

211

# DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTÉRÉGIE / MRC MARGUERITE-D'YOUVILLE / ALL CITIES



2-1-1



WWW.211.QC.CA

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**Child, Youth and Family****DAYCARE AND RESPITE****FAMILY SUPPORT****INFORMATION ON CHILDCARE SERVICES****JUVENILE DELINQUENCY****MATERNITY SUPPORT AND ADOPTION****PARENTING EDUCATION****RECREATIONAL ACTIVITIES****YOUTH CENTRES AND SUPPORT****YOUTH EMPLOYMENT****YOUTH SHELTERS AND SUPPORT**

## Daycare and respite

### BOUSSOLE - CENTRE DE RESSOURCES À LA FAMILLE (LA)

404, rue Alain, Suite 3, Saint-Amable, Montérégie, QC, J0L 1N0

**514 929-2732 ext. 103**

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

**Email:** coordo@crlaboussole.com

**Services:** Support to families. \* Community daycare. \* Second Souffle: temporary home support service for parents of children 0 to 5 years old. \* Family worker for parents of children 0 to 17 years old: personalized support, listening, accompaniment, referral and information on available resources. \* Workshops and conferences.

**Eligibility:** families

**Capacity:** daycare: 6 children, activities: 25 people

**Coverage area:** Saint-Amable

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

**Fees:** annual membership: \$10, daycare: \$2.50 for an hour, \$15 maximum for the day, \$1.25 for a second child from the same family, workshops and conferences: free or at low cost

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

**Legal status:** non-profit organization

### CARREFOUR FAMILIAL DE SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 922-7179**

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

**Email:** info@carrefourfamilialsj.org

**Services:** \* Stimulation workshop for children 2 to 5 years old. \* Morning-conferences. \* Drop-in daycare for children 0 to 5 years old. \* Community worker for parents of children 0 to 5 years old: personalized support, listening, accompaniment, referral and information on available resources. \* Financial assistance for daycare services for families on a low income. \* Kindergarten preparatory workshops for children 4 years old. \* Summer day camp for children 6 to 9 years old.

**Eligibility:** families, mothers-to-be

**Coverage area:** Sainte-Julie

**Hours:** drop-in daycare: Tuesday to Friday 8h30 to 15h30, activities: variable, according to the schedule

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

### MAISON DE LA FAMILLE JOLI-COEUR (LA)

4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2965**

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

**Email:** mdfjolicoeur@videotron.ca

**Services:** \* Parent-child workshops. \* Daycare. \* Preschool. \* Child development workshops. \* Homework assistance for children from 1st to 3rd grade. \* Baby first aid course. \* Community worker: personalized support, listening, accompaniment, referral and information on available resources. \* Information and referral. \* Seasonal flea market.

**Eligibility:** parents with children 0 to 5 years old

**Coverage area:** CLSC des Seigneuries

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

**Fees:** according to activities

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

**Legal status:** non-profit organization

## Family Support

### ASSOCIATION DES FAMILLES DE VARENNES

**Confidential Address**

**438 771-5411**

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

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

**Services:** \* Family encounters. \* Les Frimousses: parents-children meetings. \* Collective kitchens. \* Activities and outings.

**Eligibility:** families

**Coverage area:** Varennes

**Hours:** Frimousses: Tuesday 9h00 to 11h00

**Fees:** members: \$30 per year, activities: variable, some activities are accessible to non-members for an additional fee

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

### BOUSSOLE - CENTRE DE RESSOURCES À LA FAMILLE (LA)

404, rue Alain, Suite 3, Saint-Amable, Montérégie, QC, J0L 1N0

**514 929-2732 ext. 103**

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

**Email:** [coordo@crlaboussole.com](mailto:coordo@crlaboussole.com)

**Services:** Support to families. \* Community daycare. \* Second Souffle: temporary home support service for parents of children 0 to 5 years old. \* Family worker for parents of children 0 to 17 years old: personalized support, listening, accompaniment, referral and information on available resources. \* Workshops and conferences.

**Eligibility:** families

**Capacity:** daycare: 6 children, activities: 25 people

**Coverage area:** Saint-Amable

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

**Fees:** annual membership: \$10, daycare: \$2.50 for an hour, \$15 maximum for the day, \$1.25 for a second child from the same family, workshops and conferences: free or at low cost

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

**Legal status:** non-profit organization

### CARREFOUR FAMILIAL DE SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 922-7179**

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

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

**Services:** \* Stimulation workshop for children 2 to 5 years old. \* Morning-conferences. \* Drop-in daycare for children 0 to 5 years old. \* Community worker for parents of children 0 to 5 years old: personalized support, listening, accompaniment, referral and information on available resources. \* Financial assistance for daycare services for families on a low income. \* Kindergarten preparatory workshops for children 4 years old. \* Summer day camp for children 6 to 9 years old.

**Eligibility:** families, mothers-to-be

**Coverage area:** Sainte-Julie

**Hours:** drop-in daycare: Tuesday to Friday 8h30 to 15h30, activities: variable, according to the schedule

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

**COLONIE SAINTE-JEANNE D'ARC**

10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**1 800 363-0098 Fax:** 450 743-8879

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

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

**Services:** Summer camp for young girls. \* Sports and artistic activities. \* 6 or 9-night stay. \* Free transportation from Montréal to the camp. \* Financial aid program.

**Eligibility:** young girls 6 to 16 years old

**Capacity:** 100

**Coverage area:** Greater Montréal

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

**Fees:** variable

**Financing:** Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations

**Legal status:** non-profit organization

**MAISON DE LA FAMILLE JOLI-COEUR (LA)**

4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2965**

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

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

**Services:** \* Parent-child workshops. \* Daycare. \* Preschool. \* Child development workshops. \* Homework assistance for children from 1st to 3rd grade. \* Baby first aid course. \* Community worker: personalized support, listening, accompaniment, referral and information on available resources. \* Information and referral. \* Seasonal flea market.

**Eligibility:** parents with children 0 to 5 years old

**Coverage area:** CLSC des Seigneuries

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

**Fees:** according to activities

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

**Legal status:** non-profit organization

**MAISON DES ENFANTS DE LA MONTÉRÉGIE (LA)**

2022 Place du 350e, Suite 303, Varennes, Montérégie, QC, J3X 0K9

**450 929-1488**

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

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

**Services:** \* Correspondence in schools. \* Parenting skills workshops. \* Homework assistance. \* Distribution of recreational and educational material in schools.

**Eligibility:** children 5 to 12 years old, their parents

**Coverage area:** Commission scolaire des Patriotes

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

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

**Legal status:** non-profit organization

**MAISON DES JEUNES DE SAINTE-JULIE**

1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5

**450 649-3031**

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

**Email:** [direction@mdj-stejulie.ca](mailto:direction@mdj-stejulie.ca)

**Services:** Place for meeting and prevention. Support \* Mediation for parents and teenagers: reception, listening and referral. \* Outreach work. Activities \* Community, social, cultural and sports activities. \* Evenings 9 to 12 years: special activities on Thursdays. \* Online monthly calendar: [www.mdjsaintejulie.com/calendrier](http://www.mdjsaintejulie.com/calendrier)

Training \* Babysitting course. \* Stay Safe!: [https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&amp\\_ga=2.223361823.52948211.1698938313-816686927.1698938313](https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&amp_ga=2.223361823.52948211.1698938313-816686927.1698938313)

**Eligibility:** youth 9 to 17 years old, babysitting course: 11 to 15 years old, stay safe training: 9 to 13 years old

**Coverage area:** Sainte-Julie

**Hours:** Tuesday, Wednesday 16h00 to 21h00, Thursday 16h00 to 20h00, Friday 16h00 to 22h00, Saturday 14h00 to 22h00, schedule may vary, see their Facebook page

**Fees:** fees for training courses only

**Financing:** provincial, municipal, federal

**Legal status:** non-profit organization

## Information on childcare services

### CARREFOUR FAMILIAL DE SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 922-7179**

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

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

**Services:** \* Stimulation workshop for children 2 to 5 years old. \* Morning-conferences. \* Drop-in daycare for children 0 to 5 years old. \* Community worker for parents of children 0 to 5 years old: personalized support, listening, accompaniment, referral and information on available resources. \* Financial assistance for daycare services for families on a low income. \* Kindergarten preparatory workshops for children 4 years old. \* Summer day camp for children 6 to 9 years old.

**Eligibility:** families, mothers-to-be

**Coverage area:** Sainte-Julie

**Hours:** drop-in daycare: Tuesday to Friday 8h30 to 15h30, activities: variable, according to the schedule

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

## Juvenile Delinquency

### MAISON DES JEUNES DE VARENNES

135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7

**450 652-6941**

**Services:** Meeting place for youth. \* Social, recreational, cultural and sports activities. \* Listening, helping relationship, accompaniment. \* Work in the community. \* Information, prevention and awareness workshops.

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

**Coverage area:** Varennes

**Hours:** Monday to Friday 12h00 to 21h00, Saturday 13h00 to 21h00

**Fees:** none

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

**Legal status:** non-profit organization

## Maternity support and adoption

### CARREFOUR FAMILIAL DE SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 922-7179**

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

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

**Services:** \* Stimulation workshop for children 2 to 5 years old. \* Morning-conferences. \* Drop-in daycare for children 0 to 5 years old. \* Community worker for parents of children 0 to 5 years old: personalized support, listening, accompaniment, referral and information on available resources. \* Financial assistance for daycare services for families on a low income. \* Kindergarten preparatory workshops for children 4 years old. \* Summer day camp for children 6 to 9 years old.

**Eligibility:** families, mothers-to-be

**Coverage area:** Sainte-Julie

**Hours:** drop-in daycare: Tuesday to Friday 8h30 to 15h30, activities: variable, according to the schedule

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

### COMITÉ D'ALLAITEMENT MATERNEL CALM

1463 Lionel-Boulet Boulevard, Suite 101-B, Varennes, Montérégie, QC, J3X 1P7

**438 772-2256**

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

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

**Services:** Group of volunteers offering prenatal and postnatal support and information on breastfeeding. \* Breastfeeding drop-in. \* Monthly prenatal meetings. \* CALM Moment: various monthly conferences. \* Breastfeeding sponsors. \* Respite care service. \* Support groups. \* Breast pump rental.

**Eligibility:** new parents

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes, Verchères

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

**Fees:** none

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

### MAISON DE L'ENTRAIDE SAINTE-JULIE

500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6

**450 649-4569**

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

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

**Services:** Food \* Distribution of food vouchers. \* Food assistance in schools. \* Solidarity grocery store. \* Christmas baskets. Material assistance \* Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. \* Distribution of school supplies. \* Donation to people in need from Sainte-Julie after assessment. Support \* Accompaniment and referral.

**Eligibility:** people in need, depot and grocery: open to all

**Coverage area:** Sainte-Julie

**Hours:** shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support: Monday to Friday 8h00 to 16h00

**Fees:** \$5

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

**Legal status:** non-profit organization

## Parenting Education

### ASSOCIATION PANDA LES DEUX-RIVES

4889 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**438 793-8188**

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

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

**Services:** Assistance for people with an attention deficit hyperactivity disorder (ADHD). \* Support. \* Telephone listening. \* Promotion of the development of adapted services. \* Coffee meetings. \* Family activities. \* Conferences, information workshops. \* Other service points in Varennes, Sorel-Tracy and Sainte-Julie.

**Eligibility:** parents of children with an attention deficit disorder with or without hyperactivity

**Coverage area:** MRC Marguerite-d'Youville, MRC Pierre-De Saurel

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### BOUSSOLE - CENTRE DE RESSOURCES À LA FAMILLE (LA)

404, rue Alain, Suite 3, Saint-Amable, Montérégie, QC, J0L 1N0

**514 929-2732 ext. 103**

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

**Email:** [coordo@crlaboussole.com](mailto:coordo@crlaboussole.com)

**Services:** Support to families. \* Community daycare. \* Second Souffle: temporary home support service for parents of children 0 to 5 years old. \* Family worker for parents of children 0 to 17 years old: personalized support, listening, accompaniment, referral and information on available resources. \* Workshops and conferences.

**Eligibility:** families

**Capacity:** daycare: 6 children, activities: 25 people

**Coverage area:** Saint-Amable

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

**Fees:** annual membership: \$10, daycare: \$2.50 for an hour, \$15 maximum for the day, \$1.25 for a second child from the same family, workshops and conferences: free or at low cost

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

**Legal status:** non-profit organization

### CARREFOUR FAMILIAL DE SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 922-7179**

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

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

**Services:** \* Stimulation workshop for children 2 to 5 years old. \* Morning-conferences. \* Drop-in daycare for children 0 to 5 years old. \* Community worker for parents of children 0 to 5 years old: personalized support, listening, accompaniment, referral and information on available resources. \* Financial assistance for daycare services for families on a low income. \* Kindergarten preparatory workshops for children 4 years old. \* Summer day camp for children 6 to 9 years old.

**Eligibility:** families, mothers-to-be

**Coverage area:** Sainte-Julie

**Hours:** drop-in daycare: Tuesday to Friday 8h30 to 15h30, activities: variable, according to the schedule

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

**MAISON DE LA FAMILLE JOLI-COEUR (LA)**

4865 Legrende Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2965**

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

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

**Services:** \* Parent-child workshops. \* Daycare. \* Preschool. \* Child development workshops. \* Homework assistance for children from 1st to 3rd grade. \* Baby first aid course. \* Community worker: personalized support, listening, accompaniment, referral and information on available resources. \* Information and referral. \* Seasonal flea market.

**Eligibility:** parents with children 0 to 5 years old

**Coverage area:** CLSC des Seigneuries

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

**Fees:** according to activities

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

**Legal status:** non-profit organization

**MAISON DES ENFANTS DE LA MONTÉRÉGIE (LA)**

2022 Place du 350e, Suite 303, Varennes, Montérégie, QC, J3X 0K9

**450 929-1488**

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

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

**Services:** \* Correspondence in schools. \* Parenting skills workshops. \* Homework assistance. \* Distribution of recreational and educational material in schools.

**Eligibility:** children 5 to 12 years old, their parents

**Coverage area:** Commission scolaire des Patriotes

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

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

**Legal status:** non-profit organization

**Recreational Activities****ASSOCIATION DES FAMILLES DE VARENNES**

Confidential Address

**438 771-5411**

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

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

**Services:** \* Family encounters. \* Les Frimousses: parents-children meetings. \* Collective kitchens. \* Activities and outings.

**Eligibility:** families

**Coverage area:** Varennes

**Hours:** Frimousses: Tuesday 9h00 to 11h00

**Fees:** members: \$30 per year, activities: variable, some activities are accessible to non-members for an additional fee

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

**ASSOCIATION PANDA LES DEUX-RIVES**

4889 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**438 793-8188**

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

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

**Services:** Assistance for people with an attention deficit hyperactivity disorder (ADHD). \* Support. \* Telephone listening. \* Promotion of the development of adapted services. \* Coffee meetings. \* Family activities. \* Conferences, information workshops. \* Other service points in Varennes, Sorel-Tracy and Sainte-Julie.

**Eligibility:** parents of children with an attention deficit disorder with or without hyperactivity

**Coverage area:** MRC Marguerite-d'Youville, MRC Pierre-De Saurel

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

## CALIXA-LAVALLÉE PUBLIC LIBRARY

771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0

**450 583-6470 ext. 4 Fax:** 450 583-5508

**Website:** [www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b47/bibliotheque-de-calixa-lavallee](http://www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b47/bibliotheque-de-calixa-lavallee)

**Email:** [biblio@calixa-lavallee.ca](mailto:biblio@calixa-lavallee.ca)

**Services:** Loan and consultation of books and documents. \* Internet access. \* Biblio-Santé: information service for caregivers. \* Book club for children. \* Conferences and workshops.

**Eligibility:** people living in Calixa-Lavallée

**Coverage area:** Calixa-Lavallée  
**Hours:** Monday and Tuesday 13h30 to 15h30, Wednesday 13h30 to 15h30 and 19h00 to 20h30, Saturday 9h30 to 12h00

**Fees:** none

**Financing:** municipal

**Legal status:** non-profit organization

## COLONIE SAINTE-JEANNE D'ARC

10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**1 800 363-0098 Fax:** 450 743-8879

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

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

**Services:** Summer camp for young girls. \* Sports and artistic activities. \* 6 or 9-night stay. \* Free transportation from Montréal to the camp. \* Financial aid program.

**Eligibility:** young girls 6 to 16 years old

**Capacity:** 100

**Coverage area:** Greater Montréal

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

**Fees:** variable

**Financing:** Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations

**Legal status:** non-profit organization

## MAISON DE LA FAMILLE JOLI-COEUR (LA)

4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2965**

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

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

**Services:** \* Parent-child workshops. \* Daycare. \* Preschool. \* Child development workshops. \* Homework assistance for children from 1st to 3rd grade. \* Baby first aid course. \* Community worker: personalized support, listening, accompaniment, referral and information on available resources. \* Information and referral. \* Seasonal flea market.

**Eligibility:** parents with children 0 to 5 years old

**Coverage area:** CLSC des Seigneuries

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

**Fees:** according to activities

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

**Legal status:** non-profit organization

**MAISON DES ENFANTS DE LA MONTÉRÉGIE (LA)**

2022 Place du 350e, Suite 303, Varennes, Montérégie, QC, J3X 0K9

**450 929-1488**

**Website:** mdevarennes.org

**Email:** direction@mdevarennes.org

**Services:** \* Correspondence in schools. \* Parenting skills workshops. \* Homework assistance. \* Distribution of recreational and educational material in schools.

**Eligibility:** children 5 to 12 years old, their parents

**Coverage area:** Commission scolaire des Patriotes

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

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

**Legal status:** non-profit organization

**SAINTE-JULIE PUBLIC LIBRARY**

1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3

**450 922-7070 Fax:** 450 922-7077

**Website:** www.ville.sainte-julie.qc.ca/bibliotheque

**Email:** biblio@ville.sainte-julie.qc.ca

**Services:** Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Loan of iPad, musical instruments and telescope. \* Computer courses. \* Biblio-Santé. \* Story time. \* Book club for children. \* Book club for adults. \* Youth volunteering. \* Intergenerational reading activity. \* Exhibitions, conferences and workshops. \* Medialab: digital creation and manufacturing laboratory.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

**Fees:** residents: none, non-residents: \$85 per year per person, \$200 per year per family

**Financing:** municipal

**Legal status:** municipal agency

**VARENNES - CITY**

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

**450 652-9888 Fax:** 450 652-2655

**Website:** ville.varennes.qc.ca

**Email:** citoyens@ville.varennes.qc.ca

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar: [www.ville.varennes.qc.ca/services/environnement/matières-residuelles](http://www.ville.varennes.qc.ca/services/environnement/matières-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreational and sports activities: baseball, hockey, direct access to the Saint Lawrence River, cycling the river, day camps, etc. \* Events and festivities: Christmas concerts, cultural days, Thursday evenings, outdoor cinema, etc. \* Spring garage sale. \* Entre Quatre Pattes dog park. \* Library, parks and activity sites, sports centre. \* Aquatic complex and lifeguard and first aid training program. \* Directory of community organizations and online volunteer portal.

