * Accompaniment-transportation. * Assistance for shopping. * Home respite. * Minor repairs. * Intergenerational projects. * Community integration projects.

Eligibility: people 65 years and over with a loss of autonomy living at home

Coverage area: Huntingdon, Hinchinbrooke, Godmanchester, Dundee, Elgin, Saint-Anicet, Sainte-Barbe, Ormstown

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

Fees: none

Financing: Centraide Sud-Ouest, provincial, self-financing, donations

Legal status: non-profit organization

SERVICE D'ACCOMPAGNEMENT BÉNÉVOLE ET COMMUNAUTAIRE

1493-2 Road 138, Huntingdon, Montérégie, QC, J0S 1H0

450 264-1131 Fax: 450 264-1131

Website: www.sabecduhsl.com

Email: sabec2641131@hotmail.com

Services: * Medical transportation and accompaniment. * Home support.

Eligibility: seniors, people with a temporary or permanent loss of autonomy, any person who has a medical appointment and that lives in the MRC du Haut-Saint-Laurent

Coverage area: MRC Haut-Saint-Laurent, transport in MRC Haut-Saint-Laurent, Châteauguay, Delson, Hawkesbury, Les Coteaux, Longueuil, Montréal, Saint-Constant, Saint-Jean-sur-Richelieu, Sainte-Martine, Valleyfield, Vaudreuil-Dorion

Hours: administration: Monday to Friday 9h00 to 16h30, transport and accompaniment: 7 days, by appointment

Fees: variable between \$10 and \$80, reduced rate for car sharing, social aid providers: \$5

Financing: Centraide Sout-West of Québec, municipal, donations, provincial, self-financing

Legal status: non-profit organization

Community and Recreation Centres

AFFAIRE DE FAMILLE (UNE)

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

CARDIO-ACTIFS DU HAUT-SAINT-LAURENT

24 York Street, Suite 101, Huntingdon, Montérégie, QC, J0S 1H0

579 491-3411

Website: cardio-actifs.webnode.fr

Email: cardioactifs@gmail.com

Services: Physical activities. * Fitness centre. * Group classes: step-cardio, crossfit. * Health promotion, prevention and awareness. * Coordination with community organizations.

Eligibility: seniors, people recovering from a heart injury, general population

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00

Fees: membership: \$10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Home-support and promotion of social inclusion. * Meals on wheels. * Food bank. * Thrift store: used clothing, household goods, furniture, mattresses, appliances, etc. * Used items recovery on site, home pick-up and delivery. * Transportation for medical appointment and activities. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community diners. * Friendly visits. * Information and referral. * Social and cultural activities, outings. * Christmas baskets. * Tax clinic.

Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: \$8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

Day centres and respite**CENTRE D'HÉBERGEMENT D'ORMSTOWN**

65 Hector Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-2321 Fax: 450 829-3110

Website: www.santemonteregie.qc.ca/en/installations/centre-dhebergement-dormstown

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Ormstown

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)

23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-1243

Website: www.aidantsnaturelshsl.com

Email: info@aidantsnaturelshsl.com

Services: Physical and psychological support to caregivers responsible of an elderly living at home. * Caregiving without burnout workshop. * Breakfast seminar and monthly support group. * Mourning support group. * Male caregivers support group. * Telephone listening service and individual support. * Prevention program against senior abuse and violence. * At-home respite, respite relief center and at-home palliatives cares.

Eligibility: caregivers of a senior living at home

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$5

Financing: provincial, grants

Legal status: non-profit organization

Friendly visits and safety calls

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Home-support and promotion of social inclusion. * Meals on wheels. * Food bank. * Thrift store: used clothing, household goods, furniture, mattresses, appliances, etc. * Used items recovery on site, home pick-up and delivery. * Transportation for medical appointment and activities. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community diners. * Friendly visits. * Information and referral. * Social and cultural activities, outings. * Christmas baskets. * Tax clinic.

Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: \$8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

PROJET COMMUNIC-ACTION

1493 138 Road, Suite 3, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5197 Fax: 450 264-8166

Website: www.projetcommunication.org

Email: info@projetcommunication.org

Services: * Friendly visits and phonecalls. * Accompaniment-transportation. * Assistance for shopping. * Home respite. * Minor repairs. * Intergenerational projects. * Community integration projects.

Eligibility: people 65 years and over with a loss of autonomy living at home

Coverage area: Huntingdon, Hinchinbrooke, Godmanchester, Dundee, Elgin, Saint-Anicet, Sainte-Barbe, Ormstown

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

Fees: none

Financing: Centraide Sud-Ouest, provincial, self-financing, donations

Legal status: non-profit organization

Home support

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Home-support and promotion of social inclusion. * Meals on wheels. * Food bank. * Thrift store: used clothing, household goods, furniture, mattresses, appliances, etc. * Used items recovery on site, home pick-up and delivery. * Transportation for medical appointment and activities. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community diners. * Friendly visits. * Information and referral. * Social and cultural activities, outings. * Christmas baskets. * Tax clinic.

Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: \$8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)

23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-1243

Website: www.aidantsnaturelshsl.com

Email: info@aidantsnaturelshsl.com

Services: Physical and psychological support to caregivers responsible of an elderly living at home. * Caregiving without burnout workshop. * Breakfast seminar and monthly support group. * Mourning support group. * Male caregivers support group. * Telephone listening service and individual support. * Prevention program against senior abuse and violence. * At-home respite, respite relief center and at-home palliatives cares.

Eligibility: caregivers of a senior living at home

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$5

Financing: provincial, grants

Legal status: non-profit organization

PROJET COMMUNIC-ACTION

1493 138 Road, Suite 3, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5197 Fax: 450 264-8166

Website: www.projetcommunication.org

Email: info@projetcommunication.org

Services: * Friendly visits and phonecalls. * Accompaniment-transportation. * Assistance for shopping. * Home respite. * Minor repairs. * Intergenerational projects. * Community integration projects.

Eligibility: people 65 years and over with a loss of autonomy living at home

Coverage area: Huntingdon, Hinchinbrooke, Godmanchester, Dundee, Elgin, Saint-Anicet, Sainte-Barbe, Ormstown

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

Fees: none

Financing: Centraide Sud-Ouest, provincial, self-financing, donations

Legal status: non-profit organization

SERVICE D'ACCOMPAGNEMENT BÉNÉVOLE ET COMMUNAUTAIRE

1493-2 Road 138, Huntingdon, Montérégie, QC, J0S 1H0

450 264-1131 Fax: 450 264-1131

Website: www.sabecduhsl.com

Email: sabec2641131@hotmail.com

Services: * Medical transportation and accompaniment. * Home support.

Eligibility: seniors, people with a temporary or permanent loss of autonomy, any person who has a medical appointment and that lives in the MRC du Haut-Saint-Laurent

Coverage area: MRC Haut-Saint-Laurent, transport in MRC Haut-Saint-Laurent, Châteauguay, Delson, Hawkesbury, Les Coteaux, Longueuil, Montréal, Saint-Constant, Saint-Jean-sur-Richelieu, Sainte-Martine, Valleyfield, Vaudreuil-Dorion

Hours: administration: Monday to Friday 9h00 to 16h30, transport and accompaniment: 7 days, by appointment

Fees: variable between \$10 and \$80, reduced rate for car sharing, social aid providers: \$5

Financing: Centraide Sout-West of Québec, municipal, donations, provincial, self-financing

Legal status: non-profit organization

Housing for seniors**CENTRE D'HÉBERGEMENT D'ORMSTOWN**

65 Hector Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-2321 Fax: 450 829-3110

Website: www.santemonteregie.qc.ca/en/installations/centre-dhebergement-dormstown

