



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTÉRÉGIE / MRC MARGUERITE-D'YOUVILLE / ALL CITIES



2-1-1



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Summary

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

514 929-2732

Website: www.crflaboussole.com

Email: info@crflaboussole.com

Services: Support to families. * Community daycare. * Second Souffle: home support service for parents of 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. * Workshops and conferences. * Information and referral.

Eligibility: families

Capacity: daycare: 6 children, activities: 25 people

Coverage area: Boucherville, MRC Marguerite-D'Youville

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, daycare: \$3 for an hour, \$8 for 3 hours, \$15 for the day

Financing: 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

Email: info@carrefourfamilialsj.org

Services: * Stimulation workshop for children 2 to 5 years old. * Prenatal and postnatal yoga. * Postnatal fitness. * Morning-conferences. * 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 possible for daycare for families on a low income. * Scientific workshops for children 6 to 9 years old. * Chess courses for children 5 to 12 years old. * Kindergarten preparatory workshops for children 4 years old.

Eligibility: families, mothers-to-be

Coverage area: Sainte-Julie

Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities on program

Fees: variable fees depending on the activities and chosen services

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 Fax: 450 587-8343

Website: www.maisondelafamillejolicoeur.com

Email: info@maisondelafamillejolicoeur.com

Services: * Parent-child workshops. * Childcare. * Preschool. * Child development workshops. * Homework assistance for 1st to 3rd grades. * Baby first aid course. * Community worker: personalized support, listening, accompaniment, referrals 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 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00

Fees: according to activities

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

Family Support

ASSOCIATION DES FAMILLES DE VARENNES

Confidential Address

438 771-5411

Website: afvareennes.com

Email: info@afvareennes.com

Services: * Family encounters. * Les Frimousses: parents-children meetings. * Flea market (2 times a year). * Collective kitchens. * Activities and outings.

Eligibility: families

Coverage area: Varennes

Hours: Frimousses: Tuesday and Thursday 9h00 to 11h00

Fees: members: \$25 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 Alain Street, Suite 3, Saint-Amable, Montérégie, QC, J0L 1N0

514 929-2732

Website: www.crflaboussole.com

Email: info@crflaboussole.com

Services: Support to families. * Community daycare. * Second Souffle: home support service for parents of 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. * Workshops and conferences. * Information and referral.

Eligibility: families

Capacity: daycare: 6 children, activities: 25 people

Coverage area: Boucherville, MRC Marguerite-D'Youville

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, daycare: \$3 for an hour, \$8 for 3 hours, \$15 for the day

Financing: 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

Email: info@carrefourfamilialsj.org

Services: * Stimulation workshop for children 2 to 5 years old. * Prenatal and postnatal yoga. * Postnatal fitness. * Morning-conferences. * 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 possible for daycare for families on a low income. * Scientific workshops for children 6 to 9 years old. * Chess courses for children 5 to 12 years old. * Kindergarten preparatory workshops for children 4 years old.

Eligibility: families, mothers-to-be

Coverage area: Sainte-Julie

Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities on program

Fees: variable fees depending on the activities and chosen services

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 Fax: 450 587-8343

Website: www.maisondelafamillejolicoeur.com

Email: info@maisondelafamillejolicoeur.com

Services: * Parent-child workshops. * Childcare. * Preschool. * Child development workshops. * Homework assistance for 1st to 3rd grades. * Baby first aid course. * Community worker: personalized support, listening, accompaniment, referrals 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 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00

Fees: according to activities

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

MAISON DES ENFANTS DE LA MONTÉRÉGIE (LA)

98 D'Youville Street, Varennes, Montérégie, QC, J3X 1R1

450 929-1488

Website: mdevareennes.org

Email: infos@mdevareennes.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, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h30

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

Email: info@mdj-stejulie.ca

Services: Place for meeting and prevention. * Community, social, cultural and sports activities. * Mediation for parents and teenagers: reception, listening and referral. * Homework assistance. * Outreach work. * Babysitting course.

Eligibility: youth 9 to 17 years old

Coverage area: Sainte-Julie

Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 13h00 to 22h00, Sunday 13h00 to 17h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00

Fees: free

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

Email: info@carrefourfamilialsj.org

Services: * Stimulation workshop for children 2 to 5 years old. * Prenatal and postnatal yoga. * Postnatal fitness. * Morning-conferences. * 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 possible for daycare for families on a low income. * Scientific workshops for children 6 to 9 years old. * Chess courses for children 5 to 12 years old. * Kindergarten preparatory workshops for children 4 years old.

Eligibility: families, mothers-to-be

Coverage area: Sainte-Julie

Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities on program

Fees: variable fees depending on the activities and chosen services

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

Website: www.mdjvarenn.es.net

Email: info@mdjvarenn.es.net

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 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00

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

Email: info@carrefourfamilialsj.org

Services: * Stimulation workshop for children 2 to 5 years old. * Prenatal and postnatal yoga. * Postnatal fitness. * Morning-conferences. * 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 possible for daycare for families on a low income. * Scientific workshops for children 6 to 9 years old. * Chess courses for children 5 to 12 years old. * Kindergarten preparatory workshops for children 4 years old.

Eligibility: families, mothers-to-be

Coverage area: Sainte-Julie

Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities on program

Fees: variable fees depending on the activities and chosen services

Financing: grants, fundraising campaigns

Legal status: non-profit organization

CLSC DES SEIGNEURIES DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gauthier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

COMITÉ D'ALLAITEMENT MATERNEL

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

450 468-3530 ext. 64621

Website: allaitementcalm.org/en

Email: info@allaitementcalm.org

Services: Group of volunteers offering prenatal and postnatal support and information on breastfeeding. * Breastfeeding clinic. * Monthly prenatal meetings. * CALM time: monthly conferences on various subjects.

Eligibility: new parents

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

Hours: drop-in breastfeeding: every Thursday, CALM time: twice a month, workshop on newborn needs and breastfeeding: once a month

Fees: free

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

Email: maisonentraide@videotron.ca

Services: * Accompaniment and references. * Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. * Distribution of food vouchers. * Christmas baskets. * Distribution of school supplies. * Donation to people in need from Sainte-Julie after assessment.

Eligibility: people in need, depot: 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

Financing: self-financing, donations, provincial

Legal status: non-profit organization

Parenting Education

ASSOCIATION PANDA LES DEUX-RIVES

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

438 793-8188

Website: www.pandalesdeuxrives.com

Email: pandalesdeuxrives@gmail.com

Services: * 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)

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Website: www.crflaboussole.com

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Eligibility: families

Capacity: daycare: 6 children, activities: 25 people

Coverage area: Boucherville, MRC Marguerite-D'Youville

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, daycare: \$3 for an hour, \$8 for 3 hours, \$15 for the day

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Legal status: non-profit organization

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Eligibility: families, mothers-to-be

Coverage area: Sainte-Julie

Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities on program

Fees: variable fees depending on the activities and chosen services

Financing: grants, fundraising campaigns

Legal status: non-profit organization

CLSC DES SEIGNEURIES DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gauthier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, 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 Fax: 450 587-8343

Website: www.maisondelafamillejolicoeur.com

Email: info@maisondelafamillejolicoeur.com

Services: * Parent-child workshops. * Childcare. * Preschool. * Child development workshops. * Homework assistance for 1st to 3rd grades. * Baby first aid course. * Community worker: personalized support, listening, accompaniment, referrals 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 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00

Fees: according to activities

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

MAISON DES ENFANTS DE LA MONTÉRÉGIE (LA)

98 D'Youville Street, Varennes, Montérégie, QC, J3X 1R1

450 929-1488

Website: mdevareennes.org

Email: infos@mdevareennes.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, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h30

Financing: grants, fundraising campaigns, donations, provincial

Legal status: non-profit organization

Recreational Activities

ASSOCIATION DES FAMILLES DE VARENNES

Confidential Address

438 771-5411

Website: afvareennes.com

Email: info@afvareennes.com

Services: * Family encounters. * Les Frimousses: parents-children meetings. * Flea market (2 times a year). * Collective kitchens. * Activities and outings.

Eligibility: families

Coverage area: Varennes

Hours: Frimousses: Tuesday and Thursday 9h00 to 11h00

Fees: members: \$25 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

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

438 793-8188

Website: www.pandalesdeuxrives.com

Email: pandalesdeuxrives@gmail.com

Services: * 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

COLONIE SAINTE-JEANNE-D'ARC

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

1 800 363-0098 Fax: 450 743-8879

Website: www.csjd.qc.ca

Email: info@csjd.qc.ca

Services: Summer camp for young girls aged 6 to 16 years old. * Sports and artistic activities. * 6 or 9-night stay. * Free transportation from Montréal to the Colonie. * Financial aid program.