**Eligibility:** general public

**Coverage area:** Varennes

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

**Financing:** municipal

**Legal status:** municipal agency

## Youth Centres and Support

### **COLONIE SAINTE-JEANNE D'ARC**

10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**1 800 363-0098 Fax:** 450 743-8879

**Website:** csjd.qc.ca

**Email:** info@csjd.qc.ca

**Services:** Summer camp for young girls. \* Sports and artistic activities. \* 6 or 9-night stay. \* Free transportation from Montréal to the camp. \* Financial aid program.

**Eligibility:** young girls 6 to 16 years old

**Capacity:** 100

**Coverage area:** Greater Montréal

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

**Fees:** variable

**Financing:** Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations

**Legal status:** non-profit organization

### **MAISON DES JEUNES DE CONTRECOEUR**

1400 des Saules Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2830**

**Email:** mdjcontrecoeur@videotron.ca

**Services:** Meeting place for youth. \* Sporting and cultural activities. \* Volunteering.

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

**Coverage area:** Contrecoeur

**Hours:** Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 23h00, Saturday 14h00 to 17h00 and 18h00 to 23h00

**Fees:** none

**Financing:** provincial, municipal, dons

**Legal status:** non-profit organization

### **MAISON DES JEUNES DE SAINTE-JULIE**

1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5

**450 649-3031**

**Website:** www.mdjsaintejulie.com

**Email:** direction@mdj-stejulie.ca

**Services:** Place for meeting and prevention. Support \* Mediation for parents and teenagers: reception, listening and referral. \* Outreach work. Activities \* Community, social, cultural and sports activities. \* Evenings 9 to 12 years: special activities on Thursdays. \* Online monthly calendar: [www.mdjsaintejulie.com/calendrier](http://www.mdjsaintejulie.com/calendrier) Training \* Babysitting course. \* Stay Safe!: [https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&amp\\_ga=2.223361823.52948211.1698938313-816686927.1698938313](https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&amp_ga=2.223361823.52948211.1698938313-816686927.1698938313)

**Eligibility:** youth 9 to 17 years old, babysitting course: 11 to 15 years old, stay safe training: 9 to 13 years old

**Coverage area:** Sainte-Julie

**Hours:** Tuesday, Wednesday 16h00 to 21h00, Thursday 16h00 to 20h00, Friday 16h00 to 22h00, Saturday 14h00 to 22h00, schedule may vary, see their Facebook page

**Fees:** fees for training courses only

**Financing:** provincial, municipal, federal

**Legal status:** non-profit organization

### **MAISON DES JEUNES DE VARENNES**

135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7

**450 652-6941**

**Services:** Meeting place for youth. \* Social, recreational, cultural and sports activities. \* Listening, helping relationship, accompaniment. \* Work in the community. \* Information, prevention and awareness workshops.

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

**Coverage area:** Varennes

**Hours:** Monday to Friday 12h00 to 21h00, Saturday 13h00 to 21h00

**Fees:** none

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

**Legal status:** non-profit organization

## MAISON DES JEUNES DE VERCHÈRES

41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0

**450 583-5201 Fax:** 450 583-5201

**Website:** mdjvercheres.org

**Email:** mdjvercheres@videotron.ca

**Services:** Living and meeting environment. \* Cultural, sporting and artistic activities. \* Active listening and referral. \* Homework assistance. \* Youth mediation. \* Prevention workshops. \* Citizen participation. \* Community work. \* Babysitting training.

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

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## SAINTE-JULIE PUBLIC LIBRARY

1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3

**450 922-7070 Fax:** 450 922-7077

**Website:** www.ville.sainte-julie.qc.ca/bibliotheque

**Email:** biblio@ville.sainte-julie.qc.ca

**Services:** Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Loan of iPad, musical instruments and telescope. \* Computer courses. \* Biblio-Santé. \* Story time. \* Book club for children. \* Book club for adults. \* Youth volunteering. \* Intergenerational reading activity. \* Exhibitions, conferences and workshops. \* Medialab: digital creation and manufacturing laboratory.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

**Fees:** residents: none, non-residents: \$85 per year per person, \$200 per year per family

**Financing:** municipal

**Legal status:** municipal agency

## SOCIÉTÉ POUR L'ÉPANOUISSLEMENT DES JEUNES DE ST-AMABLE (LA)

915 Normandie Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 922-3673**

**Email:** mdjstamable@videotron.ca

**Services:** Meeting place. \* Referral. \* Sporting and cultural activities. \* Volunteering. \* Citizen involvement activities. \* Student café.

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

**Capacity:** 99

**Coverage area:** Saint-Amable

**Hours:** school year: Wednesday to Friday 15h00 to 21h00, Saturday 13h00 to 21h00, student café: Monday to Friday 12h30 to 13h30, summer: Monday to Friday 13h00 to 21h00

**Fees:** none

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

**Legal status:** non-profit organization

## VARENNES - CITY

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

**450 652-9888 Fax:** 450 652-2655

**Website:** ville.varennes.qc.ca

**Email:** citoyens@ville.varennes.qc.ca

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar: [www.ville.varennes.qc.ca/services/environnement/matières-residuelles](http://www.ville.varennes.qc.ca/services/environnement/matières-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreational and sports activities: baseball, hockey, direct access to the Saint Lawrence River, cycling the river, day camps, etc. \* Events and festivities: Christmas concerts, cultural days, Thursday evenings, outdoor cinema, etc. \* Spring garage sale. \* Entre Quatre Pattes dog park. \* Library, parks and activity sites, sports centre. \* Aquatic complex and lifeguard and first aid training program. \* Directory of community organizations and online volunteer portal.

**Eligibility:** general public

**Coverage area:** Varennes

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

**Financing:** municipal

**Legal status:** municipal agency

## Youth Employment

### MAISON DES JEUNES DE SAINTE-JULIE

1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5

**450 649-3031**

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

**Email:** direction@mdj-stejulie.ca

**Services:** Place for meeting and prevention. Support \* Mediation for parents and teenagers: reception, listening and referral. \* Outreach work. Activities \* Community, social, cultural and sports activities. \* Evenings 9 to 12 years: special activities on Thursdays. \* Online monthly calendar: [www.mdjsaintejulie.com/calendrier](http://www.mdjsaintejulie.com/calendrier) Training \* Babysitting course. \* Stay Safe!: <https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&ga=2.223361823.52948211.1698938313-816686927.1698938313>

**Eligibility:** youth 9 to 17 years old, babysitting course: 11 to 15 years old, stay safe training: 9 to 13 years old

**Coverage area:** Sainte-Julie

**Hours:** Tuesday, Wednesday 16h00 to 21h00, Thursday 16h00 to 20h00, Friday 16h00 to 22h00, Saturday 14h00 to 22h00, schedule may vary, see their Facebook page

**Fees:** fees for training courses only

**Financing:** provincial, municipal, federal

**Legal status:** non-profit organization

### MAISON DES JEUNES DE VERCHÈRES

41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0

**450 583-5201 Fax:** 450 583-5201

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

**Email:** mdjvercheres@videotron.ca

**Services:** Living and meeting environment. \* Cultural, sporting and artistic activities. \* Active listening and referral. \* Homework assistance. \* Youth mediation. \* Prevention workshops. \* Citizen participation. \* Community work. \* Babysitting training.

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

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Youth Shelters and Support

### CLSC DES SEIGNEURIES DE SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 112, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 468-3670**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=908&ch\\_type%5B6%5D=1201&bt\\_rechType=&theme=clsc&ch\\_choixReg=&ch\\_rayon=0&ch\\_code=J3E1W8](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=908&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3E1W8)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Contraception. \* Youth clinic. \* Distribution of new injection material to people who use drugs (free service). \* Recovery of used needles and syringes. \* Breastfeeding room. \* General vaccination.

**Coverage area:** CISSS de la Montérégie-Est area

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 20h30, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

### MAISON DES JEUNES DE SAINTE-JULIE

1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5

**450 649-3031**

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

**Email:** direction@mdj-stejulie.ca

**Services:** Place for meeting and prevention. Support \* Mediation for parents and teenagers: reception, listening and referral. \* Outreach work. Activities \* Community, social, cultural and sports activities. \* Evenings 9 to 12 years: special activities on Thursdays. \* Online monthly calendar: [www.mdjsaintejulie.com/calendrier](http://www.mdjsaintejulie.com/calendrier) Training \* Babysitting course. \* Stay Safe!: <https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&ga=2.223361823.52948211.1698938313-816686927.1698938313>

**Eligibility:** youth 9 to 17 years old, babysitting course: 11 to 15 years old, stay safe training: 9 to 13 years old

**Coverage area:** Sainte-Julie

**Hours:** Tuesday, Wednesday 16h00 to 21h00, Thursday 16h00 to 20h00, Friday 16h00 to 22h00, Saturday 14h00 to 22h00, schedule may vary, see their Facebook page

**Fees:** fees for training courses only

**Financing:** provincial, municipal, federal

**Legal status:** non-profit organization

### MAISON DES JEUNES DE VARENNES

135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7

**450 652-6941**

**Services:** Meeting place for youth. \* Social, recreational, cultural and sports activities. \* Listening, helping relationship, accompaniment. \* Work in the community. \* Information, prevention and awareness workshops.

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

**Coverage area:** Varennes

**Hours:** Monday to Friday 12h00 to 21h00, Saturday 13h00 to 21h00

**Fees:** none

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

**Legal status:** non-profit organization

**MAISON DES JEUNES DE VERCHÈRES**

41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0

**450 583-5201 Fax:** 450 583-5201

**Website:** mdjvercheres.org

**Email:** mdjvercheres@videotron.ca

**Services:** Living and meeting environment. \* Cultural, sporting and artistic activities. \* Active listening and referral. \* Homework assistance. \* Youth mediation. \* Prevention workshops. \* Citizen participation. \* Community work. \* Babysitting training.

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

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**Community Action****COMMUNITY DEVELOPMENT****INFORMATION AND REFERRAL****VOLUNTEERING AND VOLUNTEER CENTRES**

## Community development

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

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

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

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### COLONIE DES GRÈVES DE CONTRECOEUR

10350 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**1 800 368-0168 Fax:** 450 742-3841

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

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

**Services:** \* Summer camps for children and families. \* Accommodation in chalets and inns. \* School outings: science workshops and outdoor activities. \* Parc régional des Grèves: cross-country skiing, snowshoeing and hiking. \* Rental of equipment for winter sports: cross-country skis, snowshoes, snow tubes, etc. \* Room rental. \* Sailing school during summer.

**Eligibility:** families

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, Saturday and Sunday 8h30 to 16h30, schedule subject to change according to seasons and activities

**Fees:** camp: according to the income

**Financing:** self-financing

**Legal status:** non-profit organization

### CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MARGUERITE-D'YOUVILLE

596 Marie-Victorin Route, Suite 206, Verchères, Montérégie, QC, J0L 2R0

**450 685-1166**

**Website:** [cdcm.y.ca](http://cdcm.y.ca)

**Email:** [developpement@cdcm.y.ca](mailto:developpement@cdcm.y.ca)

**Services:** Community development. \* Support to local, social and socio-economic development. \* Information about the community movement. \* Personalized support to organizations. \* Trainings. \* Representation and consultation.

**Eligibility:** community organizations

**Coverage area:** MRC Marguerite D'Youville

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

**Fees:** annual membership: \$100

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

**ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE**

695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 649-8874**

**Website:** lenvolee.org

**Email:** info@lenvolee.org

**Services:** Promotion of volunteer work and home support services for the seniors.\* Delivery of frozen ready-to-eat meals. \* Activities: coffee meetings, culinary activities, workshops and conferences. \* Reception and referral. \* PAIR program: computerized safety and medication reminder phone calls. \* Friendly visits. \* Loan of orthopedic devices. \* Shopping assistance. \* Accompaniment-transportation. \* Tax clinic. \* Support to organizations.

**Eligibility:** seniors, people with a loss of autonomy, caregivers, families, community organizations

**Coverage area:** Sainte-Julie

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

**Fees:** ready-to-eat and medical accompaniment: fees

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

**Legal status:** non-profit organization

**SAINT-AMABLE - CITY**

575 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-3555 Fax:** 450 922-0728

**Website:** www.st-amable.qc.ca

**Email:** ville@st-amable.qc.ca

**Services:** Management of municipal services. \* Payment of municipal taxes and property assessment. \* Information on residual waste and collection according to the calendar: [www.st-amable.qc.ca/services/aux-citoyens/collecte-des-matières-residuelles](http://www.st-amable.qc.ca/services/aux-citoyens/collecte-des-matières-residuelles) \* Fire department. \* Building permits and urban planning by-laws. \* Construction and maintenance of public infrastructures. \* Emergency notification system. \* Hall rental. \* Municipale library. \* Leisure, culture, and sports.

**Eligibility:** general public

**Coverage area:** Saint-Amable

**Hours:** Monday to Friday 8h00 to 16h15, Friday 8h00 to 13h00

**Financing:** municipal

**Legal status:** municipal agency

**SERVICE DE DÉVELOPPEMENT ÉCONOMIQUE DE LA MRC MARGUERITE-D'YOUVILLE**

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**450 583-3303 Fax:** 450 583-6575

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

**Email:** dev.econo@margueritedyouville.ca

**Services:** \* Entrepreneurs support through information, expert advice and technical assistance in order to find offices, financing, networks or assistance for exporting. \* Access to different funds and financial services, particularly for young entrepreneurs, freelancers and sustainable development companies.

**Eligibility:** start-up companies, growing companies, people starting a new company, social economy organizations

**Coverage area:** MRC Marguerite D'Youville

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

**Financing:** provincial

**Legal status:** non-profit organization

## Information and referral

### CALIXA-LAVALLÉE PUBLIC LIBRARY

771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0

**450 583-6470 ext. 4 Fax:** 450 583-5508

**Website:** [www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b47/bibliotheque-de-calixa-lavallee](http://www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b47/bibliotheque-de-calixa-lavallee)

**Email:** [biblio@calixa-lavallee.ca](mailto:biblio@calixa-lavallee.ca)

**Services:** Loan and consultation of books and documents. \* Internet access. \* Biblio-Santé: information service for caregivers. \* Book club for children. \* Conferences and workshops.

**Eligibility:** people living in Calixa-Lavallée

**Coverage area:** Calixa-Lavallée

**Hours:** Monday and Tuesday 13h30 to 15h30, Wednesday 13h30 to 15h30 and 19h00 to 20h30, Saturday 9h30 to 12h00

**Fees:** none

**Financing:** municipal

**Legal status:** non-profit organization

### SAINTE-JULIE PUBLIC LIBRARY

1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3

**450 922-7070 Fax:** 450 922-7077

**Website:** [www.ville.sainte-julie.qc.ca/bibliotheque](http://www.ville.sainte-julie.qc.ca/bibliotheque)

**Email:** [biblio@ville.sainte-julie.qc.ca](mailto:biblio@ville.sainte-julie.qc.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Loan of iPad, musical instruments and telescope. \* Computer courses. \* Biblio-Santé. \* Story time. \* Book club for children. \* Book club for adults. \* Youth volunteering. \* Intergenerational reading activity. \* Exhibitions, conferences and workshops. \* Medialab: digital creation and manufacturing laboratory.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

**Fees:** residents: none, non-residents: \$85 per year per person, \$200 per year per family

**Financing:** municipal

**Legal status:** municipal agency

## Volunteering and volunteer centres

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

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

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

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

### CENTRE DE FEMMES ENTRE AILES

754 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W9

**450 649-0658**

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

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

**Services:** Women's centre. \* Active listening and helping relationship service (individual meetings). \* Self-help group. \* Information and referral. \* Workshops. \* Feminist popular education activities. \* Coffee-chats. \* Conferences. \* Documentation centre. \* Collective kitchen. \* Civic engagement. \* Community volunteering.

**Eligibility:** women

**Capacity:** 300 people

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Saint-Bruno-de-Montarville, Sainte-Julie, Verchères, Varennes

**Hours:** Monday 9h00 to 12h00 and 13h15 to 16h00, Tuesday 13h15 to 16h00, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 16h00, occasional evening activities: see program

**Fees:** annual membership: maximum \$10 non-mandatory

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### COMITÉ D'ENTRAIDE DE VERCHÈRES

579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0

**450 583-5888**

**Email:** [comite.entraide.vercheres@gmail.com](mailto:comite.entraide.vercheres@gmail.com)

**Services:** \* Food assistance. \* Les Trésors de Madeleine: sale of clothing, household items, decoration and small appliances. \* Pairing service for appliance and furniture collection: transportation from one point to another by a volunteer. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** people and families on a low income

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** Les Trésors de Madeleine: Tuesday and Wednesday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 13h30 to 14h30, summer: Wednesday 13h30 to 15h00 (June 26 to August 6)

**Fees:** pairing for furniture collection: \$50 for appliances, free for people who are unemployed

**Financing:** self-financing

**Legal status:** non-profit organization

### ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE

695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 649-8874**

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

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

**Services:** Promotion of volunteer work and home support services for the seniors.\* Delivery of frozen ready-to-eat meals. \* Activities: coffee meetings, culinary activities, workshops and conferences. \* Reception and referral. \* PAIR program: computerized safety and medication reminder phone calls. \* Friendly visits. \* Loan of orthopedic devices. \* Shopping assistance. \* Accompaniment-transportation. \* Tax clinic. \* Support to organizations.

**Eligibility:** seniors, people with a loss of autonomy, caregivers, families, community organizations

**Coverage area:** Sainte-Julie

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

**Fees:** ready-to-eat and medical accompaniment: fees

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

**Legal status:** non-profit organization

**Disability****ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY****DEAF AND HEARING IMPAIRED****MOBILITY AIDS****RECREATION AND CAMPS****RESPITE SERVICES AND HOUSING****SUPPORT ASSOCIATIONS****THE BLIND****THERAPY AND REHABILITATION CENTRES**

## Advocacy for people with a physical disability

### ASSOCIATION PANDA LES DEUX-RIVES

4889 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**438 793-8188**

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

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

**Services:** Assistance for people with an attention deficit hyperactivity disorder (ADHD). \* Support. \* Telephone listening. \* Promotion of the development of adapted services. \* Coffee meetings. \* Family activities. \* Conferences, information workshops. \* Other service points in Varennes, Sorel-Tracy and Sainte-Julie.

**Eligibility:** parents of children with an attention deficit disorder with or without hyperactivity

**Coverage area:** MRC Marguerite-d'Youville, MRC Pierre-De Saurel

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

## Deaf and hearing impaired

### COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR

4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2667**

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

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

**Services:** \* Medical clinic without appointment for clients who already have a file in the organization. \* Clinic for medication infiltration. \* Reversa clinic for people with type II diabetes. \* Chiropractic clinic. \* Therapist in physiotherapy. \* Orthotist. \* Audioprosthelist.