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Ormstown

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DU COMTÉ DE HUNTINGDON

198 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-4923

Website: www.santemonteregie.qc.ca/en/installations/centre-dhebergement-du-comte-de-huntingdon

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Huntingdon

Financing: provincial

Legal status: parapublic organization

Intergenerational activities

PROJET COMMUNIC-ACTION

1493 138 Road, Suite 3, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5197 Fax: 450 264-8166

Website: www.projetcommunication.org

Email: info@projetcommunication.org

Services: * Friendly visits and phonecalls. * Accompaniment-transportation. * Assistance for shopping. * Home respite. * Minor repairs. * Intergenerational projects. * Community integration projects.

Eligibility: people 65 years and over with a loss of autonomy living at home

Coverage area: Huntingdon, Hinchinbrooke, Godmanchester, Dundee, Elgin, Saint-Anicet, Sainte-Barbe, Ormstown

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

Fees: none

Financing: Centraide Sud-Ouest, provincial, self-financing, donations

Legal status: non-profit organization

Intervention with seniors subjected to abuse

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)

23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-1243

Website: www.aidantsnaturelshsl.com

Email: info@aidantsnaturelshsl.com

Services: Physical and psychological support to caregivers responsible of an elderly living at home. * Caregiving without burnout workshop. * Breakfast seminar and monthly support group. * Mourning support group. * Male caregivers support group. * Telephone listening service and individual support. * Prevention program against senior abuse and violence. * At-home respite, respite relief center and at-home palliatives cares.

Eligibility: caregivers of a senior living at home

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$5

Financing: provincial, grants

Legal status: non-profit organization

Meals on Wheels

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Home-support and promotion of social inclusion. * Meals on wheels. * Food bank. * Thrift store: used clothing, household goods, furniture, mattresses, appliances, etc. * Used items recovery on site, home pick-up and delivery. * Transportation for medical appointment and activities. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community diners. * Friendly visits. * Information and referral. * Social and cultural activities, outings. * Christmas baskets. * Tax clinic.

Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: \$8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

Volunteer Transportation

ANCRE ET AILES DU HAUT-SAINT-LAURENT

10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3491

Website: ancretailes.com

Email: ancretailes@bellnet.ca

Services: * Counselling, active listening. * Community dinners. * Collective kitchen. * Community Garden. * Accompaniment. * Free transportation to members within a radius of 20 km. * Discussion and sharing group. * Training. * Personal growth, informative, creative and manual workshops. * Music. * Sports and cultural activities. * Light therapy. * Referral. * Internal management committees. * Involvement in the community.

Eligibility: adult living with or having experienced a mental health problem or psychological distress

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ-NOUS - TRANSPORTATION

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: * Transportation to medical appointments and activities by volunteers.

Eligibility: seniors, people with a loss of autonomy

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: free

Financing: grants, self-financing

Legal status: non-profit organization

PROJET COMMUNIC-ACTION - ACCOMPANIMENT-TRANSPORTATION

1493 138 Road, Suite 3, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5197

Website: www.projetcommunicaction.org

Email: info@projetcommunicaction.org

Services: Accompaniment-transportation for visits, local activities and shopping.

Eligibility: seniors 65 years and over with a loss of autonomy living at home

Coverage area: Dundee, Elgin, Godmanchester, Hinchinbrooke, Huntingdon, Saint-Anicet, Sainte-Barbe, Ormstown

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

Fees: none

Financing: Centraide Sud-Ouest, provincial, self-financing, donations

Legal status: non-profit organization

SERVICE D'ACCOMPAGNEMENT BÉNÉVOLE ET COMMUNAUTAIRE

1493-2 Road 138, Huntingdon, Montérégie, QC, J0S 1H0

450 264-1131 Fax: 450 264-1131

Website: www.sabecduhsl.com

Email: sabec2641131@hotmail.com

Services: * Medical transportation and accompaniment. * Home support.