Eligibility: young girls aged 6 to 16 years old

Coverage area: Greater Montreal

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

Fees: variable

Financing: Centraide of Greater Montreal, fundraising campaigns, provincial, federal

Legal status: non-profit organization

MAISON DE LA FAMILLE JOLI-COEUR (LA)

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

450 587-2965 Fax: 450 587-8343

Website: www.maisondelafamillejolicoeur.com

Email: info@maisondelafamillejolicoeur.com

Services: * Parent-child workshops. * Childcare. * Preschool. * Child development workshops. * Homework assistance for 1st to 3rd grades. * Baby first aid course. * Community worker: personalized support, listening, accompaniment, referrals 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 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00

Fees: according to activities

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

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: www.csjd.qc.ca

Email: info@csjd.qc.ca

Services: Summer camp for young girls aged 6 to 16 years old. * Sports and artistic activities. * 6 or 9-night stay. * Free transportation from Montréal to the Colonie. * Financial aid program.

Eligibility: young girls aged 6 to 16 years old

Coverage area: Greater Montreal

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

Fees: variable

Financing: Centraide of Greater Montreal, fundraising campaigns, provincial, federal

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: info@mdj-stejulie.ca

Services: Place for meeting and prevention. * Community, social, cultural and sports activities. * Mediation for parents and teenagers: reception, listening and referral. * Homework assistance. * Outreach work. * Babysitting course.

Eligibility: youth 9 to 17 years old

Coverage area: Sainte-Julie

Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 13h00 to 22h00, Sunday 13h00 to 17h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00

Fees: free

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

Website: www.mdjvarennnes.net

Email: info@mdjvarennnes.net

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 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00

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: www.mdjvercheres.org

Email: mdjvercheres@videotron.ca

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

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 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

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

Email: info@mdj-stejulie.ca

Services: Place for meeting and prevention. * Community, social, cultural and sports activities. * Mediation for parents and teenagers: reception, listening and referral. * Homework assistance. * Outreach work. * Babysitting course.

Eligibility: youth 9 to 17 years old

Coverage area: Sainte-Julie

Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 13h00 to 22h00, Sunday 13h00 to 17h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00

Fees: free

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: www.mdjvercheres.org

Email: mdjvercheres@videotron.ca

Services: Living and meeting environment. * Cultural, sporting and artistic activities. * Active listening, referral. * Homework assistance. * Youth mediation. * Prevention workshops. * Citizen participation. * Outreach. * 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 15h30 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 CONTRECOEUR**

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, 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

Email: info@mdj-stejulie.ca

Services: Place for meeting and prevention. * Community, social, cultural and sports activities. * Mediation for parents and teenagers: reception, listening and referral. * Homework assistance. * Outreach work. * Babysitting course.

Eligibility: youth 9 to 17 years old

Coverage area: Sainte-Julie

Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 13h00 to 22h00, Sunday 13h00 to 17h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00

Fees: free

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

Website: www.mdjvarennnes.net

Email: info@mdjvarennnes.net

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 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00

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: www.mdjvercheres.org

Email: mdjvercheres@videotron.ca

Services: Living and meeting environment. * Cultural, sporting and artistic activities. * Active listening, referral. * Homework assistance. * Youth mediation. * Prevention workshops. * Citizen participation. * Outreach. * 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 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

REGROUPEMENT DES MAISONS DES JEUNES DU QUÉBEC - SECTION MONTÉRÉGIE

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

450 638-1761

Email: adm.mdjvercheres@videotron.ca

Services: Regional dialogue. * Implementation and consolidation of youth centres. * Sharing of experiences. * Referral.

Eligibility: youth centres

Coverage area: Montérégie

Hours: Monday to Friday

Financing: provincial

Legal status: non-profit organization

Community development

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MARGUERITE-D'YOUVILLE

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

450 685-1166

Website: cdcmy.ca

Email: direction@cdcmy.org

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

REGROUPEMENT DES MAISONS DES JEUNES DU QUÉBEC - SECTION MONTÉRÉGIE

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

450 638-1761

Email: adm.mdjvercheres@videotron.ca

Services: Regional dialogue. * Implementation and consolidation of youth centres. * Sharing of experiences. * Referral.

Eligibility: youth centres

Coverage area: Montérégie

Hours: Monday to Friday

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

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

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. * iPad loan. * Computer courses. * Biblio-aidants. * Story time. * Book club for children. * Book club for adults. * Youth volunteering. * Intergenerational reading activity. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Exhibitions, conferences and workshops.

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

Email: info@cebsa.org

Services: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DE FEMMES ENTRE AILES

1611-A Principale Street, Sainte-Julie, Montérégie, QC, J3E 1W7

450 649-0658

Website: www.entreailes.org

Email: entreailes@entreailes.org

Services: Women's centre. * Active listening and helping relationship service (occasional meetings). * Support group. * Information and referral. * Workshops. * Feminist popular education activities. * Coffee-chats. * Conferences. * Documentation centre. * Collective kitchen. * Civic engagement. * Possibility of volunteering.

Eligibility: women

Capacity: 300

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

Hours: Monday 8h30 to 12h00 and 13h15 to 16h30, Tuesday 13h30 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h15 to 16h30, occasional activities in the evening: see program

Fees: annual membership: maximum \$10

Financing: provincial, self-financing

Legal status: non-profit organization

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

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

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Promotion of volunteer work and assistance to organizations. * Meals on wheels, delivery of hot meals and frozen meals. * Community meals, emergency meals for families in crisis and home support, community dinners for autonomous seniors and persons with a slight loss of physical or cognitive autonomy. * Shopping assistance. * PAIR program: computerized safety and medication reminder phone calls. * Friendly visits. * Loan of orthopedic devices. * Tax clinic.

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: meals on wheels: \$6 for a complete meal

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

Legal status: non-profit organization

Disability

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

AUTISM, PDD, ADHD

DEAF AND HEARING IMPAIRED

MOBILITY AIDS

RECREATION AND CAMPS

RESPIRE, CHILD CARE AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

THE BLIND

THERAPY AND REHABILITATION CENTRES

Advocacy for people with a physical disability

ASSOCIATION PANDA LES DEUX-RIVES

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

438 793-8188

Website: www.pandalesdeuxrives.com

Email: pandalesdeuxrives@gmail.com

Services: * 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

Autism, PDD, ADHD

ASSOCIATION PANDA LES DEUX-RIVES

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

438 793-8188

Website: www.pandalesdeuxrives.com

Email: pandalesdeuxrives@gmail.com

Services: * 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

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. * Audioprothesist.

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

Coverage area: South Shore

Hours: Monday 9h00 to 19h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

Mobility aids

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance. * Meals-on-wheels. * Christmas baskets. * Community meals. * Used clothing and furniture depot. * Friendly visits. * Equipment loan: crutches, walkers. * Information and referral. * Citizen mediation. * Tax clinic. * PAIR program. * Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

CLSC DES SEIGNEURIES DE CONTRECOUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLUB SAINT-LUC DE VERCHÈRES

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0

514 709-3627

Website: sites.google.com/site/clubstlucdevercheres

Email: clubstlucdevercheres@gmail.com

Services: Promotion of home care for seniors. * Tour of banks, a grocery store and drugstore. * Cultural and recreational activities with transportation. * Loan of orthopedic equipment: canes, wheelchairs, walkers, etc.

Eligibility: seniors 55 years and over, fully or partially autonomous

Coverage area: Calixa-Lavallée, Verchères

Fees: equipment loan: free, transportation by minibus for activities: \$5

Financing: provincial, municipal, 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

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. * Audioprothesist.

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

Coverage area: South Shore

Hours: Monday 9h00 to 19h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

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

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

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Promotion of volunteer work and assistance to organizations. * Meals on wheels, delivery of hot meals and frozen meals. * Community meals, emergency meals for families in crisis and home support, community dinners for autonomous seniors and persons with a slight loss of physical or cognitive autonomy. * Shopping assistance. * PAIR program: computerized safety and medication reminder phone calls. * Friendly visits. * Loan of orthopedic devices. * Tax clinic.

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: meals on wheels: \$6 for a complete meal

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

Legal status: non-profit organization

SOS HANDICAPÉS

194 Liébert Street, Varennes, Montérégie, QC, J3X 2J8

450 985-1279 Fax: 450 465-2937

Email: soshandicapes96@hotmail.com

Services: * Financial assistance for adapted equipment. * Financial assistance for respite services.

Eligibility: children with disabilities, seniors with a loss of autonomy

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: fundraising campaigns, donations

Legal status: non-profit organization

Recreation and camps

CLÉ DES CHAMPS SAINTE-JULIE (LA)

27 du Plateau Street, Sainte-Julie, Montérégie, QC, J3E 3N6

514 567-9333

Email: cdcsaintejulie@gmail.com

Services: * Organization of cultural, sports and recreational activities. * Various monthly outings. * Annual outing of two days in an adapted summer camp.

