



# DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTÉRÉGIE / MRC PIERRE-DE SAUREL / ALL CITIES



2-1-1



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

Summary  
**Summary**

<b>Child, Youth and Family</b>	1
Child welfare	2
Daycare and respite	2
Family Support	2
Juvenile Delinquency	4
Maternity support and adoption	4
Parenting Education	6
Recreational Activities	6
Youth Centres and Support	7
Youth Employment	8
Youth Shelters and Support	8
<b>Community Action</b>	10
Advisory and citizen action organizations	11
Community development	11
Information and referral	11
Volunteering and volunteer centres	12
<b>Disability</b>	14
Adapted work and employability support	15
Advocacy for people with a physical disability	16
Advocacy for people with an intellectual disability	17
Autism, PDD, ADHD	17
Deaf and hearing impaired	18
Mobility aids	19
Recreation and camps	19
Respite services and housing	20
Respite, child care and housing	21
Support Associations	23
Support and integration organizations	26
The Blind	27
Therapy and rehabilitation centres	27
<b>Education and Literacy</b>	29
Academic and vocational guidance	30
Computer workshops	30
Difficulties and learning disabilities	31
Literacy	31
Public education	31
School perseverance	32
Vocational training, Cégeps and Universities	33
<b>Employment and Income Support</b>	34
Advocacy for workers and unemployed	35
Budget management and consumption	35
Business development	36
Employment support and training	36
Employment support for immigrants	37
Employment support for seniors	37
Employment support for women	38
Employment support for youth	38
Tax clinics	39
Vocational rehabilitation and disability-related employment	39
<b>Food</b>	42
Christmas basket	43

Collective kitchens and cooking workshops	43
Food Assistance	44
Food aid for pregnant women and children	45
Food assistance in schools	46
Low cost or free meals	46
Prepared meals and Meals-on-wheels	48
<b>Government services</b>	49
Income statements	50
Municipal services	50
Provincial services	52
<b>Health</b>	54
Eye care	55
Family planning	55
Home care	55
Hospitals, CLSC and community clinics	56
Palliative care	57
Patient support associations	57
Public Health	60
<b>Homelessness</b>	61
Day and evening centres	62
Mobile units and street work	62
<b>Housing</b>	64
Advocacy for housing	65
Emergency	66
Housing cooperatives and corporations	67
Housing search assistance	68
Social housing and housing cooperatives	69
<b>Immigration and cultural communities</b>	70
Settlement services for newcomers	71
<b>Indigenous Peoples</b>	72
Employment	73
Government services	73
<b>Justice and Advocacy</b>	74
Advocacy groups	75
Consumer protection and complaints	77
Correctional services	78
Courthouses and tribunals	79
Legal assistance and information	80
Support for offenders	81
<b>Mental Health and addictions</b>	83
Addiction prevention	84
Addiction treatment	84
Community support in mental health	85
Crisis centres and suicide prevention	86
Helplines	87
Mental health advocacy groups	88
Mental health housing	89
Psychiatric services	90
Self-help groups for mental health issues	90
<b>Seniors</b>	92
Caregivers	93
Community and Recreation Centres	94

Day centres and respite	95
Friendly visits and safety calls	96
Home support	97
Housing for seniors	99
Intervention with seniors subjected to abuse	100
Meals on Wheels	100
Seniors' Advocacy and Assistance Associations	100
Volunteer Transportation	101
<b>Sports, Recreation and Culture</b>	103
Clubs and social events	104
Community recreation centres	104
Hobbies	104
Sport	105
Sports and recreation for people with a disability	106
<b>Thrift store and material aid</b>	108
Clothing	109
School supplies	109
Thrift Stores	109
Used item donation recovery programs	110
<b>Transportation</b>	112
Accompanied transport	113
Accompanied transport for medical reasons	113
<b>Violence and abuse</b>	115
Child abuse	116
Domestic violence: shelters and support	116
Elder abuse	116
Prevention of violence and crime	117
Support for perpetrators of violence and their families	117
Support for victims and their families	117
Therapy and counselling	118

**Child, Youth and Family**

**CHILD WELFARE**

**DAYCARE AND RESPITE**

**FAMILY SUPPORT**

**JUVENILE DELINQUENCY**

**MATERNITY SUPPORT AND ADOPTION**

**PARENTING EDUCATION**

**RECREATIONAL ACTIVITIES**

**YOUTH CENTRES AND SUPPORT**

**YOUTH EMPLOYMENT**

**YOUTH SHELTERS AND SUPPORT**

## Child welfare

### CENTRE DE SERVICES PSYCHOSOCIAUX SOREL-TRACY

61 Morgan Street, Sorel-Tracy, Montérégie, QC, J3P 3B6

1 800 339-6114

**Website:** [santemonteregie.qc.ca/installations/centre-de-services-psychosociaux-sorel-tracy](http://santemonteregie.qc.ca/installations/centre-de-services-psychosociaux-sorel-tracy)

**Services:** Psychosocial point of services.

**Eligibility:** children and teens in difficulties, parents, guardians, stakeholders

**Coverage area:** Montérégie-Est

**Financing:** provincial

**Legal status:** provincial government agency

## Daycare and respite

### CARREFOUR NAISSANCE-FAMILLE

5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9

450 743-0359 ext. 21 Fax: 450 743-8529

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

**Email:** [communication@carrefournaissancefamille.com](mailto:communication@carrefournaissancefamille.com)

**Services:** \* Breastfeeding sponsors. \* Halte des petits gourmands: sharing group between mothers who breastfeed. \* Breastfeeding clinic. \* Breastfeeding challenges. \* Prenatal classes. \* Community daycare. \* Mothers support group. \* Boomerang program: sharing and exchange among fathers. \* Parent support: sponsorship by parent volunteers or a community worker. \* Viens jaser dans ma cour!: support, listening and strategy to improve communication with your child, with a community worker who comes at home. \* Respite for recent mothers. \* Workshops on parent-child development. \* Verification for car seats. \* Boutique: sale of products for infants and loan of milk pumps and car seats.

**Eligibility:** future parents, families with children from 0 to 17 years old

**Coverage area:** MRC Pierre-De Saurel and surrounding areas

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

**Fees:** membership card: \$25 for residents of the MRC Pierre-De Saurel, \$50 for residents from surrounding areas, activities and services: free or variable

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

**Legal status:** non-profit organization

## Family Support

### ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL

1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4

450 743-0664 Fax: 450 743-3208

**Website:** [adirs.e-monsite.com](http://adirs.e-monsite.com)

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

**Services:** Promotion of rights and advocacy of the interests of people with an intellectual disability or an autism spectrum disorder. \* Listening and support. \* Pairing. \* Luncheons: support group for parents. \* Social, cultural and recreational activities. \* Special activities, family parties and outings. \* Advocacy of rights and awareness.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their family

**Coverage area:** Contrecoeur, MRC Pierre-De Saurel

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

**Fees:** annual membership card: \$10, activities: variable

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

**Legal status:** non-profit organization

**CARREFOUR NAISSANCE-FAMILLE**

5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9

**450 743-0359 ext. 21 Fax:** 450 743-8529

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

**Email:** [communication@carrefournaissancefamille.com](mailto:communication@carrefournaissancefamille.com)

**Services:** \* Breastfeeding sponsors. \* Halte des petits gourmands: sharing group between mothers who breastfeed. \* Breastfeeding clinic. \* Breastfeeding challenges. \* Prenatal classes. \* Community daycare. \* Mothers support group. \* Boomerang program: sharing and exchange among fathers. \* Parent support: sponsorship by parent volunteers or a community worker. \* Viens jaser dans ma cour!: support, listening and strategy to improve communication with your child, with a community worker who comes at home. \* Respite for recent mothers. \* Workshops on parent-child development. \* Verification for car seats. \* Boutique: sale of products for infants and loan of milk pumps and car seats.

**Eligibility:** future parents, families with children from 0 to 17 years old

**Coverage area:** MRC Pierre-De Saurel and surrounding areas

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

**Fees:** membership card: \$25 for residents of the MRC Pierre-De Saurel, \$50 for residents from surrounding areas, activities and services: free or variable

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

**Legal status:** non-profit organization

**CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE - LA TRAVERSÉE**

120 Sainte-Anne Road, Sorel-Tracy, Montérégie, QC, J3P 1J8

**1 866 277-3553 Fax:** 450 746-2785

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

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

**Services:** \* Phone counseling. \* Support group for all types of bereavement. \* Awareness workshop. \* Crisis housing. \* Post-crisis follow-up. \* Sentinelle training.

**Eligibility:** people in psychological distress, suicidal people, bereaved children and adults, counselors

**Capacity:** 3

**Coverage area:** MRC Pierre-De Saurel

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE HOSPITALIER HÔTEL-DIEU-DE-SOREL**

400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5

**450 746-6000**

**Website:** [santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel](http://santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel)

**Services:** Hospital centre offering general and specialized cares. \* Emergencies and intensive cares. \* One-day surgery. \* Palliative and end of life cares. \* Obstetrics and pediatrics. \* Support group for parents living with perinatal bereavement. \* Mental health outpatient clinic and hospitalization. \* Tests centre. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs.

**Coverage area:** Province of Québec

**Hours:** 24/7, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

## Juvenile Delinquency

### JUSTICE ALTERNATIVE PIERRE DE SAUREL

105 du Prince Street, Suite 209, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 746-0954** Fax: 450 746-0081

Email: japds@videotron.ca

**Services:** \* Mediation between citizens. \* Accompaniment for schools: training workshops and information on conflict resolution. \* General alternative measures program (GAMP) for adults. \* Managing and applying the measures provided by the Youth Criminal Justice Act (YCJA).

**Eligibility:** citizens undergoing a conflict, young offenders 12 to 17 years old, schools, adults eligible for the General alternative measures program (GAMP) for adults

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** citizen mediation: free, accompaniment for schools: variable

**Financing:** grants

**Legal status:** non-profit organization

## Maternity support and adoption

### CARREFOUR NAISSANCE-FAMILLE

5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9

**450 743-0359 ext. 21** Fax: 450 743-8529

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

**Email:** [communication@carrefournaissancefamille.com](mailto:communication@carrefournaissancefamille.com)

**Services:** \* Breastfeeding sponsors. \* Halte des petits gourmands: sharing group between mothers who breastfeed. \* Breastfeeding clinic. \* Breastfeeding challenges. \* Prenatal classes. \* Community daycare. \* Mothers support group. \* Boomerang program: sharing and exchange among fathers. \* Parent support: sponsorship by parent volunteers or a community worker. \* Viens jaser dans ma cour!: support, listening and strategy to improve communication with your child, with a community worker who comes at home. \* Respite for recent mothers. \* Workshops on parent-child development. \* Verification for car seats. \* Boutique: sale of products for infants and loan of milk pumps and car seats.

**Eligibility:** future parents, families with children from 0 to 17 years old

**Coverage area:** MRC Pierre-De Saurel and surrounding areas

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

**Fees:** membership card: \$25 for residents of the MRC Pierre-De Saurel, \$50 for residents from surrounding areas, activities and services: free or variable

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

**Legal status:** non-profit organization

### CENTRE HOSPITALIER HÔTEL-DIEU-DE-SOREL

400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5

**450 746-6000**

**Website:** [santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel](http://santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel)

**Services:** Hospital centre offering general and specialized cares. \* Emergencies and intensive cares. \* One-day surgery. \* Palliative and end of life cares. \* Obstetrics and pediatrics. \* Support group for parents living with perinatal bereavement. \* Mental health outpatient clinic and hospitalization. \* Tests centre. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs.

**Coverage area:** Province of Québec

**Hours:** 24/7, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization



**CLSC GASTON-BÉLANGER**

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

**COURT OF QUÉBEC - YOUTH DIVISION - SOREL-TRACY**

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5

**450 743-1251**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing all cases involving a minor. \* Hearing cases of adoption.

**Coverage area:** Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville

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

**Financing:** provincial

**Legal status:** provincial government agency

**SOREL-TRACY - CITY**

71 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 7K1

**450 780-5600**

**Website:** [www.ville.sorel-tracy.qc.ca](http://www.ville.sorel-tracy.qc.ca)

**Email:** [info@ville.sorel-tracy.qc.ca](mailto:info@ville.sorel-tracy.qc.ca)

**Services:** Management of municipal services. \* Online follow-up and applications for land development or building permits: <https://del.accesscite.net/demandes/pages/default.aspxCitycode=53052>. \* Property assessment, municipal tax information and payment. \* Bulky items, compost, residual and recyclable wastes collection according to the calendar: <https://www.ville.sorel-tracy.qc.ca/services-aux-citoyens/collectes-dechets-et-recyclage/horaire-des-collectes-selectives.html>. \* Public security: fire department, Sûreté du Québec. \* Land development and urban planning by-laws. \* Environmental grants: washable diapers, menstrual hygiene products. \* Municipal alerts service.

**Coverage area:** Sorel-Tracy, Fire Department: Sorel-Tracy, Saint-Joseph-de-Sorel, Sainte-Victoire-de-Sorel, Saint-Robert et Sainte-Anne-de-Sorel, Fire Prevention: MRC Pierre-De-Saurel except Saint-Ours

**Hours:** Regular hours: Monday to Thursday 8h15 to 12h00 and 13h15 to 16h30, Friday 8h15 to 12h00 and 13h15 to 15h30, summer hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

## Parenting Education

### CARREFOUR NAISSANCE-FAMILLE

5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9

**450 743-0359 ext. 21** Fax: 450 743-8529

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

**Email:** [communication@carrefournaissancefamille.com](mailto:communication@carrefournaissancefamille.com)

**Services:** \* Breastfeeding sponsors. \* Halte des petits gourmands: sharing group between mothers who breastfeed. \* Breastfeeding clinic. \* Breastfeeding challenges. \* Prenatal classes. \* Community daycare. \* Mothers support group. \* Boomerang program: sharing and exchange among fathers. \* Parent support: sponsorship by parent volunteers or a community worker. \* Viens jaser dans ma cour!: support, listening and strategy to improve communication with your child, with a community worker who comes at home. \* Respite for recent mothers. \* Workshops on parent-child development. \* Verification for car seats. \* Boutique: sale of products for infants and loan of milk pumps and car seats.

**Eligibility:** future parents, families with children from 0 to 17 years old

**Coverage area:** MRC Pierre-De Saurel and surrounding areas

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

**Fees:** membership card: \$25 for residents of the MRC Pierre-De Saurel, \$50 for residents from surrounding areas, activities and services: free or variable

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

**Legal status:** non-profit organization

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

## Recreational Activities

### CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL

96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0

**450 785-2874** Fax: 450 785-2876

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

**Services:** Family and community services. \* Meals on wheels, hot and frozen meals. \* Matinée des enfants: parents-children activities. \* Youth Centre Le Salon des Ados. \* Friendship lunches every two weeks. \* Transportation to medical appointments.

**Eligibility:** families, teenagers, seniors

**Coverage area:** MRC Pierre-de-Saurel

**Hours:** Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

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

### **CARREFOUR NAISSANCE-FAMILLE**

5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9

**450 743-0359 ext. 21 Fax:** 450 743-8529

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

**Email:** [communication@carrefournaissancefamille.com](mailto:communication@carrefournaissancefamille.com)

**Services:** \* Breastfeeding sponsors. \* Halte des petits gourmands: sharing group between mothers who breastfeed. \* Breastfeeding clinic. \* Breastfeeding challenges. \* Prenatal classes. \* Community daycare. \* Mothers support group. \* Boomerang program: sharing and exchange among fathers. \* Parent support: sponsorship by parent volunteers or a community worker. \* Viens jaser dans ma cour!: support, listening and strategy to improve communication with your child, with a community worker who comes at home. \* Respite for recent mothers. \* Workshops on parent-child development. \* Verification for car seats. \* Boutique: sale of products for infants and loan of milk pumps and car seats.

**Eligibility:** future parents, families with children from 0 to 17 years old

**Coverage area:** MRC Pierre-De Saurel and surrounding areas

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

**Fees:** membership card: \$25 for residents of the MRC Pierre-De Saurel, \$50 for residents from surrounding areas, activities and services: free or variable

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

**Legal status:** non-profit organization

### **GROUPE D'ENTRAIDE SOREL-TRACY (LE)**

144 Dauplaise Street, Sorel-Tracy, Montérégie, QC, J3P 8A8

**450 746-5611**

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

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

**Services:** \* Food counter, with possibility of delivery. \* Emergency food assistance. \* Information, reference and support in the procedures. \* Parent-child workshops. \* Social and professional reintegration program in partnership with the Local Employment Center of Sorel-Tracy. \* Catering service. \* School supplies. \* Distribution of Christmas baskets.

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

**Coverage area:** Sorel-Tracy

**Hours:** administration and emergency food assistance: Tuesday to Friday 8h00 to 16h30, food bank: Thursday 13h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## **Youth Centres and Support**

### **CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL**

96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0

**450 785-2874 Fax:** 450 785-2876

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

**Services:** Family and community services. \* Meals on wheels, hot and frozen meals. \* Matinée des enfants: parents-children activities. \* Youth Centre Le Salon des Ados. \* Friendship lunches every two weeks. \* Transportation to medical appointments.