Eligibility: seniors, people with a temporary or permanent loss of autonomy, any person who has a medical appointment and that lives in the MRC du Haut-Saint-Laurent

Coverage area: MRC Haut-Saint-Laurent, transport in MRC Haut-Saint-Laurent, Châteauguay, Delson, Hawkesbury, Les Coteaux, Longueuil, Montréal, Saint-Constant, Saint-Jean-sur-Richelieu, Sainte-Martine, Valleyfield, Vaudreuil-Dorion

Hours: administration: Monday to Friday 9h00 to 16h30, transport and accompaniment: 7 days, by appointment

Fees: variable between \$10 and \$80, reduced rate for car sharing, social aid providers: \$5

Financing: Centraide Sout-West of Québec, municipal, donations, provincial, self-financing

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

HOBBIES

LIBRARIES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

AFFAIRE DE FAMILLE (UNE)

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

Clubs and social events

AFFAIRE DE FAMILLE (UNE)

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

Community recreation centres

CARDIO-ACTIFS DU HAUT-SAINT-LAURENT

24 York Street, Suite 101, Huntingdon, Montérégie, QC, J0S 1H0

579 491-3411

Website: cardio-actifs.webnode.fr

Email: cardioactifs@gmail.com

Services: Physical activities. * Fitness centre. * Group classes: step-cardio, crossfit. * Health promotion, prevention and awareness. * Coordination with community organizations.

Eligibility: seniors, people recovering from a heart injury, general population

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00

Fees: membership: \$10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Home-support and promotion of social inclusion. * Meals on wheels. * Food bank. * Thrift store: used clothing, household goods, furniture, mattresses, appliances, etc. * Used items recovery on site, home pick-up and delivery. * Transportation for medical appointment and activities. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community diners. * Friendly visits. * Information and referral. * Social and cultural activities, outings. * Christmas baskets. * Tax clinic.

Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: \$8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

Hobbies**AFFAIRE DE FAMILLE (UNE)**

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

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

450 264-3596

Website: mwcnc.ca

Email: ss.mwcnhuntingdon@gmail.com

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

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: ss.mwcnhuntingdon@gmail.com

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

Financing: federal, provincial, donations

Legal status: non-profit organization

Sport

AFFAIRE DE FAMILLE (UNE)

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Email: uaf.reception@gmail.com

Services: Support for families. * Parental skills workshops. * Development workshops for children 0 to 5 years old. * Homework assistance. * Socioprofessional integration program for teenagers. * Drop-in daycare. * Physical activities for seniors: yoga, tai chi, walking club. * Arts, recreational and social activities for seniors: coffee-chats. * Computer classes. * Intergenerational activities and shows. * Collaboration with organizations in the community.

Eligibility: parents, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

Sports and recreation for people with a disability

ANCRE ET AILES DU HAUT-SAINT-LAURENT

10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3491

Website: ancretailes.com

Email: ancretailes@bellnet.ca

Services: * Counselling, active listening. * Community dinners. * Collective kitchen. * Community Garden. * Accompaniment. * Free transportation to members within a radius of 20 km. * Discussion and sharing group. * Training. * Personal growth, informative, creative and manual workshops. * Music. * Sports and cultural activities. * Light therapy. * Referral. * Internal management committees. * Involvement in the community.

Eligibility: adult living with or having experienced a mental health problem or psychological distress

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

Clothing

FRIPERIE COMMUNAUTAIRE HUNTINGDON

4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4775

Website: www.fripcommhunt.quebec

Email: fripcommhunt@hotmail.com

Services: * Thrift store: used clothing, furniture, small appliances, toys, tableware and household items. * On-site collection of used items. * Free rental of sports equipment. * Employment opportunities and socio-professional reintegration. * Assistance service and accompaniment. * Sale of reusable household products in bulk. * ARPE-Québec deposit site.