Eligibility: young people living with an intellectual disability, with or without a physical disability

Coverage area: Sainte-Julie

Hours: Saturday 9h30 to 15h00

Fees: \$50 per season

Financing: donations

Legal status: non-profit organization

CONTACT'L DE VARENNES

2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9

450 652-0004

Website: www.contactl.org

Email: contactL@contactL.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: adult women, immigrant women, women living with a disability

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

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

Fees: annual membership: \$15, activities: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

Respite, child care and housing

BOUSSOLE - CENTRE DE RESSOURCES À LA FAMILLE (LA)

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

514 929-2732

Website: www.crflaboussole.com

Email: info@crflaboussole.com

Services: Support to families. * Community daycare. * Second Souffle: home support service for parents of 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. * Workshops and conferences. * Information and referral.

Eligibility: families

Capacity: daycare: 6 children, activities: 25 people

Coverage area: Boucherville, MRC Marguerite-D'Youville

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, daycare: \$3 for an hour, \$8 for 3 hours, \$15 for the day

Financing: provincial, fundraising campaigns, foundations, 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

Email: info@cebsa.org

Services: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

Financing: provincial, self-financing

Legal status: non-profit organization

CLSC DES SEIGNEURIES DE CONTRECOUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

RÉSIDENCE FLORENTINE-DANSEREAU

21 Saint-Pascal Street, Verchères, Montérégie, QC, J0L 2R0

450 583-0022 Fax: 450 583-6761

Email: 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. * Recreational activities.

Eligibility: autonomous seniors or with reduced physical or cognitive autonomy (Alzheimer's)

Capacity: 67 units

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h00 to 16h00

Fees: variable depending on the units and services, subsidy opportunity for people on a low income, as well as home support credit for all residents

Financing: donations, fundraising campaigns, self-financing

Legal status: non-profit organization

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

274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7

450 985-0522 Fax: 450 985-0805

Website: www.arcencieldesseigneuries.org

Email: 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

ASSOCIATION PANDA LES DEUX-RIVES

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

438 793-8188

Website: www.pandalesdeuxrives.com

Email: pandalesdeuxrives@gmail.com

Services: * 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

CLSC DES SEIGNEURIES DE CONTRECOUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic 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. * Audioprothesist.

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

Coverage area: South Shore

Hours: Monday 9h00 to 19h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

Support and integration organizations

ASSOCIATION PANDA LES DEUX-RIVES

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

438 793-8188

Website: www.pandalesdeuxrives.com

Email: pandalesdeuxrives@gmail.com

Services: * 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

The Blind

CONTACT'L DE VARENNES

2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9

450 652-0004

Website: www.contactl.org

Email: contactL@contactL.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: adult women, immigrant women, women living with a disability

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

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

Fees: annual membership: \$15, activities: variable

Financing: provincial, 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

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. * Audioprothesist.

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

Coverage area: South Shore

Hours: Monday 9h00 to 19h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

Education and Literacy

COMPUTER WORKSHOPS

HOMEWORK ASSISTANCE AND TUTORING

PUBLIC EDUCATION

VOCATIONAL TRAINING, CÉGEPs AND UNIVERSITIES

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

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

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * iPad loan. * Computer courses. * Biblio-aidants. * Story time. * Book club for children. * Book club for adults. * Youth volunteering. * Intergenerational reading activity. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Exhibitions, conferences and workshops.

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

Homework assistance and tutoring

MAISON DE LA FAMILLE JOLI-COEUR (LA)

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

450 587-2965 Fax: 450 587-8343

Website: www.maisondelafamillejolicoeur.com

Email: info@maisondelafamillejolicoeur.com

Services: * Parent-child workshops. * Childcare. * Preschool. * Child development workshops. * Homework assistance for 1st to 3rd grades. * Baby first aid course. * Community worker: personalized support, listening, accompaniment, referrals 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 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00

Fees: according to activities

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

MAISON DES ENFANTS DE LA MONTÉRÉGIE (LA)

98 D'Youville Street, Varennes, Montérégie, QC, J3X 1R1

450 929-1488

Website: mdevareennes.org

Email: infos@mdevareennes.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, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h30

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

Email: info@mdj-stejulie.ca

Services: Place for meeting and prevention. * Community, social, cultural and sports activities. * Mediation for parents and teenagers: reception, listening and referral. * Homework assistance. * Outreach work. * Babysitting course.

Eligibility: youth 9 to 17 years old

Coverage area: Sainte-Julie

Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 13h00 to 22h00, Sunday 13h00 to 17h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00

Fees: free

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: www.mdjvercheres.org

Email: mdjvercheres@videotron.ca

Services: Living and meeting environment. * Cultural, sporting and artistic activities. * Active listening, referral. * Homework assistance. * Youth mediation. * Prevention workshops. * Citizen participation. * Outreach. * 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 15h30 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')**

274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7

450 985-0522 Fax: 450 985-0805

Website: www.arcencieldesseigneuries.org

Email: 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

Vocational training, Cégeps and Universities

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - VARENNES

Confidential Address

450 338-4505

Website: www.usherbrooke.ca/uta/prog/mtg/var

Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Montérégie

Fees: variable tuition according to the activity, compulsory student fee: \$8, optional donation

Financing: donations, grants

Legal status: non-profit organization

Employment and Income Support

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Business development

CONTRECOEUR - CITY

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

450 587-5901 Fax: 450 587-5855

Website: www.ville.contrecoeur.qc.ca

Email: cardinj@ville.contrecoeur.qc.ca

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

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 MARGUERITE-D'YOUVILLE

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

450 583-3301 Fax: 450 583-3592

Website: www.margueritedyouville.ca

Email: 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

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

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

Email: info@mdj-stejulie.ca

Services: Place for meeting and prevention. * Community, social, cultural and sports activities. * Mediation for parents and teenagers: reception, listening and referral. * Homework assistance. * Outreach work. * Babysitting course.

Eligibility: youth 9 to 17 years old

Coverage area: Sainte-Julie

Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 13h00 to 22h00, Sunday 13h00 to 17h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00

Fees: free

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: www.mdjvercheres.org

Email: mdjvercheres@videotron.ca

Services: Living and meeting environment. * Cultural, sporting and artistic activities. * Active listening, referral. * Homework assistance. * Youth mediation. * Prevention workshops. * Citizen participation. * Outreach. * 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 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Tax clinics

ACTION BÉNÉVOLE DE VARENNES - TAX CLINIC

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

450 652-5256

Website: actionbenevolevarenes.org

Email: abvarenes@videotron.ca

Services: Tax clinic by appointment.

Eligibility: individuals or couples on a low income

Coverage area: Varennes

Hours: Tuesday 9h00 to 12h00, Thursday 9h00 to 12h00 and 13h00 to 14h30

Fees: \$10 per person

Financing: donations, self-financing, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - TAX CLINIC

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

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: Tax clinic by appointment.

Eligibility: people on a low income

Coverage area: Contrecoeur

Hours: Tuesday and Thursday 9h00 to 11h30

Fees: \$10 per person

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - TAX CLINIC

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

450 649-0604 ext. 31 Fax: 450 649-2301

Website: www.cebsa.org

Email: info@cebsa.org

Services: Tax clinic by appointment opened all year.

Eligibility: immigrants, people with disabilities, seniors or any other people on a low income

Coverage area: Saint-Amable

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

Fees: voluntary contribution

Financing: provincial, 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.

Eligibility: adults with a criminal record

Coverage area: South Shore

Hours: by appointment only

Financing: provincial, grants

Legal status: non-profit organization

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance. * Meals-on-wheels. * Christmas baskets. * Community meals. * Used clothing and furniture depot. * Friendly visits. * Equipment loan: crutches, walkers. * Information and referral. * Citizen mediation. * Tax clinic. * PAIR program. * Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

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: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

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: pierrettedavid@hotmail.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. * Christmas baskets. * Tax clinic.

Eligibility: individuals and families on a low income

Coverage area: Calixa-Lavallée, Verchères

Hours: Les Trésors de Madeleine: Wednesday and Friday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 17h30 to 18h30

Fees: pairing for furniture collection: \$35 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

Email: maisonentraide@videotron.ca

Services: * Accompaniment and references. * Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. * Distribution of food vouchers. * Christmas baskets. * Distribution of school supplies. * Donation to people in need from Sainte-Julie after assessment.

Eligibility: people in need, depot: 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

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: afvareennes.com

Email: info@afvareennes.com

Services: * Family encounters. * Les Frimousses: parents-children meetings. * Flea market (2 times a year). * Collective kitchens. * Activities and outings.

Eligibility: families

Coverage area: Varennes

Hours: Frimousses: Tuesday and Thursday 9h00 to 11h00

Fees: members: \$25 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

Email: info@cebsa.org

Services: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DE FEMMES ENTRE AILES

1611-A Principale Street, Sainte-Julie, Montérégie, QC, J3E 1W7

450 649-0658

Website: www.entreailes.org

Email: entreailes@entreailes.org

Services: Women's centre. * Active listening and helping relationship service (occasional meetings). * Support group. * Information and referral. * Workshops. * Feminist popular education activities. * Coffee-chats. * Conferences. * Documentation centre. * Collective kitchen. * Civic engagement. * Possibility of volunteering.