**Eligibility:** families, teenagers, seniors

**Coverage area:** MRC Pierre-de-Saurel

**Hours:** Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

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

## Youth Employment

### CARREFOUR JEUNESSE-EMPLOI DE PIERRE-DE SAUREL

37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6  
**450 743-1441**

**Website:** [cje-pierredesaurel.com](http://cje-pierredesaurel.com)

**Email:** [info@cje-pierredesaurel.com](mailto:info@cje-pierredesaurel.com)

**Services:** \* Welcoming, help and reference. \* General help with the job search. \* Professional and academic orientation. \* Départ@9: accompaniment towards employment, individual or in group. \* Help for returning to studies. \* Helping graduates find employment in the MRC de Pierre-de Saurel. \* Mes finances Mes choix: workshops on financial education. \* Support for student retention. \* Developing personal autonomy of youth undergoing personal difficulties or social insertion challenges. \* Opportunities of entrepreneurship and volunteering.

**Eligibility:** people 16 to 35 years old

**Coverage area:** MRC Pierre-De Saurel

**Financing:** provincial

**Legal status:** non-profit organization

### RECYCLO-CENTRE

165 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 7L4  
**450 743-5224 Fax: 450 746-4366**

**Website:** [www.recyclo-centre.ca](http://www.recyclo-centre.ca)

**Email:** [information@recyclo-centre.org](mailto:information@recyclo-centre.org)

**Services:** Used goods store and socio-professional reintegration. \* Used goods stores: clothing, furniture, audio-video, household appliances, small appliances, books, toys, sporting goods and home accessories. \* On-site collection of used items. \* Recycling: electronics, batteries, refrigerators, ink cartridges, Nespresso coffee pods. \* Socio-professional integration of young workers between 18 and 44 years old, specialized in the recovery, management and resale of residual materials. \* Social integration through supervision and support.

**Eligibility:** people 18 to 44 years old who are far from the labour market, individuals and families on a low income

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Tuesday, Wednesday, Friday and Saturday 9h00 to 17h00, Thursday 9h00 to 20h00, donation centre: 7 days 9h00 to 17h00

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

**Legal status:** non-profit organization

## Youth Shelters and Support

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7  
**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

## **Community Action**

**ADVISORY AND CITIZEN ACTION ORGANIZATIONS**

**COMMUNITY DEVELOPMENT**

**INFORMATION AND REFERRAL**

**VOLUNTEERING AND VOLUNTEER CENTRES**

## Advisory and citizen action organizations

### COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SOREL-TRACY

71 de Ramesay Street, Office 308 C, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**1 877 771-1164** Fax: 450 855-4995

**Website:** cddm.weebly.com

**Email:** conseillersorel@cddm.qc.ca

**Services:** \* Advocacy for people living with or having lived with emotional issues. \* Denouncing of the abuses of psychiatry. \* Training, mobilization, popular education.

**Eligibility:** people living with or having lived with emotional issues

**Coverage area:** Sorel-Tracy

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Community development

### CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE PIERRE-DE SAUREL

71 Ramezay Street, Suite 208, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 746-7871** Fax: 450 746-7108

**Email:** administration@cdcpierredesaurel.ca

**Services:** Association of community organizations and social economy enterprises. \* Concertation between the different members. \* Representation of interests. \* Promotion of the actions and values of the members. \* Information on community resources. \* Support for the socio-economic development of the territory. \* Technical assistance to community groups, training and support to administrators and managers of NPOs.

**Eligibility:** non-profit organizations, groups of people who want to create a NPO

**Coverage area:** MRC Pierre-De Saurel

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

**Financing:** provincial, municipal

**Legal status:** non-profit organization

### HABITATIONS DEGRANDPRÉ - AIDE AUX ENTREPRENEURS

71 de Ramezay Street, Suite 209, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 297-2854**

**Email:** claude.desautels@yahoo.ca

**Services:** \* Support in the establishment of collectively owned companies. \* Promotion of sustainable development.

**Eligibility:** contractors

**Coverage area:** Sorel-Tracy

**Hours:** by appointment

**Financing:** donations

**Legal status:** non-profit organization

## Information and referral

### ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

**Website:** vivreetvieillirchezsoi.ca

**Email:** gcmer8@hotmail.com

**Services:** Support for seniors. \* Active listening, referrals and support for home maintenance. \* Accompaniment in administrative, legal and personal steps. \* Retirement preparation courses, workshops and various courses. \* Assistance in filling out forms. \* Elder abuse awareness and prevention. \* Information on estates. \* Incapacity mandate.

**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** incapacity mandate: variable

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

**Legal status:** non-profit organization

### **GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY**

117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4

**450 743-6071 Fax:** 450 743-9971

**Website:** www.groupedentraidelarretcourt.com

**Email:** arretcourt@hotmail.com

**Services:** Mental health mutual aid group. \* Telephone support. \* Listening, support and accompaniment. \* Information and referral. \* Training, educational and awareness workshops. \* Collective kitchen. \* Community meals. \* Recreational, cultural and socialization activities and outings. \* Personal growth workshops. \* Workshops with the presence of animals. \* Art workshops.

**Eligibility:** people 18 years of age and older who are or have been living with severe and persistent mental health problems

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

## **Volunteering and volunteer centres**

### **CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL**

96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0

**450 785-2874 Fax:** 450 785-2876

**Email:** carrefourarcenciel@videotron.ca

**Services:** Family and community services. \* Meals on wheels, hot and frozen meals. \* Matinée des enfants: parents-children activities. \* Youth Centre Le Salon des Ados. \* Friendship lunches every two weeks. \* Transportation to medical appointments.

**Eligibility:** families, teenagers, seniors

**Coverage area:** MRC Pierre-de-Saurel

**Hours:** Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Financing:** grants, self-financing

**Legal status:** non-profit organization

### **CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU**

70 Élisabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310 Fax:** 450 743-2046

**Website:** www.cab-basrichelieu.org

**Email:** direction@cab-basrichelieu.org



## Community Action

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

**Disability****ADAPTED WORK AND EMPLOYABILITY SUPPORT****ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY****ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY****AUTISM, PDD, ADHD****DEAF AND HEARING IMPAIRED****MOBILITY AIDS****RECREATION AND CAMPS****RESPIRE SERVICES AND HOUSING****RESPIRE, CHILD CARE AND HOUSING****SUPPORT ASSOCIATIONS****SUPPORT AND INTEGRATION ORGANIZATIONS****THE BLIND****THERAPY AND REHABILITATION CENTRES**

## Adapted work and employability support

### CENTRE DE TRANSITION PERCEVAL

148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6

**450 746-1860** Fax: 450 746-2970

**Email:** centre.perceval@videotron.ca

**Services:** Psychosocial rehabilitation center. \* Supervised transitional housing. \* Personalized community follow-up with variable intensity. \* Guidance in employment, schooling, life projects and daily routine. \* Pharmacological treatment and follow-up. \* Educational, cultural and social activities.

**Eligibility:** people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

### GROUPE D'ENTRAIDE SOREL-TRACY (LE)

144 Dauplaise Street, Sorel-Tracy, Montérégie, QC, J3P 8A8

**450 746-5611**

**Website:** www.legest.org

**Email:** le.gest@videotron.ca

**Services:** \* Food counter, with possibility of delivery. \* Emergency food assistance. \* Information, reference and support in the procedures. \* Parent-child workshops. \* Social and professional reintegration program in partnership with the Local Employment Center of Sorel-Tracy. \* Catering service. \* School supplies. \* Distribution of Christmas baskets.

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

**Coverage area:** Sorel-Tracy

**Hours:** administration and emergency food assistance: Tuesday to Friday 8h00 to 16h30, food bank: Thursday 13h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### ORIENTHÈQUE (L') - CENTRE D'ORIENTATION ET SERVICES D'INTÉGRATION DE LA MAIN-D'OEUVRE

343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1

**450 730-0181** Fax: 450 730-0669

**Website:** www.orientheque.ca

**Email:** info@orientheque.ca

**Services:** \* Job search techniques workshop. \* Individual and group meetings. \* Resume writing. \* Programs for employment insurance beneficiaries. \* Job search and professional reintegration programs for women. \* Program for people 55 years and over. \* Programs for people with a criminal record. \* Networking, conferences, business visits. \* Business services.

**Eligibility:** people searching for a job, employment insurance beneficiaries, women, people 55 years and over, people with a criminal record

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

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

**Fees:** free

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**RECYCLO-CENTRE**

165 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 7L4

**450 743-5224 Fax:** 450 746-4366

**Website:** www.recyclo-centre.ca

**Email:** information@recyclo-centre.org

**Services:** Used goods store and socio-professional reintegration. \* Used goods stores: clothing, furniture, audio-video, household appliances, small appliances, books, toys, sporting goods and home accessories. \* On-site collection of used items. \* Recycling: electronics, batteries, refrigerators, ink cartridges, Nespresso coffee pods. \* Socio-professional integration of young workers between 18 and 44 years old, specialized in the recovery, management and resale of residual materials. \* Social integration through supervision and support.

**Eligibility:** people 18 to 44 years old who are far from the labour market, individuals and families on a low income

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Tuesday, Wednesday, Friday and Saturday 9h00 to 17h00, Thursday 9h00 to 20h00, donation centre: 7 days 9h00 to 17h00

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

**Legal status:** non-profit organization

**SDEM SEMO MONTÉRÉGIE - SOREL-TRACY**

215 Robillard Street, Sorel-Tracy, Montérégie, QC, J3P 8C7

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

**Website:** sdem-semb.org

**Email:** info@sdem-semb.org

**Services:** Support for training, integration and job retention. \* Preparatory employment program. \* Job search assistance.

**Eligibility:** people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)

**Coverage area:** Sorel-Tracy

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**Advocacy for people with a physical disability****ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL**

1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4

**450 743-0664 Fax:** 450 743-3208

**Website:** adirs.e-monsite.com

**Email:** adirs@videotron.ca

**Services:** Promotion of rights and advocacy of the interests of people with an intellectual disability or an autism spectrum disorder. \* Listening and support. \* Pairing. \* Luncheons: support group for parents. \* Social, cultural and recreational activities. \* Special activities, family parties and outings. \* Advocacy of rights and awareness.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their family

**Coverage area:** Contrecoeur, MRC Pierre-De Saurel

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

**Fees:** annual membership card: \$10, activities: variable

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

**Legal status:** non-profit organization

**ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY**

105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-6655** Fax: 450 743-5920

**Email:** aphst@videotron.ca

**Services:** Improvement of the quality of life of people with disabilities by promoting accessibility to transportation, housing, recreation, education and employment. \* Defending the rights of people with disabilities. \* Promoting accessibility to transportation, recreation, housing, work, education and public places. \* Group outings and leisure activities. \* Newsletters and access to documentation.

**Eligibility:** persons 18 years of age and older living with a physical or sensory disability, any person concerned about the social integration of people with disabilities

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 9h00 to 17h00

**Fees:** \$10 per year

**Financing:** fundraising campaigns, membership fees, donations

**Legal status:** non-profit organization

**Advocacy for people with an intellectual disability****ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL**

1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4

**450 743-0664** Fax: 450 743-3208

**Website:** adirs.e-monsite.com

**Email:** adirs@videotron.ca

**Services:** Promotion of rights and advocacy of the interests of people with an intellectual disability or an autism spectrum disorder. \* Listening and support. \* Pairing. \* Luncheons: support group for parents. \* Social, cultural and recreational activities. \* Special activities, family parties and outings. \* Advocacy of rights and awareness.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their family

**Coverage area:** Contrecoeur, MRC Pierre-De Saurel

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

**Fees:** annual membership card: \$10, activities: variable

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

**Legal status:** non-profit organization

**Autism, PDD, ADHD****ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL**

1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4

**450 743-0664** Fax: 450 743-3208

**Website:** adirs.e-monsite.com

**Email:** adirs@videotron.ca

**Services:** Promotion of rights and advocacy of the interests of people with an intellectual disability or an autism spectrum disorder. \* Listening and support. \* Pairing. \* Luncheons: support group for parents. \* Social, cultural and recreational activities. \* Special activities, family parties and outings. \* Advocacy of rights and awareness.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their family

**Coverage area:** Contrecoeur, MRC Pierre-De Saurel

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

**Fees:** annual membership card: \$10, activities: variable

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

**Legal status:** non-profit organization

**SDEM SEMO MONTÉRÉGIE - SOREL-TRACY**

215 Robillard Street, Sorel-Tracy, Montérégie, QC, J3P 8C7

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

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

**Email:** [info@sdem-semb.org](mailto:info@sdem-semb.org)

**Services:** Support for training, integration and job retention. \* Preparatory employment program. \* Job search assistance.

**Eligibility:** people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)

**Coverage area:** Sorel-Tracy

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**Deaf and hearing impaired****ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY**

105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-6655 Fax:** 450 743-5920

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

**Services:** Improvement of the quality of life of people with disabilities by promoting accessibility to transportation, housing, recreation, education and employment. \* Defending the rights of people with disabilities. \* Promoting accessibility to transportation, recreation, housing, work, education and public places. \* Group outings and leisure activities. \* Newsletters and access to documentation.

**Eligibility:** persons 18 years of age and older living with a physical or sensory disability, any person concerned about the social integration of people with disabilities

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 9h00 to 17h00

**Fees:** \$10 per year

**Financing:** fundraising campaigns, membership fees, donations

**Legal status:** non-profit organization

**SDEM SEMO MONTÉRÉGIE - SOREL-TRACY**

215 Robillard Street, Sorel-Tracy, Montérégie, QC, J3P 8C7

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

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

**Email:** [info@sdem-semb.org](mailto:info@sdem-semb.org)

**Services:** Support for training, integration and job retention. \* Preparatory employment program. \* Job search assistance.

**Eligibility:** people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)

**Coverage area:** Sorel-Tracy

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## Mobility aids

### CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310** Fax: 450 743-2046

**Website:** [www.cab-basrichelieu.org](http://www.cab-basrichelieu.org)

**Email:** [direction@cab-basrichelieu.org](mailto:direction@cab-basrichelieu.org)

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

## Recreation and camps

### ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL

1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4

**450 743-0664** Fax: 450 743-3208

**Website:** [adirs.e-monsite.com](http://adirs.e-monsite.com)

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

**Services:** Promotion of rights and advocacy of the interests of people with an intellectual disability or an autism spectrum disorder. \* Listening and support. \* Pairing. \* Luncheons: support group for parents. \* Social, cultural and recreational activities. \* Special activities, family parties and outings. \* Advocacy of rights and awareness.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their family

**Coverage area:** Contrecoeur, MRC Pierre-De Saurel

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

**Fees:** annual membership card: \$10, activities: variable

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

**Legal status:** non-profit organization

### **ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS**

71 Ramezay Street, Suite 151-A, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 746-5536 Fax:** 450 746-7409

**Email:** asp.soreltracy@gmail.com

**Services:** \* Support groups. \* Coffee-meetings. \* Leisure activities. \* Conferences. \* Friendly visits. \* Loan of equipment. \* Information on the disease and resources. \* Advocacy (accessibility to work and public places).

**Eligibility:** people with multiple sclerosis and their relatives

**Coverage area:** MRC Pierre-De Saurel

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

**Financing:** self-financing

**Legal status:** non-profit organization

### **ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY**

105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-6655 Fax:** 450 743-5920

**Email:** aphst@videotron.ca

**Services:** Improvement of the quality of life of people with disabilities by promoting accessibility to transportation, housing, recreation, education and employment. \* Defending the rights of people with disabilities. \* Promoting accessibility to transportation, recreation, housing, work, education and public places. \* Group outings and leisure activities. \* Newsletters and access to documentation.

**Eligibility:** persons 18 years of age and older living with a physical or sensory disability, any person concerned about the social integration of people with disabilities

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 9h00 to 17h00

**Fees:** \$10 per year

**Financing:** fundraising campaigns, membership fees, donations

**Legal status:** non-profit organization

### **HALTE SOLEIL**

404 Filiatrault Street, Saint-Joseph-de-Sorel, Montérégie, QC, J3R 3S8

**450 742-4959 Fax:** 450 742-3016

**Email:** haltesoleil@bellnet.ca

**Services:** Respite home. \* Respite care service, day care, assistance. \* Stimulation activities. \* Development workshops. \* Coffee meeting. \* Outings.

**Eligibility:** people living with an intellectual or physical disability, their families

**Coverage area:** Saint-Joseph-de-Sorel

**Hours:** 24 hours / 7 days

**Legal status:** non-profit organization

## **Respite services and housing**

### **HALTE SOLEIL**

404 Filiatrault Street, Saint-Joseph-de-Sorel, Montérégie, QC, J3R 3S8

**450 742-4959 Fax:** 450 742-3016

**Email:** haltesoleil@bellnet.ca

**Services:** Respite home. \* Respite care service, day care, assistance. \* Stimulation activities. \* Development workshops. \* Coffee meeting. \* Outings.

**Eligibility:** people living with an intellectual or physical disability, their families



**Coverage area:** Saint-Joseph-de-Sorel

**Hours:** 24 hours / 7 days

**Legal status:** non-profit organization

## Respite, child care and housing

### ASSOCIATION DES AIDANTS(ES) NATURELS(LES) DU BAS-RICHELIEU

55 Fillion Place, Sorel-Tracy, Montérégie, QC, J3P 7Z7

**450 730-0880**

**Website:** www.aanbr.org

**Email:** direction.aanbr@videotron.ca

**Services:** Support to caregivers. \* Reception, listening and referral. \* At-home respite. \* Weekly drop-in respite. \* Trainings and support workshops. \* Monthly conference-lunches.