Eligibility: general population, individuals and families on a low income, people who are far from the labour market

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Saturday 9h00 to 17h00

Fees: rental of sports equipment: free but annual membership fee

Financing: self-financing, provincial, grants, donations

Legal status: non-profit organization

Donation pick-ups

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ-NOUS - USED ITEMS RECOVERY

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Used items recovery: clothing, household goods, furniture, mattresses, appliances, etc. * Home pick-up or on-site collection.

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: free

Financing: grants, self-financing

Legal status: non-profit organization

Thrift Stores

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Home-support and promotion of social inclusion. * Meals on wheels. * Food bank. * Thrift store: used clothing, household goods, furniture, mattresses, appliances, etc. * Used items recovery on site, home pick-up and delivery. * Transportation for medical appointment and activities. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Community diners. * Friendly visits. * Information and referral. * Social and cultural activities, outings. * Christmas baskets. * Tax clinic.

Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: \$8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

FRIPERIE COMMUNAUTAIRE HUNTINGDON

4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4775

Website: www.fripcommhunt.quebec

Email: fripcommhunt@hotmail.com

Services: * Thrift store: used clothing, furniture, small appliances, toys, tableware and household items. * On-site collection of used items. * Free rental of sports equipment. * Employment opportunities and socio-professional reintegration. * Assistance service and accompaniment. * Sale of reusable household products in bulk. * ARPE-Québec deposit site.

Eligibility: general population, individuals and families on a low income, people who are far from the labour market

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Saturday 9h00 to 17h00

Fees: rental of sports equipment: free but annual membership fee

Financing: self-financing, provincial, grants, donations

Legal status: non-profit organization

Used item donation recovery programs**CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ-NOUS - USED ITEMS RECOVERY**

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: Used items recovery: clothing, household goods, furniture, mattresses, appliances, etc. * Home pick-up or on-site collection.

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: free

Financing: grants, self-financing

Legal status: non-profit organization

CENTRE DE RESSOURCES FAMILIALES DU HAUT-SAINT-LAURENT

16 King Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4598

Email: crf@bellnet.ca

Services: * Parent-child early stimulation workshops from 0 to 5 years old. * Parent-child transition to school workshops. * Educational and thematic collective cooking workshops. * Workshops for parents: program Y'APP - Y'a personne de parfait (Nobody's Perfect). * Loan of equipment for babies and children (car seat, bed, etc.). * Assistance with baby products (diapers, milk, cereal, jars, etc.). * Drop-in daycare. * Toys and games library. * Library. * Matériathèque. * Portathèque.

Eligibility: families

Coverage area: MRC Le Haut-Saint-Laurent

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

Financing: provincial

Legal status: non-profit organization

FRIPERIE COMMUNAUTAIRE HUNTINGDON

4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4775

Website: www.fripcommhunt.quebec

Email: fripcommhunt@hotmail.com

Transportation

Services: * Thrift store: used clothing, furniture, small appliances, toys, tableware and household items. * On-site collection of used items. * Free rental of sports equipment. * Employment opportunities and socio-professional reintegration. * Assistance service and accompaniment. * Sale of reusable household products in bulk. * ARPE-Québec deposit site.

Eligibility: general population, individuals and families on a low income, people who are far from the labour market

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Saturday 9h00 to 17h00

Fees: rental of sports equipment: free but annual membership fee

Financing: self-financing, provincial, grants, donations

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

Accompanied transport

ANCRE ET AILES DU HAUT-SAINT-LAURENT

10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3491

Website: ancretailes.com

Email: ancretailes@bellnet.ca

Services: * Counselling, active listening. * Community dinners. * Collective kitchen. * Community Garden. * Accompaniment. * Free transportation to members within a radius of 20 km. * Discussion and sharing group. * Training. * Personal growth, informative, creative and manual workshops. * Music. * Sports and cultural activities. * Light therapy. * Referral. * Internal management committees. * Involvement in the community.