Eligibility: women

Capacity: 300

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

Hours: Monday 8h30 to 12h00 and 13h15 to 16h30, Tuesday 13h30 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h15 to 16h30, occasional activities in the evening: see program

Fees: annual membership: maximum \$10

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

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 12h00 and 13h00 to 20h00, Friday 8h00 to 16h30, summer: closed on Friday at 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: actionbenevolevarennnes.org

Email: abvarennnes@videotron.ca

Services: * Food assistance. * Meals on wheels. * Friendly visits. * Tax clinic. * Accompaniment-transportation.

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

Coverage area: Varennes

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

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance. * Meals-on-wheels. * Christmas baskets. * Community meals. * Used clothing and furniture depot. * Friendly visits. * Equipment loan: crutches, walkers. * Information and referral. * Citizen mediation. * Tax clinic. * PAIR program. * Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

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: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

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: pierrettedavid@hotmail.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. * Christmas baskets. * Tax clinic.

Eligibility: individuals and families on a low income

Coverage area: Calixa-Lavallée, Verchères

Hours: Les Trésors de Madeleine: Wednesday and Friday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 17h30 to 18h30

Fees: pairing for furniture collection: \$35 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

Email: maisonentraide@videotron.ca

Services: * Accompaniment and references. * Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. * Distribution of food vouchers. * Christmas baskets. * Distribution of school supplies. * Donation to people in need from Sainte-Julie after assessment.

Eligibility: people in need, depot: 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

Financing: self-financing, donations, provincial

Legal status: non-profit organization

PARTAJOIE SAINTE-JULIE

1686 Principale Street, basement, Sainte-Julie, Montérégie, QC, J3E 1A9

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: \$7

Financing: self-financing, provincial, municipal

Legal status: non-profit organization

Food aid for pregnant women and children

CLSC DES SEIGNEURIES DE CONTRECOUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Low cost or free meals

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance. * Meals-on-wheels. * Christmas baskets. * Community meals. * Used clothing and furniture depot. * Friendly visits. * Equipment loan: crutches, walkers. * Information and referral. * Citizen mediation. * Tax clinic. * PAIR program. * Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

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: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

Financing: provincial, self-financing

Legal status: non-profit organization

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

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

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Promotion of volunteer work and assistance to organizations. * Meals on wheels, delivery of hot meals and frozen meals. * Community meals, emergency meals for families in crisis and home support, community dinners for autonomous seniors and persons with a slight loss of physical or cognitive autonomy. * Shopping assistance. * PAIR program: computerized safety and medication reminder phone calls. * Friendly visits. * Loan of orthopedic devices. * Tax clinic.

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: meals on wheels: \$6 for a complete meal

Financing: provincial, donations, fundraising campaigns, 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: actionbenevolevarenes.org

Email: abvarenes@videotron.ca

Services: * Food assistance. * Meals on wheels. * Friendly visits. * Tax clinic. * Accompaniment-transportation.

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

Coverage area: Varennes

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

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance. * Meals-on-wheels. * Christmas baskets. * Community meals. * Used clothing and furniture depot. * Friendly visits. * Equipment loan: crutches, walkers. * Information and referral. * Citizen mediation. * Tax clinic. * PAIR program. * Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

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: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

Financing: provincial, self-financing

Legal status: non-profit organization

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

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

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Promotion of volunteer work and assistance to organizations. * Meals on wheels, delivery of hot meals and frozen meals. * Community meals, emergency meals for families in crisis and home support, community dinners for autonomous seniors and persons with a slight loss of physical or cognitive autonomy. * Shopping assistance. * PAIR program: computerized safety and medication reminder phone calls. * Friendly visits. * Loan of orthopedic devices. * Tax clinic.

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: meals on wheels: \$6 for a complete meal

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

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

PROVINCIAL SERVICES

Municipal services

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

Email: info@calixa-lavallee.ca

Services: Municipal service management. * Municipal tax payment. * Waste collection calendar: www.calixa-lavallee.ca/gestion-des-matieres-residuelles * Bulky waste collection. * Construction permits.

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 Fax: 450 587-5855

Website: www.ville.contrecoeur.qc.ca

Email: cardinj@ville.contrecoeur.qc.ca

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

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. 242 Fax: 450 583-3592

Website: margueritedyouville.ca/environnement/gestion-des-matieres-residuelles/ecocentre

Email: 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.) * Tires. * Household items, large objects. * Building materials (asphalt, brick, metal, concrete, glass, etc.) * Recyclable materials. * Green residues, wood. * Expired car seats. * 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 to November: Wednesday to Saturday 8h00 to 16h00

Fees: according to materials

Financing: municipal, self-financing

Legal status: municipal agency

MRC DE MARGUERITE-D'YOUVILLE - ÉCOCENTRE SECTEUR SUD

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

450 583-3301 ext. 242 Fax: 450 583-3592

Website: margueritedyouville.ca/environnement/gestion-des-matieres-residuelles/ecocentre

Email: 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.) * Tires. * Household items, large objects. * Building materials (asphalt, brick, metal, concrete, glass, etc.) * Recyclable materials. * Green residues, wood. * Expired car seats. * Donation and low-price sale of used materials and household items.

Eligibility: citizens

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

Hours: April to November: Tuesday, Wednesday, Friday, Saturday and Sunday 8h00 to 16h00, Thursday 8h00 to 18h00, November to April: Thursday to Saturday 8h00 to 16h00

Fees: according to materials

Financing: municipal, self-financing

Legal status: municipal agency

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: 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

Financing: municipal

Legal status: municipal agency

SAINT-AMABLE - MUNICIPALITY

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: <https://www.st-amable.qc.ca/gestion-des-dechets>. * Fire department. * Building permits and urban planning by-laws. * Construction and maintenance of public infrastructures. * Annual registration of the dogs.

Coverage area: Saint-Amable

Hours: Monday to Friday 8h00 to 12h00 and 12h45 to 16h15, Friday 8h00 to 13h00, City Emergencies 27/7

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

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 12h00 and 13h00 to 20h00, Friday 8h00 to 16h30, summer: closed on Friday at 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

Email: clientele@ville.sainte-julie.qc.ca

Services: Municipal service management. * Municipal tax payment. * Administration of oath. * Fire department. * Information on garbage collection. * Construction permits.

Coverage area: Sainte-Julie

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 20h00, Friday 8h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 20h00, 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: www.ville.varennes.qc.ca

Email: citoyens@ville.varennes.qc.ca

Services: Management of municipal services. * Online assessment and payment of municipal taxes : <https://www.ville.varennes.qc.ca/services/services-en-ligne/taxes-evaluations>. * Fire safety department. * Information and residual wastes collection according to the calendar:

<https://www.ville.varennes.qc.ca/services/environnement/matieres-residuelles>. * Department of urban planning and building permits. * Requests and management of public works. * Dog licenses. * Emergency notification system.

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

Email: mairie@ville.vercheres.qc.ca

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

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 MARGUERITE-D'YOUVILLE**

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

450 583-3301 Fax: 450 583-3592

Website: www.margueritedyouville.ca

Email: 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

Provincial services

SERVICES QUÉBEC - SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 92, Sainte-Julie, Montérégie, QC, J3E 1W8

1 877 644-4545 TTY: 1 800 361-9596

Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services: * Information on government programs and services and accompaniment in administrative procedures. * Administration of oath. * Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

Coverage area: Sainte-Julie

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

Financing: provincial

Legal status: provincial government agency

Health

FAMILY PLANNING

HOME CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Family planning

CLSC DES SEIGNEURIES DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Home care**CLSC DES SEIGNEURIES DE CONTRECOEUR**

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Hospitals, CLSC and community clinics

CLSC DES SEIGNEURIES DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic 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. * Audioprothesist.

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

Coverage area: South Shore

Hours: Monday 9h00 to 19h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

Palliative care**CLSC DES SEIGNEURIES DE CONTRECOUR**

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Patient support associations

CLSC DES SEIGNEURIES DE CONTRECOUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic 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. * Audioprosthesis.