**Eligibility:** youth clinic: people 12 to 18 years old, other services: general public

**Coverage area:** South Shore

**Hours:** Monday 8h00 to 17h00, Tuesday, Wednesday and Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Financing:** self-financing

**Legal status:** non-profit organization

## Mobility aids

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

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

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

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

## **COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR**

**4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0**

**450 587-2667**

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

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

**Services:** \* Medical clinic without appointment for clients who already have a file in the organization. \* Clinic for medication infiltration. \* Reversa clinic for people with type II diabetes. \* Chiropractic clinic. \* Therapist in physiotherapy. \* Orthotist. \* Audioprosthelist.

**Eligibility:** youth clinic: people 12 to 18 years old, other services: general public

**Coverage area:** South Shore

**Hours:** Monday 8h00 to 17h00, Tuesday, Wednesday and Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Financing:** self-financing

**Legal status:** non-profit organization

## **ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE**

**695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8**

**450 649-8874**

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

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

**Services:** Promotion of volunteer work and home support services for the seniors.\* Delivery of frozen ready-to-eat meals. \* Activities: coffee meetings, culinary activities, workshops and conferences. \* Reception and referral. \* PAIR program: computerized safety and medication reminder phone calls. \* Friendly visits. \* Loan of orthopedic devices. \* Shopping assistance. \* Accompaniment-transportation. \* Tax clinic. \* Support to organizations.

**Eligibility:** seniors, people with a loss of autonomy, caregivers, families, community organizations

**Coverage area:** Sainte-Julie

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

**Fees:** ready-to-eat and medical accompaniment: fees

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

**Legal status:** non-profit organization

## **Recreation and camps**

### **CENTRE POUR FEMMES IMPACT**

Confidential Address

**450 652-0004**

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

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

**Services:** Women centre to counter isolation. \* Workshops, courses, conferences, breakfast-chats, festive get-togethers and outings. \* Information and referral. \* Committee of women living with a disability: monthly coffee-chats and occasional outings.

**Eligibility:** women 18 years old and over, immigrant women, women living with a disability

**Coverage area:** Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères, Contrecoeur

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

**Fees:** annual membership: \$20, activities: variable

**Financing:** provincial, federal, municipal, fundraising campaigns

**Legal status:** non-profit organization

**CLÉ DES CHAMPS SAINTE-JULIE (LA)**

27 du Plateau Street, Sainte-Julie, Montérégie, QC, J3E 3N6  
**514 805-8196**

**Website:** lacdc.ca  
**Email:** info@lacdc.ca

**Services:** \* Organization of cultural, sports and recreational activities. \* Saturday respite. \* Summer day camp.

**Eligibility:** autistic youth or youth living with an intellectual disability, with or without physical disabilities

**Coverage area:** Sainte-Julie

**Hours:** September to May: Saturday 9h30 to 15h00, summer day camp: late June to mid-August, Monday to Thursday 7h30 to 17h30

**Fees:** day camp: \$125 per week

**Financing:** donations, municipal, provincial

**Legal status:** non-profit organization

**GYMNO MONTÉRÉGIE**

2080 Bordas Street, Sainte-Julie, Montérégie, QC, J3E 2L5  
**Website:** [www.gymno.org/article/271-gymno-monteregie.html](http://www.gymno.org/article/271-gymno-monteregie.html)  
**Email:** adminmonteregie@gymno.org

**Services:** Activities for children with learning difficulties. \* Les Explorateurs: games to stimulate children's development (gym, pool).

**Eligibility:** children 5 to 10 years old

**Coverage area:** Montérégie

**Hours:** autumn, winter and spring, Saturday 10h00 to 12h00

**Fees:** \$250

**Financing:** donations, grants

**Legal status:** non-profit organization

**Respite services and housing****CLÉ DES CHAMPS SAINTE-JULIE (LA)**

27 du Plateau Street, Sainte-Julie, Montérégie, QC, J3E 3N6  
**514 805-8196**

**Website:** lacdc.ca  
**Email:** info@lacdc.ca

**Services:** \* Organization of cultural, sports and recreational activities. \* Saturday respite. \* Summer day camp.

**Eligibility:** autistic youth or youth living with an intellectual disability, with or without physical disabilities

**Coverage area:** Sainte-Julie

**Hours:** September to May: Saturday 9h30 to 15h00, summer day camp: late June to mid-August, Monday to Thursday 7h30 to 17h30

**Fees:** day camp: \$125 per week

**Financing:** donations, municipal, provincial

**Legal status:** non-profit organization

**Support Associations****ASSOCIATION PANDA LES DEUX-RIVES**

4889 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0  
**438 793-8188**

**Website:** [www.pandalesdeuxrives.com](http://www.pandalesdeuxrives.com)  
**Email:** pandalesdeuxrives@gmail.com

**Services:** Assistance for people with an attention deficit hyperactivity disorder (ADHD). \* Support. \* Telephone listening. \* Promotion of the development of adapted services. \* Coffee meetings. \* Family activities. \* Conferences, information workshops. \* Other service points in Varennes, Sorel-Tracy and Sainte-Julie.

**Eligibility:** parents of children with an attention deficit disorder with or without hyperactivity

**Coverage area:** MRC Marguerite-d'Youville, MRC Pierre-De Saurel

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

## COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR

4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2667**

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

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

**Services:** \* Medical clinic without appointment for clients who already have a file in the organization. \* Clinic for medication infiltration. \* Reversa clinic for people with type II diabetes. \* Chiropractic clinic. \* Therapist in physiotherapy. \* Orthotist. \* Audioprosthesist.

**Eligibility:** youth clinic: people 12 to 18 years old, other services: general public

**Coverage area:** South Shore

**Hours:** Monday 8h00 to 17h00, Tuesday, Wednesday and Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Financing:** self-financing

**Legal status:** non-profit organization

## The Blind

### CENTRE POUR FEMMES IMPACT

Confidential Address

**450 652-0004**

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

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

**Services:** Women centre to counter isolation. \* Workshops, courses, conferences, breakfast-chats, festive get-togethers and outings. \* Information and referral. \* Committee of women living with a disability: monthly coffee-chats and occasional outings.

**Eligibility:** women 18 years old and over, immigrant women, women living with a disability

**Coverage area:** Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères, Contrecoeur

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

**Fees:** annual membership: \$20, activities: variable

**Financing:** provincial, federal, municipal, fundraising campaigns

**Legal status:** non-profit organization

## Therapy and rehabilitation centres

### COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR

4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2667**

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

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

**Services:** \* Medical clinic without appointment for clients who already have a file in the organization. \* Clinic for medication infiltration. \* Reversa clinic for people with type II diabetes. \* Chiropractic clinic. \* Therapist in physiotherapy. \* Orthotist. \* Audioprosthesist.

**Eligibility:** youth clinic: people 12 to 18 years old, other services: general public

**Coverage area:** South Shore

**Hours:** Monday 8h00 to 17h00, Tuesday, Wednesday and Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Financing:** self-financing

**Legal status:** non-profit organization

**Education and Literacy****COMPUTER WORKSHOPS****DIFFICULTIES AND LEARNING DISABILITIES****HOMEWORK ASSISTANCE AND TUTORING****PUBLIC EDUCATION**

## Computer workshops

### SAINTE-JULIE PUBLIC LIBRARY

1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3

**450 922-7070** Fax: 450 922-7077

**Website:** [www.ville.sainte-julie.qc.ca/bibliotheque](http://www.ville.sainte-julie.qc.ca/bibliotheque)

**Email:** [biblio@ville.sainte-julie.qc.ca](mailto:biblio@ville.sainte-julie.qc.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Loan of iPad, musical instruments and telescope. \* Computer courses. \* Biblio-Santé. \* Story time. \* Book club for children. \* Book club for adults. \* Youth volunteering. \* Intergenerational reading activity. \* Exhibitions, conferences and workshops. \* Medialab: digital creation and manufacturing laboratory.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

**Fees:** residents: none, non-residents: \$85 per year per person, \$200 per year per family

**Financing:** municipal

**Legal status:** municipal agency

## Difficulties and learning disabilities

### GYMNO MONTÉRÉGIE

2080 Bordas Street, Sainte-Julie, Montérégie, QC, J3E 2L5

**Website:** [www.gymno.org/article/271-gymno-monteregie.html](http://www.gymno.org/article/271-gymno-monteregie.html)

**Email:** [adminmonteregie@gymno.org](mailto:adminmonteregie@gymno.org)

**Services:** Activities for children with learning difficulties. \* Les Explorateurs: games to stimulate children's development (gym, pool).

**Eligibility:** children 5 to 10 years old

**Coverage area:** Montérégie

**Hours:** autumn, winter and spring, Saturday 10h00 to 12h00

**Fees:** \$250

**Financing:** donations, grants

**Legal status:** non-profit organization

## Homework assistance and tutoring

### MAISON DE LA FAMILLE JOLI-COEUR (LA)

4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2965**

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

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

**Services:** \* Parent-child workshops. \* Daycare. \* Preschool. \* Child development workshops. \* Homework assistance for children from 1st to 3rd grade. \* Baby first aid course. \* Community worker: personalized support, listening, accompaniment, referral and information on available resources. \* Information and referral. \* Seasonal flea market.

**Eligibility:** parents with children 0 to 5 years old

**Coverage area:** CLSC des Seignuries

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

**Fees:** according to activities

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

**Legal status:** non-profit organization

**MAISON DES ENFANTS DE LA MONTÉRÉGIE (LA)**

2022 Place du 350e, Suite 303, Varennes, Montérégie, QC, J3X 0K9

**450 929-1488**

**Website:** mdevarennes.org

**Email:** direction@mdevarennes.org

**Services:** \* Correspondence in schools. \* Parenting skills workshops. \* Homework assistance. \* Distribution of recreational and educational material in schools.

**Eligibility:** children 5 to 12 years old, their parents

**Coverage area:** Commission scolaire des Patriotes

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

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

**Legal status:** non-profit organization

**MAISON DES JEUNES DE VERCHÈRES**

41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0

**450 583-5201 Fax:** 450 583-5201

**Website:** mdjvercheres.org

**Email:** mdjvercheres@videotron.ca

**Services:** Living and meeting environment. \* Cultural, sporting and artistic activities. \* Active listening and referral. \* Homework assistance. \* Youth mediation. \* Prevention workshops. \* Citizen participation. \* Community work. \* Babysitting training.

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

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**Public education****ARC-EN-CIEL DES SEIGNEURIES - GROUPE D'ENTRAIDE EN SANTÉ MENTALE (L')**

2082 Marie-Victorin Boulevard, Suite 201, Varennes, Montérégie, QC, J3X 2C7

**450 985-0522 Fax:** 450 985-0805

**Website:** www.arcenciedessigneuries.org

**Email:** info@arcenciedessigneuries.org

**Services:** Mutual aid network promoting social integration and an end to isolation. \* Mutual aid group. \* Art-therapy. \* Mental health self-management: anxiety, depression and self-esteem. \* Popular education workshops. \* Cultural and seasonal outings. \* Listening and referral. \* Associative life. \* Prevention and awareness.

**Eligibility:** people living with or who have lived with mental health issues

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes, Verchères

**Hours:** Monday to Thursday 9h00 to 16h30, occasionally on nights and weekends

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

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

**Employment and Income Support****BUDGET MANAGEMENT AND CONSUMPTION****BUSINESS DEVELOPMENT****EMPLOYMENT SUPPORT FOR YOUTH****TAX CLINICS****VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

## Budget management and consumption

### COLONIE SAINTE-JEANNE D'ARC

10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**1 800 363-0098**   **Fax:** 450 743-8879

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

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

**Services:** Summer camp for young girls. \* Sports and artistic activities. \* 6 or 9-night stay. \* Free transportation from Montréal to the camp. \* Financial aid program.

**Eligibility:** young girls 6 to 16 years old

**Capacity:** 100

**Coverage area:** Greater Montréal

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

**Fees:** variable

**Financing:** Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations

**Legal status:** non-profit organization

### Business development

#### CONTRECOEUR - CITY

5000 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-5901 ext. 221**   **Fax:** 450 587-5855

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

**Email:** [boucherj@ville.contrecoeur.qc.ca](mailto:boucherj@ville.contrecoeur.qc.ca)

**Services:** Municipal service management. \* Municipal tax management and payment. \* Fire department. \* Information on garbage collection. \* Construction permits. \* Leisure and culture.

**Eligibility:** general public

**Coverage area:** Contrecoeur

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

**Financing:** municipal

**Legal status:** municipal agency

#### MRC DE MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**450 583-3301 ext. 2**   **Fax:** 450 583-6575

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

**Email:** [infomrc@margueritedyouville.ca](mailto:infomrc@margueritedyouville.ca)

**Services:** Administration of regional services with supra-local character. \* Land management and development. \* Urban planning regulations. \* Management of public services: watercourses, waste management, property assessment, civil, fire and public security. \* Socio-economic development and support to enterprises: training, starting assistance, grants and networking. \* Promotion of heritage, culture and tourism.

**Coverage area:** MRC Marguerite-D'Youville

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

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

**Legal status:** non-profit organization

#### SERVICE DE DÉVELOPPEMENT ÉCONOMIQUE DE LA MRC MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**450 583-3303**   **Fax:** 450 583-6575

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

**Email:** [dev.econo@margueritedyouville.ca](mailto:dev.econo@margueritedyouville.ca)

**Services:** \* Entrepreneurs support through information, expert advice and technical assistance in order to find offices, financing, networks or assistance for exporting. \* Access to different funds and financial services, particularly for young entrepreneurs, freelancers and sustainable development companies.

**Eligibility:** start-up companies, growing companies, people starting a new company, social economy organizations

**Coverage area:** MRC Marguerite D'Youville

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

**Financing:** provincial

**Legal status:** non-profit organization

## Employment support for youth

### MAISON DES JEUNES DE SAINTE-JULIE

1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5

**450 649-3031**

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

**Email:** [direction@mdj-stejulie.ca](mailto:direction@mdj-stejulie.ca)

**Services:** Place for meeting and prevention. Support \* Mediation for parents and teenagers: reception, listening and referral. \* Outreach work. Activities \* Community, social, cultural and sports activities. \* Evenings 9 to 12 years: special activities on Thursdays. \* Online monthly calendar: [www.mdjsaintejulie.com/calendrier](http://www.mdjsaintejulie.com/calendrier) Training \* Babysitting course. \* Stay Safe!: [https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&amp\\_ga=2.223361823.52948211.1698938313-816686927.1698938313](https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&amp_ga=2.223361823.52948211.1698938313-816686927.1698938313)

**Eligibility:** youth 9 to 17 years old, babysitting course: 11 to 15 years old, stay safe training: 9 to 13 years old

**Coverage area:** Sainte-Julie

**Hours:** Tuesday, Wednesday 16h00 to 21h00, Thursday 16h00 to 20h00, Friday 16h00 to 22h00, Saturday 14h00 to 22h00, schedule may vary, see their Facebook page

**Fees:** fees for training courses only

**Financing:** provincial, municipal, federal

**Legal status:** non-profit organization

### MAISON DES JEUNES DE VERCHÈRES

41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0

**450 583-5201 Fax:** 450 583-5201

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

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

**Services:** Living and meeting environment. \* Cultural, sporting and artistic activities. \* Active listening and referral. \* Homework assistance. \* Youth mediation. \* Prevention workshops. \* Citizen participation. \* Community work. \* Babysitting training.

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

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Tax clinics

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - TAX CLINIC

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

**Website:** cabcontrecoeur.ca

**Email:** cab.contrecoeur@videotron.ca

**Services:** \* Tax clinic without appointment.

**Eligibility:** people living with a maximum income of \$42,000

**Coverage area:** Contrecoeur

**Hours:** 2025 tax clinic: until April 27th, Tuesday and Thursday 9h00 to 11h30

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### COMITÉ D'ENTRAIDE DE VERCHÈRES - TAX CLINIC

579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0

**450 583-5888**

**Email:** comite.entraide.vercheres@gmail.com

**Services:** Walk-in tax clinic.

**Eligibility:** people and families on a low income

**Coverage area:** Verchères

**Hours:** 2025 clinic: no appointment, Mondays in March 10h00 to 11h30

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

### ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE - TAX CLINIC

695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 649-8874**

**Website:** lenvolee.org

**Services:** Tax clinic by appointment.

**Eligibility:** seniors, people on a low income

**Coverage area:** Sainte-Julie

**Hours:** 2024 clinic: March. by appointment

**Fees:** between 0 and \$25, simple report for a single person: \$15

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

**Legal status:** non-profit organization

## Vocational rehabilitation and disability-related employment

### OPEX SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**438 394-3777**

**Website:** opexemploi.com

**Email:** info@opexemploi.com

**Services:** Job assistance service for adults with a criminal record. \* Assessment and skills transfer. \* CV redaction, guidance and career choice. \* Job integration. \* Job posting and searching, searching techniques. \* Analysis of the pluriel and support in the process of asking for forgiveness.

**Eligibility:** adults with a criminal record

**Coverage area:** South Shore

**Hours:** by appointment only

**Fees:** none

**Financing:** provincial, grants

**Legal status:** non-profit organization

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

## Christmas basket

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

**Website:** cabcontrecoeur.ca

**Email:** cab.contrecoeur@videotron.ca

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

**Website:** www.cebsa.org

**Email:** info@cebsa.org

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### COMITÉ D'ENTRAIDE DE VERCHÈRES

579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0

**450 583-5888**

**Email:** comite.entraide.vercheres@gmail.com

**Services:** \* Food assistance. \* Les Trésors de Madeleine: sale of clothing, household items, decoration and small appliances. \* Pairing service for appliance and furniture collection: transportation from one point to another by a volunteer. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** people and families on a low income

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** Les Trésors de Madeleine: Tuesday and Wednesday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 13h30 to 14h30, summer: Wednesday 13h30 to 15h00 (June 26 to August 6)

**Fees:** pairing for furniture collection: \$50 for appliances, free for people who are unemployed

**Financing:** self-financing

**Legal status:** non-profit organization

## MAISON DE L'ENTRAIDE SAINTE-JULIE

500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6

**450 649-4569**

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

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

**Services:** Food \* Distribution of food vouchers. \* Food assistance in schools. \* Solidarity grocery store. \* Christmas baskets. Material assistance \* Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. \* Distribution of school supplies. \* Donation to people in need from Sainte-Julie after assessment. Support \* Accompaniment and referral.

**Eligibility:** people in need, depot and grocery: open to all

**Coverage area:** Sainte-Julie

**Hours:** shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support:

Monday to Friday 8h00 to 16h00

**Fees:** \$5

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

**Legal status:** non-profit organization

## Collective kitchens and cooking workshops

### ASSOCIATION DES FAMILLES DE VARENNES

Confidential Address

**438 771-5411**

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

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

**Services:** \* Family encounters. \* Les Frimousses: parents-children meetings. \* Collective kitchens. \* Activities and outings.