**Eligibility:** caregivers

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** membership card: \$20 per year

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### CARREFOUR NAISSANCE-FAMILLE

5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9

**450 743-0359 ext. 21** Fax: 450 743-8529

**Website:** www.carrefournaissancefamille.com

**Email:** communication@carrefournaissancefamille.com

**Services:** \* Breastfeeding sponsors. \* Halte des petits gourmands: sharing group between mothers who breastfeed. \* Breastfeeding clinic. \* Breastfeeding challenges. \* Prenatal classes. \* Community daycare. \* Mothers support group. \* Boomerang program: sharing and exchange among fathers. \* Parent support: sponsorship by parent volunteers or a community worker. \* Viens jaser dans ma cour!: support, listening and strategy to improve communication with your child, with a community worker who comes at home. \* Respite for recent mothers. \* Workshops on parent-child development. \* Verification for car seats. \* Boutique: sale of products for infants and loan of milk pumps and car seats.

**Eligibility:** future parents, families with children from 0 to 17 years old

**Coverage area:** MRC Pierre-De Saurel and surrounding areas

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

**Fees:** membership card: \$25 for residents of the MRC Pierre-De Saurel, \$50 for residents from surrounding areas, activities and services: free or variable

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

**Legal status:** non-profit organization

### CENTRE DE TRANSITION PERCEVAL

148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6

**450 746-1860** Fax: 450 746-2970

**Email:** centre.perceval@videotron.ca

**Services:** Psychosocial rehabilitation center. \* Supervised transitional housing. \* Personalized community follow-up with variable intensity. \* Guidance in employment, schooling, life projects and daily routine. \* Pharmacological treatment and follow-up. \* Educational, cultural and social activities.

**Eligibility:** people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** free

**Financing:** donations, provincial  
**Legal status:** non-profit organization

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### COOPÉRATIVE DE SOLIDARITÉ EN ENTRETIEN MÉNAGER DU BAS-RICHELIEU

71 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-9181 Fax:** 450 743-3306

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

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

**Services:** At-home assistance. \* Subsidized light works: cleaning, dusting, laundry, ironing, meals preparation, grocery shopping and other errands. \* Subsidized heavy works: window cleaning, floor cleaning and waxing, appliances, garage and basement cleaning. \* Non-subsidized works: seasonal works, reparation or furniture mounting, pets care, daily assistance, logistic assistance, care and home surveillance, leaves pick-up, snow removal, gardening, assistance with packing for a house move, etc. \* Help with daily life: hygiene, partial toilet and bath, incontinence care, help with getting up and going to bed, safe travel, accompaniment for medical appointments, at the pharmacy or at the bank. \* Presence and monitoring: stimulation, help with medication, respite for caregivers.

**Eligibility:** people needing an occasional or continuous assistance, people 65 years and over or referred by the CLSC, people with a temporary or permanent physical disability, single-parent families

**Coverage area:** MRC Pierre-De Saurel, Contrecoeur

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

**Fees:** fees according to the age and income, grants available for people 65 years and over or referred by the CLSC, non-subsidized services: starting from \$24 per hour

**Financing:** grants, self-financing

**Legal status:** non-profit organization

### HALTE SOLEIL

404 Filiatrault Street, Saint-Joseph-de-Sorel, Montérégie, QC, J3R 3S8

**450 742-4959 Fax:** 450 742-3016

**Email:** [haltesoleil@bellnet.ca](mailto:haltesoleil@bellnet.ca)

**Services:** Respite home. \* Respite care service, day care, assistance. \* Stimulation activities. \* Development workshops. \* Coffee meeting. \* Outings.

**Eligibility:** people living with an intellectual or physical disability, their families

**Coverage area:** Saint-Joseph-de-Sorel

**Hours:** 24 hours / 7 days

**Legal status:** non-profit organization

**SOCIÉTÉ ALZHEIMER RIVE-SUD - POINT DE SERVICE SOREL-TRACY**

369 Fiset Boulevard, Suite 202, Sorel-Tracy, Montérégie, QC, J3P 3R3

**450 742-7333**

**Website:** societealzheimerivesud.ca

**Email:** sorel@alzheimerivesud.ca

**Services:** \* Helpline. \* Individual and family counselling. \* Training and support workshops for caregivers. \* Meetings for spouses and for caregivers. \* L'Embellie: speech workshop and activities. \* Home respite. \* Vocational training.

**Eligibility:** people with Alzheimer's disease or another major neurocognitive disorder, caregivers, relatives

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**VAISSEAU D'OR (LE)**

201 Robillard Street, Suite 210, Sorel-Tracy, Montérégie, QC, J3P 8C7

**450 743-2300**

**Website:** levaisseaudor.org

**Email:** info@vaisseaudor.org

**Services:** Assistance, support and intervention with the close ones of a person living with severe and persistent mental illness. \* Individual or family psychosocial intervention. \* Information and training activities. \* Support and self-help group. \* Respite.

**Eligibility:** close ones of a person living with severe and persistent mental illness

**Coverage area:** Massueville, Saint-Aimé, Saint-David, Saint-Gérard-Majella, Saint-Joseph-de-Sorel, Saint-Ours, Saint-Robert, Saint-Roch-de-Richelieu, Sainte-Anne-de-Sorel, Sainte-Victoire-de-Sorel, Sorel-Tracy, Yamaska

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

**Fees:** free

**Financing:** grants, donations, self-financing, foundations

**Legal status:** non-profit organization

**Support Associations****AIDE ARTHRITE DU BAS-RICHELIEU**

71 De Ramezay Street, Suite 151-B, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 989-0619**

**Email:** arthritis@hotmail.com

**Services:** \* Listening and referral. \* Exercises in the gym, soft gymnastics, healthy Tai Chi, personalized fitness plan. \* Memory course.

**Eligibility:** people living with arthritis

**Coverage area:** MRC Pierre-De Saurel

**Hours:** September to May, Monday 9h00 to 12h00, Tuesday 13h30 to 15h00

**Fees:** \$20 per year

**Financing:** donations

**Legal status:** non-profit organization

**ASSOCIATION DE FIBROMYALGIE DU BAS-RICHELIEU**

71 de Ramezay Street, Suite 220, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 908-0910**

**Email:** afbr@live.ca

**Services:** Improving the quality of life of people living with fibromyalgia disease by providing them with cultural, economic and social services. \* Self-help group. \* Psychological support. \* Phone support. \* Coffee meeting. \* Documentation. \* Conferences. \* Resourcing activities. \* Adapted aquaform course. \* Massage therapy and reflexology.

**Eligibility:** people suffering from fibromyalgia or chronic pain

**Coverage area:** MRC Pierre-De Saurel

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## **ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL**

1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4

**450 743-0664 Fax:** 450 743-3208

**Website:** [adirs.e-monsite.com](http://adirs.e-monsite.com)

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

**Services:** Promotion of rights and advocacy of the interests of people with an intellectual disability or an autism spectrum disorder. \* Listening and support. \* Pairing. \* Luncheons: support group for parents. \* Social, cultural and recreational activities. \* Special activities, family parties and outings. \* Advocacy of rights and awareness.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their family

**Coverage area:** Contrecoeur, MRC Pierre-De Saurel

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

**Fees:** annual membership card: \$10, activities: variable

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

**Legal status:** non-profit organization

## **ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS**

71 Ramezay Street, Suite 151-A, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 746-5536 Fax:** 450 746-7409

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

**Services:** \* Support groups. \* Coffee-meetings. \* Leisure activities. \* Conferences. \* Friendly visits. \* Loan of equipment. \* Information on the disease and resources. \* Advocacy (accessibility to work and public places).

**Eligibility:** people with multiple sclerosis and their relatives

**Coverage area:** MRC Pierre-De Saurel

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

**Financing:** self-financing

**Legal status:** non-profit organization

## **CANADIAN CANCER SOCIETY - SOREL-TRACY SERVICE CENTRE**

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310 ext. 209**

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

**Services:** \* Documentation and information. \* Support group for patients and relatives.

**Eligibility:** people living with cancer, their relatives, general public

**Coverage area:** Sorel-Tracy

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

## **CARREFOUR NAISSANCE-FAMILLE**

5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9

**450 743-0359 ext. 21 Fax:** 450 743-8529

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

**Email:** [communication@carrefournaissancefamille.com](mailto:communication@carrefournaissancefamille.com)

**Services:** \* Breastfeeding sponsors. \* Halte des petits gourmands: sharing group between mothers who breastfeed. \* Breastfeeding clinic. \* Breastfeeding challenges. \* Prenatal classes. \* Community daycare. \* Mothers support group. \* Boomerang program: sharing and exchange among fathers. \* Parent support: sponsorship by parent volunteers or a community worker. \* Viens jaser dans ma cour!: support, listening and strategy to improve communication with your child, with a community worker who comes at home. \* Respite for recent mothers. \* Workshops on parent-child development. \* Verification for car seats. \* Boutique: sale of products for infants and loan of milk pumps and car seats.

**Eligibility:** future parents, families with children from 0 to 17 years old

**Coverage area:** MRC Pierre-De Saurel and surrounding areas

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

**Fees:** membership card: \$25 for residents of the MRC Pierre-De Saurel, \$50 for residents from surrounding areas, activities and services: free or variable

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

**Legal status:** non-profit organization

## CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310 Fax:** 450 743-2046

**Website:** [www.cab-basrichelieu.org](http://www.cab-basrichelieu.org)

**Email:** [direction@cab-basrichelieu.org](mailto:direction@cab-basrichelieu.org)

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

## CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

**DIABÉTIQUES SOREL-TRACY (LES)**

71 de Ramezay Street, Office 111, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 743-7461**

**Email:** diabetest@videotron.ca

**Services:** \* Information and education. \* Screening. \* Lunch-conversation. \* Individual encounters, at the centre or at home. \* Nutrition classes in collaboration with Diabète Québec. \* Workshops. \* Conferences. \* Participation to research groups.

**Eligibility:** general population, in particular diabetic people and their closed ones

**Coverage area:** Sorel-Tracy

**Hours:** on appointment

**Financing:** grants

**Legal status:** non-profit organization

**GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY**

117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4

**450 743-6071 Fax:** 450 743-9971

**Website:** www.groupedentraidelarretcourt.com

**Email:** arretcourt@hotmail.com

**Services:** Mental health mutual aid group. \* Telephone support. \* Listening, support and accompaniment. \* Information and referral. \* Training, educational and awareness workshops. \* Collective kitchen. \* Community meals. \* Recreational, cultural and socialization activities and outings. \* Personal growth workshops. \* Workshops with the presence of animals. \* Art workshops.

**Eligibility:** people 18 years of age and older who are or have been living with severe and persistent mental health problems

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

**SOCIÉTÉ ALZHEIMER RIVE-SUD - POINT DE SERVICE SOREL-TRACY**

369 Fiset Boulevard, Suite 202, Sorel-Tracy, Montérégie, QC, J3P 3R3

**450 742-7333**

**Website:** societealzhemerrivesud.ca

**Email:** sorel@alzhemerrivesud.ca

**Services:** \* Helpline. \* Individual and family counselling. \* Training and support workshops for caregivers. \* Meetings for spouses and for caregivers. \* L'Embellie: speech workshop and activities. \* Home respite. \* Vocational training.

**Eligibility:** people with Alzheimer's disease or another major neurocognitive disorder, caregivers, relatives

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**Support and integration organizations****ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL**

1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4

**450 743-0664 Fax:** 450 743-3208

**Website:** adirs.e-monsite.com

**Email:** adirs@videotron.ca

**Services:** Promotion of rights and advocacy of the interests of people with an intellectual disability or an autism spectrum disorder. \* Listening and support. \* Pairing. \* Luncheons: support group for parents. \* Social, cultural and recreational activities. \* Special activities, family parties and outings. \* Advocacy of rights and awareness.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their family

**Coverage area:** Contrecoeur, MRC Pierre-De Saurel

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

**Fees:** annual membership card: \$10, activities: variable

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

**Legal status:** non-profit organization

## The Blind

### ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY

105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-6655 Fax:** 450 743-5920

**Email:** aphst@videotron.ca

**Services:** Improvement of the quality of life of people with disabilities by promoting accessibility to transportation, housing, recreation, education and employment. \* Defending the rights of people with disabilities. \* Promoting accessibility to transportation, recreation, housing, work, education and public places. \* Group outings and leisure activities. \* Newsletters and access to documentation.

**Eligibility:** persons 18 years of age and older living with a physical or sensory disability, any person concerned about the social integration of people with disabilities

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 9h00 to 17h00

**Fees:** \$10 per year

**Financing:** fundraising campaigns, membership fees, donations

**Legal status:** non-profit organization

### SDEM SEMO MONTÉRÉGIE - SOREL-TRACY

215 Robillard Street, Sorel-Tracy, Montérégie, QC, J3P 8C7

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

**Website:** sdem-semo.org

**Email:** info@sdem-semo.org

**Services:** Support for training, integration and job retention. \* Preparatory employment program. \* Job search assistance.

**Eligibility:** people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)

**Coverage area:** Sorel-Tracy

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## Therapy and rehabilitation centres

### AIDE ARTHRITE DU BAS-RICHELIEU

71 De Ramezay Street, Suite 151-B, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 989-0619**

**Email:** arthritis@hotmail.com

**Services:** \* Listening and referral. \* Exercises in the gym, soft gymnastics, healthy Tai Chi, personalized fitness plan. \* Memory course.

**Eligibility:** people living with arthritis

**Coverage area:** MRC Pierre-De Saurel

**Hours:** September to May, Monday 9h00 to 12h00, Tuesday 13h30 to 15h00

**Fees:** \$20 per year

**Financing:** donations

**Legal status:** non-profit organization



## **Education and Literacy**

**ACADEMIC AND VOCATIONAL GUIDANCE**

**COMPUTER WORKSHOPS**

**DIFFICULTIES AND LEARNING DISABILITIES**

**LITERACY**

**PUBLIC EDUCATION**

**SCHOOL PERSEVERANCE**

**VOCATIONAL TRAINING, CÉGEPs AND UNIVERSITIES**

## Academic and vocational guidance

### CARREFOUR JEUNESSE-EMPLOI DE PIERRE-DE SAUREL

37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6

450 743-1441

**Website:** cje-pierredesaurel.com

**Email:** info@cje-pierredesaurel.com

**Services:** \* Welcoming, help and reference. \* General help with the job search. \* Professional and academic orientation. \* Départ@9: accompagnement towards employment, individual or in group. \* Help for returning to studies. \* Helping graduates find employment in the MRC de Pierre-de Saurel. \* Mes finances Mes choix: workshops on financial education. \* Support for student retention. \* Developing personal autonomy of youth undergoing personal difficulties or social insertion challenges. \* Opportunities of entrepreneurship and volunteering.

**Eligibility:** people 16 to 35 years old

**Coverage area:** MRC Pierre-De Saurel

**Financing:** provincial

**Legal status:** non-profit organization

## Computer workshops

### ARDOISE, GROUPE POPULAIRE EN ALPHABÉTISATION (L')

50 du Roi Street, Suite 110, Sorel-Tracy, Montérégie, QC, J3P 4M7

450 780-1016

**Email:** info@lardoisealphabetisationpopulaire.org

**Services:** Popular education in literacy. \* Literacy workshops, beginner and advanced levels. \* Numeracy workshops. \* Computer workshops. \* Visual arts workshops. \* Cooking workshops. \* General culture workshops.

**Eligibility:** people with low literacy skills or with difficulties reading and writing

**Coverage area:** Sorel-Tracy

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

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

### REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL

71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1

450 855-3737

**Website:** rsaps.ca

**Email:** rsaps@videotron.ca

**Services:** Activities to maintain health and break seniors' social isolation. \* Breakfast conferences. \* Painting, sculpture and writing workshops. \* Workshops to stimulate memory. \* Sessions of various physical exercises at different levels. \* Computer courses: Facebook and Messenger, Apple tablet, Android tablet, photos and archiving. \* Defense and promotion of seniors' rights. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV): support, referral and information services.

**Eligibility:** people 50 years old and over

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

**Fees:** membership card: \$10, breakfast conferences: \$5 per member, workshops: free or variables fees

**Financing:** contributions, provincial

**Legal status:** non-profit organization

## Difficulties and learning disabilities

### SDEM SEMO MONTÉRÉGIE - SOREL-TRACY

215 Robillard Street, Sorel-Tracy, Montérégie, QC, J3P 8C7

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

**Website:** sdem-semb.org

**Email:** info@sdem-semb.org

**Services:** Support for training, integration and job retention. \* Preparatory employment program. \* Job search assistance.

**Eligibility:** people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)

**Coverage area:** Sorel-Tracy

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## Literacy

### ARDOISE, GROUPE POPULAIRE EN ALPHABÉTISATION (L')

50 du Roi Street, Suite 110, Sorel-Tracy, Montérégie, QC, J3P 4M7

**450 780-1016**

**Email:** info@lardoisealphabetisationpopulaire.org

**Services:** Popular education in literacy. \* Literacy workshops, beginner and advanced levels. \* Numeracy workshops. \* Computer workshops. \* Visual arts workshops. \* Cooking workshops. \* General culture workshops.