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

Coverage area: South Shore

Hours: Monday 9h00 to 19h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

Public Health

CLSC DES SEIGNEURIES DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, 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 Fax: 450 587-8343

Website: www.maisondelafamillejolicoeur.com

Email: info@maisondelafamillejolicoeur.com

Services: * Parent-child workshops. * Childcare. * Preschool. * Child development workshops. * Homework assistance for 1st to 3rd grades. * Baby first aid course. * Community worker: personalized support, listening, accompaniment, referrals 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 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00

Fees: according to activities

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

Homelessness

MOBILE UNITS AND STREET WORK

Mobile units and street work

CLSC DES SEIGNEURIES DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic 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: www.mdjvercheres.org

Email: mdjvercheres@videotron.ca

Services: Living and meeting environment. * Cultural, sporting and artistic activities. * Active listening, referral. * Homework assistance. * Youth mediation. * Prevention workshops. * Citizen participation. * Outreach. * 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 15h30 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

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

OFFICE MUNICIPAL D'HABITATION DE MARGUERITE D'YOUVILLE

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

450 583-3563 Fax: 450 849-1122

Email: infoomh@margueritedyouville.ca

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL).

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: municipal agency

Emergency

VARENNES - CITY

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

450 652-9888 Fax: 450 652-2655

Website: www.ville.varennes.qc.ca

Email: citoyens@ville.varennes.qc.ca

Services: Management of municipal services. * Online assessment and payment of municipal taxes : <https://www.ville.varennes.qc.ca/services/services-en-ligne/taxes-evaluations>. * Fire safety department. * Information and residual wastes collection according to the calendar:

<https://www.ville.varennes.qc.ca/services/environnement/matieres-residuelles>. * Department of urban planning and building permits. * Requests and management of public works. * Dog licenses. * Emergency notification system.

Coverage area: Varennes

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

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations

OFFICE MUNICIPAL D'HABITATION DE MARGUERITE D'YOUVILLE

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

450 583-3563 Fax: 450 849-1122

Email: infoomh@margueritedyouville.ca

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL).

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: municipal agency

Social housing and housing cooperatives

OFFICE MUNICIPAL D'HABITATION DE MARGUERITE D'YOUVILLE

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

450 583-3563 Fax: 450 849-1122

Email: infoomh@margueritedyouville.ca

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL).

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: municipal agency

Immigration and cultural communities

SETTLEMENT SERVICES FOR NEWCOMERS

Settlement services for newcomers

CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - TAX CLINIC

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

450 649-0604 ext. 31 Fax: 450 649-2301

Website: www.cebsa.org

Email: info@cebsa.org

Services: Tax clinic by appointment opened all year.

Eligibility: immigrants, people with disabilities, seniors or any other people on a low income

Coverage area: Saint-Amable

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

Fees: voluntary contribution

Financing: provincial, self-financing

Legal status: non-profit organization

Indigenous Peoples

EMPLOYMENT

GOVERNMENT SERVICES

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.

Eligibility: adults with a criminal record

Coverage area: South Shore

Hours: by appointment only

Financing: provincial, grants

Legal status: non-profit organization

Government services

SERVICES QUÉBEC - SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 92, Sainte-Julie, Montérégie, QC, J3E 1W8

1 877 644-4545 TTY: 1 800 361-9596

Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services: * Information on government programs and services and accompaniment in administrative procedures. * Administration of oath. * Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

Coverage area: Sainte-Julie

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

Financing: provincial

Legal status: provincial government agency

Justice and Advocacy

CONSUMER PROTECTION AND COMPLAINTS

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

SUPPORT FOR OFFENDERS

Consumer protection and complaints

OFFICE MUNICIPAL D'HABITATION DE MARGUERITE D'YOUVILLE

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

450 583-3563 Fax: 450 849-1122

Email: infoomh@margueritedyouville.ca

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL).

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: municipal agency

Courthouses and tribunals

MRC 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

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: May 24th to October 8th: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00, regular schedule: Monday, Wednesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00

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

Email: info@cebsa.org

Services: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

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

Email: info@mdj-stejulie.ca

Services: Place for meeting and prevention. * Community, social, cultural and sports activities. * Mediation for parents and teenagers: reception, listening and referral. * Homework assistance. * Outreach work. * Babysitting course.

Eligibility: youth 9 to 17 years old

Coverage area: Sainte-Julie

Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 13h00 to 22h00, Sunday 13h00 to 17h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00

Fees: free

Financing: provincial, municipal, federal

Legal status: non-profit organization

MRC 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

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: May 24th to October 8th: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00, regular schedule: Monday, Wednesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00

Financing: municipal

Legal status: municipal agency

Support for offenders**MRC 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

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: May 24th to October 8th: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00, regular schedule: Monday, Wednesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction prevention

CLSC DES SEIGNEURIES DE CONTRECOUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Addiction treatment**CLSC DES SEIGNEURIES DE CONTRECOUR**

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Community support in mental health**ARC-EN-CIEL DES SEIGNEURIES - GROUPE D'ENTRAIDE EN SANTÉ MENTALE (L')**

274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7

450 985-0522 Fax: 450 985-0805

Website: www.arcencieldesseigneuries.org

Email: 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

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

Email: admin@phobies-zero.qc.ca

Services: Support and self-help groups for people suffering from anxiety disorders including obsessive-compulsive disorder and their relatives. * Self-help group and anxiety disorder management workshop list available on the website. * Phone listening.

Eligibility: adults and youth 12 years and over with anxiety disorders including an obsessive-compulsive disorder, their families and relatives

Coverage area: self-help groups: Montréal and surroundings, Granby, Laval, Repentigny, Saint-Hubert, Saint-Jérôme, Sainte-Julie, Sainte-Thérèse

Hours: helpline: Monday to Friday 9h00 to 21h00, administration: Monday to Thursday 8h00 to 16h00, self-help groups: Monday to Friday 19h30 to 21h30

Fees: membership: \$35 per year, meetings: \$20 per month

Financing: provincial, donations, self-financing

Legal status: non-profit organization

Mental health advocacy groups

CLSC DES SEIGNEURIES DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Self-help groups for addiction issues

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

Email: admin@phobies-zero.qc.ca

Services: Support and self-help groups for people suffering from anxiety disorders including obsessive-compulsive disorder and their relatives. * Self-help group and anxiety disorder management workshop list available on the website. * Phone listening.

Eligibility: adults and youth 12 years and over with anxiety disorders including an obsessive-compulsive disorder, their families and relatives

Coverage area: self-help groups: Montréal and surroundings, Granby, Laval, Repentigny, Saint-Hubert, Saint-Jérôme, Sainte-Julie, Sainte-Thérèse

Hours: helpline: Monday to Friday 9h00 to 21h00, administration: Monday to Thursday 8h00 to 16h00, self-help groups: Monday to Friday 19h30 to 21h30
Fees: membership: \$35 per year, meetings: \$20 per month
Financing: provincial, donations, self-financing
Legal status: non-profit organization

Self-help groups for mental health issues

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

274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7

450 985-0522 Fax: 450 985-0805

Website: www.arcencieldesseigneuries.org

Email: 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

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

Email: admin@phobies-zero.qc.ca

Services: Support and self-help groups for people suffering from anxiety disorders including obsessive-compulsive disorder and their relatives. * Self-help group and anxiety disorder management workshop list available on the website. * Phone listening.

Eligibility: adults and youth 12 years and over with anxiety disorders including an obsessive-compulsive disorder, their families and relatives

Coverage area: self-help groups: Montréal and surroundings, Granby, Laval, Repentigny, Saint-Hubert, Saint-Jérôme, Sainte-Julie, Sainte-Thérèse

Hours: helpline: Monday to Friday 9h00 to 21h00, administration: Monday to Thursday 8h00 to 16h00, self-help groups: Monday to Friday 19h30 to 21h30

Fees: membership: \$35 per year, meetings: \$20 per month

Financing: provincial, donations, self-financing

Legal status: non-profit organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

MEALS ON WHEELS

VOLUNTEER TRANSPORTATION

Caregivers

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: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

Financing: provincial, self-financing

Legal status: non-profit organization

CLSC DES SEIGNEURIES DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gauthier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic 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. * iPad loan. * Computer courses. * Biblio-aidants. * Story time. * Book club for children. * Book club for adults. * Youth volunteering. * Intergenerational reading activity. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Exhibitions, conferences and workshops.

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**

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance. * Meals-on-wheels. * Christmas baskets. * Community meals. * Used clothing and furniture depot. * Friendly visits. * Equipment loan: crutches, walkers. * Information and referral. * Citizen mediation. * Tax clinic. * PAIR program. * Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0

514 709-3627

Website: sites.google.com/site/clubstlucdevercheres

Email: clubstlucdevercheres@gmail.com

Services: Promotion of home care for seniors. * Tour of banks, a grocery store and drugstore. * Cultural and recreational activities with transportation. * Loan of orthopedic equipment: canes, wheelchairs, walkers, etc.