Eligibility: adult living with or having experienced a mental health problem or psychological distress

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ-NOUS - TRANSPORTATION

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: * Transportation to medical appointments and activities by volunteers.

Eligibility: seniors, people with a loss of autonomy

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: free

Financing: grants, self-financing

Legal status: non-profit organization

PROJET COMMUNIC-ACTION - ACCOMPANIMENT-TRANSPORTATION

1493 138 Road, Suite 3, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5197

Website: www.projetcommunication.org

Email: info@projetcommunication.org

Services: Accompaniment-transportation for visits, local activities and shopping.

Eligibility: seniors 65 years and over with a loss of autonomy living at home

Coverage area: Dundee, Elgin, Godmanchester, Hinchinbrooke, Huntingdon, Saint-Anicet, Sainte-Barbe, Ormstown

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

Fees: none

Financing: Centraide Sud-Ouest, provincial, self-financing, donations

Legal status: non-profit organization

Accompanied transport for medical reasons

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ-NOUS - TRANSPORTATION

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425 Fax: 450 826-1000

Email: ccmsuccn@cooptel.qc.ca

Services: * Transportation to medical appointments and activities by volunteers.

Eligibility: seniors, people with a loss of autonomy

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: free

Financing: grants, self-financing

Legal status: non-profit organization

SERVICE D'ACCOMPAGNEMENT BÉNÉVOLE ET COMMUNAUTAIRE

1493-2 Road 138, Huntingdon, Montérégie, QC, J0S 1H0

450 264-1131 Fax: 450 264-1131

Website: www.sabecduhsl.com

Email: sabec2641131@hotmail.com

Services: * Medical transportation and accompaniment. * Home support.

Eligibility: seniors, people with a temporary or permanent loss of autonomy, any person who has a medical appointment and that lives in the MRC du Haut-Saint-Laurent

Coverage area: MRC Haut-Saint-Laurent, transport in MRC Haut-Saint-Laurent, Châteauguay, Delson, Hawkesbury, Les Coteaux, Longueuil, Montréal, Saint-Constant, Saint-Jean-sur-Richelieu, Sainte-Martine, Valleyfield, Vaudreuil-Dorion

Hours: administration: Monday to Friday 9h00 to 16h30, transport and accompaniment: 7 days, by appointment

Fees: variable between \$10 and \$80, reduced rate for car sharing, social aid providers: \$5

Financing: Centraide Sout-West of Québec, municipal, donations, provincial, self-financing

Legal status: non-profit organization

Paratransit

SUR LES ROUTES DU SAINT-LAURENT

10 King Street, Office 126, Huntingdon, Montérégie, QC, J0S 1H0

450 264-2267 Fax: 450 264-2919

Email: transports.adapte-slrs@outlook.com

Services: * Transportation for people with reduced mobility, by employees.

Eligibility: people with reduced mobility

Coverage area: Dundee, Elgin, Godmanchester, Hinchinbrooke, Huntingdon, Ormstown, Saint-Anicet, Sainte-Barbe

Hours: transportation: 7 days, 6h00 to 21h00, administration: Monday to Friday 8h00 to 16h30

Fees: variable

Financing: self-financing, grants

Legal status: non-profit organization

Violence and abuse

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

ELDER ABUSE

HELP LINES RELATED TO VIOLENCE AND ABUSE

PREVENTION OF VIOLENCE AND CRIME

SUPPORT FOR VICTIMS AND THEIR FAMILIES

THERAPY AND COUNSELLING

Domestic violence: shelters and support

RÉSIDENCE ELLE DU HAUT ST-LAURENT

Confidential Address

450 264-2999 Fax: 450 264-6574

Email: mjleduc.residence-elle@outlook.com

Services: Shelter for abused, distressed women and their children. * Shelter. * Psychosocial services. * Telephone listening 24/7, 365 days. * Outpatient services. * Accompaniment. * Awareness about domestic violence issues.