**Eligibility:** people with low literacy skills or with difficulties reading and writing

**Coverage area:** Sorel-Tracy

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

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

## Public education

### COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SOREL-TRACY

71 de Ramesay Street, Office 308 C, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**1 877 771-1164** Fax: 450 855-4995

**Website:** cddm.weebly.com

**Email:** conseillersorel@cddm.qc.ca

**Services:** \* Advocacy for people living with or having lived with emotional issues. \* Denouncing of the abuses of psychiatry. \* Training, mobilization, popular education.

**Eligibility:** people living with or having lived with emotional issues

**Coverage area:** Sorel-Tracy

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**PORTE DU PASSANT (LA)**

80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7

**450 743-4803 Fax:** 450 855-4858

**Website:** laportedupassant.org

**Email:** laportedupassant@videotron.ca

**Services:** Day centre and community cafeteria. \* Reception, listening, referral and accompaniment by a community worker. \* Intervention line. \* Community cafeteria: breakfasts, lunches and snacks. \* Emergency clothing and food assistance. \* Residential support with accompaniment. \* Small food surplus counter. \* Rest stop: place of provisioning and rest. \* Showers. \* Telephone services for people without a personal telephone. \* Information and popular education workshops. \* Monthly community dinners. \* Recovery of used items on site. \* Various activities.

**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 150

**Coverage area:** MRC Pierre-De Saurel

**Hours:** services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00

**Fees:** membership card to be a part of the membership advisory committee, but not required for access to services: \$5, meals: variable

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

**Legal status:** non-profit organization

**SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL**

71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3

**450 746-1497**

**Website:** www.smqpierredesaurel.org

**Email:** info@smqpierredesaurel.org

**Services:** Promotion and prevention of mental health in the MRC Pierre-De Saurel. \* Raising awareness on mental health issues (conference, workshops). \* Mental Health Week in May. \* Breakfasts and lunches for members. \* Lending of books to members. \* Promotional tools. \* Listening and referral. \* Physical activity workshops (tai chi, etc.). \* Chess club.

**Coverage area:** MRC Pierre-De Saurel

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

**Legal status:** non-profit organization

**School perseverance****CARREFOUR JEUNESSE-EMPLOI DE PIERRE-DE SAUREL**

37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6

**450 743-1441**

**Website:** cje-pierredesaurel.com

**Email:** info@cje-pierredesaurel.com

**Services:** \* Welcoming, help and reference. \* General help with the job search. \* Professional and academic orientation. \* Départ@9: accompaniment towards employment, individual or in group. \* Help for returning to studies. \* Helping graduates find employment in the MRC de Pierre-de Saurel. \* Mes finances Mes choix: workshops on financial education. \* Support for student retention. \* Developing personal autonomy of youth undergoing personal difficulties or social insertion challenges. \* Opportunities of entrepreneurship and volunteering.

**Eligibility:** people 16 to 35 years old

**Coverage area:** MRC Pierre-De Saurel

**Financing:** provincial

**Legal status:** non-profit organization

## Vocational training, Cégeps and Universities

### CÉGEP DE SOREL-TRACY

3000 de Tracy Boulevard, Sorel-Tracy, Montérégie, QC, J3R 5B9

**450 742-6651** Fax: 450 742-1878

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

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

**Services:** Public higher education institution at the college level. \* Pre-university and technical programs (DEC), attestation of collegiate studies (AEC). \* Ongoing training and services to businesses. \* Other campus: Varennes.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 7h00 to 23h00, Saturday 9h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - SOREL-TRACY

Confidential Address

**450 742-0204**

**Website:** [www.usherbrooke.ca/uta/prog/mtg/bri](http://www.usherbrooke.ca/uta/prog/mtg/bri)

**Email:** [uta.monteregie@usherbrooke.ca](mailto: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 old and over, no prior degree is required

**Coverage area:** Montérégie

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

**Financing:** donations, grants

**Legal status:** non-profit organization

**Employment and Income Support****ADVOCACY FOR WORKERS AND UNEMPLOYED****BUDGET MANAGEMENT AND CONSUMPTION****BUSINESS DEVELOPMENT****EMPLOYMENT SUPPORT AND TRAINING****EMPLOYMENT SUPPORT FOR IMMIGRANTS****EMPLOYMENT SUPPORT FOR SENIORS****EMPLOYMENT SUPPORT FOR WOMEN****EMPLOYMENT SUPPORT FOR YOUTH****TAX CLINICS****VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

## Advocacy for workers and unemployed

### ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

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

**Email:** [gcmer8@hotmail.com](mailto:gcmer8@hotmail.com)

**Services:** Support for seniors. \* Active listening, referrals and support for home maintenance. \* Accompaniment in administrative, legal and personal steps. \* Retirement preparation courses, workshops and various courses. \* Assistance in filling out forms. \* Elder abuse awareness and prevention. \* Information on estates. \* Incapacity mandate.

**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** incapacity mandate: variable

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

**Legal status:** non-profit organization

## Budget management and consumption

### ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SOREL-TRACY

71 de Ramezay Street, Suite 309, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 908-0929**

**Website:** [acefmonteregie-est.com](http://acefmonteregie-est.com)

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

**Services:** \* Budget consultations. \* Defense of consumer rights. \* Defense of tenants rights. \* Employee assistance programme for employers. \* Desjardins Mutual Assistance Fund: budget counselling and small loan.

**Coverage area:** MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel

**Legal status:** Cooperative

### CARREFOUR JEUNESSE-EMPLOI DE PIERRE-DE SAUREL

37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6

**450 743-1441**

**Website:** [cje-pierredesaurel.com](http://cje-pierredesaurel.com)

**Email:** [info@cje-pierredesaurel.com](mailto:info@cje-pierredesaurel.com)

**Services:** \* Welcoming, help and reference. \* General help with the job search. \* Professional and academic orientation. \* Départ@9: accompaniment towards employment, individual or in group. \* Help for returning to studies. \* Helping graduates find employment in the MRC de Pierre-de Saurel. \* Mes finances Mes choix: workshops on financial education. \* Support for student retention. \* Developing personal autonomy of youth undergoing personal difficulties or social insertion challenges. \* Opportunities of entrepreneurship and volunteering.

**Eligibility:** people 16 to 35 years old

**Coverage area:** MRC Pierre-De Saurel

**Financing:** provincial

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU

70 Élisabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310** Fax: 450 743-2046

**Website:** [www.cab-basrichelieu.org](http://www.cab-basrichelieu.org)

**Email:** [direction@cab-basrichelieu.org](mailto:direction@cab-basrichelieu.org)

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

## Business development

### SERVICES QUÉBEC - SOREL-TRACY

375 Fiset Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7Z4

**450 742-5941 Fax:** 450 746-1931

**Website:** [www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index\\_en.asp](http://www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp)

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Services related to the Ministry of Immigration, Francization and Integration. \* Self-service computer stations. \* Information about government programs and services.

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

**Coverage area:** Sorel-Tracy

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

**Financing:** provincial

**Legal status:** provincial government agency

## Employment support and training

### ORIENTHÈQUE (L') - CENTRE D'ORIENTATION ET SERVICES D'INTÉGRATION DE LA MAIN-D'OEUVRE

343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1

**450 730-0181 Fax:** 450 730-0669

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

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

**Services:** \* Job search techniques workshop. \* Individual and group meetings. \* Resume writing. \* Programs for employment insurance beneficiaries. \* Job search and professional reintegration programs for women. \* Program for people 55 years and over. \* Programs for people with a criminal record. \* Networking, conferences, business visits. \* Business services.

**Eligibility:** people searching for a job, employment insurance beneficiaries, women, people 55 years and over, people with a criminal record

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

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

**Fees:** free



**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

## SERVICES QUÉBEC - SOREL-TRACY

375 Fiset Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7Z4

**450 742-5941 Fax:** 450 746-1931

**Website:** [www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index\\_en.asp](http://www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp)

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Services related to the Ministry of Immigration, Francization and Integration. \* Self-service computer stations. \* Information about government programs and services.

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

**Coverage area:** Sorel-Tracy

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

**Financing:** provincial

**Legal status:** provincial government agency

## Employment support for immigrants

### ACCÈS-RÉGION

343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1

**450 730-0181 Fax:** 450 730-0669

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

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

**Services:** Assistance with settling in the region. \* Job integration assistance.

**Eligibility:** newcomers, immigrant people

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

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

**Fees:** free

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

## Employment support for seniors

### ORIENTHÈQUE (L') - CENTRE D'ORIENTATION ET SERVICES D'INTÉGRATION DE LA MAIN-D'OEUVRE

343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1

**450 730-0181 Fax:** 450 730-0669

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

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

**Services:** \* Job search techniques workshop. \* Individual and group meetings. \* Resume writing. \* Programs for employment insurance beneficiaries. \* Job search and professional reintegration programs for women. \* Program for people 55 years and over. \* Programs for people with a criminal record. \* Networking, conferences, business visits. \* Business services.

**Eligibility:** people searching for a job, employment insurance beneficiaries, women, people 55 years and over, people with a criminal record

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

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

**Fees:** free

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

## Employment support for women

### ORIENTHÈQUE (L') - CENTRE D'ORIENTATION ET SERVICES D'INTÉGRATION DE LA MAIN-D'OEUVRE

343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1

**450 730-0181 Fax:** 450 730-0669

**Website:** www.orientheque.ca

**Email:** info@orientheque.ca

**Services:** \* Job search techniques workshop. \* Individual and group meetings. \* Resume writing. \* Programs for employment insurance beneficiaries. \* Job search and professional reintegration programs for women. \* Program for people 55 years and over. \* Programs for people with a criminal record. \* Networking, conferences, business visits. \* Business services.

**Eligibility:** people searching for a job, employment insurance beneficiaries, women, people 55 years and over, people with a criminal record

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

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

**Fees:** free

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

## Employment support for youth

### CARREFOUR JEUNESSE-EMPLOI DE PIERRE-DE SAUREL

37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6

**450 743-1441**

**Website:** cje-pierredesaurel.com

**Email:** info@cje-pierredesaurel.com

**Services:** \* Welcoming, help and reference. \* General help with the job search. \* Professional and academic orientation. \* Départ@9: accompaniment towards employment, individual or in group. \* Help for returning to studies. \* Helping graduates find employment in the MRC de Pierre-de Saurel. \* Mes finances Mes choix: workshops on financial education. \* Support for student retention. \* Developing personal autonomy of youth undergoing personal difficulties or social insertion challenges. \* Opportunities of entrepreneurship and volunteering.

**Eligibility:** people 16 to 35 years old

**Coverage area:** MRC Pierre-De Saurel

**Financing:** provincial

**Legal status:** non-profit organization

### RECYCLO-CENTRE

165 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 7L4

**450 743-5224 Fax:** 450 746-4366

**Website:** www.recyclo-centre.ca

**Email:** information@recyclo-centre.org

**Services:** Used goods store and socio-professional reintegration. \* Used goods stores: clothing, furniture, audio-video, household appliances, small appliances, books, toys, sporting goods and home accessories. \* On-site collection of used items. \* Recycling: electronics, batteries, refrigerators, ink cartridges, Nespresso coffee pods. \* Socio-professional integration of young workers between 18 and 44 years old, specialized in the recovery, management and resale of residual materials. \* Social integration through supervision and support.

**Eligibility:** people 18 to 44 years old who are far from the labour market, individuals and families on a low income

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Tuesday, Wednesday, Friday and Saturday 9h00 to 17h00, Thursday 9h00 to 20h00, donation centre: 7 days 9h00 to 17h00

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

**Legal status:** non-profit organization

## Tax clinics

### ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI BAS-RICHELIEU - TAX CLINIC

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

**Website:** vivreetvieillirchezsoi.ca

**Email:** gcmer8@hotmail.com

**Services:** \* Year-round tax clinic.

**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

**Financing:** donations

**Legal status:** non-profit organization

## Vocational rehabilitation and disability-related employment

### CENTRE DE TRANSITION PERCEVAL

148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6

**450 746-1860** Fax: 450 746-2970

**Email:** centre.perceval@videotron.ca

**Services:** Psychosocial rehabilitation center. \* Supervised transitional housing. \* Personalized community follow-up with variable intensity. \* Guidance in employment, schooling, life projects and daily routine. \* Pharmacological treatment and follow-up. \* Educational, cultural and social activities.

**Eligibility:** people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

### GROUPE D'ENTRAIDE SOREL-TRACY (LE)

144 Dauplaise Street, Sorel-Tracy, Montérégie, QC, J3P 8A8

**450 746-5611**

**Website:** www.legest.org

**Email:** le.gest@videotron.ca

**Services:** \* Food counter, with possibility of delivery. \* Emergency food assistance. \* Information, reference and support in the procedures. \* Parent-child workshops. \* Social and professional reintegration program in partnership with the Local Employment Center of Sorel-Tracy. \* Catering service. \* School supplies. \* Distribution of Christmas baskets.

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

**Coverage area:** Sorel-Tracy

**Hours:** administration and emergency food assistance: Tuesday to Friday 8h00 to 16h30, food bank: Thursday 13h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## **ORIENTHÈQUE (L') - CENTRE D'ORIENTATION ET SERVICES D'INTÉGRATION DE LA MAIN-D'OEUVRE**

343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1

**450 730-0181 Fax:** 450 730-0669

**Website:** www.orientheque.ca

**Email:** info@orientheque.ca

**Services:** \* Job search techniques workshop. \* Individual and group meetings. \* Resume writing. \* Programs for employment insurance beneficiaries. \* Job search and professional reintegration programs for women. \* Program for people 55 years and over. \* Programs for people with a criminal record. \* Networking, conferences, business visits. \* Business services.

**Eligibility:** people searching for a job, employment insurance beneficiaries, women, people 55 years and over, people with a criminal record

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

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

**Fees:** free

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

## **RECYCLO-CENTRE**

165 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 7L4

**450 743-5224 Fax:** 450 746-4366

**Website:** www.recyclo-centre.ca

**Email:** information@recyclo-centre.org

**Services:** Used goods store and socio-professional reintegration. \* Used goods stores: clothing, furniture, audio-video, household appliances, small appliances, books, toys, sporting goods and home accessories. \* On-site collection of used items. \* Recycling: electronics, batteries, refrigerators, ink cartridges, Nespresso coffee pods. \* Socio-professional integration of young workers between 18 and 44 years old, specialized in the recovery, management and resale of residual materials. \* Social integration through supervision and support.

**Eligibility:** people 18 to 44 years old who are far from the labour market, individuals and families on a low income

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Tuesday, Wednesday, Friday and Saturday 9h00 to 17h00, Thursday 9h00 to 20h00, donation centre: 7 days 9h00 to 17h00

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

**Legal status:** non-profit organization

## **SDEM SEMO MONTÉRÉGIE - SOREL-TRACY**

215 Robillard Street, Sorel-Tracy, Montérégie, QC, J3P 8C7

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

**Website:** sdem-sembro.org

**Email:** info@sdem-sembro.org

**Services:** Support for training, integration and job retention. \* Preparatory employment program. \* Job search assistance.

**Eligibility:** people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)

**Coverage area:** Sorel-Tracy

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### **SERVICES QUÉBEC - SOREL-TRACY**

375 Fiset Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7Z4

**450 742-5941 Fax:** 450 746-1931

**Website:** [www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index\\_en.asp](http://www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp)

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations.  
\* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Services related to the Ministry of Immigration, Francization and Integration. \* Self-service computer stations. \* Information about government programs and services.

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

**Coverage area:** Sorel-Tracy

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

**Financing:** provincial

**Legal status:** provincial government agency

**Food**

**CHRISTMAS BASKET**

**COLLECTIVE KITCHENS AND COOKING WORKSHOPS**

**FOOD ASSISTANCE**

**FOOD AID FOR PREGNANT WOMEN AND CHILDREN**

**FOOD ASSISTANCE IN SCHOOLS**

**LOW COST OR FREE MEALS**

**PREPARED MEALS AND MEALS-ON-WHEELS**

## Christmas basket

### CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310** Fax: 450 743-2046

**Website:** www.cab-basrichelieu.org

**Email:** direction@cab-basrichelieu.org

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

### GROUPE D'ENTRAIDE SOREL-TRACY (LE)

144 Dauplaise Street, Sorel-Tracy, Montérégie, QC, J3P 8A8

**450 746-5611**

**Website:** www.legest.org

**Email:** le.gest@videotron.ca

**Services:** \* Food counter, with possibility of delivery. \* Emergency food assistance. \* Information, reference and support in the procedures. \* Parent-child workshops. \* Social and professional reintegration program in partnership with the Local Employment Center of Sorel-Tracy. \* Catering service. \* School supplies. \* Distribution of Christmas baskets.