Eligibility: seniors 55 years and over, fully or partially autonomous

Coverage area: Calixa-Lavallée, Verchères

Fees: equipment loan: free, transportation by minibus for activities: \$5

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

CONTACT'L DE VARENNES

2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9

450 652-0004

Website: www.contactl.org

Email: contactL@contactL.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: adult women, immigrant women, women living with a disability

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

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

Fees: annual membership: \$15, activities: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - VARENNES

Confidential Address

450 338-4505

Website: www.usherbrooke.ca/uta/prog/mtg/var

Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Montérégie

Fees: variable tuition according to the activity, compulsory student fee: \$8, optional donation

Financing: donations, grants

Legal status: non-profit organization

Day centres and respite

CLSC DES SEIGNEURIES DE CONTRECOUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gauthier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

Friendly visits and safety calls

ACTION BÉNÉVOLE DE VARENNES

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

450 652-5256

Website: actionbenevolevarences.org

Email: abvarences@videotron.ca

Services: * Food assistance. * Meals on wheels. * Friendly visits. * Tax clinic. * Accompaniment-transportation.

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

Coverage area: Varennes

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

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance. * Meals-on-wheels. * Christmas baskets. * Community meals. * Used clothing and furniture depot. * Friendly visits. * Equipment loan: crutches, walkers. * Information and referral. * Citizen mediation. * Tax clinic. * PAIR program. * Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

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

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

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Promotion of volunteer work and assistance to organizations. * Meals on wheels, delivery of hot meals and frozen meals. * Community meals, emergency meals for families in crisis and home support, community dinners for autonomous seniors and persons with a slight loss of physical or cognitive autonomy. * Shopping assistance. * PAIR program: computerized safety and medication reminder phone calls. * Friendly visits. * Loan of orthopedic devices. * Tax clinic.

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: meals on wheels: \$6 for a complete meal

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: actionbenevolevareennes.org

Email: abvareennes@videotron.ca

Services: * Food assistance. * Meals on wheels. * Friendly visits. * Tax clinic. * Accompaniment-transportation.

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

Coverage area: Varennes

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

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance. * Meals-on-wheels. * Christmas baskets. * Community meals. * Used clothing and furniture depot. * Friendly visits. * Equipment loan: crutches, walkers. * Information and referral. * Citizen mediation. * Tax clinic. * PAIR program. * Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

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: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

Financing: provincial, self-financing

Legal status: non-profit organization

CLSC DES SEIGNEURIES DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gauthier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

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

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

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Promotion of volunteer work and assistance to organizations. * Meals on wheels, delivery of hot meals and frozen meals. * Community meals, emergency meals for families in crisis and home support, community dinners for autonomous seniors and persons with a slight loss of physical or cognitive autonomy. * Shopping assistance. * PAIR program: computerized safety and medication reminder phone calls. * Friendly visits. * Loan of orthopedic devices. * Tax clinic.

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: meals on wheels: \$6 for a complete meal

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

Website: santemonteregie.qc.ca/en/node/62

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

Eligibility: seniors and people with a loss of autonomy

Capacity: 68 people

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

OFFICE MUNICIPAL D'HABITATION DE MARGUERITE D'YOUVILLE

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

450 583-3563 Fax: 450 849-1122

Email: infoomh@margueritedyouville.ca

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL).

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: municipal agency

RÉSIDENCE FLORENTINE-DANSEREAU

21 Saint-Pascal Street, Verchères, Montérégie, QC, J0L 2R0

450 583-0022 Fax: 450 583-6761

Email: 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. * Recreational activities.

Eligibility: autonomous seniors or with reduced physical or cognitive autonomy (Alzheimer's)

Capacity: 67 units

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h00 to 16h00

Fees: variable depending on the units and services, subsidy opportunity for people on a low income, as well as home support credit for all residents

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

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

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * iPad loan. * Computer courses. * Biblio-aidants. * Story time. * Book club for children. * Book club for adults. * Youth volunteering. * Intergenerational reading activity. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Exhibitions, conferences and workshops.

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: actionbenevolevarenes.org

Email: abvarenes@videotron.ca

Services: * Food assistance. * Meals on wheels. * Friendly visits. * Tax clinic. * Accompaniment-transportation.

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

Coverage area: Varennes

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

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance. * Meals-on-wheels. * Christmas baskets. * Community meals. * Used clothing and furniture depot. * Friendly visits. * Equipment loan: crutches, walkers. * Information and referral. * Citizen mediation. * Tax clinic. * PAIR program. * Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

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: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Seniors

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

Financing: provincial, self-financing

Legal status: non-profit organization

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

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

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Promotion of volunteer work and assistance to organizations. * Meals on wheels, delivery of hot meals and frozen meals. * Community meals, emergency meals for families in crisis and home support, community dinners for autonomous seniors and persons with a slight loss of physical or cognitive autonomy. * Shopping assistance. * PAIR program: computerized safety and medication reminder phone calls. * Friendly visits. * Loan of orthopedic devices. * Tax clinic.

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: meals on wheels: \$6 for a complete meal

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

Legal status: non-profit organization

Volunteer Transportation

ACTION BÉNÉVOLE DE VARENNES - ACCOMPANIMENT-TRANSPORTATION

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

450 652-5256

Website: actionbenevolevareennes.org/services/accompagnement-et-transport

Email: abvareennes@videotron.ca

Services: * Transportation and accompaniment to medical appointments and shopping by volunteers.

Eligibility: people temporarily in need, seniors 60 years and over

Coverage area: Varennes

Hours: apointment: Monday to Friday, Saturday and Sunday occasionally

Fees: gas fees: \$0.45 per km

Financing: donations, grants

Legal status: non-profit organization

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: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Transportation for medical appointments and for shopping by volunteers.

Eligibility: mostly seniors

Coverage area: Contrecoeur and Verchères

Hours: Monday to Friday

Fees: free for social assistance recipients, others: \$0.40 per km

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

Email: info@cebsa.org

Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.

Eligibility: people on a low income, seniors, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Friday 8h30 to 16h30

Fees: fixed rates according to the destination

Financing: provincial, self-financing

Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0

514 709-3627

Website: sites.google.com/site/clubstlucdevercheres

Email: clubstlucdevercheres@gmail.com

Services: Promotion of home care for seniors. * Tour of banks, a grocery store and drugstore. * Cultural and recreational activities with transportation. * Loan of orthopedic equipment: canes, wheelchairs, walkers, etc.

Eligibility: seniors 55 years and over, fully or partially autonomous

Coverage area: Calixa-Lavallée, Verchères

Fees: equipment loan: free, transportation by minibus for activities: \$5

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES - ACCOMPANIMENT-TRANSPORTATION

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0

514 709-3627

Email: clubstlucdevercheres@gmail.com

Services: * Transportation and accompaniment to medical appointments and errands by volunteers.

Eligibility: seniors 55 years and over, fully or partially autonomous

Coverage area: Calixa-Lavallée and Verchères, appointments: Montérégie, Greater Montréal

Fees: free

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

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

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

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Promotion of volunteer work and assistance to organizations. * Meals on wheels, delivery of hot meals and frozen meals. * Community meals, emergency meals for families in crisis and home support, community dinners for autonomous seniors and persons with a slight loss of physical or cognitive autonomy. * Shopping assistance. * PAIR program: computerized safety and medication reminder phone calls. * Friendly visits. * Loan of orthopedic devices. * Tax clinic.

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: meals on wheels: \$6 for a complete meal

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

Legal status: non-profit organization

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

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

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Accompaniment and transportation by volunteers for medical appointments and small shopping at Sainte-Julie or 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: \$0.45 per km (may vary)

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

1611-A Principale Street, Sainte-Julie, Montérégie, QC, J3E 1W7

450 649-0658

Website: www.entreailes.org

Email: entreailes@entreailes.org

Services: Women's centre. * Active listening and helping relationship service (occasional meetings). * Support group. * Information and referral. * Workshops. * Feminist popular education activities. * Coffee-chats. * Conferences. * Documentation centre. * Collective kitchen. * Civic engagement. * Possibility of volunteering.

Eligibility: women

Capacity: 300

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

Hours: Monday 8h30 to 12h00 and 13h15 to 16h30, Tuesday 13h30 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h15 to 16h30, occasional activities in the evening: see program

Fees: annual membership: maximum \$10

Financing: provincial, self-financing

Legal status: non-profit organization

CONTACT'L DE VARENNES

2016 René-Gauthier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9

450 652-0004

Website: www.contactl.org

Email: contactL@contactL.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: adult women, immigrant women, women living with a disability

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

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

Fees: annual membership: \$15, activities: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

Women's associations

CENTRE DE FEMMES ENTRE AILES

1611-A Principale Street, Sainte-Julie, Montérégie, QC, J3E 1W7

450 649-0658

Website: www.entreailes.org

Email: entreailes@entreailes.org

Services: Women's centre. * Active listening and helping relationship service (occasional meetings). * Support group. * Information and referral. * Workshops. * Feminist popular education activities. * Coffee-chats. * Conferences. * Documentation centre. * Collective kitchen. * Civic engagement. * Possibility of volunteering.