**Eligibility:** families

**Coverage area:** Varennes

**Hours:** Frimousses: Tuesday 9h00 to 11h00

**Fees:** members: \$30 per year, activities: variable, some activities are accessible to non-members for an additional fee

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

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

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

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## CENTRE DE FEMMES ENTRE AILES

754 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W9

**450 649-0658**

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

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

**Services:** Women's centre. \* Active listening and helping relationship service (individual meetings). \* Self-help group. \* Information and referral. \* Workshops. \* Feminist popular education activities. \* Coffee-chats. \* Conferences. \* Documentation centre. \* Collective kitchen. \* Civic engagement. \* Community volunteering.

**Eligibility:** women

**Capacity:** 300 people

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Saint-Bruno-de-Montarville, Sainte-Julie, Verchères, Varennes

**Hours:** Monday 9h00 to 12h00 and 13h15 to 16h00, Tuesday 13h15 to 16h00, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 16h00, occasional evening activities: see program

**Fees:** annual membership: maximum \$10 non-mandatory

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Community gardens and markets

### SAINTE-JULIE - LOISIRS

1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1

**450 922-7122**

**Website:** [www.ville.sainte-julie.qc.ca](http://www.ville.sainte-julie.qc.ca)

**Email:** [loisirs@ville.sainte-julie.qc.ca](mailto:loisirs@ville.sainte-julie.qc.ca)

**Services:** \* Sporting and recreational activities. \* Community centre, swimming pools, arena, ice rinks, parks, sports fields. \* Community garden. \* Summer day camp. \* Parties, shows and events.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## Food Assistance

### ACTION BÉNÉVOLE DE VARENNES

50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1

**450 652-5256**

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

**Email:** [administration@actionbenevolevarennes.org](mailto:administration@actionbenevolevarennes.org)

**Services:** \* Food assistance. \* Meals on wheels. \* Friendly visits. \* Monsieur Lunettes service point: glasses at a low price. \* Tax clinic. \* Accompaniment-transportation.

**Eligibility:** people and families on a low income, people with a loss of autonomy, isolated people, seniors

**Coverage area:** Varennes

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

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

## CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

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

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

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

## CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

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

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

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## COMITÉ D'ENTRAIDE DE VERCHÈRES

579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0

**450 583-5888**

**Email:** [comite.entraide.vercheres@gmail.com](mailto:comite.entraide.vercheres@gmail.com)

**Services:** \* Food assistance. \* Les Trésors de Madeleine: sale of clothing, household items, decoration and small appliances. \* Pairing service for appliance and furniture collection: transportation from one point to another by a volunteer. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** people and families on a low income

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** Les Trésors de Madeleine: Tuesday and Wednesday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 13h30 to 14h30, summer: Wednesday 13h30 to 15h00 (June 26 to August 6)

**Fees:** pairing for furniture collection: \$50 for appliances, free for people who are unemployed

**Financing:** self-financing

**Legal status:** non-profit organization

## MAISON DE L'ENTRAIDE SAINTE-JULIE

500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6

**450 649-4569**

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

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

**Services:** Food \* Distribution of food vouchers. \* Food assistance in schools. \* Solidarity grocery store. \* Christmas baskets. Material assistance \* Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. \* Distribution of school supplies. \* Donation to people in need from Sainte-Julie after assessment. Support \* Accompaniment and referral.

**Eligibility:** people in need, depot and grocery: open to all

**Coverage area:** Sainte-Julie

**Hours:** shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support: Monday to Friday 8h00 to 16h00

**Fees:** \$5

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

**Legal status:** non-profit organization

## PARTAJOIE SAINTE-JULIE

1 des Brises Street, Sainte-Julie, Montérégie, QC, J3E 2W9

**514 240-4743**

**Email:** partajoie@hotmail.com

**Services:** \* Food bank.

**Eligibility:** people on a low income

**Coverage area:** Sainte-Julie

**Hours:** registration: Monday to Wednesday 18h00 to 20h00, distribution: Thursday 12h30 to 13h00

**Fees:** box: \$8

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

**Legal status:** non-profit organization

## Food assistance coordination

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

**Website:** cabcontrecoeur.ca

**Email:** cab.contrecoeur@videotron.ca

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - USED ITEMS RECOVERY

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

**Website:** www.cebsa.org

**Email:** info@cebsa.org

**Services:** Recovery of used items on site: non-perishable food, clothing, household items, toys, leisure equipment and books.

**Eligibility:** people on a low income, immigrant, people living with disabilities, seniors

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00 and 13h00 to 14h00

**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

## Food assistance in schools

### MAISON DE L'ENTRAIDE SAINTE-JULIE

500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6

**450 649-4569**

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

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

**Services:** Food \* Distribution of food vouchers. \* Food assistance in schools. \* Solidarity grocery store. \* Christmas baskets. Material assistance \* Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. \* Distribution of school supplies. \* Donation to people in need from Sainte-Julie after assessment. Support \* Accompaniment and referral.

**Eligibility:** people in need, depot and grocery: open to all

**Coverage area:** Sainte-Julie

**Hours:** shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support:

Monday to Friday 8h00 to 16h00

**Fees:** \$5

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

**Legal status:** non-profit organization

## Low cost or free meals

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

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

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

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

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

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

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Prepared meals and Meals-on-wheels

### ACTION BÉNÉVOLE DE VARENNES

50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1

**450 652-5256**

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

**Email:** [administration@actionbenevolevarennes.org](mailto:administration@actionbenevolevarennes.org)

**Services:** \* Food assistance. \* Meals on wheels. \* Friendly visits. \* Monsieur Lunettes service point: glasses at a low price. \* Tax clinic. \* Accompaniment-transportation.

**Eligibility:** people and families on a low income, people with a loss of autonomy, isolated people, seniors

**Coverage area:** Varennes

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

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

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

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

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

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

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

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## **ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE**

695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 649-8874**

**Website:** lenvolee.org

**Email:** info@lenvolee.org

**Services:** Promotion of volunteer work and home support services for the seniors.\* Delivery of frozen ready-to-eat meals. \* Activities: coffee meetings, culinary activities, workshops and conferences. \* Reception and referral. \* PAIR program: computerized safety and medication reminder phone calls. \* Friendly visits. \* Loan of orthopedic devices. \* Shopping assistance. \* Accompaniment-transportation. \* Tax clinic. \* Support to organizations.

**Eligibility:** seniors, people with a loss of autonomy, caregivers, families, community organizations

**Coverage area:** Sainte-Julie

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

**Fees:** ready-to-eat and medical accompaniment: fees

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

**Legal status:** non-profit organization

**Government services****INCOME STATEMENTS****MUNICIPAL SERVICES****MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)****OFFICIAL DOCUMENTS**

## Income statements

### CALIXA-LAVALLÉE - MUNICIPALITY

771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0

**450 583-6470** **Fax:** 450 583-5508

**Website:** [www.calixa-lavallee.ca](http://www.calixa-lavallee.ca)

**Email:** [info@calixa-lavallee.ca](mailto:info@calixa-lavallee.ca)

**Services:** Municipal service management. \* Municipal tax payment. \* Waste collection calendar. \* Bulky waste collection. \* Construction permits. \* Public library. \* Leisure and cultural services.

**Coverage area:** Calixa-Lavallée

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

**Financing:** municipal

**Legal status:** municipal agency

### CONTRECOEUR - CITY

5000 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-5901 ext. 221** **Fax:** 450 587-5855

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

**Email:** [boucherj@ville.contrecoeur.qc.ca](mailto:boucherj@ville.contrecoeur.qc.ca)

**Services:** Municipal service management. \* Municipal tax management and payment. \* Fire department. \*

Information on garbage collection. \* Construction permits. \* Leisure and culture.

**Eligibility:** general public

**Coverage area:** Contrecoeur

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

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-AMABLE - CITY

575 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-3555** **Fax:** 450 922-0728

**Website:** [www.st-amable.qc.ca](http://www.st-amable.qc.ca)

**Email:** [ville@st-amable.qc.ca](mailto:ville@st-amable.qc.ca)

**Services:** Management of municipal services. \* Payment of municipal taxes and property assessment. \*

Information on residual waste and collection according to the calendar: [www.st-amable.qc.ca/services/aux-](http://www.st-amable.qc.ca/services/aux-citoyens/collecte-des-matieres-residuelles)

[citoyens/collecte-des-matieres-residuelles](http://www.st-amable.qc.ca/services/aux-citoyens/collecte-des-matieres-residuelles) \* Fire department. \* Building permits and urban planning by-laws. \*

Construction and maintenance of public infrastructures. \* Emergency notification system. \* Hall rental. \*

Municipal library. \* Leisure, culture, and sports.

**Eligibility:** general public

**Coverage area:** Saint-Amable

**Hours:** Monday to Friday 8h00 to 16h15, Friday 8h00 to 13h00

**Financing:** municipal

**Legal status:** municipal agency

### SAINTE-JULIE - VILLE

1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1

**450 922-7111**

**Website:** [www.ville.sainte-julie.qc.ca](http://www.ville.sainte-julie.qc.ca)

**Email:** [clientele@ville.sainte-julie.qc.ca](mailto:clientele@ville.sainte-julie.qc.ca)

**Services:** Municipal service management. \* Municipal tax payment. \* Administration of oath. \* Fire department.

\* Information on garbage collection. \* Construction permits. \* Municipal library.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

## VARENNES - CITY

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

**450 652-9888 Fax:** 450 652-2655

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

**Email:** [citoyens@ville.varennes.qc.ca](mailto:citoyens@ville.varennes.qc.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar: [www.ville.varennes.qc.ca/services/environnement/matières-residuelles](http://www.ville.varennes.qc.ca/services/environnement/matières-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreational and sports activities: baseball, hockey, direct access to the Saint Lawrence River, cycling the river, day camps, etc. \* Events and festivities: Christmas concerts, cultural days, Thursday evenings, outdoor cinema, etc. \* Spring garage sale. \* Entre Quatre Pattes dog park. \* Library, parks and activity sites, sports centre. \* Aquatic complex and lifeguard and first aid training program. \* Directory of community organizations and online volunteer portal.

**Eligibility:** general public

**Coverage area:** Varennes

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

**Financing:** municipal

**Legal status:** municipal agency

## VERCHÈRES - CITY

581 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**450 583-3307 Fax:** 450 583-3637

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

**Email:** [mairie@ville.vercheres.qc.ca](mailto:mairie@ville.vercheres.qc.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar. \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Recreation and culture: activities, day camp, etc. \* Municipal library. \* Hall rentals.

**Coverage area:** Verchères

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

## Municipal services

### CALIXA-LAVALLÉE - LOISIRS

771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0

**450 583-6470 ext. 5 Fax:** 450 583-5508

**Website:** [www.calixa-lavallee.ca/comite-des-loisirs](http://www.calixa-lavallee.ca/comite-des-loisirs)

**Email:** [loisirs@calixa-lavallee.ca](mailto:loisirs@calixa-lavallee.ca)

**Services:** \* Sporting and recreational activities. \* Summer day camp.

**Coverage area:** Calixa-Lavallée

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## CALIXA-LAVALLÉE - MUNICIPALITY

771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0

**450 583-6470 Fax:** 450 583-5508

**Website:** [www.calixa-lavallee.ca](http://www.calixa-lavallee.ca)

**Email:** [info@calixa-lavallee.ca](mailto:info@calixa-lavallee.ca)

**Services:** Municipal service management. \* Municipal tax payment. \* Waste collection calendar. \* Bulky waste collection. \* Construction permits. \* Public library. \* Leisure and cultural services.

**Coverage area:** Calixa-Lavallée

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

**Financing:** municipal

**Legal status:** municipal agency

## CONTRECOEUR - CITY

5000 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-5901 ext. 221 Fax:** 450 587-5855

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

**Email:** [boucherj@ville.contrecoeur.qc.ca](mailto:boucherj@ville.contrecoeur.qc.ca)

**Services:** Municipal service management. \* Municipal tax management and payment. \* Fire department. \* Information on garbage collection. \* Construction permits. \* Leisure and culture.

**Eligibility:** general public

**Coverage area:** Contrecoeur

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

**Financing:** municipal

**Legal status:** municipal agency

## MRC DE MARGUERITE-D'YOUVILLE - ÉCOCENTRE SECTEUR NORD

4111 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 583-3301 ext. 2 Fax:** 450 583-6575

**Website:** [margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre](http://margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre)

**Email:** [infomrc@margueritedyouville.ca](mailto:infomrc@margueritedyouville.ca)

**Services:** Deposit, sorting and recovery site for residual materials. \* Electronic and computer appliances. \* Motorized and refrigeration equipment. \* Household hazardous waste (paint, oil, batteries, propane, etc.). \* Polystyrene. \* Tires. \* Household items and large objects. \* Mattresses. \* Building materials (asphalt, brick, metal, concrete, glass, etc.). \* Recyclable materials. \* Green waste and wood. \* Expired car seats. \* Roof shingles. \* Agricultural plastics (films, tarpaulins, silo bags, litter bags, twines, feed bags, flexible and rigid maple tubing). \* Thermoplastic winter boat covers. \* Donation and low-price sale of used materials and household items.

**Eligibility:** citizens

**Coverage area:** MRC Marguerite-d'Youville, Saint-Antoine-sur-Richelieu

**Hours:** April 24 to October 26, 2024: Wednesday to Saturday 8h00 to 16h00

**Fees:** according to materials

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

## MRC DE MARGUERITE-D'YOUVILLE - ÉCOCENTRE SECTEUR SUD

1975 de l'Énergie Road, Varennes, Montérégie, QC, J3X 1P7

**450 583-3301 ext. 2 Fax:** 450 583-6575

**Website:** [margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre](http://margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre)

**Email:** [infomrc@margueritedyouville.ca](mailto:infomrc@margueritedyouville.ca)

**Services:** Deposit, sorting and recovery site for residual materials. \* Electronic and computer appliances. \* Motorized and refrigeration equipment. \* Household hazardous waste (paint, oil, batteries, propane, etc.). \* Polystyrene. \* Tires. \* Household items and large objects. \* Mattresses. \* Building materials (asphalt, brick, metal, concrete, glass, etc.). \* Recyclable materials. \* Green waste and wood. \* Expired car seats. \* Propane tanks. \* Roof shingles. \* Agricultural plastics (films, tarpaulins, silo bags, litter bags, twines, feed bags, flexible and rigid maple tubing). \* Thermoplastic winter boat covers. \* Donation and low-price sale of used materials and household items.

**Eligibility:** citizens, industries, businesses and institutions

**Coverage area:** MRC Marguerite-d'Youville, Saint-Antoine-sur-Richelieu

**Hours:** April 9 to November 17, 2024 inclusive: Tuesday, Wednesday, Saturday and Sunday 8h00 to 16h00, Thursday 9h00 to 18h00 and 8h00 to 16h00 from October 31, 2024

**Fees:** according to materials

**Financing:** municipal, autofinancement

**Legal status:** non-profit organization

## RÉGIE INTERMUNICIPALE DE POLICE RICHELIEU - SAINT-LAURENT

1578 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A2

**450 922-7001** **Fax:** 450 922-8881

**Website:** [www.police-rsl.qc.ca](http://www.police-rsl.qc.ca)

**Email:** sra@police-rsl.qc.ca

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Awareness-raising.

**Coverage area:** MRC Marguerite-D'Youville, Saint-Mathieu-de-Beloeil, Beloeil, McMasterville, Saint-Basile-le-Grand, Carignan, Chambly, Otterburn Park, Saint-Jean-Baptiste, Mont-Saint-Hilaire, Richelieu, Saint-Mathias-sur-Richelieu

**Hours:** 24 hours / 7 days, office: Monday to Friday 8h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

## SAINT-AMABLE - CITY

575 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-3555** **Fax:** 450 922-0728

**Website:** [www.st-amable.qc.ca](http://www.st-amable.qc.ca)

**Email:** ville@st-amable.qc.ca

**Services:** Management of municipal services. \* Payment of municipal taxes and property assessment. \* Information on residual waste and collection according to the calendar: [www.st-amable.qc.ca/services/aux-citoyens/collecte-des-matieres-residuelles](http://www.st-amable.qc.ca/services/aux-citoyens/collecte-des-matieres-residuelles) \* Fire department. \* Building permits and urban planning by-laws. \* Construction and maintenance of public infrastructures. \* Emergency notification system. \* Hall rental. \* Municipale library. \* Leisure, culture, and sports.

**Eligibility:** general public

**Coverage area:** Saint-Amable

**Hours:** Monday to Friday 8h00 to 16h15, Friday 8h00 to 13h00

**Financing:** municipal

**Legal status:** municipal agency

## SAINTE-JULIE - LOISIRS

1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1

**450 922-7122**

**Website:** [www.ville.sainte-julie.qc.ca](http://www.ville.sainte-julie.qc.ca)

**Email:** loisirs@ville.sainte-julie.qc.ca

**Services:** \* Sporting and recreational activities. \* Community centre, swimming pools, arena, ice rinks, parks, sports fields. \* Community garden. \* Summer day camp. \* Parties, shows and events.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## SAINTE-JULIE - VILLE

1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1

**450 922-7111**

**Website:** [www.ville.sainte-julie.qc.ca](http://www.ville.sainte-julie.qc.ca)

**Email:** [clientele@ville.sainte-julie.qc.ca](mailto:clientele@ville.sainte-julie.qc.ca)

**Services:** Municipal service management. \* Municipal tax payment. \* Administration of oath. \* Fire department.

\* Information on garbage collection. \* Construction permits. \* Municipal library.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

## VARENNES - CITY

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

**450 652-9888 Fax:** 450 652-2655

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

**Email:** [citoyens@ville.varennes.qc.ca](mailto:citoyens@ville.varennes.qc.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar: [www.ville.varennes.qc.ca/services/environnement/matieres-residuelles](http://www.ville.varennes.qc.ca/services/environnement/matieres-residuelles) \*

Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreational and sports activities: baseball, hockey, direct access to the Saint Lawrence River, cycling the river, day camps, etc. \* Events and festivities: Christmas concerts, cultural days, Thursday evenings, outdoor cinema, etc. \* Spring garage sale. \* Entre Quatre Pattes dog park. \* Library, parks and activity sites, sports centre. \* Aquatic complex and lifeguard and first aid training program. \* Directory of community organizations and online volunteer portal.

**Eligibility:** general public

**Coverage area:** Varennes

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

**Financing:** municipal

**Legal status:** municipal agency

## VERCHÈRES - CITY

581 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**450 583-3307 Fax:** 450 583-3637

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

**Email:** [mairie@ville.vercheres.qc.ca](mailto:mairie@ville.vercheres.qc.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar. \* Payment of municipal taxes. \* Building permits, complaints and requests. \*

Fire department. \* Recreation and culture: activities, day camp, etc. \* Municipal library. \* Hall rentals.