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

**Coverage area:** Sorel-Tracy

**Hours:** administration and emergency food assistance: Tuesday to Friday 8h00 to 16h30, food bank: Thursday 13h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Collective kitchens and cooking workshops

### CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310** Fax: 450 743-2046

**Website:** www.cab-basrichelieu.org

**Email:** direction@cab-basrichelieu.org

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

### **GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY**

117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4

**450 743-6071 Fax:** 450 743-9971

**Website:** www.groupedentraidelarretcourt.com

**Email:** arretcourt@hotmail.com

**Services:** Mental health mutual aid group. \* Telephone support. \* Listening, support and accompaniment. \* Information and referral. \* Training, educational and awareness workshops. \* Collective kitchen. \* Community meals. \* Recreational, cultural and socialization activities and outings. \* Personal growth workshops. \* Workshops with the presence of animals. \* Art workshops.

**Eligibility:** people 18 years of age and older who are or have been living with severe and persistent mental health problems

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

## **Food Assistance**

### **CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU**

70 Élisabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310 Fax:** 450 743-2046

**Website:** www.cab-basrichelieu.org

**Email:** direction@cab-basrichelieu.org

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

### **GROUPE D'ENTRAIDE SOREL-TRACY (LE)**

144 Dauplaise Street, Sorel-Tracy, Montérégie, QC, J3P 8A8

**450 746-5611**

**Website:** www.legest.org

**Email:** le.gest@videotron.ca



**Services:** \* Food counter, with possibility of delivery. \* Emergency food assistance. \* Information, reference and support in the procedures. \* Parent-child workshops. \* Social and professional reintegration program in partnership with the Local Employment Center of Sorel-Tracy. \* Catering service. \* School supplies. \* Distribution of Christmas baskets.

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

**Coverage area:** Sorel-Tracy

**Hours:** administration and emergency food assistance: Tuesday to Friday 8h00 to 16h30, food bank: Thursday 13h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## PORTE DU PASSANT (LA)

80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7

**450 743-4803 Fax:** 450 855-4858

**Website:** laportedupassant.org

**Email:** laportedupassant@videotron.ca

**Services:** Day centre and community cafeteria. \* Reception, listening, referral and accompaniment by a community worker. \* Intervention line. \* Community cafeteria: breakfasts, lunches and snacks. \* Emergency clothing and food assistance. \* Residential support with accompaniment. \* Small food surplus counter. \* Rest stop: place of provisioning and rest. \* Showers. \* Telephone services for people without a personal telephone. \* Information and popular education workshops. \* Monthly community dinners. \* Recovery of used items on site. \* Various activities.

**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 150

**Coverage area:** MRC Pierre-De Saurel

**Hours:** services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00

**Fees:** membership card to be a part of the membership advisory committee, but not required for access to services: \$5, meals: variable

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

**Legal status:** non-profit organization

## Food aid for pregnant women and children

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** santemonteregie.qc.ca/en/installations/clsc-gaston-belanger

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

## Food assistance in schools

### CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310** Fax: 450 743-2046

**Website:** www.cab-basrichelieu.org

**Email:** direction@cab-basrichelieu.org

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

## Low cost or free meals

### CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL

96 Curé-Beaugard Street, Saint-Ours, Montérégie, QC, J0G 1P0

**450 785-2874** Fax: 450 785-2876

**Email:** carrefourarcenciel@videotron.ca

**Services:** Family and community services. \* Meals on wheels, hot and frozen meals. \* Matinée des enfants: parents-children activities. \* Youth Centre Le Salon des Ados. \* Friendship lunches every two weeks. \* Transportation to medical appointments.

**Eligibility:** families, teenagers, seniors

**Coverage area:** MRC Pierre-de-Saurel

**Hours:** Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Financing:** grants, self-financing

**Legal status:** non-profit organization

### GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY

117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4

**450 743-6071** Fax: 450 743-9971

**Website:** www.groupeentraidelarretcourt.com

**Email:** arretcourt@hotmail.com

**Services:** Mental health mutual aid group. \* Telephone support. \* Listening, support and accompaniment. \* Information and referral. \* Training, educational and awareness workshops. \* Collective kitchen. \* Community meals. \* Recreational, cultural and socialization activities and outings. \* Personal growth workshops. \* Workshops with the presence of animals. \* Art workshops.

**Eligibility:** people 18 years of age and older who are or have been living with severe and persistent mental health problems

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

**Fees:** none

**Financing:** donations, provincial  
**Legal status:** non-profit organization

### PORTE DU PASSANT (LA)

80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7  
**450 743-4803** Fax: 450 855-4858  
**Website:** laportedupassant.org  
**Email:** laportedupassant@videotron.ca

**Services:** Day centre and community cafeteria. \* Reception, listening, referral and accompaniment by a community worker. \* Intervention line. \* Community cafeteria: breakfasts, lunches and snacks. \* Emergency clothing and food assistance. \* Residential support with accompaniment. \* Small food surplus counter. \* Rest stop: place of provisioning and rest. \* Showers. \* Telephone services for people without a personal telephone. \* Information and popular education workshops. \* Monthly community dinners. \* Recovery of used items on site. \* Various activities.

**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 150

**Coverage area:** MRC Pierre-De Saurel

**Hours:** services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00

**Fees:** membership card to be a part of the membership advisory committee, but not required for access to services: \$5, meals: variable

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

**Legal status:** non-profit organization

### REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL

71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1  
**450 855-3737**  
**Website:** rsaps.ca  
**Email:** rsaps@videotron.ca

**Services:** Activities to maintain health and break seniors' social isolation. \* Breakfast conferences. \* Painting, sculpture and writing workshops. \* Workshops to stimulate memory. \* Sessions of various physical exercises at different levels. \* Computer courses: Facebook and Messenger, Apple tablet, Android tablet, photos and archiving. \* Defense and promotion of seniors' rights. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV): support, referral and information services.

**Eligibility:** people 50 years old and over

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

**Fees:** membership card: \$10, breakfast conferences: \$5 per member, workshops: free or variables fees

**Financing:** contributions, provincial

**Legal status:** non-profit organization

### SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL

71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3  
**450 746-1497**  
**Website:** www.smqpierredesaurel.org  
**Email:** info@smqpierredesaurel.org

**Services:** Promotion and prevention of mental health in the MRC Pierre-De Saurel. \* Raising awareness on mental health issues (conference, workshops). \* Mental Health Week in May. \* Breakfasts and lunches for members. \* Lending of books to members. \* Promotional tools. \* Listening and referral. \* Physical activity workshops (tai chi, etc.). \* Chess club.

**Coverage area:** MRC Pierre-De Saurel

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

**Legal status:** non-profit organization

## Prepared meals and Meals-on-wheels

### **CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL**

96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0

**450 785-2874** Fax: 450 785-2876

**Email:** carrefourarcenciel@videotron.ca

**Services:** Family and community services. \* Meals on wheels, hot and frozen meals. \* Matinée des enfants: parents-children activities. \* Youth Centre Le Salon des Ados. \* Friendship lunches every two weeks. \* Transportation to medical appointments.

**Eligibility:** families, teenagers, seniors

**Coverage area:** MRC Pierre-de-Saurel

**Hours:** Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**Government services**

**INCOME STATEMENTS**

**MUNICIPAL SERVICES**

**PROVINCIAL SERVICES**

## Income statements

### REVENU QUÉBEC - SOREL-TRACY

101 du Roi Street, Sorel-Tracy, Montérégie, QC, J3P 4N1

**1 800 267-6299** Fax: 514 873-7502 TTY: 514 873-4455 / 1 800 361-3795

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

**Services:** \* Administration of Québec's tax system by collecting taxes. \* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the enterprise registrar.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## Municipal services

### MASSUEVILLE - MUNICIPALITY

246 Bonsecours Street, Massueville, Montérégie, QC, J0G 1K0

**450 788-2957** Fax: 450 788-2050

**Website:** [www.massueville.net](http://www.massueville.net)

**Email:** [info@massueville.net](mailto:info@massueville.net)

**Services:** Management of municipal services. \* Municipal office: information on permits, taxes and assessments. \* Waste collection calendar: [www.massueville.net/index.php?page=collecte](http://www.massueville.net/index.php?page=collecte) \* Information on the management of residual materials. \* Public security: fire department, Sureté du Québec.

**Coverage area:** Massueville

**Hours:** Monday to Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** municipal

**Legal status:** non-profit organization

### SAINT-AIMÉ - MUNICIPALITY

398 Montée Sainte-Victoire, Saint-Aimé, Montérégie, QC, J0G 1K0

**450 788-2737** Fax: 450 788-3337

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

**Email:** [direction@saintaime.qc.ca](mailto:direction@saintaime.qc.ca)

**Services:** Management of municipal services. \* Municipal office: information on permits, taxes and property assessment. \* Schedule of collections of recyclable materials and garbage: [www.saintaime.qc.ca/index.php?page=collecte](http://www.saintaime.qc.ca/index.php?page=collecte) \* Public security: fire department, Sûreté du Québec.

**Coverage area:** Saint-Aimé

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

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-DAVID - MUNICIPALITY

16 Saint-Charles Street, Saint-David, Montérégie, QC, J0G 1L0

**450 789-2288** Fax: 450 789-3023

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

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

**Services:** Management of municipal services. \* Waste collection calendar: [missionreduction.com/sites/missionreduction.com/files/StDavid.pdf](http://missionreduction.com/sites/missionreduction.com/files/StDavid.pdf) \* Volunteer firefighters service. \* Information on property assessment and permits. \* Room rental.

**Coverage area:** Saint-David

**Hours:** Monday to Wednesday 8h30 to 16h30, Thursday 10h00 to 18h00

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-GÉRARD-MAJELLA - MUNICIPALITY

444 Saint-Antoine Road, Saint-Gérard-Majella, Montérégie, QC, J0G 1X1

**450 789-5777 Fax:** 450 789-0065

**Website:** saintgerardmajella.ca

**Email:** direction@saintgerardmajella.ca

**Services:** Management of municipal services. \* Schedule of recyclable materials and garbage: [www.saintgerardmajella.ca/?page=collecte](http://www.saintgerardmajella.ca/?page=collecte) ?\* Information on permits, taxes and property assessment. \* Municipal emergency alerts.

**Coverage area:** Saint-Gérard-Majella

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

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-ROCH-DE-RICHELIEU - MUNICIPALITY

1111 du Parc Street, Saint-Roch-de-Richelieu, Montérégie, QC, J0L 2M0

**450 785-2755 Fax:** 450 785-3098

**Website:** saintrochderichelieu.qc.ca

**Email:** info@saintrochderichelieu.com

**Services:** Management of the municipal services. \* Municipal counter: information about licences, subsidies and taxes, payment of taxes. \* Online calendar of the recyclable and garbage collections. \* Public security: fire department, Sûreté du Québec, animal control. \* Pair program. \* Online evaluation role.

**Coverage area:** Saint-Roch-De-Richelieu

**Hours:** Monday, Wednesday, Thursday 8h00 to 12h00 and 13h00 to 17h00, Tuesday 8h00 to 12h00 and 12h30 to 17h00 and 17h30 to 20h00

**Financing:** municipal

**Legal status:** municipal agency

### SAINTE-ANNE-DE-SOREL - MUNICIPALITY

1685 du Chenal-du-Moine Road, Sorel-Tracy, Montérégie, QC, J3P 5N3

**450 742-1616 Fax:** 450 742-1118

**Website:** www.sainteannedesorel.ca

**Email:** info@sainteannedesorel.ca

**Services:** Management of the municipal services. \* Municipal counter: information about licences, subsidies and taxes, payment of taxes. \* Online calendar of the recyclable and garbage collections. \* Public security: civil security, Sûreté du Québec. \* Online evaluation role.

**Coverage area:** Sainte-Anne-De-Sorel

**Hours:** Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 11h45

**Financing:** municipal

**Legal status:** municipal agency

### SAINTE-VICTOIRE-DE-SOREL - MUNICIPALITY

517 Rang South, Sainte-Victoire-de-Sorel, Montérégie, QC, J0G 1T0

**450 782-3111 Fax:** 450 782-2687

**Website:** saintevictoiredesorel.qc.ca

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

**Services:** Management of the municipal services. \* Municipal counter: information about licences, payment of taxes. \* Online calendar of the recyclable and garbage collections. \* Public security: fire department, Sûreté du Québec. \* Online evaluation role.

**Coverage area:** Sainte-Victoire-De-Sorel

## Government services

**Hours:** Monday, Tuesday and Thursday 8h00 to 16h30, Wednesday 8h00 to 17h30

**Financing:** municipal

**Legal status:** municipal agency

**SOREL-TRACY - CITY**

71 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 7K1

**450 780-5600**

**Website:** [www.ville.sorel-tracy.qc.ca](http://www.ville.sorel-tracy.qc.ca)

**Email:** [info@ville.sorel-tracy.qc.ca](mailto:info@ville.sorel-tracy.qc.ca)

**Services:** Management of municipal services. \* Online follow-up and applications for land development or building permits: <https://del.accesscite.net/demandes/pages/default.aspxCitycode=53052>. \* Property assessment, municipal tax information and payment. \* Bulky items, compost, residual and recyclable wastes collection according to the calendar: <https://www.ville.sorel-tracy.qc.ca/services-aux-citoyens/collectes-dechets-et-recyclage/horaire-des-collectes-selectives.html>. \* Public security: fire department, Sûreté du Québec. \* Land development and urban planning by-laws. \* Environmental grants: washable diapers, menstrual hygiene products. \* Municipal alerts service.

**Coverage area:** Sorel-Tracy, Fire Department: Sorel-Tracy, Saint-Joseph-de-Sorel, Sainte-Victoire-de-Sorel, Saint-Robert et Sainte-Anne-de-Sorel, Fire Prevention: MRC Pierre-De-Saurel except Saint-Ours

**Hours:** Regular hours: Monday to Thursday 8h15 to 12h00 and 13h15 to 16h30, Friday 8h15 to 12h00 and 13h15 to 15h30, summer hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

**YAMASKA - MUNICIPALITY**

100 Guilbault Street, Yamaska, Montérégie, QC, J0G 1X0

**450 789-2489 Fax:** 450 789-2970

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

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

**Services:** Municipal service management. \* Municipal tax management and payment. \* Garbage collection calendar: [www.yamaska.ca/index.php?page=collecte](http://www.yamaska.ca/index.php?page=collecte). \* Construction, trailer, septic system, swimming pool, renovation and garage sale permits. \* Infrastructures and inspection: road, sewage, aqueduct, park and municipal building maintenance. \* Public safety: fire department, Sûreté du Québec. \* Municipal newsletter. \* Automated messaging system in case of emergencies.

**Coverage area:** Yamaska

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

**Financing:** municipal

**Legal status:** municipal agency

**Provincial services****REVENU QUÉBEC - SOREL-TRACY**

101 du Roi Street, Sorel-Tracy, Montérégie, QC, J3P 4N1

**1 800 267-6299 Fax:** 514 873-7502 **TTY:** 514 873-4455 / 1 800 361-3795

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

**Services:** \* Administration of Québec's tax system by collecting taxes. \* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the enterprise registrar.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency



**SERVICES QUÉBEC - SOREL-TRACY**

375 Fiset Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7Z4

**450 742-5941** Fax: 450 746-1931

**Website:** [www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index\\_en.asp](http://www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp)

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations.  
\* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Services related to the Ministry of Immigration, Francization and Integration. \* Self-service computer stations. \* Information about government programs and services.

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

**Coverage area:** Sorel-Tracy

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

**Financing:** provincial

**Legal status:** provincial government agency

**Health**

**EYE CARE**

**FAMILY PLANNING**

**HOME CARE**

**HOSPITALS, CLSC AND COMMUNITY CLINICS**

**PALLIATIVE CARE**

**PATIENT SUPPORT ASSOCIATIONS**

**PUBLIC HEALTH**

## Eye care

### CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310** Fax: 450 743-2046

**Website:** [www.cab-basrichelieu.org](http://www.cab-basrichelieu.org)

**Email:** [direction@cab-basrichelieu.org](mailto:direction@cab-basrichelieu.org)

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

## Family planning

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

## Home care

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

## Hospitals, CLSC and community clinics

### CENTRE HOSPITALIER HÔTEL-DIEU-DE-SOREL

400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5

**450 746-6000**

**Website:** [santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel](http://santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel)

**Services:** Hospital centre offering general and specialized cares. \* Emergencies and intensive cares. \* One-day surgery. \* Palliative and end of life cares. \* Obstetrics and pediatrics. \* Support group for parents living with perinatal bereavement. \* Mental health outpatient clinic and hospitalization. \* Tests centre. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs.

**Coverage area:** Province of Québec

**Hours:** 24/7, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### DIABÉTIQUES SOREL-TRACY (LES)

71 de Ramezay Street, Office 111, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 743-7461**

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

**Services:** \* Information and education. \* Screening. \* Lunch-conversation. \* Individual encounters, at the centre or at home. \* Nutrition classes in collaboration with Diabète Québec. \* Workshops. \* Conferences. \* Participation to research groups.

**Eligibility:** general population, in particular diabetic people and their closed ones

**Coverage area:** Sorel-Tracy  
**Hours:** on appointment  
**Financing:** grants  
**Legal status:** non-profit organization

## Palliative care

### CENTRE HOSPITALIER HÔTEL-DIEU-DE-SOREL

400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5  
**450 746-6000**

**Website:** [santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel](http://santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel)

**Services:** Hospital centre offering general and specialized cares. \* Emergencies and intensive cares. \* One-day surgery. \* Palliative and end of life cares. \* Obstetrics and pediatrics. \* Support group for parents living with perinatal bereavement. \* Mental health outpatient clinic and hospitalization. \* Tests centre. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs.