Eligibility: abused or distressed women and their children

Capacity: 6 places

Coverage area: MRC Le Haut-Saint-Laurent

Hours: 24 hours, 7 days

Fees: free

Financing: donations

Legal status: non-profit organization

Elder abuse

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)

23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-1243

Website: www.aidantsnaturelshsl.com

Email: info@aidantsnaturelshsl.com

Services: Physical and psychological support to caregivers responsible of an elderly living at home. * Caregiving without burnout workshop. * Breakfast seminar and monthly support group. * Mourning support group. * Male caregivers support group. * Telephone listening service and individual support. * Prevention program against senior abuse and violence. * At-home respite, respite relief center and at-home palliatives cares.

Eligibility: caregivers of a senior living at home

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: \$5

Financing: provincial, grants

Legal status: non-profit organization

Help lines related to violence and abuse

RÉSIDENCE ELLE DU HAUT ST-LAURENT

Confidential Address

450 264-2999 Fax: 450 264-6574

Email: mjleduc.residence-elle@outlook.com

Services: Shelter for abused, distressed women and their children. * Shelter. * Psychosocial services. * Telephone listening 24/7, 365 days. * Outpatient services. * Accompaniment. * Awareness about domestic violence issues.

Eligibility: abused or distressed women and their children

Capacity: 6 places

Coverage area: MRC Le Haut-Saint-Laurent

Hours: 24 hours, 7 days

Fees: free

Financing: donations

Legal status: non-profit organization

Prevention of violence and crime

RÉSIDENCE ELLE DU HAUT ST-LAURENT

Confidential Address

450 264-2999 Fax: 450 264-6574

Email: mjleduc.residence-elle@outlook.com

Services: Shelter for abused, distressed women and their children. * Shelter. * Psychosocial services. * Telephone listening 24/7, 365 days. * Outpatient services. * Accompaniment. * Awareness about domestic violence issues.

Eligibility: abused or distressed women and their children

Capacity: 6 places

Coverage area: MRC Le Haut-Saint-Laurent

Hours: 24 hours, 7 days

Fees: free

Financing: donations

Legal status: non-profit organization

Support for victims and their families

COMITÉ VIOLENCE CONJUGALE ET AGRESSIONS SEXUELLES DU HAUT-SAINT-LAURENT

Confidential Address

450 264-2999 Fax: 450 264-6574

Email: mjleduc.residence-elle@outlook.com

Services: * Advocacy and representation for victims of domestic and sexual violence. * Concertation and information sharing.

Eligibility: victims of domestic and sexual violence

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

Therapy and counselling

ANCRE ET AILES DU HAUT-SAINT-LAURENT

10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3491

Website: ancretailes.com

Email: ancretailes@bellnet.ca

Services: * Counselling, active listening. * Community dinners. * Collective kitchen. * Community Garden. * Accompaniment. * Free transportation to members within a radius of 20 km. * Discussion and sharing group. * Training. * Personal growth, informative, creative and manual workshops. * Music. * Sports and cultural activities. * Light therapy. * Referral. * Internal management committees. * Involvement in the community.

Eligibility: adult living with or having experienced a mental health problem or psychological distress

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

CLSC DE SAINT-CHRYSOSTOME

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321 Fax: 450 826-4239

Website: santemonteregie.qc.ca/en/installations/clsc-de-saint-chrysostome-saint-chrysostome-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 7h30 to 12h00, 13h00 to 16h30 and 17h00 to 19h30, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 7h30 to 19h30, tests centre: Tuesday and Thursday 7h30 to 9h20

Financing: provincial

Legal status: parapublic organization

HUNTINGDON CLSC

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0

450 829-2321 Fax: 450 264-6801

Website: santemonteregie.qc.ca/en/installations/clsc-de-huntingdon-huntingdon-clsc

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

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 17h00, tests centre: Monday to Friday walk-in 8h30 to 9h20, by appointment 7h30 to 8h30

Financing: provincial

Legal status: parapublic organization

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