**Coverage area:** Verchères

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

## Municipalité régionale de comté (MRC)

### MRC DE MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**450 583-3301 ext. 2 Fax:** 450 583-6575

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

**Email:** [infomrc@margueritedyouville.ca](mailto:infomrc@margueritedyouville.ca)

**Services:** Administration of regional services with supra-local character. \* Land management and development. \* Urban planning regulations. \* Management of public services: watercourses, waste management, property assessment, civil, fire and public security. \* Socio-economic development and support to enterprises: training, starting assistance, grants and networking. \* Promotion of heritage, culture and tourism.

**Coverage area:** MRC Marguerite-D'Youville

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

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

**Legal status:** non-profit organization

## Official documents

### RÉGIE INTERMUNICIPALE DE POLICE RICHELIEU - SAINT-LAURENT

1578 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A2

**450 922-7001 Fax:** 450 922-8881

**Website:** [www.police-rsl.qc.ca](http://www.police-rsl.qc.ca)

**Email:** [sra@police-rsl.qc.ca](mailto:sra@police-rsl.qc.ca)

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Awareness-raising.

**Coverage area:** MRC Marguerite-D'Youville, Saint-Mathieu-de-Beloeil, Beloeil, McMasterville, Saint-Basile-le-Grand, Carignan, Chambly, Otterburn Park, Saint-Jean-Baptiste, Mont-Saint-Hilaire, Richelieu, Saint-Mathias-sur-Richelieu

**Hours:** 24 hours / 7 days, office: Monday to Friday 8h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### SAINTE-JULIE - VILLE

1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1

**450 922-7111**

**Website:** [www.ville.sainte-julie.qc.ca](http://www.ville.sainte-julie.qc.ca)

**Email:** [clientele@ville.sainte-julie.qc.ca](mailto:clientele@ville.sainte-julie.qc.ca)

**Services:** Municipal service management. \* Municipal tax payment. \* Administration of oath. \* Fire department. \* Information on garbage collection. \* Construction permits. \* Municipal library.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

**Health****EYE CARE****FAMILY PLANNING****PALLIATIVE CARE****PATIENT SUPPORT ASSOCIATIONS****PUBLIC HEALTH**

## Eye care

### ACTION BÉNÉVOLE DE VARENNES

50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1

**450 652-5256**

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

**Email:** [administration@actionbenevolevarennes.org](mailto:administration@actionbenevolevarennes.org)

**Services:** \* Food assistance. \* Meals on wheels. \* Friendly visits. \* Monsieur Lunettes service point: glasses at a low price. \* Tax clinic. \* Accompaniment-transportation.

**Eligibility:** people and families on a low income, people with a loss of autonomy, isolated people, seniors

**Coverage area:** Varennes

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

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

## Family planning

### CLSC DES SEIGNEURIES DE SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 112, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 468-3670**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=908&ch\\_type%5B6%5D=1201&bt\\_rechType=&theme=clsc&ch\\_choixReg=&ch\\_rayon=0&ch\\_code=J3E1W8](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=908&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3E1W8)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Contraception. \* Youth clinic. \* Distribution of new injection material to people who use drugs (free service). \* Recovery of used needles and syringes. \* Breastfeeding room. \* General vaccination.

**Coverage area:** CISSS de la Montérégie-Est area

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 20h30, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

## Palliative care

### CENTRE D'HÉBERGEMENT DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 468-8410 Fax:** 450 651-0924

**Website:** [santemonteregie.qc.ca/en/node/62](http://santemonteregie.qc.ca/en/node/62)

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term cares. \* End-of-life and palliative care.

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

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

## Patient support associations

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

**Website:** cabcontrecoeur.ca

**Email:** cab.contrecoeur@videotron.ca

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR

4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2667**

**Website:** www.coopcontrecoeur.com

**Email:** info@coopcontrecoeur.com

**Services:** \* Medical clinic without appointment for clients who already have a file in the organization. \* Clinic for medication infiltration. \* Reversa clinic for people with type II diabetes. \* Chiropractic clinic. \* Therapist in physiotherapy. \* Orthotist. \* Audioprosthesist.

**Eligibility:** youth clinic: people 12 to 18 years old, other services: general public

**Coverage area:** South Shore

**Hours:** Monday 8h00 to 17h00, Tuesday, Wednesday and Thursday 8h00 to 20h00, Friday 8h00 to 16h00

**Financing:** self-financing

**Legal status:** non-profit organization

## Public Health

### CLSC DES SEIGNEURIES DE SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 112, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 468-3670**

**Website:** sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=908&ch\_type%5B6%5D=1201&bt\_rechType=&theme=clsc&ch\_choixReg=&ch\_rayon=0&ch\_code=J3E1W8

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Contraception. \* Youth clinic. \* Distribution of new injection material to people who use drugs (free service). \* Recovery of used needles and syringes. \* Breastfeeding room. \* General vaccination.

**Coverage area:** CISSS de la Montérégie-Est area

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 20h30, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

**MAISON DE LA FAMILLE JOLI-COEUR (LA)**

4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2965**

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

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

**Services:** \* Parent-child workshops. \* Daycare. \* Preschool. \* Child development workshops. \* Homework assistance for children from 1st to 3rd grade. \* Baby first aid course. \* Community worker: personalized support, listening, accompaniment, referral and information on available resources. \* Information and referral. \* Seasonal flea market.

**Eligibility:** parents with children 0 to 5 years old

**Coverage area:** CLSC des Seigneuries

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

**Fees:** according to activities

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

**Legal status:** non-profit organization

**MAISON DES JEUNES DE SAINTE-JULIE**

1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5

**450 649-3031**

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

**Email:** [direction@mdj-stejulie.ca](mailto:direction@mdj-stejulie.ca)

**Services:** Place for meeting and prevention. Support \* Mediation for parents and teenagers: reception, listening and referral. \* Outreach work. Activities \* Community, social, cultural and sports activities. \* Evenings 9 to 12 years: special activities on Thursdays. \* Online monthly calendar: [www.mdjsaintejulie.com/calendrier](http://www.mdjsaintejulie.com/calendrier) Training \* Babysitting course. \* Stay Safe!: [https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&amp\\_ga=2.223361823.52948211.1698938313-816686927.1698938313](https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&amp_ga=2.223361823.52948211.1698938313-816686927.1698938313)

**Eligibility:** youth 9 to 17 years old, babysitting course: 11 to 15 years old, stay safe training: 9 to 13 years old

**Coverage area:** Sainte-Julie

**Hours:** Tuesday, Wednesday 16h00 to 21h00, Thursday 16h00 to 20h00, Friday 16h00 to 22h00, Saturday 14h00 to 22h00, schedule may vary, see their Facebook page

**Fees:** fees for training courses only

**Financing:** provincial, municipal, federal

**Legal status:** non-profit organization

**Homelessness****DAY AND EVENING CENTRES****MOBILE UNITS AND STREET WORK**

## Day and evening centres

### OFFICE RÉGIONAL D'HABITATION DE MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**1 855 583-3563**

**Website:** [margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orh](http://margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orh)

**Email:** [infoorh@margueritedyouville.ca](mailto:infoorh@margueritedyouville.ca)

**Services:** Manage and administer housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Housing search assistance service (SARL).

**Eligibility:** single individuals, seniors and families on a low or moderate income

**Coverage area:** MRC Marguerite-D'Youville

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

**Financing:** municipal

**Legal status:** non-profit organization

## Mobile units and street work

### MAISON DES JEUNES DE VERCHÈRES

41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0

**450 583-5201 Fax:** 450 583-5201

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

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

**Services:** Living and meeting environment. \* Cultural, sporting and artistic activities. \* Active listening and referral. \* Homework assistance. \* Youth mediation. \* Prevention workshops. \* Citizen participation. \* Community work. \* Babysitting training.

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

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**Housing****ADVOCACY FOR HOUSING****EMERGENCY****HOUSING COOPERATIVES AND CORPORATIONS****HOUSING SEARCH ASSISTANCE****SOCIAL HOUSING AND HOUSING COOPERATIVES**

## Advocacy for housing

### OFFICE RÉGIONAL D'HABITATION DE MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**1 855 583-3563**

**Website:** [margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orph](http://margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orph)

**Email:** [infoorh@margueritedyouville.ca](mailto:infoorh@margueritedyouville.ca)

**Services:** Manage and administer housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Housing search assistance service (SARL).

**Eligibility:** single individuals, seniors and families on a low or moderate income

**Coverage area:** MRC Marguerite-D'Youville

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

**Financing:** municipal

**Legal status:** non-profit organization

## Emergency

### CONTRECOEUR - CITY

5000 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-5901 ext. 221** **Fax:** 450 587-5855

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

**Email:** [boucherj@ville.contrecoeur.qc.ca](mailto:boucherj@ville.contrecoeur.qc.ca)

**Services:** Municipal service management. \* Municipal tax management and payment. \* Fire department. \* Information on garbage collection. \* Construction permits. \* Leisure and culture.

**Eligibility:** general public

**Coverage area:** Contrecoeur

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

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-AMABLE - CITY

575 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-3555** **Fax:** 450 922-0728

**Website:** [www.st-amable.qc.ca](http://www.st-amable.qc.ca)

**Email:** [ville@st-amable.qc.ca](mailto:ville@st-amable.qc.ca)

**Services:** Management of municipal services. \* Payment of municipal taxes and property assessment. \* Information on residual waste and collection according to the calendar: [www.st-amable.qc.ca/services/aux-citoyens/collecte-des-matieres-residuelles](http://www.st-amable.qc.ca/services/aux-citoyens/collecte-des-matieres-residuelles) \* Fire department. \* Building permits and urban planning by-laws. \* Construction and maintenance of public infrastructures. \* Emergency notification system. \* Hall rental. \* Municipale library. \* Leisure, culture, and sports.

**Eligibility:** general public

**Coverage area:** Saint-Amable

**Hours:** Monday to Friday 8h00 to 16h15, Friday 8h00 to 13h00

**Financing:** municipal

**Legal status:** municipal agency

### SAINTE-JULIE - VILLE

1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1

**450 922-7111**

**Website:** [www.ville.sainte-julie.qc.ca](http://www.ville.sainte-julie.qc.ca)

**Email:** [clientele@ville.sainte-julie.qc.ca](mailto:clientele@ville.sainte-julie.qc.ca)

**Services:** Municipal service management. \* Municipal tax payment. \* Administration of oath. \* Fire department.

\* Information on garbage collection. \* Construction permits. \* Municipal library.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

## VARENNES - CITY

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

**450 652-9888 Fax:** 450 652-2655

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

**Email:** [citoyens@ville.varennes.qc.ca](mailto:citoyens@ville.varennes.qc.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar: [www.ville.varennes.qc.ca/services/environnement/matières-residuelles](http://www.ville.varennes.qc.ca/services/environnement/matières-residuelles) \*

Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreational and sports activities: baseball, hockey, direct access to the Saint Lawrence River, cycling the river, day camps, etc. \* Events and festivities: Christmas concerts, cultural days, Thursday evenings, outdoor cinema, etc. \* Spring garage sale. \* Entre Quatre Pattes dog park. \* Library, parks and activity sites, sports centre. \* Aquatic complex and lifeguard and first aid training program. \* Directory of community organizations and online volunteer portal.

**Eligibility:** general public

**Coverage area:** Varennes

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

**Financing:** municipal

**Legal status:** municipal agency

## VERCHÈRES - CITY

581 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**450 583-3307 Fax:** 450 583-3637

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

**Email:** [mairie@ville.vercheres.qc.ca](mailto:mairie@ville.vercheres.qc.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar. \* Payment of municipal taxes. \* Building permits, complaints and requests. \*

Fire department. \* Recreation and culture: activities, day camp, etc. \* Municipal library. \* Hall rentals.

**Coverage area:** Verchères

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

## Housing cooperatives and corporations

### OFFICE RÉGIONAL D'HABITATION DE MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**1 855 583-3563**

**Website:** [margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orh](http://margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orh)

**Email:** [infoorh@margueritedyouville.ca](mailto:infoorh@margueritedyouville.ca)

**Services:** Manage and administer housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Housing search assistance service (SARL).

**Eligibility:** single individuals, seniors and families on a low or moderate income

**Coverage area:** MRC Marguerite-D'Youville

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

**Financing:** municipal

**Legal status:** non-profit organization

## Housing search assistance

### OFFICE RÉGIONAL D'HABITATION DE MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**1 855 583-3563**

**Website:** [margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orh](http://margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orh)

**Email:** [infoorh@margueritedyouville.ca](mailto:infoorh@margueritedyouville.ca)

**Services:** Manage and administer housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Housing search assistance service (SARL).

**Eligibility:** single individuals, seniors and families on a low or moderate income

**Coverage area:** MRC Marguerite-D'Youville

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

**Financing:** municipal

**Legal status:** non-profit organization

## Social housing and housing cooperatives

### OFFICE RÉGIONAL D'HABITATION DE MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**1 855 583-3563**

**Website:** [margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orh](http://margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orh)

**Email:** [infoorh@margueritedyouville.ca](mailto:infoorh@margueritedyouville.ca)

**Services:** Manage and administer housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Housing search assistance service (SARL).

**Eligibility:** single individuals, seniors and families on a low or moderate income

**Coverage area:** MRC Marguerite-D'Youville

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

**Financing:** municipal

**Legal status:** non-profit organization

## Indigenous Peoples

### EMPLOYMENT

## Employment

### OPEX SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**438 394-3777**

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

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

**Services:** Job assistance service for adults with a criminal record. \* Assessment and skills transfer. \* CV redaction, guidance and career choice. \* Job integration. \* Job posting and searching, searching techniques. \* Analysis of the plumitif and support in the process of asking for forgiveness.

**Eligibility:** adults with a criminal record

**Coverage area:** South Shore

**Hours:** by appointment only

**Fees:** none

**Financing:** provincial, grants

**Legal status:** non-profit organization

**Justice and Advocacy****CONSUMER PROTECTION AND COMPLAINTS****COURTHOUSES AND TRIBUNALS****LEGAL ASSISTANCE AND INFORMATION****SUPPORT FOR OFFENDERS**

## Consumer protection and complaints

### OFFICE RÉGIONAL D'HABITATION DE MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**1 855 583-3563**

**Website:** [margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orph](http://margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orph)

**Email:** [infoorh@margueritedyouville.ca](mailto:infoorh@margueritedyouville.ca)

**Services:** Manage and administer housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Housing search assistance service (SARL).

**Eligibility:** single individuals, seniors and families on a low or moderate income

**Coverage area:** MRC Marguerite-D'Youville

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

**Financing:** municipal

**Legal status:** non-profit organization

## Courthouses and tribunals

### MRC DE MARGUERITE-D'YOUVILLE - COUR MUNICIPALE RÉGIONALE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**450 583-3435 Fax:** 450 583-6575

**Website:** [margueritedyouville.ca/services/services-aux-citoyens/cour-municipale-regionale](http://margueritedyouville.ca/services/services-aux-citoyens/cour-municipale-regionale)

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

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

**Coverage area:** MRC Marguerite-D'Youville

**Hours:** Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

## Legal assistance and information

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

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

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

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**MAISON DES JEUNES DE SAINTE-JULIE**

1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5

**450 649-3031**

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

**Email:** direction@mdj-stejulie.ca

**Services:** Place for meeting and prevention. Support \* Mediation for parents and teenagers: reception, listening and referral. \* Outreach work. Activities \* Community, social, cultural and sports activities. \* Evenings 9 to 12 years: special activities on Thursdays. \* Online monthly calendar: [www.mdjsaintejulie.com/calendrier](http://www.mdjsaintejulie.com/calendrier) Training \* Babysitting course. \* Stay Safe!: <https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&ga=2.223361823.52948211.1698938313-816686927.1698938313>

**Eligibility:** youth 9 to 17 years old, babysitting course: 11 to 15 years old, stay safe training: 9 to 13 years old

**Coverage area:** Sainte-Julie

**Hours:** Tuesday, Wednesday 16h00 to 21h00, Thursday 16h00 to 20h00, Friday 16h00 to 22h00, Saturday 14h00 to 22h00, schedule may vary, see their Facebook page

**Fees:** fees for training courses only

**Financing:** provincial, municipal, federal

**Legal status:** non-profit organization

**MRC DE MARGUERITE-D'YOUVILLE - COUR MUNICIPALE RÉGIONALE**

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**450 583-3435 Fax:** 450 583-6575

**Website:** [margueritedyouville.ca/services/services-aux-citoyens/cour-municipale-regionale](http://margueritedyouville.ca/services/services-aux-citoyens/cour-municipale-regionale)

**Email:** cour@margueritedyouville.ca

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

**Coverage area:** MRC Marguerite-D'Youville

**Hours:** Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

**OPEX SAINT-AMABLE**

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**438 394-3777**

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

**Email:** info@opexemploi.com

**Services:** Job assistance service for adults with a criminal record. \* Assessment and skills transfer. \* CV redaction, guidance and career choice. \* Job integration. \* Job posting and searching, searching techniques. \* Analysis of the plumbif and support in the process of asking for forgiveness.

**Eligibility:** adults with a criminal record

**Coverage area:** South Shore

**Hours:** by appointment only

**Fees:** none

**Financing:** provincial, grants

**Legal status:** non-profit organization

## Support for offenders

### MRC DE MARGUERITE-D'YOUVILLE - COUR MUNICIPALE RÉGIONALE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**450 583-3435 Fax:** 450 583-6575

**Website:** [margueritedyouville.ca/services/services-aux-citoyens/cour-municipale-regionale](http://margueritedyouville.ca/services/services-aux-citoyens/cour-municipale-regionale)

**Email:** cour@margueritedyouville.ca

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

**Coverage area:** MRC Marguerite-D'Youville

**Hours:** Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

### OPEX SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**438 394-3777**

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

**Email:** info@opexemploi.com

**Services:** Job assistance service for adults with a criminal record. \* Assessment and skills transfer. \* CV redaction, guidance and career choice. \* Job integration. \* Job posting and searching, searching techniques. \* Analysis of the plimitif and support in the process of asking for forgiveness.

**Eligibility:** adults with a criminal record

**Coverage area:** South Shore

**Hours:** by appointment only

**Fees:** none

**Financing:** provincial, grants

**Legal status:** non-profit organization

## Mental Health and addictions

### COMMUNITY SUPPORT IN MENTAL HEALTH

#### HELPLINES

## Community support in mental health

### ARC-EN-CIEL DES SEIGNEURIES - GROUPE D'ENTRAIDE EN SANTÉ MENTALE (L')

2082 Marie-Victorin Boulevard, Suite 201, Varennes, Montérégie, QC, J3X 2C7

**450 985-0522 Fax:** 450 985-0805

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

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

**Services:** Mutual aid network promoting social integration and an end to isolation. \* Mutual aid group. \* Art-therapy. \* Mental health self-management: anxiety, depression and self-esteem. \* Popular education workshops. \* Cultural and seasonal outings. \* Listening and referral. \* Associative life. \* Prevention and awareness.