**Coverage area:** Province of Québec

**Hours:** 24/7, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7  
**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

## Patient support associations

### AIDE ARTHRITE DU BAS-RICHELIEU

71 De Ramezay Street, Suite 151-B, Sorel-Tracy, Montérégie, QC, J3P 3Z1  
**450 989-0619**

**Email:** [arthritis@hotmail.com](mailto:arthritis@hotmail.com)

**Services:** \* Listening and referral. \* Exercises in the gym, soft gymnastics, healthy Tai Chi, personalized fitness plan. \* Memory course.

**Eligibility:** people living with arthritis

**Coverage area:** MRC Pierre-De Saurel

**Hours:** September to May, Monday 9h00 to 12h00, Tuesday 13h30 to 15h00

**Fees:** \$20 per year

**Financing:** donations

**Legal status:** non-profit organization

**ASSOCIATION DE FIBROMYALGIE DU BAS-RICHELIEU**

71 de Ramezay Street, Suite 220, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 908-0910**

**Email:** afbr@live.ca

**Services:** Improving the quality of life of people living with fibromyalgia disease by providing them with cultural, economic and social services. \* Self-help group. \* Psychological support. \* Phone support. \* Coffee meeting. \* Documentation. \* Conferences. \* Resourcing activities. \* Adapted aquaform course. \* Massage therapy and reflexology.

**Eligibility:** people suffering from fibromyalgia or chronic pain

**Coverage area:** MRC Pierre-De Saurel

**Financing:** self-financing, donations

**Legal status:** non-profit organization

**ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL**

1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4

**450 743-0664 Fax:** 450 743-3208

**Website:** adirs.e-monsite.com

**Email:** adirs@videotron.ca

**Services:** Promotion of rights and advocacy of the interests of people with an intellectual disability or an autism spectrum disorder. \* Listening and support. \* Pairing. \* Luncheons: support group for parents. \* Social, cultural and recreational activities. \* Special activities, family parties and outings. \* Advocacy of rights and awareness.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their family

**Coverage area:** Contrecoeur, MRC Pierre-De Saurel

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

**Fees:** annual membership card: \$10, activities: variable

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

**Legal status:** non-profit organization

**ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS**

71 Ramezay Street, Suite 151-A, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 746-5536 Fax:** 450 746-7409

**Email:** asp.soreltracy@gmail.com

**Services:** \* Support groups. \* Coffee-meetings. \* Leisure activities. \* Conferences. \* Friendly visits. \* Loan of equipment. \* Information on the disease and resources. \* Advocacy (accessibility to work and public places).

**Eligibility:** people with multiple sclerosis and their relatives

**Coverage area:** MRC Pierre-De Saurel

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

**Financing:** self-financing

**Legal status:** non-profit organization

**CANADIAN CANCER SOCIETY - SOREL-TRACY SERVICE CENTRE**

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310 ext. 209**

**Website:** www.cancer.ca/en

**Services:** \* Documentation and information. \* Support group for patients and relatives.

**Eligibility:** people living with cancer, their relatives, general public

**Coverage area:** Sorel-Tracy

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU**

70 Élisabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310** Fax: 450 743-2046

**Website:** www.cab-basrichelieu.org

**Email:** direction@cab-basrichelieu.org

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

**CLSC GASTON-BÉLANGER**

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** santemonteregie.qc.ca/en/installations/clsc-gaston-belanger

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

**DIABÉTIQUES SOREL-TRACY (LES)**

71 de Ramezay Street, Office 111, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 743-7461**

**Email:** diabetest@videotron.ca

**Services:** \* Information and education. \* Screening. \* Lunch-conversation. \* Individual encounters, at the centre or at home. \* Nutrition classes in collaboration with Diabète Québec. \* Workshops. \* Conferences. \* Participation to research groups.

**Eligibility:** general population, in particular diabetic people and their closed ones

**Coverage area:** Sorel-Tracy

**Hours:** on appointment

**Financing:** grants

**Legal status:** non-profit organization

**SOCIÉTÉ ALZHEIMER RIVE-SUD - POINT DE SERVICE SOREL-TRACY**

369 Fiset Boulevard, Suite 202, Sorel-Tracy, Montérégie, QC, J3P 3R3

**450 742-7333**

**Website:** societealzheimerivesud.ca

**Email:** sorel@alzheimerivesud.ca

**Services:** \* Helpline. \* Individual and family counselling. \* Training and support workshops for caregivers. \* Meetings for spouses and for caregivers. \* L'Embellie: speech workshop and activities. \* Home respite. \* Vocational training.

**Eligibility:** people with Alzheimer's disease or another major neurocognitive disorder, caregivers, relatives

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**Public Health****CLSC GASTON-BÉLANGER**

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** santemonteregie.qc.ca/en/installations/clsc-gaston-belanger

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

**DIABÉTIQUES SOREL-TRACY (LES)**

71 de Ramezay Street, Office 111, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 743-7461**

**Email:** diabetest@videotron.ca

**Services:** \* Information and education. \* Screening. \* Lunch-conversation. \* Individual encounters, at the centre or at home. \* Nutrition classes in collaboration with Diabète Québec. \* Workshops. \* Conferences. \* Participation to research groups.

**Eligibility:** general population, in particular diabetic people and their closed ones

**Coverage area:** Sorel-Tracy

**Hours:** on appointment

**Financing:** grants

**Legal status:** non-profit organization



## **Homelessness**

**DAY AND EVENING CENTRES**

**MOBILE UNITS AND STREET WORK**

## Day and evening centres

### CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310** Fax: 450 743-2046

**Website:** www.cab-basrichelieu.org

**Email:** direction@cab-basrichelieu.org

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

### PORTE DU PASSANT (LA)

80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7

**450 743-4803** Fax: 450 855-4858

**Website:** laportedupassant.org

**Email:** laportedupassant@videotron.ca

**Services:** Day centre and community cafeteria. \* Reception, listening, referral and accompaniment by a community worker. \* Intervention line. \* Community cafeteria: breakfasts, lunches and snacks. \* Emergency clothing and food assistance. \* Residential support with accompaniment. \* Small food surplus counter. \* Rest stop: place of provisioning and rest. \* Showers. \* Telephone services for people without a personal telephone. \* Information and popular education workshops. \* Monthly community dinners. \* Recovery of used items on site. \* Various activities.

**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 150

**Coverage area:** MRC Pierre-De Saurel

**Hours:** services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00

**Fees:** membership card to be a part of the membership advisory committee, but not required for access to services: \$5, meals: variable

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

**Legal status:** non-profit organization

## Mobile units and street work

### CENTRE HOSPITALIER HÔTEL-DIEU-DE-SOREL

400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5

**450 746-6000**

**Website:** santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel

**Services:** Hospital centre offering general and specialized cares. \* Emergencies and intensive cares. \* One-day surgery. \* Palliative and end of life cares. \* Obstetrics and pediatrics. \* Support group for parents living with perinatal bereavement. \* Mental health outpatient clinic and hospitalization. \* Tests centre. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs.

**Coverage area:** Province of Québec  
**Hours:** 24/7, tests centre: by appointment  
**Financing:** provincial  
**Legal status:** parapublic organization

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7  
**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### PORTE DU PASSANT (LA)

80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7  
**450 743-4803 Fax: 450 855-4858**

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

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

**Services:** Day centre and community cafeteria. \* Reception, listening, referral and accompaniment by a community worker. \* Intervention line. \* Community cafeteria: breakfasts, lunches and snacks. \* Emergency clothing and food assistance. \* Residential support with accompaniment. \* Small food surplus counter. \* Rest stop: place of provisioning and rest. \* Showers. \* Telephone services for people without a personal telephone. \* Information and popular education workshops. \* Monthly community dinners. \* Recovery of used items on site. \* Various activities.

**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 150

**Coverage area:** MRC Pierre-De Saurel

**Hours:** services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00

**Fees:** membership card to be a part of the membership advisory committee, but not required for access to services: \$5, meals: variable

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

**Legal status:** non-profit organization

## **Housing**

**ADVOCACY FOR HOUSING**

**EMERGENCY**

**HOUSING COOPERATIVES AND CORPORATIONS**

**HOUSING SEARCH ASSISTANCE**

**SOCIAL HOUSING AND HOUSING COOPERATIVES**

## Advocacy for housing

### ACTION LOGEMENT PIERRE-DE-SAUREL

71 De Ramezay Street, Suite 227, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 881-1910** Fax: 450 746-7108

**Email:** actionlogement@gmail.com

**Services:** Tenants advocacy group. \* Information on rights and recourses. \* Support in legal proceedings, assistance to fill out forms, referrals. \* Information workshops. \* Representation in front of decision-making authorities.

**Eligibility:** tenants living in an apartment, cooperative or HLM, young households

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** none

**Financing:** municipal, provincial, donations

**Legal status:** non-profit organization

### ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SOREL-TRACY

71 de Ramezay Street, Suite 309, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 908-0929**

**Website:** acefmonteregie-est.com

**Email:** acefsoreltracy@gmail.com

**Services:** \* Budget consultations. \* Defense of consumer rights. \* Defense of tenants rights. \* Employee assistance programme for employers. \* Desjardins Mutual Assistance Fund: budget counselling and small loan.

**Coverage area:** MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel

**Legal status:** Cooperative

### ASSOCIATION DES LOCATAIRES DE H.L.M DE SOREL-TRACY

264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 4S2

**450 743-9207**

**Email:** adlhms-t@hotmail.com

**Services:** Activities and advocacy for HLM tenants. \* Recreational, educational and cultural activities: classes, outings, coffee-meetings, interventions. \* Advocacy for rights and interests. \* Consultation and representation.

**Eligibility:** tenants of the Habitations à Loyer Modique (HLM) in the MRC Pierre-De Saurel

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

### OFFICE MUNICIPAL D'HABITATION PIERRE-DE SAUREL

264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 7Y2

**450 743-0033** Fax: 450 743-0034

**Email:** info@ohpierredesaurel.com

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

**Eligibility:** individuals and families on a low and moderate income

**Capacity:** 510 units

**Coverage area:** MRC Pierre-De Saurel

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

**Financing:** provincial, municipal

**Legal status:** municipal agency

## Emergency

### SAINT-GÉRARD-MAJELLA - MUNICIPALITY

444 Saint-Antoine Road, Saint-Gérard-Majella, Montérégie, QC, J0G 1X1

**450 789-5777** Fax: 450 789-0065

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

**Email:** [direction@saintgerardmajella.ca](mailto:direction@saintgerardmajella.ca)

**Services:** Management of municipal services. \* Schedule of recyclable materials and garbage: [www.saintgerardmajella.ca/?page=collecte](http://www.saintgerardmajella.ca/?page=collecte) \* Information on permits, taxes and property assessment. \* Municipal emergency alerts.

**Coverage area:** Saint-Gérard-Majella

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

**Financing:** municipal

**Legal status:** municipal agency

### SOREL-TRACY - CITY

71 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 7K1

**450 780-5600**

**Website:** [www.ville.sorel-tracy.qc.ca](http://www.ville.sorel-tracy.qc.ca)

**Email:** [info@ville.sorel-tracy.qc.ca](mailto:info@ville.sorel-tracy.qc.ca)

**Services:** Management of municipal services. \* Online follow-up and applications for land development or building permits: <https://del.accessite.net/demandes/pages/default.aspxCitycode=53052>. \* Property assessment, municipal tax information and payment. \* Bulky items, compost, residual and recyclable wastes collection according to the calendar: <https://www.ville.sorel-tracy.qc.ca/services-aux-citoyens/collectes-dechets-et-recyclage/horaire-des-collectes-selectives.html>. \* Public security: fire department, Sûreté du Québec. \* Land development and urban planning by-laws. \* Environmental grants: washable diapers, menstrual hygiene products. \* Municipal alerts service.

**Coverage area:** Sorel-Tracy, Fire Department: Sorel-Tracy, Saint-Joseph-de-Sorel, Sainte-Victoire-de-Sorel, Saint-Robert et Sainte-Anne-de-Sorel, Fire Prevention: MRC Pierre-De-Saurel except Saint-Ours

**Hours:** Regular hours: Monday to Thursday 8h15 to 12h00 and 13h15 to 16h30, Friday 8h15 to 12h00 and 13h15 to 15h30, summer hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

### YAMASKA - MUNICIPALITY

100 Guilbault Street, Yamaska, Montérégie, QC, J0G 1X0

**450 789-2489** Fax: 450 789-2970

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

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

**Services:** Municipal service management. \* Municipal tax management and payment. \* Garbage collection calendar: [www.yamaska.ca/index.php?page=collecte](http://www.yamaska.ca/index.php?page=collecte). \* Construction, trailer, septic system, swimming pool, renovation and garage sale permits. \* Infrastructures and inspection: road, sewage, aqueduct, park and municipal building maintenance. \* Public safety: fire department, Sûreté du Québec. \* Municipal newsletter. \* Automated messaging system in case of emergencies.

**Coverage area:** Yamaska

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

**Financing:** municipal

**Legal status:** municipal agency

## Housing cooperatives and corporations

### ACTION LOGEMENT PIERRE-DE-SAUREL

71 De Ramezay Street, Suite 227, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 881-1910** Fax: 450 746-7108

**Email:** actionlogement@gmail.com

**Services:** Tenants advocacy group. \* Information on rights and recourses. \* Support in legal proceedings, assistance to fill out forms, referrals. \* Information workshops. \* Representation in front of decision-making authorities.

**Eligibility:** tenants living in an apartment, cooperative or HLM, young households

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** none

**Financing:** municipal, provincial, donations

**Legal status:** non-profit organization

### ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SOREL-TRACY

71 de Ramezay Street, Suite 309, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 908-0929**

**Website:** acefmonteregie-est.com

**Email:** acefsoreltracy@gmail.com

**Services:** \* Budget consultations. \* Defense of consumer rights. \* Defense of tenants rights. \* Employee assistance programme for employers. \* Desjardins Mutual Assistance Fund: budget counselling and small loan.

**Coverage area:** MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel

**Legal status:** Cooperative

### ASSOCIATION DES LOCATAIRES DE H.L.M DE SOREL-TRACY

264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 4S2

**450 743-9207**

**Email:** adlhms-t@hotmail.com

**Services:** Activities and advocacy for HLM tenants. \* Recreational, educational and cultural activities: classes, outings, coffee-meetings, interventions. \* Advocacy for rights and interests. \* Consultation and representation.

**Eligibility:** tenants of the Habitations à Loyer Modique (HLM) in the MRC Pierre-De Saurel

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

### HABITATIONS SAINT-MAXIME

71 de Ramezay Street, Suite 212, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 742-0183** Fax: 450 746-7108

**Email:** grths.claude@videotron.ca

**Services:** Subsidized housing for large families. \* Training in citizen mediation. \* Sentinel training for suicide prevention. \* Good neighbourliness, recreation and maintenance committees. \* Monthly newsletter.

**Eligibility:** low and middle families income with three or more children

**Capacity:** 20 units

**Coverage area:** MRC Pierre-de-Saurel, priority to people living in Sorel-Tracy

**Fees:** 25% of income according to the provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

**OFFICE MUNICIPAL D'HABITATION PIERRE-DE SAUREL**

264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 7Y2

**450 743-0033** Fax: 450 743-0034

**Email:** info@ohpierredesaurel.com

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

**Eligibility:** individuals and families on a low and moderate income

**Capacity:** 510 units

**Coverage area:** MRC Pierre-De Saurel

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

**Financing:** provincial, municipal

**Legal status:** municipal agency

**Housing search assistance****CENTRE DE TRANSITION PERCEVAL**

148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6

**450 746-1860** Fax: 450 746-2970

**Email:** centre.perceval@videotron.ca

**Services:** Psychosocial rehabilitation center. \* Supervised transitional housing. \* Personalized community follow-up with variable intensity. \* Guidance in employment, schooling, life projects and daily routine. \* Pharmacological treatment and follow-up. \* Educational, cultural and social activities.

**Eligibility:** people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

**PORTE DU PASSANT (LA)**

80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7

**450 743-4803** Fax: 450 855-4858

**Website:** laportedupassant.org

**Email:** laportedupassant@videotron.ca

**Services:** Day centre and community cafeteria. \* Reception, listening, referral and accompaniment by a community worker. \* Intervention line. \* Community cafeteria: breakfasts, lunches and snacks. \* Emergency clothing and food assistance. \* Residential support with accompaniment. \* Small food surplus counter. \* Rest stop: place of provisioning and rest. \* Showers. \* Telephone services for people without a personal telephone. \* Information and popular education workshops. \* Monthly community dinners. \* Recovery of used items on site. \* Various activities.

**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 150

**Coverage area:** MRC Pierre-De Saurel

**Hours:** services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00

**Fees:** membership card to be a part of the membership advisory committee, but not required for access to services: \$5, meals: variable

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

**Legal status:** non-profit organization



## Social housing and housing cooperatives

### HABITATIONS SAINT-MAXIME

71 de Ramezay Street, Suite 212, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 742-0183** Fax: 450 746-7108

Email: grths.claude@videotron.ca

**Services:** Subsidized housing for large families. \* Training in citizen mediation. \* Sentinel training for suicide prevention. \* Good neighbourliness, recreation and maintenance committees. \* Monthly newsletter.