Eligibility: women

Capacity: 300

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

Hours: Monday 8h30 to 12h00 and 13h15 to 16h30, Tuesday 13h30 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h15 to 16h30, occasional activities in the evening: see program

Fees: annual membership: maximum \$10

Financing: provincial, self-financing

Legal status: non-profit organization

CONTACT'L DE VARENNES

2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9

450 652-0004

Website: www.contactl.org

Email: contactL@contactL.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: adult women, immigrant women, women living with a disability

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

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

Fees: annual membership: \$15, activities: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

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

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

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * iPad loan. * Computer courses. * Biblio-aidants. * Story time. * Book club for children. * Book club for adults. * Youth volunteering. * Intergenerational reading activity. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Exhibitions, conferences and workshops.

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

1611-A Principale Street, Sainte-Julie, Montérégie, QC, J3E 1W7

450 649-0658

Website: www.entreailes.org

Email: entreailes@entreailes.org

Services: Women's centre. * Active listening and helping relationship service (occasional meetings). * Support group. * Information and referral. * Workshops. * Feminist popular education activities. * Coffee-chats. * Conferences. * Documentation centre. * Collective kitchen. * Civic engagement. * Possibility of volunteering.

Eligibility: women

Capacity: 300

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

Hours: Monday 8h30 to 12h00 and 13h15 to 16h30, Tuesday 13h30 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h15 to 16h30, occasional activities in the evening: see program

Fees: annual membership: maximum \$10

Financing: provincial, self-financing

Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0

514 709-3627

Website: sites.google.com/site/clubstlucdevercheres

Email: clubstlucdevercheres@gmail.com

Services: Promotion of home care for seniors. * Tour of banks, a grocery store and drugstore. * Cultural and recreational activities with transportation. * Loan of orthopedic equipment: canes, wheelchairs, walkers, etc.

Eligibility: seniors 55 years and over, fully or partially autonomous

Coverage area: Calixa-Lavallée, Verchères

Fees: equipment loan: free, transportation by minibus for activities: \$5

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

CONTACT'L DE VARENNES

2016 René-Gauthier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9

450 652-0004

Website: www.contactl.org

Email: contactL@contactL.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: adult women, immigrant women, women living with a disability

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

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

Fees: annual membership: \$15, activities: variable

Financing: provincial, 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: www.csjd.qc.ca

Email: info@csjd.qc.ca

Services: Summer camp for young girls aged 6 to 16 years old. * Sports and artistic activities. * 6 or 9-night stay. * Free transportation from Montréal to the Colonie. * Financial aid program.

Eligibility: young girls aged 6 to 16 years old

Coverage area: Greater Montreal

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

Fees: variable

Financing: Centraide of Greater Montreal, fundraising campaigns, provincial, federal

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: info@mdj-stejulie.ca

Services: Place for meeting and prevention. * Community, social, cultural and sports activities. * Mediation for parents and teenagers: reception, listening and referral. * Homework assistance. * Outreach work. * Babysitting course.

Eligibility: youth 9 to 17 years old

Coverage area: Sainte-Julie

Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 13h00 to 22h00, Sunday 13h00 to 17h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00

Fees: free

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

Website: www.mdjvarennes.net

Email: info@mdjvarennes.net

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 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00

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: www.mdjvercheres.org

Email: mdjvercheres@videotron.ca

Services: Living and meeting environment. * Cultural, sporting and artistic activities. * Active listening, referral. * Homework assistance. * Youth mediation. * Prevention workshops. * Citizen participation. * Outreach. * 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 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

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

Email: info@carrefourfamilialsj.org

Services: * Stimulation workshop for children 2 to 5 years old. * Prenatal and postnatal yoga. * Postnatal fitness. * Morning-conferences. * 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 possible for daycare for families on a low income. * Scientific workshops for children 6 to 9 years old. * Chess courses for children 5 to 12 years old. * Kindergarten preparatory workshops for children 4 years old.

Eligibility: families, mothers-to-be

Coverage area: Sainte-Julie

Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities on program

Fees: variable fees depending on the activities and chosen services

Financing: grants, fundraising campaigns

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. * iPad loan. * Computer courses. * Biblio-aidants. * Story time. * Book club for children. * Book club for adults. * Youth volunteering. * Intergenerational reading activity. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Exhibitions, conferences and workshops.

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

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. * iPad loan. * Computer courses. * Biblio-aidants. * Story time. * Book club for children. * Book club for adults. * Youth volunteering. * Intergenerational reading activity. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Exhibitions, conferences and workshops.

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

Municipal sports and recreation services

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

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 12h00 and 13h00 to 20h00, Friday 8h00 to 16h30, summer: closed on Friday at 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

Email: info@carrefourfamilialsj.org

Services: * Stimulation workshop for children 2 to 5 years old. * Prenatal and postnatal yoga. * Postnatal fitness. * Morning-conferences. * 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 possible for daycare for families on a low income. * Scientific workshops for children 6 to 9 years old. * Chess courses for children 5 to 12 years old. * Kindergarten preparatory workshops for children 4 years old.

Eligibility: families, mothers-to-be

Coverage area: Sainte-Julie

Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities on program

Fees: variable fees depending on the activities and chosen services

Financing: grants, fundraising campaigns

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')

274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7

450 985-0522 Fax: 450 985-0805

Website: www.arcencieldesseigneuries.org

Email: 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

CLÉ DES CHAMPS SAINTE-JULIE (LA)

27 du Plateau Street, Sainte-Julie, Montérégie, QC, J3E 3N6

514 567-9333

Email: cdcsaintejulie@gmail.com

Services: * Organization of cultural, sports and recreational activities. * Various monthly outings. * Annual outing of two days in an adapted summer camp.

Eligibility: young people living with an intellectual disability, with or without a physical disability

Coverage area: Sainte-Julie

Hours: Saturday 9h30 to 15h00

Fees: \$50 per season

Financing: donations

Legal status: non-profit organization

CONTACT'L DE VARENNES

2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9

450 652-0004

Website: www.contactl.org

Email: contactL@contactL.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: adult women, immigrant women, women living with a disability

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

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

Fees: annual membership: \$15, activities: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

Clothing

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: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

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: pierrettedavid@hotmail.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. * Christmas baskets. * Tax clinic.

Eligibility: individuals and families on a low income

Coverage area: Calixa-Lavallée, Verchères

Hours: Les Trésors de Madeleine: Wednesday and Friday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 17h30 to 18h30

Fees: pairing for furniture collection: \$35 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

Email: maisonentraide@videotron.ca

Services: * Accompaniment and references. * Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. * Distribution of food vouchers. * Christmas baskets. * Distribution of school supplies. * Donation to people in need from Sainte-Julie after assessment.

Eligibility: people in need, depot: 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

Financing: self-financing, donations, provincial

Legal status: non-profit organization

Donation pick-ups

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: Donation pick-up at home and on-site: non-perishable food, clothing, household items, toys, leisure equipment and books.

Eligibility: people on a low income, immigrants, people with disabilities or seniors

Coverage area: Saint-Amable

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

Financing: provincial, self-financing

Legal status: non-profit organization

School supplies

MAISON DE L'ENTRAIDE SAINTE-JULIE

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

450 649-4569

Email: maisonentraide@videotron.ca

Services: * Accompaniment and references. * Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. * Distribution of food vouchers. * Christmas baskets. * Distribution of school supplies. * Donation to people in need from Sainte-Julie after assessment.

Eligibility: people in need, depot: 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

Financing: self-financing, donations, provincial

Legal status: non-profit organization

Thrift Stores

ASSOCIATION DES FAMILLES DE VARENNES

Confidential Address

438 771-5411

Website: afvareennes.com

Email: info@afvareennes.com

Services: * Family encounters. * Les Frimousses: parents-children meetings. * Flea market (2 times a year). * Collective kitchens. * Activities and outings.

Eligibility: families

Coverage area: Varennes

Hours: Frimousses: Tuesday and Thursday 9h00 to 11h00

Fees: members: \$25 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'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance. * Meals-on-wheels. * Christmas baskets. * Community meals. * Used clothing and furniture depot. * Friendly visits. * Equipment loan: crutches, walkers. * Information and referral. * Citizen mediation. * Tax clinic. * PAIR program. * Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

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: * Emergency food assistance: frozen meals sale. * 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, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday and Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 19h00, food assistance: Friday 9h00, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: \$12, community meals: \$7, meals on wheels: \$5

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: pierrettedavid@hotmail.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. * Christmas baskets. * Tax clinic.

Eligibility: individuals and families on a low income

Coverage area: Calixa-Lavallée, Verchères

Hours: Les Trésors de Madeleine: Wednesday and Friday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 17h30 to 18h30

Fees: pairing for furniture collection: \$35 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

Email: maisonentraide@videotron.ca

Thrift store and material aid

Services: * Accompaniment and references. * Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. * Distribution of food vouchers. * Christmas baskets. * Distribution of school supplies. * Donation to people in need from Sainte-Julie after assessment.