**Eligibility:** people living with or who have lived with mental health issues

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes, Verchères

**Hours:** Monday to Thursday 9h00 to 16h30, occasionally on nights and weekends

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

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

## Helplines

### PHOBIES-ZÉRO

2091 Léonard-De Vinci Street, Suite A3, Sainte-Julie, Montérégie, QC, J3E 1Z2

**1 866 922-0002**

**Website:** [www.phobies-zero.qc.ca](http://www.phobies-zero.qc.ca)

**Email:** [admin@phobies-zero.qc.ca](mailto:admin@phobies-zero.qc.ca)

**Services:** Support and self-help groups for people living with anxiety disorders and their loved ones. \* List of self-help groups in 12 regions of Quebec, virtual self-help groups and anxiety disorder self-management workshops available on the website. \* Telephone help line.

**Eligibility:** people aged 14 and over living with anxiety disorders, including obsessive-compulsive disorder, their families and friends

**Coverage area:** support groups: Montreal and surroundings, Granby, Repentigny, Saint-Hubert, Saint-Jérôme, Sainte-Julie, Sainte-Thérèse, Québec, Lévis, Saguenay

**Hours:** listening line: Monday to Friday 9h00 to 21h00, support groups (face-to-face and virtual): Monday to Friday 19h00 to 21h00 or 19h30 to 21h30, administration and customer service: Monday to Thursday 8h00 to 16h00

**Fees:** new member including 12 consecutive weeks of access to face-to-face and virtual self-help groups and conferences: \$20, renewal member: \$10 per year, 12-consecutive-week package: \$20

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

**Legal status:** non-profit organization

**Seniors**

**CAREGIVERS**

**COMMUNITY AND RECREATION CENTRES**

**FRIENDLY VISITS AND SAFETY CALLS**

**HOME SUPPORT**

**HOUSING FOR SENIORS**

**INTERGENERATIONAL ACTIVITIES**

**MEALS ON WHEELS**

**VOLUNTEER TRANSPORTATION**

## Caregivers

### CALIXA-LAVALLÉE PUBLIC LIBRARY

771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0

**450 583-6470 ext. 4 Fax:** 450 583-5508

**Website:** [www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b47/bibliotheque-de-calixa-lavallee](http://www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b47/bibliotheque-de-calixa-lavallee)

**Email:** [biblio@calixa-lavallee.ca](mailto:biblio@calixa-lavallee.ca)

**Services:** Loan and consultation of books and documents. \* Internet access. \* Biblio-Santé: information service for caregivers. \* Book club for children. \* Conferences and workshops.

**Eligibility:** people living in Calixa-Lavallée

**Coverage area:** Calixa-Lavallée

**Hours:** Monday and Tuesday 13h30 to 15h30, Wednesday 13h30 to 15h30 and 19h00 to 20h30, Saturday 9h30 to 12h00

**Fees:** none

**Financing:** municipal

**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

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

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

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### SAINTE-JULIE PUBLIC LIBRARY

1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3

**450 922-7070 Fax:** 450 922-7077

**Website:** [www.ville.sainte-julie.qc.ca/bibliotheque](http://www.ville.sainte-julie.qc.ca/bibliotheque)

**Email:** [biblio@ville.sainte-julie.qc.ca](mailto:biblio@ville.sainte-julie.qc.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Loan of iPad, musical instruments and telescope. \* Computer courses. \* Biblio-Santé. \* Story time. \* Book club for children. \* Book club for adults. \* Youth volunteering. \* Intergenerational reading activity. \* Exhibitions, conferences and workshops. \* Medialab: digital creation and manufacturing laboratory.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

**Fees:** residents: none, non-residents: \$85 per year per person, \$200 per year per family

**Financing:** municipal

**Legal status:** municipal agency

## Community and Recreation Centres

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

**Website:** cabcontrecoeur.ca

**Email:** cab.contrecoeur@videotron.ca

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CENTRE POUR FEMMES IMPACT

Confidential Address

**450 652-0004**

**Website:** www.centreimpact.org

**Email:** info@centreimpact.org

**Services:** Women centre to counter isolation. \* Workshops, courses, conferences, breakfast-chats, festive get-togethers and outings. \* Information and referral. \* Committee of women living with a disability: monthly coffee-chats and occasional outings.

**Eligibility:** women 18 years old and over, immigrant women, women living with a disability

**Coverage area:** Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères, Contrecoeur

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

**Fees:** annual membership: \$20, activities: variable

**Financing:** provincial, federal, municipal, fundraising campaigns

**Legal status:** non-profit organization

### ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE

695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 649-8874**

**Website:** lenvolee.org

**Email:** info@lenvolee.org

**Services:** Promotion of volunteer work and home support services for the seniors.\* Delivery of frozen ready-to-eat meals. \* Activities: coffee meetings, culinary activities, workshops and conferences. \* Reception and referral. \* PAIR program: computerized safety and medication reminder phone calls. \* Friendly visits. \* Loan of orthopedic devices. \* Shopping assistance. \* Accompaniment-transportation. \* Tax clinic. \* Support to organizations.

**Eligibility:** seniors, people with a loss of autonomy, caregivers, families, community organizations

**Coverage area:** Sainte-Julie

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

**Fees:** ready-to-eat and medical accompaniment: fees

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

**Legal status:** non-profit organization

## VARENNES - CITY

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

**450 652-9888 Fax:** 450 652-2655

**Website:** ville.varennes.qc.ca

**Email:** citoyens@ville.varennes.qc.ca

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar: [www.ville.varennes.qc.ca/services/environnement/matières-residuelles](http://www.ville.varennes.qc.ca/services/environnement/matières-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreational and sports activities: baseball, hockey, direct access to the Saint Lawrence River, cycling the river, day camps, etc. \* Events and festivities: Christmas concerts, cultural days, Thursday evenings, outdoor cinema, etc. \* Spring garage sale. \* Entre Quatre Pattes dog park. \* Library, parks and activity sites, sports centre. \* Aquatic complex and lifeguard and first aid training program. \* Directory of community organizations and online volunteer portal.

**Eligibility:** general public

**Coverage area:** Varennes

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

**Financing:** municipal

**Legal status:** municipal agency

## Friendly visits and safety calls

### ACTION BÉNÉVOLE DE VARENNES

50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1

**450 652-5256**

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

**Email:** [administration@actionbenevolevarennes.org](mailto:administration@actionbenevolevarennes.org)

**Services:** \* Food assistance. \* Meals on wheels. \* Friendly visits. \* Monsieur Lunettes service point: glasses at a low price. \* Tax clinic. \* Accompaniment-transportation.

**Eligibility:** people and families on a low income, people with a loss of autonomy, isolated people, seniors

**Coverage area:** Varennes

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

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

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

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

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE**

695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 649-8874**

**Website:** lenvolee.org

**Email:** info@lenvolee.org

**Services:** Promotion of volunteer work and home support services for the seniors.\* Delivery of frozen ready-to-eat meals. \* Activities: coffee meetings, culinary activities, workshops and conferences. \* Reception and referral. \* PAIR program: computerized safety and medication reminder phone calls. \* Friendly visits. \* Loan of orthopedic devices. \* Shopping assistance. \* Accompaniment-transportation. \* Tax clinic. \* Support to organizations.

**Eligibility:** seniors, people with a loss of autonomy, caregivers, families, community organizations

**Coverage area:** Sainte-Julie

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

**Fees:** ready-to-eat and medical accompaniment: fees

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

**Legal status:** non-profit organization

**Home support****ACTION BÉNÉVOLE DE VARENNES**

50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1

**450 652-5256**

**Website:** actionbenevolevarennes.org

**Email:** administration@actionbenevolevarennes.org

**Services:** \* Food assistance. \* Meals on wheels. \* Friendly visits. \* Monsieur Lunettes service point: glasses at a low price. \* Tax clinic. \* Accompaniment-transportation.

**Eligibility:** people and families on a low income, people with a loss of autonomy, isolated people, seniors

**Coverage area:** Varennes

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

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

**CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR**

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

**Website:** cabcontrecoeur.ca

**Email:** cab.contrecoeur@videotron.ca

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

## CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

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

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

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE

695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 649-8874**

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

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

**Services:** Promotion of volunteer work and home support services for the seniors.\* Delivery of frozen ready-to-eat meals. \* Activities: coffee meetings, culinary activities, workshops and conferences. \* Reception and referral. \* PAIR program: computerized safety and medication reminder phone calls. \* Friendly visits. \* Loan of orthopedic devices. \* Shopping assistance. \* Accompaniment-transportation. \* Tax clinic. \* Support to organizations.

**Eligibility:** seniors, people with a loss of autonomy, caregivers, families, community organizations

**Coverage area:** Sainte-Julie

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

**Fees:** ready-to-eat and medical accompaniment: fees

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

**Legal status:** non-profit organization

## Housing for seniors

### CENTRE D'HÉBERGEMENT DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 468-8410 Fax:** 450 651-0924

**Website:** [santemonterege.qc.ca/en/node/62](http://santemonterege.qc.ca/en/node/62)

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term cares. \* End-of-life and palliative care.

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

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

## OFFICE RÉGIONAL D'HABITATION DE MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**1 855 583-3563**

**Website:** [margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orh](http://margueritedyouville.ca/services/services-aux-citoyens/office-regional-dhabitation-orh)

**Email:** [infoorh@margueritedyouville.ca](mailto:infoorh@margueritedyouville.ca)

**Services:** Manage and administer housing and housing programs. \* Low-rent housing (HLM). \* Rent supplement program (PSL). \* Housing search assistance service (SARL).

**Eligibility:** single individuals, seniors and families on a low or moderate income

**Coverage area:** MRC Marguerite-D'Youville

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

**Financing:** municipal

**Legal status:** non-profit organization

## RÉSIDENCE FLORENTINE-DANSEREAU

21 Saint-Pascal Street, Verchères, Montérégie, QC, J0L 2R0

**450 583-0022 Fax:** 450 583-6761

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

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

**Services:** Non-profit seniors' residence. \* Secure units for people with loss of cognitive autonomy or Alzheimer's. \* 24-hour attendant, visiting doctors and nurses. \* Drug supervision, call bells, internal elevators. \* Housekeeping chores, clothing and bedding maintenance. \* Hair salon, community room, library. \* Meals with table service. \* Cameras, generator. \* Masses. \* Activities and leisure.

**Eligibility:** people 65 years old and over, autonomous, semi-autonomous or cognitively impaired (Alzheimer's or other cognitive disorders)

**Capacity:** 67 units: 24 studios, 28 rooms, 15 rooms for people with cognitive disorders

**Coverage area:** Province of Québec

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

**Fees:** variable, rent supplement program: 25% of income

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

**Legal status:** non-profit organization

## Intergenerational activities

### SAINTE-JULIE PUBLIC LIBRARY

1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3

**450 922-7070 Fax:** 450 922-7077

**Website:** [www.ville.sainte-julie.qc.ca/bibliotheque](http://www.ville.sainte-julie.qc.ca/bibliotheque)

**Email:** [biblio@ville.sainte-julie.qc.ca](mailto:biblio@ville.sainte-julie.qc.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Loan of iPad, musical instruments and telescope. \* Computer courses. \* Biblio-Santé. \* Story time. \* Book club for children. \* Book club for adults. \* Youth volunteering. \* Intergenerational reading activity. \* Exhibitions, conferences and workshops. \* Medialab: digital creation and manufacturing laboratory.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

**Fees:** residents: none, non-residents: \$85 per year per person, \$200 per year per family

**Financing:** municipal

**Legal status:** municipal agency

## Meals on Wheels

### ACTION BÉNÉVOLE DE VARENNES

50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1

**450 652-5256**

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

**Email:** [administration@actionbenevolevarennes.org](mailto:administration@actionbenevolevarennes.org)

**Services:** \* Food assistance. \* Meals on wheels. \* Friendly visits. \* Monsieur Lunettes service point: glasses at a low price. \* Tax clinic. \* Accompaniment-transportation.

**Eligibility:** people and families on a low income, people with a loss of autonomy, isolated people, seniors

**Coverage area:** Varennes

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

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

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

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

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

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

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

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE****695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8****450 649-8874****Website:** [lenvolee.org](http://lenvolee.org)**Email:** [info@lenvolee.org](mailto:info@lenvolee.org)

**Services:** Promotion of volunteer work and home support services for the seniors.\* Delivery of frozen ready-to-eat meals. \* Activities: coffee meetings, culinary activities, workshops and conferences. \* Reception and referral. \* PAIR program: computerized safety and medication reminder phone calls. \* Friendly visits. \* Loan of orthopedic devices. \* Shopping assistance. \* Accompaniment-transportation. \* Tax clinic. \* Support to organizations.

**Eligibility:** seniors, people with a loss of autonomy, caregivers, families, community organizations

**Coverage area:** Sainte-Julie

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

**Fees:** ready-to-eat and medical accompaniment: fees

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

**Legal status:** non-profit organization

**Volunteer Transportation****ACTION BÉNÉVOLE DE VARENNES - ACCOMPAGNEMENT-TRANSPORTATION****50, rue de la Fabrique, Varennes, Montérégie, QC, J3X 1R1****450 652-5256****Website:** [actionbenevolevarennes.org/services/accompagnement-et-transport](http://actionbenevolevarennes.org/services/accompagnement-et-transport)**Email:** [administration@actionbenevolevarennes.org](mailto:administration@actionbenevolevarennes.org)

**Services:** \* Transportation and accompaniment to medical appointments and shopping by volunteers.

**Eligibility:** people of all ages in permanent or temporary difficulty

**Coverage area:** Varennes

**Hours:** appointment: Monday to Friday

**Fees:** gas fees: \$0.54 per km

**Financing:** dons, subventions

**Legal status:** None or unknown

**CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR - TRANSPORTATION****5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0****450 587-8227 Fax: 450 401-1151****Website:** [cabcontrecoeur.ca](http://cabcontrecoeur.ca)**Email:** [cab.contrecoeur@videotron.ca](mailto:cab.contrecoeur@videotron.ca)

**Services:** \* Accompaniment and transport to non-emergency medical appointments and shopping provided by volunteers.

**Eligibility:** seniors, people with reduced mobility, social assistance recipients

**Coverage area:** Contrecoeur and Verchères, medical transportation appointments: Greater Montréal, shopping: Contrecoeur

**Hours:** Monday to Friday

**Fees:** free for social assistance recipients, appointment in Contrecoeur: \$10, appointment outside the municipality: \$0.52 per km round trip

**Financing:** provincial, donations

**Legal status:** non-profit organization

**CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - ACCOMPANIMENT-TRANSPORTATION**

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 ext. 31 Fax:** 450 649-2301

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

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

**Services:** \* Accompaniment and transportation for medical appointments and grocery shopping by volunteers.

**Eligibility:** people on a low income, seniors, people living with disabilities, ill people

**Coverage area:** Saint-Amable

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

**Fees:** fixed rates according to the destination

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE - ACCOMPANIMENT-TRANSPORTATION**

695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 649-8874 Fax:** 450 649-1362

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

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

**Services:** \* Accompaniment and transportation by volunteers for medical appointments, small errands in Sainte-Julie and for shopping at Promenades Saint-Bruno.

**Eligibility:** seniors, people with a loss of autonomy or in convalescence

**Coverage area:** Sainte-Julie

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

**Fees:** variable

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

**Legal status:** non-profit organization

**Sex and gender****WOMEN'S CENTRES****WOMEN'S ASSOCIATIONS**

## Women's centres

### CENTRE DE FEMMES ENTRE AILES

754 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W9

**450 649-0658**

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

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

**Services:** Women's centre. \* Active listening and helping relationship service (individual meetings). \* Self-help group. \* Information and referral. \* Workshops. \* Feminist popular education activities. \* Coffee-chats. \* Conferences. \* Documentation centre. \* Collective kitchen. \* Civic engagement. \* Community volunteering.

**Eligibility:** women

**Capacity:** 300 people

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Saint-Bruno-de-Montarville, Sainte-Julie, Verchères, Varennes

**Hours:** Monday 9h00 to 12h00 and 13h15 to 16h00, Tuesday 13h15 to 16h00, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 16h00, occasional evening activities: see program

**Fees:** annual membership: maximum \$10 non-mandatory

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### CENTRE POUR FEMMES IMPACT

Confidential Address

**450 652-0004**

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

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

**Services:** Women centre to counter isolation. \* Workshops, courses, conferences, breakfast-chats, festive get-togethers and outings. \* Information and referral. \* Committee of women living with a disability: monthly coffee-chats and occasional outings.

**Eligibility:** women 18 years old and over, immigrant women, women living with a disability

**Coverage area:** Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères, Contrecoeur

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

**Fees:** annual membership: \$20, activities: variable

**Financing:** provincial, federal, municipal, fundraising campaigns

**Legal status:** non-profit organization

## Women's associations

### CENTRE DE FEMMES ENTRE AILES

754 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W9

**450 649-0658**

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

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

**Services:** Women's centre. \* Active listening and helping relationship service (individual meetings). \* Self-help group. \* Information and referral. \* Workshops. \* Feminist popular education activities. \* Coffee-chats. \* Conferences. \* Documentation centre. \* Collective kitchen. \* Civic engagement. \* Community volunteering.

**Eligibility:** women

**Capacity:** 300 people

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Saint-Bruno-de-Montarville, Sainte-Julie, Verchères, Varennes

**Hours:** Monday 9h00 to 12h00 and 13h15 to 16h00, Tuesday 13h15 to 16h00, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 16h00, occasional evening activities: see program

**Fees:** annual membership: maximum \$10 non-mandatory

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## CENTRE POUR FEMMES IMPACT

Confidential Address

**450 652-0004**

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

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

**Services:** Women centre to counter isolation. \* Workshops, courses, conferences, breakfast-chats, festive get-togethers and outings. \* Information and referral. \* Committee of women living with a disability: monthly coffee-chats and occasional outings.