**Eligibility:** low and middle families income with three or more children

**Capacity:** 20 units

**Coverage area:** MRC Pierre-de-Saurel, priority to people living in Sorel-Tracy

**Fees:** 25% of income according to the provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

### OFFICE MUNICIPAL D'HABITATION PIERRE-DE SAUREL

264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 7Y2

**450 743-0033** Fax: 450 743-0034

Email: info@ohpierredesaurel.com

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

**Eligibility:** individuals and families on a low and moderate income

**Capacity:** 510 units

**Coverage area:** MRC Pierre-De Saurel

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

**Financing:** provincial, municipal

**Legal status:** municipal agency

## **Immigration and cultural communities**

### **SETTLEMENT SERVICES FOR NEWCOMERS**

## Settlement services for newcomers

### ACCÈS-RÉGION

343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1

**450 730-0181** Fax: 450 730-0669

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

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

**Services:** Assistance with settling in the region. \* Job integration assistance.

**Eligibility:** newcomers, immigrant people

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

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

**Fees:** free

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

## **Indigenous Peoples**

### **EMPLOYMENT**

### **GOVERNMENT SERVICES**

## Employment

### ORIENTHÈQUE (L') - CENTRE D'ORIENTATION ET SERVICES D'INTÉGRATION DE LA MAIN-D'OEUVRE

343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1

**450 730-0181** Fax: 450 730-0669

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

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

**Services:** \* Job search techniques workshop. \* Individual and group meetings. \* Resume writing. \* Programs for employment insurance beneficiaries. \* Job search and professional reintegration programs for women. \* Program for people 55 years and over. \* Programs for people with a criminal record. \* Networking, conferences, business visits. \* Business services.

**Eligibility:** people searching for a job, employment insurance beneficiaries, women, people 55 years and over, people with a criminal record

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

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

**Fees:** free

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

## Government services

### REVENU QUÉBEC - SOREL-TRACY

101 du Roi Street, Sorel-Tracy, Montérégie, QC, J3P 4N1

**1 800 267-6299** Fax: 514 873-7502 TTY: 514 873-4455 / 1 800 361-3795

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

**Services:** \* Administration of Québec's tax system by collecting taxes. \* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the enterprise registrar.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### SERVICES QUÉBEC - SOREL-TRACY

375 Fiset Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7Z4

**450 742-5941** Fax: 450 746-1931

**Website:** [www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index\\_en.asp](http://www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp)

**Services:** \* Information and accompaniment in the administrative procedures with ministries and organizations. \* Employment assistance. \* Business support. \* Social assistance. \* Administration of oath. \* Services related to the Ministry of Immigration, Francization and Integration. \* Self-service computer stations. \* Information about government programs and services.

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

**Coverage area:** Sorel-Tracy

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

**Financing:** provincial

**Legal status:** provincial government agency

## **Justice and Advocacy**

**ADVOCACY GROUPS**

**CONSUMER PROTECTION AND COMPLAINTS**

**CORRECTIONAL SERVICES**

**COURTHOUSES AND TRIBUNALS**

**LEGAL ASSISTANCE AND INFORMATION**

**SUPPORT FOR OFFENDERS**

## Advocacy groups

### **ACTION LOGEMENT PIERRE-DE-SAUREL**

71 De Ramezay Street, Suite 227, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 881-1910** Fax: 450 746-7108

**Email:** actionlogement@gmail.com

**Services:** Tenants advocacy group. \* Information on rights and recourses. \* Support in legal proceedings, assistance to fill out forms, referrals. \* Information workshops. \* Representation in front of decision-making authorities.

**Eligibility:** tenants living in an apartment, cooperative or HLM, young households

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** none

**Financing:** municipal, provincial, donations

**Legal status:** non-profit organization

### **ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SOREL-TRACY**

71 de Ramezay Street, Suite 309, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 908-0929**

**Website:** acefmonteregie-est.com

**Email:** acefsoreltracy@gmail.com

**Services:** \* Budget consultations. \* Defense of consumer rights. \* Defense of tenants rights. \* Employee assistance programme for employers. \* Desjardins Mutual Assistance Fund: budget counselling and small loan.

**Coverage area:** MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel

**Legal status:** Cooperative

### **ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL**

1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4

**450 743-0664** Fax: 450 743-3208

**Website:** adirs.e-monsite.com

**Email:** adirs@videotron.ca

**Services:** Promotion of rights and advocacy of the interests of people with an intellectual disability or an autism spectrum disorder. \* Listening and support. \* Pairing. \* Luncheons: support group for parents. \* Social, cultural and recreational activities. \* Special activities, family parties and outings. \* Advocacy of rights and awareness.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their family

**Coverage area:** Contrecoeur, MRC Pierre-De Saurel

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

**Fees:** annual membership card: \$10, activities: variable

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

**Legal status:** non-profit organization

### **ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS**

71 Ramezay Street, Suite 151-A, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 746-5536** Fax: 450 746-7409

**Email:** asp.soreltracy@gmail.com

**Services:** \* Support groups. \* Coffee-meetings. \* Leisure activities. \* Conferences. \* Friendly visits. \* Loan of equipment. \* Information on the disease and resources. \* Advocacy (accessibility to work and public places).

**Eligibility:** people with multiple sclerosis and their relatives

**Coverage area:** MRC Pierre-De Saurel

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

**Financing:** self-financing

**Legal status:** non-profit organization

**ASSOCIATION DES LOCATAIRES DE H.L.M DE SOREL-TRACY**

264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 4S2

**450 743-9207**

**Email:** adlhms-t@hotmail.com

**Services:** Activities and advocacy for HLM tenants. \* Recreational, educational and cultural activities: classes, outings, coffee-meetings, interventions. \* Advocacy for rights and interests. \* Consultation and representation.

**Eligibility:** tenants of the Habitations à Loyer Modique (HLM) in the MRC Pierre-De Saurel

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

**ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY**

105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-6655 Fax:** 450 743-5920

**Email:** aphst@videotron.ca

**Services:** Improvement of the quality of life of people with disabilities by promoting accessibility to transportation, housing, recreation, education and employment. \* Defending the rights of people with disabilities. \* Promoting accessibility to transportation, recreation, housing, work, education and public places. \* Group outings and leisure activities. \* Newsletters and access to documentation.

**Eligibility:** persons 18 years of age and older living with a physical or sensory disability, any person concerned about the social integration of people with disabilities

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 9h00 to 17h00

**Fees:** \$10 per year

**Financing:** fundraising campaigns, membership fees, donations

**Legal status:** non-profit organization

**ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU**

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

**Website:** vivreetvieillirchezsoi.ca

**Email:** gcmer8@hotmail.com

**Services:** Support for seniors. \* Active listening, referrals and support for home maintenance. \* Accompaniment in administrative, legal and personal steps. \* Retirement preparation courses, workshops and various courses. \* Assistance in filling out forms. \* Elder abuse awareness and prevention. \* Information on estates. \* Incapacity mandate.

**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** incapacity mandate: variable

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

**Legal status:** non-profit organization

**COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SOREL-TRACY**

71 de Ramesay Street, Office 308 C, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**1 877 771-1164 Fax:** 450 855-4995

**Website:** cddm.weebly.com

**Email:** conseillersorel@cddm.qc.ca

**Services:** \* Advocacy for people living with or having lived with emotional issues. \* Denouncing of the abuses of psychiatry. \* Training, mobilization, popular education.

**Eligibility:** people living with or having lived with emotional issues

**Coverage area:** Sorel-Tracy



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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### COMITÉ DES USAGERS PIERRE-DE SAUREL

400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5

**450 746-6008**

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

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

**Services:** Users committee. \* Information on the rights and obligations of users. \* Advocacy. \* Assistance in the proceedings when making a complaint.

**Eligibility:** users of the CSSS Pierre-De Saurel

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

**Financing:** provincial

**Legal status:** parapublic organization

### REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL

71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 855-3737**

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

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

**Services:** Activities to maintain health and break seniors' social isolation. \* Breakfast conferences. \* Painting, sculpture and writing workshops. \* Workshops to stimulate memory. \* Sessions of various physical exercises at different levels. \* Computer courses: Facebook and Messenger, Apple tablet, Android tablet, photos and archiving. \* Defense and promotion of seniors' rights. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV): support, referral and information services.

**Eligibility:** people 50 years old and over

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

**Fees:** membership card: \$10, breakfast conferences: \$5 per member, workshops: free or variables fees

**Financing:** contributions, provincial

**Legal status:** non-profit organization

## Consumer protection and complaints

### ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SOREL-TRACY

71 de Ramezay Street, Suite 309, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 908-0929**

**Website:** [acefmonteregie-est.com](http://acefmonteregie-est.com)

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

**Services:** \* Budget consultations. \* Defense of consumer rights. \* Defense of tenants rights. \* Employee assistance programme for employers. \* Desjardins Mutual Assistance Fund: budget counselling and small loan.

**Coverage area:** MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel

**Legal status:** Cooperative

### COMITÉ DES USAGERS PIERRE-DE SAUREL

400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5

**450 746-6008**

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

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

**Services:** Users committee. \* Information on the rights and obligations of users. \* Advocacy. \* Assistance in the proceedings when making a complaint.

**Eligibility:** users of the CSSS Pierre-De Saurel

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

**Financing:** provincial

**Legal status:** parapublic organization

### **OFFICE MUNICIPAL D'HABITATION PIERRE-DE SAUREL**

264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 7Y2

**450 743-0033 Fax:** 450 743-0034

**Email:** info@ohpierredesaurel.com

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

**Eligibility:** individuals and families on a low and moderate income

**Capacity:** 510 units

**Coverage area:** MRC Pierre-De Saurel

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

**Financing:** provincial, municipal

**Legal status:** municipal agency

## **Correctional services**

### **DIRECTION DES SERVICES CORRECTIONNELS - MONTÉRÉGIE**

400 Auber Street, Sorel-Tracy, Montérégie, QC, J3P 0S3

**1 855 816-3942 Fax:** 450 742-6160

**Website:** www.securitepublique.gouv.qc.ca

**Services:** Body responsible of the activities related to offenders assessment and follow-up. \* Assessment of offenders. \* Development of correctional intervention plans. \* Administration of sentences in the community.

**Eligibility:** offenders sentenced to less than 2 years, alleged offenders

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** provincial government agency

### **SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION DE SOREL**

400 Auber Street, Sorel-Tracy, Montérégie, QC, J3P 0S3

**1 855 816-3942 Fax:** 450 742-6160

**Website:** www.securitepublique.gouv.qc.ca/services-correctionnels/milieu-carceral/etablissements-detention/sorel-tracy.html

**Services:** Body responsible of activities related to the detention of offenders. \* Offenders assessment and follow-up. \* Management of custody, accommodation, supervision and guidance programs. \* Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

**Eligibility:** men offenders sentenced to less than 2 years, alleged offenders

**Capacity:** 380

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

## Courthouses and tribunals

### COURT OF QUÉBEC - CIVIL DIVISION - SOREL-TRACY

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5

**450 742-2786**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing of cases where the amount in dispute is less than \$85,000 and the prosecution of voluntary deposits and municipal and school affairs. \* Requests for psychiatric assessment: judgment administration for temporary or authorized custody when a doctor wants to keep a person in hospital to conduct a psychiatric examination or when a person refuses to go to hospital to submit for an examination. \* Voluntary deposits.

**Coverage area:** Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville

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

**Financing:** provincial

**Legal status:** provincial government agency

### COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - SOREL-TRACY

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5

**450 743-1251 Fax: 450 742-6177**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes.

**Coverage area:** Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville

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

**Financing:** provincial

**Legal status:** provincial government agency

### COURT OF QUÉBEC - SMALL CLAIMS DIVISION - SOREL-TRACY

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5

**450 742-2762 Fax: 450 746-7394**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse)

**Email:** [pcsorel@justice.gouv.qc.ca](mailto:pcsorel@justice.gouv.qc.ca)

**Services:** Court hearing cases in which the disputed amount of money is inferior to \$15,000 and where people represent themselves, without a lawyer. \* Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge.

**Eligibility:** any person or legal person if it employed at most 10 people during the 12 months prior to the claim

**Coverage area:** Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville

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

**Financing:** provincial

**Legal status:** provincial government agency

### COURT OF QUÉBEC - YOUTH DIVISION - SOREL-TRACY

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5

**450 743-1251**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing all cases involving a minor. \* Hearing cases of adoption.

**Coverage area:** Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville

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

**Financing:** provincial

**Legal status:** provincial government agency

**SOREL-TRACY COURTHOUSE**

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5

**450 742-2786** Fax: 450 746-7394

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse)

**Services:** Administration or court services of Sorel-Tracy. \* Support to various courts constituting the judicial system of Québec and some specialized courts. \* Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

**Coverage area:** Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville

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

**Financing:** provincial

**Legal status:** provincial government agency

**SUPERIOR COURT - SOREL-TRACY**

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5

**450 742-2786** Fax: 450 746-7394

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing the cases where the amount in dispute is more than \$70,000 and administrative, familial and bankruptcy litigations. \* Hearing jury trial in criminal cases and appeals in summary conviction.

**Coverage area:** Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville

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

**Financing:** provincial

**Legal status:** provincial government agency

**Legal assistance and information****ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU**

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

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

**Email:** [gcmer8@hotmail.com](mailto:gcmer8@hotmail.com)

**Services:** Support for seniors. \* Active listening, referrals and support for home maintenance. \* Accompaniment in administrative, legal and personal steps. \* Retirement preparation courses, workshops and various courses. \* Assistance in filling out forms. \* Elder abuse awareness and prevention. \* Information on estates. \* Incapacity mandate.

**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** incapacity mandate: variable

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

**Legal status:** non-profit organization

**COURT OF QUÉBEC - YOUTH DIVISION - SOREL-TRACY**

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5

**450 743-1251**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing all cases involving a minor. \* Hearing cases of adoption.

**Coverage area:** Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville

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

**Financing:** provincial

**Legal status:** provincial government agency

**HABITATIONS SAINT-MAXIME**

71 de Ramezay Street, Suite 212, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 742-0183** Fax: 450 746-7108

**Email:** grths.claude@videotron.ca

**Services:** Subsidized housing for large families. \* Training in citizen mediation. \* Sentinel training for suicide prevention. \* Good neighbourliness, recreation and maintenance committees. \* Monthly newsletter.

**Eligibility:** low and middle families income with three or more children

**Capacity:** 20 units

**Coverage area:** MRC Pierre-de-Saurel, priority to people living in Sorel-Tracy

**Fees:** 25% of income according to the provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

**JUSTICE ALTERNATIVE PIERRE DE SAUREL**

105 du Prince Street, Suite 209, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 746-0954** Fax: 450 746-0081

**Email:** japds@videotron.ca

**Services:** \* Mediation between citizens. \* Accompaniment for schools: training workshops and information on conflict resolution. \* General alternative measures program (GAMP) for adults. \* Managing and applying the measures provided by the Youth Criminal Justice Act (YCJA).

**Eligibility:** citizens undergoing a conflict, young offenders 12 to 17 years old, schools, adults eligible for the General alternative measures program (GAMP) for adults

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** citizen mediation: free, accompaniment for schools: variable

**Financing:** grants

**Legal status:** non-profit organization

**MASSUEVILLE - MUNICIPALITY**

246 Bonsecours Street, Massueville, Montérégie, QC, J0G 1K0

**450 788-2957** Fax: 450 788-2050

**Website:** www.massueville.net

**Email:** info@massueville.net

**Services:** Management of municipal services. \* Municipal office: information on permits, taxes and assessments. \* Waste collection calendar: www.massueville.net/index.php?page=collecte \* Information on the management of residual materials. \* Public security: fire department, Sureté du Québec.

**Coverage area:** Massueville

**Hours:** Monday to Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** municipal

**Legal status:** non-profit organization

**Support for offenders****DIRECTION DES SERVICES CORRECTIONNELS - MONTÉRÉGIE**

400 Auber Street, Sorel-Tracy, Montérégie, QC, J3P 0S3

**1 855 816-3942** Fax: 450 742-6160

**Website:** www.securitepublique.gouv.qc.ca

**Services:** Body responsible of the activities related to offenders assessment and follow-up. \* Assessment of offenders. \* Development of correctional intervention plans. \* Administration of sentences in the community.

**Eligibility:** offenders sentenced to less than 2 years, alleged offenders

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** provincial government agency

## **Mental Health and addictions**

**ADDICTION PREVENTION**

**ADDICTION TREATMENT**

**COMMUNITY SUPPORT IN MENTAL HEALTH**

**CRISIS CENTRES AND SUICIDE PREVENTION**

**HELPLINES**

**MENTAL HEALTH ADVOCACY GROUPS**

**MENTAL HEALTH HOUSING**

**PSYCHIATRIC SERVICES**

**SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES**

## Addiction prevention

### CENTRE HOSPITALIER HÔTEL-DIEU-DE-SOREL

400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5  
**450 746-6000**

**Website:** [santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel](http://santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel)

**Services:** Hospital centre offering general and specialized cares. \* Emergencies and intensive cares. \* One-day surgery. \* Palliative and end of life cares. \* Obstetrics and pediatrics. \* Support group for parents living with perinatal bereavement. \* Mental health outpatient clinic and hospitalization. \* Tests centre. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs.