Eligibility: people in need, depot: 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

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 Fax: 450 587-8343

Website: www.maisondelafamillejolicoeur.com

Email: info@maisondelafamillejolicoeur.com

Services: * Parent-child workshops. * Childcare. * Preschool. * Child development workshops. * Homework assistance for 1st to 3rd grades. * Baby first aid course. * Community worker: personalized support, listening, accompaniment, referrals 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 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00

Fees: according to activities

Financing: fundraising campaigns, self-financing

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. 242 Fax: 450 583-3592

Website: margueritedyouville.ca/environnement/gestion-des-matieres-residuelles/ecocentre

Email: 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.) * Tires. * Household items, large objects. * Building materials (asphalt, brick, metal, concrete, glass, etc.) * Recyclable materials. * Green residues, wood. * Expired car seats. * 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 to November: Wednesday to Saturday 8h00 to 16h00

Fees: according to materials

Financing: municipal, self-financing

Legal status: municipal agency

MRC DE MARGUERITE-D'YOUVILLE - ÉCOCENTRE SECTEUR SUD

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

450 583-3301 ext. 242 Fax: 450 583-3592

Website: margueritedyouville.ca/environnement/gestion-des-matieres-residuelles/ecocentre

Email: 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.) * Tires. * Household items, large objects. * Building materials (asphalt, brick, metal, concrete, glass, etc.) * Recyclable materials. * Green residues, wood. * Expired car seats. * Donation and low-price sale of used materials and household items.

Eligibility: citizens

Coverage area: MRC Marguerite-d'Youville, Saint-Antoine-sur-Richelieu, Saint-Marc-sur-Richelieu
Hours: April to November: Tuesday, Wednesday, Friday, Saturday and Sunday 8h00 to 16h00, Thursday 8h00 to 18h00, November to April: Thursday to Saturday 8h00 to 16h00
Fees: according to materials
Financing: municipal, self-financing
Legal status: municipal agency

Used item donation recovery programs

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance. * Meals-on-wheels. * Christmas baskets. * Community meals. * Used clothing and furniture depot. * Friendly visits. * Equipment loan: crutches, walkers. * Information and referral. * Citizen mediation. * Tax clinic. * PAIR program. * Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

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: Donation pick-up at home and on-site: non-perishable food, clothing, household items, toys, leisure equipment and books.

Eligibility: people on a low income, immigrants, people with disabilities or seniors

Coverage area: Saint-Amable

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

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: pierrettedavid@hotmail.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. * Christmas baskets. * Tax clinic.

Eligibility: individuals and families on a low income

Coverage area: Calixa-Lavallée, Verchères

Hours: Les Trésors de Madeleine: Wednesday and Friday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 17h30 to 18h30

Fees: pairing for furniture collection: \$35 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

Email: maisonentraide@videotron.ca

Services: * Accompaniment and references. * Second-hand clothing, household items, sports equipment and toys depot and on-site recovery. * Distribution of food vouchers. * Christmas baskets. * Distribution of school supplies. * Donation to people in need from Sainte-Julie after assessment.

Eligibility: people in need, depot: 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

Financing: self-financing, donations, provincial

Legal status: non-profit organization

RENAISSANCE - SAINTE-JULIE DONATION CENTRE

1615 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G3

450 338-1158

Website: www.renaissancequebec.ca

Email: information@renaissancequebec.ca

Services: Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.

Coverage area: Sainte-Julie

Hours: Monday to Sunday 8h00 to 18h00

Financing: self-financing

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

Accompanied transport

ACTION BÉNÉVOLE DE VARENNES - ACCOMPANIMENT-TRANSPORTATION

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

450 652-5256

Website: actionbenevolevarenn.es.org/services/accompagnement-et-transport

Email: abvarenn.es@videotron.ca

Services: * Transportation and accompaniment to medical appointments and shopping by volunteers.

Eligibility: people temporarily in need, seniors 60 years and over

Coverage area: Varennes

Hours: apointment: Monday to Friday, Saturday and Sunday occasionally

Fees: gas fees: \$0.45 per km

Financing: donations, grants

Legal status: non-profit organization

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: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Transportation for medical appointments and for shopping by volunteers.

Eligibility: mostly seniors

Coverage area: Contrecoeur and Verchères

Hours: Monday to Friday

Fees: free for social assistance recipients, others: \$0.40 per km

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

Email: info@cebsa.org

Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.

Eligibility: people on a low income, seniors, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Friday 8h30 to 16h30

Fees: fixed rates according to the destination

Financing: provincial, self-financing

Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0

514 709-3627

Website: sites.google.com/site/clubstlucdevercheres

Email: clubstlucdevercheres@gmail.com

Services: Promotion of home care for seniors. * Tour of banks, a grocery store and drugstore. * Cultural and recreational activities with transportation. * Loan of orthopedic equipment: canes, wheelchairs, walkers, etc.

Eligibility: seniors 55 years and over, fully or partially autonomous

Coverage area: Calixa-Lavallée, Verchères

Fees: equipment loan: free, transportation by minibus for activities: \$5

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES - ACCOMPANIMENT-TRANSPORTATION

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0

514 709-3627

Email: clubstlucdevercheres@gmail.com

Services: * Transportation and accompaniment to medical appointments and errands by volunteers.

Eligibility: seniors 55 years and over, fully or partially autonomous

Coverage area: Calixa-Lavallée and Verchères, appointments: Montérégie, Greater Montréal

Fees: free

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

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

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

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Accompaniment and transportation by volunteers for medical appointments and small shopping at Sainte-Julie or 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: \$0.45 per km (may vary)

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

Accompanied transport for medical reasons

ACTION BÉNÉVOLE DE VARENNES - ACCOMPANIMENT-TRANSPORTATION

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

450 652-5256

Website: actionbenevolevarences.org/services/accompagnement-et-transport

Email: abvarences@videotron.ca

Services: * Transportation and accompaniment to medical appointments and shopping by volunteers.

Eligibility: people temporarily in need, seniors 60 years and over

Coverage area: Varennes

Hours: appointment: Monday to Friday, Saturday and Sunday occasionally

Fees: gas fees: \$0.45 per km

Financing: donations, grants

Legal status: non-profit organization

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: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Transportation for medical appointments and for shopping by volunteers.

Eligibility: mostly seniors

Coverage area: Contrecoeur and Verchères

Hours: Monday to Friday

Fees: free for social assistance recipients, others: \$0.40 per km

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

Email: info@cebsa.org

Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.

Eligibility: people on a low income, seniors, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Friday 8h30 to 16h30

Fees: fixed rates according to the destination

Financing: provincial, self-financing

Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES - ACCOMPANIMENT-TRANSPORTATION

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0

514 709-3627

Email: clubstlucdevercheres@gmail.com

Services: * Transportation and accompaniment to medical appointments and errands by volunteers.

Eligibility: seniors 55 years and over, fully or partially autonomous

Coverage area: Calixa-Lavallée and Verchères, appointments: Montérégie, Greater Montréal

Fees: free

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

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

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

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Accompaniment and transportation by volunteers for medical appointments and small shopping at Sainte-Julie or 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: \$0.45 per km (may vary)

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

Website: www.mdjvarenn.es.net

Email: info@mdjvarenn.es.net

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 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00

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

Website: www.mdjvarenn.es.net

Email: info@mdjvarenn.es.net

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 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00

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: 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

Financing: municipal

Legal status: municipal agency

Therapy and counselling

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

274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7

450 985-0522 Fax: 450 985-0805

Website: www.arcencieldesseigneuries.org

Email: 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 DE FEMMES ENTRE AILES

1611-A Principale Street, Sainte-Julie, Montérégie, QC, J3E 1W7

450 649-0658

Website: www.entreailes.org

Email: entreailes@entreailes.org

Services: Women's centre. * Active listening and helping relationship service (occasional meetings). * Support group. * Information and referral. * Workshops. * Feminist popular education activities. * Coffee-chats. * Conferences. * Documentation centre. * Collective kitchen. * Civic engagement. * Possibility of volunteering.

Eligibility: women

Capacity: 300

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

Hours: Monday 8h30 to 12h00 and 13h15 to 16h30, Tuesday 13h30 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h15 to 16h30, occasional activities in the evening: see program

Fees: annual membership: maximum \$10

Financing: provincial, self-financing

Legal status: non-profit organization

CLSC DES SEIGNEURIES DE CONTRECOUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-contrecoeur

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Tuesday to Thursday 8h00 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

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

450 468-5250

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-saint-amable

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday and Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

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

450 468-3670

Website: santemonteregie.qc.ca/en/installations/clsc-des-seigneuries-de-sainte-julie

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 17h00 to 21h00, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-varennnes

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

Coverage area: CISSS de la Montérégie area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 448-3700

Website: santemonteregie.qc.ca/installations/clsc-des-seigneuries-de-vercheres

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

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 13h00 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

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