**Eligibility:** women 18 years old and over, immigrant women, women living with a disability

**Coverage area:** Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères, Contrecoeur

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

**Fees:** annual membership: \$20, activities: variable

**Financing:** provincial, federal, municipal, fundraising campaigns

**Legal status:** non-profit organization

**Sports, Recreation and Culture****ARTS AND CULTURE****CLUBS AND SOCIAL EVENTS****COMMUNITY RECREATION CENTRES****DAY CAMPS AND SPECIALIZED CAMPS****HOBBIES****LIBRARIES****MUNICIPAL SPORTS AND RECREATION SERVICES****SPORT****SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY**

## Arts and culture

### SAINTE-JULIE PUBLIC LIBRARY

1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3

**450 922-7070** Fax: 450 922-7077

**Website:** [www.ville.sainte-julie.qc.ca/bibliotheque](http://www.ville.sainte-julie.qc.ca/bibliotheque)

**Email:** [biblio@ville.sainte-julie.qc.ca](mailto:biblio@ville.sainte-julie.qc.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Loan of iPad, musical instruments and telescope. \* Computer courses. \* Biblio-Santé. \* Story time. \* Book club for children. \* Book club for adults. \* Youth volunteering. \* Intergenerational reading activity. \* Exhibitions, conferences and workshops. \* Medialab: digital creation and manufacturing laboratory.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

**Fees:** residents: none, non-residents: \$85 per year per person, \$200 per year per family

**Financing:** municipal

**Legal status:** municipal agency

## Clubs and social events

### CENTRE DE FEMMES ENTRE AILES

754 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W9

**450 649-0658**

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

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

**Services:** Women's centre. \* Active listening and helping relationship service (individual meetings). \* Self-help group. \* Information and referral. \* Workshops. \* Feminist popular education activities. \* Coffee-chats. \* Conferences. \* Documentation centre. \* Collective kitchen. \* Civic engagement. \* Community volunteering.

**Eligibility:** women

**Capacity:** 300 people

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Saint-Bruno-de-Montarville, Sainte-Julie, Verchères, Varennes

**Hours:** Monday 9h00 to 12h00 and 13h15 to 16h00, Tuesday 13h15 to 16h00, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 16h00, occasional evening activities: see program

**Fees:** annual membership: maximum \$10 non-mandatory

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### CENTRE POUR FEMMES IMPACT

Confidential Address

**450 652-0004**

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

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

**Services:** Women centre to counter isolation. \* Workshops, courses, conferences, breakfast-chats, festive get-togethers and outings. \* Information and referral. \* Committee of women living with a disability: monthly coffee-chats and occasional outings.

**Eligibility:** women 18 years old and over, immigrant women, women living with a disability

**Coverage area:** Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères, Contrecoeur

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

**Fees:** annual membership: \$20, activities: variable

**Financing:** provincial, federal, municipal, fundraising campaigns

**Legal status:** non-profit organization

## Community recreation centres

### COLONIE SAINTE-JEANNE D'ARC

10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**1 800 363-0098 Fax:** 450 743-8879

**Website:** csjd.qc.ca

**Email:** info@csjd.qc.ca

**Services:** Summer camp for young girls. \* Sports and artistic activities. \* 6 or 9-night stay. \* Free transportation from Montréal to the camp. \* Financial aid program.

**Eligibility:** young girls 6 to 16 years old

**Capacity:** 100

**Coverage area:** Greater Montréal

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

**Fees:** variable

**Financing:** Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations

**Legal status:** non-profit organization

### MAISON DES JEUNES DE CONTRECOEUR

1400 des Saules Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2830**

**Email:** mdjcontrecoeur@videotron.ca

**Services:** Meeting place for youth. \* Sporting and cultural activities. \* Volunteering.

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

**Coverage area:** Contrecoeur

**Hours:** Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 23h00, Saturday 14h00 to 17h00 and 18h00 to 23h00

**Fees:** none

**Financing:** provincial, municipal, dons

**Legal status:** non-profit organization

### MAISON DES JEUNES DE SAINTE-JULIE

1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5

**450 649-3031**

**Website:** www.mdjsaintejulie.com

**Email:** direction@mdj-stejulie.ca

**Services:** Place for meeting and prevention. Support \* Mediation for parents and teenagers: reception, listening and referral. \* Outreach work. Activities \* Community, social, cultural and sports activities. \* Evenings 9 to 12 years: special activities on Thursdays. \* Online monthly calendar: [www.mdjsaintejulie.com/calendrier](http://www.mdjsaintejulie.com/calendrier) Training \* Babysitting course. \* Stay Safe!: [https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&amp\\_ga=2.223361823.52948211.1698938313-816686927.1698938313](https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/stay-safe?lang=en-ca&amp_ga=2.223361823.52948211.1698938313-816686927.1698938313)

**Eligibility:** youth 9 to 17 years old, babysitting course: 11 to 15 years old, stay safe training: 9 to 13 years old

**Coverage area:** Sainte-Julie

**Hours:** Tuesday, Wednesday 16h00 to 21h00, Thursday 16h00 to 20h00, Friday 16h00 to 22h00, Saturday 14h00 to 22h00, schedule may vary, see their Facebook page

**Fees:** fees for training courses only

**Financing:** provincial, municipal, federal

**Legal status:** non-profit organization

### MAISON DES JEUNES DE VARENNES

135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7

**450 652-6941**

**Services:** Meeting place for youth. \* Social, recreational, cultural and sports activities. \* Listening, helping relationship, accompaniment. \* Work in the community. \* Information, prevention and awareness workshops.

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

**Coverage area:** Varennes

**Hours:** Monday to Friday 12h00 to 21h00, Saturday 13h00 to 21h00

**Fees:** none

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

**Legal status:** non-profit organization

## MAISON DES JEUNES DE VERCHÈRES

41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0

**450 583-5201 Fax:** 450 583-5201

**Website:** mdjvercheres.org

**Email:** mdjvercheres@videotron.ca

**Services:** Living and meeting environment. \* Cultural, sporting and artistic activities. \* Active listening and referral. \* Homework assistance. \* Youth mediation. \* Prevention workshops. \* Citizen participation. \* Community work. \* Babysitting training.

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

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## SOCIÉTÉ POUR L'ÉPANOUISSLEMENT DES JEUNES DE ST-AMABLE (LA)

915 Normandie Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 922-3673**

**Email:** mdjstamable@videotron.ca

**Services:** Meeting place. \* Referral. \* Sporting and cultural activities. \* Volunteering. \* Citizen involvement activities. \* Student café.

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

**Capacity:** 99

**Coverage area:** Saint-Amable

**Hours:** school year: Wednesday to Friday 15h00 to 21h00, Saturday 13h00 to 21h00, student café: Monday to Friday 12h30 to 13h30, summer: Monday to Friday 13h00 to 21h00

**Fees:** none

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

**Legal status:** non-profit organization

## VARENNES - CITY

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

**450 652-9888 Fax:** 450 652-2655

**Website:** ville.varennes.qc.ca

**Email:** citoyens@ville.varennes.qc.ca

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar: [www.ville.varennes.qc.ca/services/environnement/matières-residuelles](http://www.ville.varennes.qc.ca/services/environnement/matières-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreational and sports activities: baseball, hockey, direct access to the Saint Lawrence River, cycling the river, day camps, etc. \* Events and festivities: Christmas concerts, cultural days, Thursday evenings, outdoor cinema, etc. \* Spring garage sale. \* Entre Quatre Pattes dog park. \* Library, parks and activity sites, sports centre. \* Aquatic complex and lifeguard and first aid training program. \* Directory of community organizations and online volunteer portal.

**Eligibility:** general public

**Coverage area:** Varennes

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

**Financing:** municipal

**Legal status:** municipal agency

## Day camps and specialized camps

### CALIXA-LAVALLÉE - LOISIRS

771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0

**450 583-6470 ext. 5 Fax:** 450 583-5508

**Website:** [www.calixa-lavallee.ca/comite-des-loisirs](http://www.calixa-lavallee.ca/comite-des-loisirs)

**Email:** [loisirs@calixa-lavallee.ca](mailto:loisirs@calixa-lavallee.ca)

**Services:** \* Sporting and recreational activities. \* Summer day camp.

**Coverage area:** Calixa-Lavallée

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### COLONIE DES GRÈVES DE CONTRECOEUR

10350 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**1 800 368-0168 Fax:** 450 742-3841

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

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

**Services:** \* Summer camps for children and families. \* Accommodation in chalets and inns. \* School outings: science workshops and outdoor activities. \* Parc régional des Grèves: cross-country skiing, snowshoeing and hiking. \* Rental of equipment for winter sports: cross-country skis, snowshoes, snow tubes, etc. \* Room rental. \* Sailing school during summer.

**Eligibility:** families

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, Saturday and Sunday 8h30 to 16h30, schedule subject to change according to seasons and activities

**Fees:** camp: according to the income

**Financing:** self-financing

**Legal status:** non-profit organization

### COLONIE SAINTE-JEANNE D'ARC

10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**1 800 363-0098 Fax:** 450 743-8879

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

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

**Services:** Summer camp for young girls. \* Sports and artistic activities. \* 6 or 9-night stay. \* Free transportation from Montréal to the camp. \* Financial aid program.

**Eligibility:** young girls 6 to 16 years old

**Capacity:** 100

**Coverage area:** Greater Montréal

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

**Fees:** variable

**Financing:** Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations

**Legal status:** non-profit organization

## SAINTE-JULIE - LOISIRS

1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1

**450 922-7122**

**Website:** [www.ville.sainte-julie.qc.ca](http://www.ville.sainte-julie.qc.ca)

**Email:** [loisirs@ville.sainte-julie.qc.ca](mailto:loisirs@ville.sainte-julie.qc.ca)

**Services:** \* Sporting and recreational activities. \* Community centre, swimming pools, arena, ice rinks, parks, sports fields. \* Community garden. \* Summer day camp. \* Parties, shows and events.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## VARENNES - CITY

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

**450 652-9888 Fax:** 450 652-2655

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

**Email:** [citoyens@ville.varennes.qc.ca](mailto:citoyens@ville.varennes.qc.ca)

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar: [www.ville.varennes.qc.ca/services/environnement/matières-residuelles](http://www.ville.varennes.qc.ca/services/environnement/matières-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreational and sports activities: baseball, hockey, direct access to the Saint Lawrence River, cycling the river, day camps, etc. \* Events and festivities: Christmas concerts, cultural days, Thursday evenings, outdoor cinema, etc. \* Spring garage sale. \* Entre Quatre Pattes dog park. \* Library, parks and activity sites, sports centre. \* Aquatic complex and lifeguard and first aid training program. \* Directory of community organizations and online volunteer portal.

**Eligibility:** general public

**Coverage area:** Varennes

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

**Financing:** municipal

**Legal status:** municipal agency

## Hobbies

### CARREFOUR FAMILIAL DE SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 922-7179**

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

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

**Services:** \* Stimulation workshop for children 2 to 5 years old. \* Morning-conferences. \* Drop-in daycare for children 0 to 5 years old. \* Community worker for parents of children 0 to 5 years old: personalized support, listening, accompaniment, referral and information on available resources. \* Financial assistance for daycare services for families on a low income. \* Kindergarten preparatory workshops for children 4 years old. \* Summer day camp for children 6 to 9 years old.

**Eligibility:** families, mothers-to-be

**Coverage area:** Sainte-Julie

**Hours:** drop-in daycare: Tuesday to Friday 8h30 to 15h30, activities: variable, according to the schedule

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

## **COLONIE DES GRÈVES DE CONTRECOEUR**

10350 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**1 800 368-0168 Fax:** 450 742-3841

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

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

**Services:** \* Summer camps for children and families. \* Accommodation in chalets and inns. \* School outings: science workshops and outdoor activities. \* Parc régional des Grèves: cross-country skiing, snowshoeing and hiking. \* Rental of equipment for winter sports: cross-country skis, snowshoes, snow tubes, etc. \* Room rental. \* Sailing school during summer.

**Eligibility:** families

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, Saturday and Sunday 8h30 to 16h30, schedule subject to change according to seasons and activities

**Fees:** camp: according to the income

**Financing:** self-financing

**Legal status:** non-profit organization

## **SAINTE-JULIE PUBLIC LIBRARY**

1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3

**450 922-7070 Fax:** 450 922-7077

**Website:** [www.ville.sainte-julie.qc.ca/bibliotheque](http://www.ville.sainte-julie.qc.ca/bibliotheque)

**Email:** [biblio@ville.sainte-julie.qc.ca](mailto:biblio@ville.sainte-julie.qc.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Loan of iPad, musical instruments and telescope. \* Computer courses. \* Biblio-Santé. \* Story time. \* Book club for children. \* Book club for adults. \* Youth volunteering. \* Intergenerational reading activity. \* Exhibitions, conferences and workshops. \* Medialab: digital creation and manufacturing laboratory.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

**Fees:** residents: none, non-residents: \$85 per year per person, \$200 per year per family

**Financing:** municipal

**Legal status:** municipal agency

## **Libraries**

### **CALIXA-LAVALLÉE PUBLIC LIBRARY**

771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0

**450 583-6470 ext. 4 Fax:** 450 583-5508

**Website:** [www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b47/bibliotheque-de-calixa-lavallee](http://www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b47/bibliotheque-de-calixa-lavallee)

**Email:** [biblio@calixa-lavallee.ca](mailto:biblio@calixa-lavallee.ca)

**Services:** Loan and consultation of books and documents. \* Internet access. \* Biblio-Santé: information service for caregivers. \* Book club for children. \* Conferences and workshops.

**Eligibility:** people living in Calixa-Lavallée

**Coverage area:** Calixa-Lavallée

**Hours:** Monday and Tuesday 13h30 to 15h30, Wednesday 13h30 to 15h30 and 19h00 to 20h30, Saturday 9h30 to 12h00

**Fees:** none

**Financing:** municipal

**Legal status:** non-profit organization

**CONTRECOEUR - CITY**

5000 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-5901 ext. 221 Fax:** 450 587-5855

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

**Email:** boucherj@ville.contrecoeur.qc.ca

**Services:** Municipal service management. \* Municipal tax management and payment. \* Fire department. \*

Information on garbage collection. \* Construction permits. \* Leisure and culture.

**Eligibility:** general public

**Coverage area:** Contrecoeur

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

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-AMABLE - CITY**

575 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-3555 Fax:** 450 922-0728

**Website:** [www.st-amable.qc.ca](http://www.st-amable.qc.ca)

**Email:** ville@st-amable.qc.ca

**Services:** Management of municipal services. \* Payment of municipal taxes and property assessment. \*

Information on residual waste and collection according to the calendar: [www.st-amable.qc.ca/services/aux-citoyens/collecte-des-matieres-residuelles](http://www.st-amable.qc.ca/services/aux-citoyens/collecte-des-matieres-residuelles)

\* Fire department. \* Building permits and urban planning by-laws. \*

Construction and maintenance of public infrastructures. \* Emergency notification system. \* Hall rental. \*

Municipal library. \* Leisure, culture, and sports.

**Eligibility:** general public

**Coverage area:** Saint-Amable

**Hours:** Monday to Friday 8h00 to 16h15, Friday 8h00 to 13h00

**Financing:** municipal

**Legal status:** municipal agency

**SAINTE-JULIE PUBLIC LIBRARY**

1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3

**450 922-7070 Fax:** 450 922-7077

**Website:** [www.ville.sainte-julie.qc.ca/bibliotheque](http://www.ville.sainte-julie.qc.ca/bibliotheque)

**Email:** biblio@ville.sainte-julie.qc.ca

**Services:** Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Loan of iPad, musical instruments and telescope. \* Computer courses. \* Biblio-Santé. \* Story time. \* Book club for children. \* Book club for adults. \* Youth volunteering. \* Intergenerational reading activity. \* Exhibitions, conferences and workshops. \* Medialab: digital creation and manufacturing laboratory.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

**Fees:** residents: none, non-residents: \$85 per year per person, \$200 per year per family

**Financing:** municipal

**Legal status:** municipal agency

**VARENNES - CITY**

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

**450 652-9888 Fax:** 450 652-2655

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

**Email:** citoyens@ville.varennes.qc.ca

**Services:** Management of municipal services. \* Practical information: pets, change of address, septic systems, etc. \* Waste collection calendar: [www.ville.varennes.qc.ca/services/environnement/matières-residuelles](http://www.ville.varennes.qc.ca/services/environnement/matières-residuelles) \* Payment of municipal taxes. \* Building permits, complaints and requests. \* Fire department. \* Automated emergency notification system. \* Recreational and sports activities: baseball, hockey, direct access to the Saint Lawrence River, cycling the river, day camps, etc. \* Events and festivities: Christmas concerts, cultural days, Thursday evenings, outdoor cinema, etc. \* Spring garage sale. \* Entre Quatre Pattes dog park. \* Library, parks and activity sites, sports centre. \* Aquatic complex and lifeguard and first aid training program. \* Directory of community organizations and online volunteer portal.

**Eligibility:** general public

**Coverage area:** Varennes

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

**Financing:** municipal

**Legal status:** municipal agency

## Municipal sports and recreation services

### CALIXA-LAVALLÉE - LOISIRS

771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0

**450 583-6470 ext. 5**   **Fax:** 450 583-5508

**Website:** [www.calixa-lavallee.ca/comite-des-loisirs](http://www.calixa-lavallee.ca/comite-des-loisirs)

**Email:** [loisirs@calixa-lavallee.ca](mailto:loisirs@calixa-lavallee.ca)

**Services:** \* Sporting and recreational activities. \* Summer day camp.

**Coverage area:** Calixa-Lavallée

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### SAINTE-JULIE - LOISIRS

1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1

**450 922-7122**

**Website:** [www.ville.sainte-julie qc.ca](http://www.ville.sainte-julie qc.ca)

**Email:** [loisirs@ville.sainte-julie qc.ca](mailto:loisirs@ville.sainte-julie qc.ca)

**Services:** \* Sporting and recreational activities. \* Community centre, swimming pools, arena, ice rinks, parks, sports fields. \* Community garden. \* Summer day camp. \* Parties, shows and events.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## Sport

### CARREFOUR FAMILIAL DE SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 922-7179**

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

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

**Services:** \* Stimulation workshop for children 2 to 5 years old. \* Morning-conferences. \* Drop-in daycare for children 0 to 5 years old. \* Community worker for parents of children 0 to 5 years old: personalized support, listening, accompaniment, referral and information on available resources. \* Financial assistance for daycare services for families on a low income. \* Kindergarten preparatory workshops for children 4 years old. \* Summer day camp for children 6 to 9 years old.

**Eligibility:** families, mothers-to-be

**Coverage area:** Sainte-Julie

**Hours:** drop-in daycare: Tuesday to Friday 8h30 to 15h30, activities: variable, according to the schedule

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

## COLONIE DES GRÈVES DE CONTRECOEUR

10350 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**1 800 368-0168 Fax:** 450 742-3841

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

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

**Services:** \* Summer camps for children and families. \* Accommodation in chalets and inns. \* School outings: science workshops and outdoor activities. \* Parc régional des Grèves: cross-country skiing, snowshoeing and hiking. \* Rental of equipment for winter sports: cross-country skis, snowshoes, snow tubes, etc. \* Room rental. \* Sailing school during summer.

**Eligibility:** families

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, Saturday and Sunday 8h30 to 16h30, schedule subject to change according to seasons and activities

**Fees:** camp: according to the income

**Financing:** self-financing

**Legal status:** non-profit organization

## Sports and recreation for people with a disability

### ARC-EN-CIEL DES SEIGNEURIES - GROUPE D'ENTRAIDE EN SANTÉ MENTALE (L')

2082 Marie-Victorin Boulevard, Suite 201, Varennes, Montérégie, QC, J3X 2C7

**450 985-0522 Fax:** 450 985-0805

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

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

**Services:** Mutual aid network promoting social integration and an end to isolation. \* Mutual aid group. \* Art-therapy. \* Mental health self-management: anxiety, depression and self-esteem. \* Popular education workshops. \* Cultural and seasonal outings. \* Listening and referral. \* Associative life. \* Prevention and awareness.

**Eligibility:** people living with or who have lived with mental health issues

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes, Verchères

**Hours:** Monday to Thursday 9h00 to 16h30, occasionally on nights and weekends

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

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

## CENTRE POUR FEMMES IMPACT

Confidential Address

**450 652-0004**

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

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

**Services:** Women centre to counter isolation. \* Workshops, courses, conferences, breakfast-chats, festive get-togethers and outings. \* Information and referral. \* Committee of women living with a disability: monthly coffee-chats and occasional outings.

**Eligibility:** women 18 years old and over, immigrant women, women living with a disability

**Coverage area:** Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères, Contrecoeur

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

**Fees:** annual membership: \$20, activities: variable

**Financing:** provincial, federal, municipal, fundraising campaigns

**Legal status:** non-profit organization

### CLÉ DES CHAMPS SAINTE-JULIE (LA)

27 du Plateau Street, Sainte-Julie, Montérégie, QC, J3E 3N6

**514 805-8196**

**Website:** lacdc.ca

**Email:** info@lacdc.ca

**Services:** \* Organization of cultural, sports and recreational activities. \* Saturday respite. \* Summer day camp.

**Eligibility:** autistic youth or youth living with an intellectual disability, with or without physical disabilities

**Coverage area:** Sainte-Julie

**Hours:** September to May: Saturday 9h30 to 15h00, summer day camp: late June to mid-August, Monday to Thursday 7h30 to 17h30

**Fees:** day camp: \$125 per week

**Financing:** donations, municipal, provincial

**Legal status:** non-profit organization

**Thrift store and material aid****CLOTHING****SCHOOL SUPPLIES****THRIFT STORES**

## Clothing

### MAISON DE L'ENTRAIDE SAINTE-JULIE

500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6

**450 649-4569**

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

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

**Services:** Food \* Distribution of food vouchers. \* Food assistance in schools. \* Solidarity grocery store. \* Christmas baskets. Material assistance \* Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. \* Distribution of school supplies. \* Donation to people in need from Sainte-Julie after assessment. Support \* Accompaniment and referral.

**Eligibility:** people in need, depot and grocery: open to all

**Coverage area:** Sainte-Julie

**Hours:** shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support: Monday to Friday 8h00 to 16h00

**Fees:** \$5

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

**Legal status:** non-profit organization

## School supplies

### COMITÉ D'ENTRAIDE DE VERCHÈRES

579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0

**450 583-5888**

**Email:** [comite.entraide.vercheres@gmail.com](mailto:comite.entraide.vercheres@gmail.com)

**Services:** \* Food assistance. \* Les Trésors de Madeleine: sale of clothing, household items, decoration and small appliances. \* Pairing service for appliance and furniture collection: transportation from one point to another by a volunteer. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** people and families on a low income

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** Les Trésors de Madeleine: Tuesday and Wednesday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 13h30 to 14h30, summer: Wednesday 13h30 to 15h00 (June 26 to August 6)

**Fees:** pairing for furniture collection: \$50 for appliances, free for people who are unemployed

**Financing:** self-financing

**Legal status:** non-profit organization

### MAISON DE L'ENTRAIDE SAINTE-JULIE

500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6

**450 649-4569**

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

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

**Services:** Food \* Distribution of food vouchers. \* Food assistance in schools. \* Solidarity grocery store. \* Christmas baskets. Material assistance \* Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. \* Distribution of school supplies. \* Donation to people in need from Sainte-Julie after assessment. Support \* Accompaniment and referral.

**Eligibility:** people in need, depot and grocery: open to all

**Coverage area:** Sainte-Julie

**Hours:** shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support: Monday to Friday 8h00 to 16h00

**Fees:** \$5

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

**Legal status:** non-profit organization

## Thrift Stores

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

**Website:** cabcontrecoeur.ca

**Email:** cab.contrecoeur@videotron.ca

**Services:** \* Food assistance. \* Meals on wheels. \* Community meals. \* Family depot: sale of used clothing and furniture. \* Friendly visits. \* Equipment loan: crutches, walkers. \* Information and referral. \* Citizen mediation. \* PAIR program. \* Assistance with government forms.\* Christmas baskets. \* Transportation for medical appointments and shopping by volunteers. \* Tax clinic.

**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday, Tuesday, Wednesday, Friday 8h00 to 16h00, Thursday 8h00 to 20h00, and Saturday 9h30 to 15h30, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 Fax:** 450 649-2301

**Website:** www.cebsa.org

**Email:** info@cebsa.org

**Services:** \* Food assistance: sale of frozen meals. \* Christmas baskets. \* Community meals with recreational activities. \* Meals on wheels. \* Shopping assistance. \* Thrift store: clothing and household items. \* Community hall. \* Support for organizations. \* Citizen mediation. \* Caregivers support. \* Coffee-meetings. \* Accompaniment-transportation. \* Used items recovery. \* Tax clinic.

**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00, thrift store and warehouse: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 3rd Wednesday of the month 11h30, meals on wheels: Tuesday and Thursday mornings

**Fees:** food assistance: \$15, community meals: \$10, meals on wheels: \$6

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### COMITÉ D'ENTRAIDE DE VERCHÈRES

579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0

**450 583-5888**

**Email:** comite.entraide.vercheres@gmail.com

**Services:** \* Food assistance. \* Les Trésors de Madeleine: sale of clothing, household items, decoration and small appliances. \* Pairing service for appliance and furniture collection: transportation from one point to another by a volunteer. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** people and families on a low income

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** Les Trésors de Madeleine: Tuesday and Wednesday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 13h30 to 14h30, summer: Wednesday 13h30 to 15h00 (June 26 to August 6)

**Fees:** pairing for furniture collection: \$50 for appliances, free for people who are unemployed

**Financing:** self-financing

**Legal status:** non-profit organization

**MAISON DE L'ENTRAIDE SAINTE-JULIE**

500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6

**450 649-4569**

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

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

**Services:** Food \* Distribution of food vouchers. \* Food assistance in schools. \* Solidarity grocery store. \* Christmas baskets. Material assistance \* Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. \* Distribution of school supplies. \* Donation to people in need from Sainte-Julie after assessment. Support \* Accompaniment and referral.

**Eligibility:** people in need, depot and grocery: open to all

**Coverage area:** Sainte-Julie

**Hours:** shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support:

Monday to Friday 8h00 to 16h00

**Fees:** \$5

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

**Legal status:** non-profit organization

**MAISON DE LA FAMILLE JOLI-COEUR (LA)**

4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-2965**

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

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

**Services:** \* Parent-child workshops. \* Daycare. \* Preschool. \* Child development workshops. \* Homework assistance for children from 1st to 3rd grade. \* Baby first aid course. \* Community worker: personalized support, listening, accompaniment, referral and information on available resources. \* Information and referral. \* Seasonal flea market.

**Eligibility:** parents with children 0 to 5 years old

**Coverage area:** CLSC des Seigneuries

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

**Fees:** according to activities

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

**Legal status:** non-profit organization

**MRC DE MARGUERITE-D'YOUVILLE - ÉCOCENTRE SECTEUR NORD**

4111 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

**450 583-3301 ext. 2 Fax:** 450 583-6575

**Website:** [margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre](http://margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre)

**Email:** [infomrc@margueritedyouville.ca](mailto:infomrc@margueritedyouville.ca)

**Services:** Deposit, sorting and recovery site for residual materials. \* Electronic and computer appliances. \* Motorized and refrigeration equipment. \* Household hazardous waste (paint, oil, batteries, propane, etc.). \* Polystyrene. \* Tires. \* Household items and large objects. \* Mattresses. \* Building materials (asphalt, brick, metal, concrete, glass, etc.). \* Recyclable materials. \* Green waste and wood. \* Expired car seats. \* Roof shingles. \* Agricultural plastics (films, tarpaulins, silo bags, litter bags, twines, feed bags, flexible and rigid maple tubing). \* Thermoplastic winter boat covers. \* Donation and low-price sale of used materials and household items.

**Eligibility:** citizens

**Coverage area:** MRC Marguerite-d'Youville, Saint-Antoine-sur-Richelieu

**Hours:** April 24 to October 26, 2024: Wednesday to Saturday 8h00 to 16h00

**Fees:** according to materials

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

**MRC DE MARGUERITE-D'YOUVILLE - ÉCOCENTRE SECTEUR SUD**

1975 de l'Énergie Road, Varennes, Montérégie, QC, J3X 1P7

**450 583-3301 ext. 2 Fax:** 450 583-6575

**Website:** [margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre](http://margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre)

**Email:** [infomrc@margueritedyouville.ca](mailto:infomrc@margueritedyouville.ca)

**Services:** Deposit, sorting and recovery site for residual materials. \* Electronic and computer appliances. \* Motorized and refrigeration equipment. \* Household hazardous waste (paint, oil, batteries, propane, etc.). \* Polystyrene. \* Tires. \* Household items and large objects. \* Mattresses. \* Building materials (asphalt, brick, metal, concrete, glass, etc.). \* Recyclable materials. \* Green waste and wood. \* Expired car seats. \* Propane tanks. \* Roof shingles. \* Agricultural plastics (films, tarpaulins, silo bags, litter bags, twines, feed bags, flexible and rigid maple tubing). \* Thermoplastic winter boat covers. \* Donation and low-price sale of used materials and household items.

**Eligibility:** citizens, industries, businesses and institutions

**Coverage area:** MRC Marguerite-d'Youville, Saint-Antoine-sur-Richelieu

**Hours:** April 9 to November 17, 2024 inclusive: Tuesday, Wednesday, Saturday and Sunday 8h00 to 16h00, Thursday 9h00 to 18h00 and 8h00 to 16h00 from October 31, 2024

**Fees:** according to materials

**Financing:** municipal, autofinancement

**Legal status:** non-profit organization

## **Transportation**

### **ACCOMPANIED TRANSPORT**

#### **ACCOMPANIED TRANSPORT FOR MEDICAL REASONS**

## Accompanied transport

### ACTION BÉNÉVOLE DE VARENNES - ACCOMPANIMENT-TRANSPORTATION

50, rue de la Fabrique, Varennes, Montérégie, QC, J3X 1R1

**450 652-5256**

**Website:** [actionbenevolevarennes.org/services/accompagnement-et-transport](http://actionbenevolevarennes.org/services/accompagnement-et-transport)

**Email:** [administration@actionbenevolevarennes.org](mailto:administration@actionbenevolevarennes.org)

**Services:** \* Transportation and accompaniment to medical appointments and shopping by volunteers.

**Eligibility:** people of all ages in permanent or temporary difficulty

**Coverage area:** Varennes

**Hours:** appointment: Monday to Friday

**Fees:** gas fees: \$0.54 per km

**Financing:** dons, subventions

**Legal status:** None or unknown

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR - TRANSPORTATION

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

**450 587-8227 Fax:** 450 401-1151

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

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

**Services:** \* Accompaniment and transport to non-emergency medical appointments and shopping provided by volunteers.

**Eligibility:** seniors, people with reduced mobility, social assistance recipients

**Coverage area:** Contrecoeur and Verchères, medical transportation appointments: Greater Montréal, shopping: Contrecoeur

**Hours:** Monday to Friday

**Fees:** free for social assistance recipients, appointment in Contrecoeur: \$10, appointment outside the municipality: \$0.52 per km round trip

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - ACCOMPANIMENT-TRANSPORTATION

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

**450 649-0604 ext. 31 Fax:** 450 649-2301

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

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

**Services:** \* Accompaniment and transportation for medical appointments and grocery shopping by volunteers.

**Eligibility:** people on a low income, seniors, people living with disabilities, ill people

**Coverage area:** Saint-Amable

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

**Fees:** fixed rates according to the destination

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE - ACCOMPANIMENT-TRANSPORTATION

695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 649-8874 Fax:** 450 649-1362

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

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

**Services:** \* Accompaniment and transportation by volunteers for medical appointments, small errands in Sainte-Julie and for shopping at Promenades Saint-Bruno.

**Eligibility:** seniors, people with a loss of autonomy or in convalescence  
**Coverage area:** Sainte-Julie  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  
**Fees:** variable  
**Financing:** provincial, donations, fundraising campaigns  
**Legal status:** non-profit organization

## Accompanied transport for medical reasons

### ACTION BÉNÉVOLE DE VARENNES - ACCOMPANIMENT-TRANSPORTATION

50, rue de la Fabrique, Varennes, Montérégie, QC, J3X 1R1  
**450 652-5256**  
**Website:** [actionbenevolevarennes.org/services/accompagnement-et-transport](http://actionbenevolevarennes.org/services/accompagnement-et-transport)  
**Email:** [administration@actionbenevolevarennes.org](mailto:administration@actionbenevolevarennes.org)  
**Services:** \* Transportation and accompaniment to medical appointments and shopping by volunteers.  
**Eligibility:** people of all ages in permanent or temporary difficulty  
**Coverage area:** Varennes  
**Hours:** appointment: Monday to Friday  
**Fees:** gas fees: \$0.54 per km  
**Financing:** dons, subventions  
**Legal status:** None or unknown

### CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR - TRANSPORTATION

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0  
**450 587-8227 Fax:** 450 401-1151  
**Website:** [cabcontrecoeur.ca](http://cabcontrecoeur.ca)  
**Email:** [cab.contrecoeur@videotron.ca](mailto:cab.contrecoeur@videotron.ca)  
**Services:** \* Accompaniment and transport to non-emergency medical appointments and shopping provided by volunteers.  
**Eligibility:** seniors, people with reduced mobility, social assistance recipients  
**Coverage area:** Contrecoeur and Verchères, medical transportation appointments: Greater Montréal, shopping: Contrecoeur  
**Hours:** Monday to Friday  
**Fees:** free for social assistance recipients, appointment in Contrecoeur: \$10, appointment outside the municipality: \$0.52 per km round trip  
**Financing:** provincial, donations  
**Legal status:** non-profit organization

### CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - ACCOMPANIMENT-TRANSPORTATION

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0  
**450 649-0604 ext. 31 Fax:** 450 649-2301  
**Website:** [www.cebsa.org](http://cebsa.org)  
**Email:** [info@cebsa.org](mailto:info@cebsa.org)  
**Services:** \* Accompaniment and transportation for medical appointments and grocery shopping by volunteers.  
**Eligibility:** people on a low income, seniors, people living with disabilities, ill people  
**Coverage area:** Saint-Amable  
**Hours:** Monday to Thursday 8h30 to 16h00  
**Fees:** fixed rates according to the destination  
**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

**ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE - ACCOMPANIMENT-TRANSPORTATION**

695 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8

**450 649-8874 Fax:** 450 649-1362

**Website:** lenvolee.org

**Email:** info@lenvolee.org

**Services:** \* Accompaniment and transportation by volunteers for medical appointments, small errands in Sainte-Julie and for shopping at Promenades Saint-Bruno.

**Eligibility:** seniors, people with a loss of autonomy or in convalescence

**Coverage area:** Sainte-Julie

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

**Fees:** variable

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

**Legal status:** non-profit organization

**Violence and abuse****CHILD ABUSE****PREVENTION OF VIOLENCE AND CRIME****THERAPY AND COUNSELLING**

## Child abuse

### MAISON DES JEUNES DE VARENNES

135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7  
**450 652-6941**

**Services:** Meeting place for youth. \* Social, recreational, cultural and sports activities. \* Listening, helping relationship, accompaniment. \* Work in the community. \* Information, prevention and awareness workshops.

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

**Coverage area:** Varennes

**Hours:** Monday to Friday 12h00 to 21h00, Saturday 13h00 to 21h00

**Fees:** none

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

**Legal status:** non-profit organization

## Prevention of violence and crime

### MAISON DES JEUNES DE VARENNES

135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7  
**450 652-6941**

**Services:** Meeting place for youth. \* Social, recreational, cultural and sports activities. \* Listening, helping relationship, accompaniment. \* Work in the community. \* Information, prevention and awareness workshops.

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

**Coverage area:** Varennes

**Hours:** Monday to Friday 12h00 to 21h00, Saturday 13h00 to 21h00

**Fees:** none

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

**Legal status:** non-profit organization

### RÉGIE INTERMUNICIPALE DE POLICE RICHELIEU - SAINT-LAURENT

1578 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A2

**450 922-7001 Fax:** 450 922-8881

**Website:** [www.police-rsl.qc.ca](http://www.police-rsl.qc.ca)

**Email:** sra@police-rsl.qc.ca

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Awareness-raising.

**Coverage area:** MRC Marguerite-D'Youville, Saint-Mathieu-de-Beloeil, Beloeil, McMasterville, Saint-Basile-le-Grand, Carignan, Chambly, Otterburn Park, Saint-Jean-Baptiste, Mont-Saint-Hilaire, Richelieu, Saint-Mathias-sur-Richelieu

**Hours:** 24 hours / 7 days, office: Monday to Friday 8h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

## Therapy and counselling

### ARC-EN-CIEL DES SEIGNEURIES - GROUPE D'ENTRAIDE EN SANTÉ MENTALE (L')

2082 Marie-Victorin Boulevard, Suite 201, Varennes, Montérégie, QC, J3X 2C7

**450 985-0522 Fax:** 450 985-0805

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

**Email:** info@arcenciedesseigneuries.org

**Services:** Mutual aid network promoting social integration and an end to isolation. \* Mutual aid group. \* Art-therapy. \* Mental health self-management: anxiety, depression and self-esteem. \* Popular education workshops. \* Cultural and seasonal outings. \* Listening and referral. \* Associative life. \* Prevention and awareness.

**Eligibility:** people living with or who have lived with mental health issues

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes, Verchères

**Hours:** Monday to Thursday 9h00 to 16h30, occasionally on nights and weekends

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

**Financing:** provincial, donations, membership fees

**Legal status:** non-profit organization

## CENTRE DE FEMMES ENTRE AILES

754 Montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W9

**450 649-0658**

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

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

**Services:** Women's centre. \* Active listening and helping relationship service (individual meetings). \* Self-help group. \* Information and referral. \* Workshops. \* Feminist popular education activities. \* Coffee-chats. \* Conferences. \* Documentation centre. \* Collective kitchen. \* Civic engagement. \* Community volunteering.

**Eligibility:** women

**Capacity:** 300 people

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Saint-Bruno-de-Montarville, Sainte-Julie, Verchères, Varennes

**Hours:** Monday 9h00 to 12h00 and 13h15 to 16h00, Tuesday 13h15 to 16h00, Wednesday and Thursday 9h00 to 12h00 and 13h15 to 16h00, occasional evening activities: see program

**Fees:** annual membership: maximum \$10 non-mandatory

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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