**Coverage area:** Province of Québec

**Hours:** 24/7, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7  
**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

## Addiction treatment

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7  
**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization



## Community support in mental health

### CENTRE DE TRANSITION PERCEVAL

148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6

**450 746-1860** Fax: 450 746-2970

**Email:** centre.perceval@videotron.ca

**Services:** Psychosocial rehabilitation center. \* Supervised transitional housing. \* Personalized community follow-up with variable intensity. \* Guidance in employment, schooling, life projects and daily routine. \* Pharmacological treatment and follow-up. \* Educational, cultural and social activities.

**Eligibility:** people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

### CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE - SOREL-TRACY SERVICE POINT

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5

**450 742-8033** Fax: 450 743-4307

**Website:** cavac.qc.ca/en

**Email:** infocavac@cavacmonteregie.com

**Services:** \* Psycho-socio-judicial and post-traumatic intervention. \* Support in the procedures. \* Information and referrals: rights and remedies, existing resources, etc. \* Listening and telephone helpline.

**Eligibility:** victims of criminal acts, their relatives

**Coverage area:** Sorel-Tracy

**Hours:** Monday and Tuesday 8h30 to 16h30, Wednesday 10h30 to 16h30, Thursday 11h30 to 16h30, Friday 12h30 to 16h30

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY

117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4

**450 743-6071** Fax: 450 743-9971

**Website:** www.groupedentraidelarretcourt.com

**Email:** arretcourt@hotmail.com

**Services:** Mental health mutual aid group. \* Telephone support. \* Listening, support and accompaniment. \* Information and referral. \* Training, educational and awareness workshops. \* Collective kitchen. \* Community meals. \* Recreational, cultural and socialization activities and outings. \* Personal growth workshops. \* Workshops with the presence of animals. \* Art workshops.

**Eligibility:** people 18 years of age and older who are or have been living with severe and persistent mental health problems

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

**SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL**

71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3

**450 746-1497**

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

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

**Services:** Promotion and prevention of mental health in the MRC Pierre-De Saurel. \* Raising awareness on mental health issues (conference, workshops). \* Mental Health Week in May. \* Breakfasts and lunches for members. \* Lending of books to members. \* Promotional tools. \* Listening and referral. \* Physical activity workshops (tai chi, etc.). \* Chess club.

**Coverage area:** MRC Pierre-De Saurel

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

**Legal status:** non-profit organization

**VAISSEAU D'OR (LE)**

201 Robillard Street, Suite 210, Sorel-Tracy, Montérégie, QC, J3P 8C7

**450 743-2300**

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

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

**Services:** Assistance, support and intervention with the close ones of a person living with severe and persistent mental illness. \* Individual or family psychosocial intervention. \* Information and training activities. \* Support and self-help group. \* Respite.

**Eligibility:** close ones of a person living with severe and persistent mental illness

**Coverage area:** Massueville, Saint-Aimé, Saint-David, Saint-Gérard-Majella, Saint-Joseph-de-Sorel, Saint-Ours, Saint-Robert, Saint-Roch-de-Richelieu, Sainte-Anne-de-Sorel, Sainte-Victoire-de-Sorel, Sorel-Tracy, Yamaska

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

**Fees:** free

**Financing:** grants, donations, self-financing, foundations

**Legal status:** non-profit organization

**Crisis centres and suicide prevention****CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE - LA TRAVERSÉE**

120 Sainte-Anne Road, Sorel-Tracy, Montérégie, QC, J3P 1J8

**1 866 277-3553 Fax:** 450 746-2785

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

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

**Services:** \* Phone counseling. \* Support group for all types of bereavement. \* Awareness workshop. \* Crisis housing. \* Post-crisis follow-up. \* Sentinelle training.

**Eligibility:** people in psychological distress, suicidal people, bereaved children and adults, counselors

**Capacity:** 3

**Coverage area:** MRC Pierre-De Saurel

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**HABITATIONS SAINT-MAXIME**

71 de Ramezay Street, Suite 212, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 742-0183 Fax:** 450 746-7108

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

**Services:** Subsidized housing for large families. \* Training in citizen mediation. \* Sentinel training for suicide prevention. \* Good neighbourliness, recreation and maintenance committees. \* Monthly newsletter.

**Eligibility:** low and middle families income with three or more children

**Capacity:** 20 units

**Coverage area:** MRC Pierre-de-Saurel, priority to people living in Sorel-Tracy

**Fees:** 25% of income according to the provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

## Helplines

### CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE - LA TRAVERSÉE

120 Sainte-Anne Road, Sorel-Tracy, Montérégie, QC, J3P 1J8

**1 866 277-3553 Fax:** 450 746-2785

**Website:** cpslatraversee.ca

**Email:** latraversee.intervention@videotron.ca

**Services:** \* Phone counseling. \* Support group for all types of bereavement. \* Awareness workshop. \* Crisis housing. \* Post-crisis follow-up. \* Sentinelle training.

**Eligibility:** people in psychological distress, suicidal people, bereaved children and adults, counselors

**Capacity:** 3

**Coverage area:** MRC Pierre-De Saurel

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### PORTE DU PASSANT (LA)

80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7

**450 743-4803 Fax:** 450 855-4858

**Website:** laportedupassant.org

**Email:** laportedupassant@videotron.ca

**Services:** Day centre and community cafeteria. \* Reception, listening, referral and accompaniment by a community worker. \* Intervention line. \* Community cafeteria: breakfasts, lunches and snacks. \* Emergency clothing and food assistance. \* Residential support with accompaniment. \* Small food surplus counter. \* Rest stop: place of provisioning and rest. \* Showers. \* Telephone services for people without a personal telephone. \* Information and popular education workshops. \* Monthly community dinners. \* Recovery of used items on site. \* Various activities.

**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 150

**Coverage area:** MRC Pierre-De Saurel

**Hours:** services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00

**Fees:** membership card to be a part of the membership advisory committee, but not required for access to services: \$5, meals: variable

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

**Legal status:** non-profit organization

### SOCIÉTÉ ALZHEIMER RIVE-SUD - POINT DE SERVICE SOREL-TRACY

369 Fiset Boulevard, Suite 202, Sorel-Tracy, Montérégie, QC, J3P 3R3

**450 742-7333**

**Website:** societealzheimerrivesud.ca

**Email:** sorel@alzheimerrivesud.ca

**Services:** \* Helpline. \* Individual and family counselling. \* Training and support workshops for caregivers. \* Meetings for spouses and for caregivers. \* L'Embellie: speech workshop and activities. \* Home respite. \* Vocational training.

**Eligibility:** people with Alzheimer's disease or another major neurocognitive disorder, caregivers, relatives

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

## Mental health advocacy groups

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SOREL-TRACY

71 de Ramesay Street, Office 308 C, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**1 877 771-1164 Fax:** 450 855-4995

**Website:** [cddm.weebly.com](http://cddm.weebly.com)

**Email:** [conseillersorel@cddm.qc.ca](mailto:conseillersorel@cddm.qc.ca)

**Services:** \* Advocacy for people living with or having lived with emotional issues. \* Denouncing of the abuses of psychiatry. \* Training, mobilization, popular education.

**Eligibility:** people living with or having lived with emotional issues

**Coverage area:** Sorel-Tracy

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY

117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4

**450 743-6071 Fax:** 450 743-9971

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

**Email:** [arretcourt@hotmail.com](mailto:arretcourt@hotmail.com)

**Services:** Mental health mutual aid group. \* Telephone support. \* Listening, support and accompaniment. \* Information and referral. \* Training, educational and awareness workshops. \* Collective kitchen. \* Community meals. \* Recreational, cultural and socialization activities and outings. \* Personal growth workshops. \* Workshops with the presence of animals. \* Art workshops.

**Eligibility:** people 18 years of age and older who are or have been living with severe and persistent mental health problems

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

### **SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL**

71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3

**450 746-1497**

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

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

**Services:** Promotion and prevention of mental health in the MRC Pierre-De Saurel. \* Raising awareness on mental health issues (conference, workshops). \* Mental Health Week in May. \* Breakfasts and lunches for members. \* Lending of books to members. \* Promotional tools. \* Listening and referral. \* Physical activity workshops (tai chi, etc.). \* Chess club.

**Coverage area:** MRC Pierre-De Saurel

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

**Legal status:** non-profit organization

### **VAISSEAU D'OR (LE)**

201 Robillard Street, Suite 210, Sorel-Tracy, Montérégie, QC, J3P 8C7

**450 743-2300**

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

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

**Services:** Assistance, support and intervention with the close ones of a person living with severe and persistent mental illness. \* Individual or family psychosocial intervention. \* Information and training activities. \* Support and self-help group. \* Respite.

**Eligibility:** close ones of a person living with severe and persistent mental illness

**Coverage area:** Massueville, Saint-Aimé, Saint-David, Saint-Gérard-Majella, Saint-Joseph-de-Sorel, Saint-Ours, Saint-Robert, Saint-Roch-de-Richelieu, Sainte-Anne-de-Sorel, Sainte-Victoire-de-Sorel, Sorel-Tracy, Yamaska

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

**Fees:** free

**Financing:** grants, donations, self-financing, foundations

**Legal status:** non-profit organization

## **Mental health housing**

### **CENTRE DE TRANSITION PERCEVAL**

148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6

**450 746-1860** Fax: 450 746-2970

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

**Services:** Psychosocial rehabilitation center. \* Supervised transitional housing. \* Personalized community follow-up with variable intensity. \* Guidance in employment, schooling, life projects and daily routine. \* Pharmacological treatment and follow-up. \* Educational, cultural and social activities.

**Eligibility:** people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

## Psychiatric services

### CENTRE HOSPITALIER HÔTEL-DIEU-DE-SOREL

400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5

**450 746-6000**

**Website:** [santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel](http://santemonteregie.qc.ca/en/installations/hotel-dieu-de-sorel)

**Services:** Hospital centre offering general and specialized cares. \* Emergencies and intensive cares. \* One-day surgery. \* Palliative and end of life cares. \* Obstetrics and pediatrics. \* Support group for parents living with perinatal bereavement. \* Mental health outpatient clinic and hospitalization. \* Tests centre. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs.

**Coverage area:** Province of Québec

**Hours:** 24/7, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

## Self-help groups for mental health issues

### CENTRE DE TRANSITION PERCEVAL

148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6

**450 746-1860** Fax: 450 746-2970

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

**Services:** Psychosocial rehabilitation center. \* Supervised transitional housing. \* Personalized community follow-up with variable intensity. \* Guidance in employment, schooling, life projects and daily routine. \* Pharmacological treatment and follow-up. \* Educational, cultural and social activities.

**Eligibility:** people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

### GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY

117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4

**450 743-6071** Fax: 450 743-9971

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

**Email:** [arretcourt@hotmail.com](mailto:arretcourt@hotmail.com)

**Services:** Mental health mutual aid group. \* Telephone support. \* Listening, support and accompaniment. \* Information and referral. \* Training, educational and awareness workshops. \* Collective kitchen. \* Community meals. \* Recreational, cultural and socialization activities and outings. \* Personal growth workshops. \* Workshops with the presence of animals. \* Art workshops.

**Eligibility:** people 18 years of age and older who are or have been living with severe and persistent mental health problems

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

**SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL**

71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3

**450 746-1497**

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

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

**Services:** Promotion and prevention of mental health in the MRC Pierre-De Saurel. \* Raising awareness on mental health issues (conference, workshops). \* Mental Health Week in May. \* Breakfasts and lunches for members. \* Lending of books to members. \* Promotional tools. \* Listening and referral. \* Physical activity workshops (tai chi, etc.). \* Chess club.

**Coverage area:** MRC Pierre-De Saurel

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

**Legal status:** non-profit organization

**VAISSEAU D'OR (LE)**

201 Robillard Street, Suite 210, Sorel-Tracy, Montérégie, QC, J3P 8C7

**450 743-2300**

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

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

**Services:** Assistance, support and intervention with the close ones of a person living with severe and persistent mental illness. \* Individual or family psychosocial intervention. \* Information and training activities. \* Support and self-help group. \* Respite.

**Eligibility:** close ones of a person living with severe and persistent mental illness

**Coverage area:** Massueville, Saint-Aimé, Saint-David, Saint-Gérard-Majella, Saint-Joseph-de-Sorel, Saint-Ours, Saint-Robert, Saint-Roch-de-Richelieu, Sainte-Anne-de-Sorel, Sainte-Victoire-de-Sorel, Sorel-Tracy, Yamaska

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

**Fees:** free

**Financing:** grants, donations, self-financing, foundations

**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**

**INTERVENTION WITH SENIORS SUBJECTED TO ABUSE**

**MEALS ON WHEELS**

**SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS**

**VOLUNTEER TRANSPORTATION**



## Caregivers

### ASSOCIATION DES AIDANTS(ES) NATURELS(LES) DU BAS-RICHELIEU

55 Fillion Place, Sorel-Tracy, Montérégie, QC, J3P 7Z7

**450 730-0880**

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

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

**Services:** Support to caregivers. \* Reception, listening and referral. \* At-home respite. \* Weekly drop-in respite. \* Trainings and support workshops. \* Monthly conference-lunches.

**Eligibility:** caregivers

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** membership card: \$20 per year

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### COOPÉRATIVE DE SOLIDARITÉ EN ENTRETIEN MÉNAGER DU BAS-RICHELIEU

71 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-9181** Fax: 450 743-3306

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

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

**Services:** At-home assistance. \* Subsidized light works: cleaning, dusting, laundry, ironing, meals preparation, grocery shopping and other errands. \* Subsidized heavy works: window cleaning, floor cleaning and waxing, appliances, garage and basement cleaning. \* Non-subsidized works: seasonal works, reparation or furniture mounting, pets care, daily assistance, logistic assistance, care and home surveillance, leaves pick-up, snow removal, gardening, assistance with packing for a house move, etc. \* Help with daily life: hygiene, partial toilet and bath, incontinence care, help with getting up and going to bed, safe travel, accompaniment for medical appointments, at the pharmacy or at the bank. \* Presence and monitoring: stimulation, help with medication, respite for caregivers.

**Eligibility:** people needing an occasional or continuous assistance, people 65 years and over or referred by the CLSC, people with a temporary or permanent physical disability, single-parent families

**Coverage area:** MRC Pierre-De Saurel, Contrecoeur

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

**Fees:** fees according to the age and income, grants available for people 65 years and over or referred by the CLSC, non-subsidized services: starting from \$24 per hour

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**SOCIÉTÉ ALZHEIMER RIVE-SUD - POINT DE SERVICE SOREL-TRACY**

369 Fiset Boulevard, Suite 202, Sorel-Tracy, Montérégie, QC, J3P 3R3

**450 742-7333**

**Website:** societealzheimerivesud.ca

**Email:** sorel@alzheimerivesud.ca

**Services:** \* Helpline. \* Individual and family counselling. \* Training and support workshops for caregivers. \* Meetings for spouses and for caregivers. \* L'Embellie: speech workshop and activities. \* Home respite. \* Vocational training.

**Eligibility:** people with Alzheimer's disease or another major neurocognitive disorder, caregivers, relatives

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**Community and Recreation Centres****ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU**

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

**Website:** vivreetvieillirchezsoi.ca

**Email:** gcmer8@hotmail.com

**Services:** Support for seniors. \* Active listening, referrals and support for home maintenance. \* Accompaniment in administrative, legal and personal steps. \* Retirement preparation courses, workshops and various courses. \* Assistance in filling out forms. \* Elder abuse awareness and prevention. \* Information on estates. \* Incapacity mandate.

**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** incapacity mandate: variable

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

**Legal status:** non-profit organization

**REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL**

71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 855-3737**

**Website:** rsaps.ca

**Email:** rsaps@videotron.ca

**Services:** Activities to maintain health and break seniors' social isolation. \* Breakfast conferences. \* Painting, sculpture and writing workshops. \* Workshops to stimulate memory. \* Sessions of various physical exercises at different levels. \* Computer courses: Facebook and Messenger, Apple tablet, Android tablet, photos and archiving. \* Defense and promotion of seniors' rights. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV): support, referral and information services.

**Eligibility:** people 50 years old and over

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

**Fees:** membership card: \$10, breakfast conferences: \$5 per member, workshops: free or variables fees

**Financing:** contributions, provincial

**Legal status:** non-profit organization

**UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - SOREL-TRACY**

Confidential Address

**450 742-0204****Website:** [www.usherbrooke.ca/uta/prog/mtg/bri](http://www.usherbrooke.ca/uta/prog/mtg/bri)**Email:** [uta.monteregie@usherbrooke.ca](mailto: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 old and over, no prior degree is required**Coverage area:** Montérégie**Fees:** variable tuition according to the activity, compulsory student fee: \$8, donations are optional**Financing:** donations, grants**Legal status:** non-profit organization**Day centres and respite****ASSOCIATION DES AIDANTS(ES) NATURELS(LES) DU BAS-RICHELIEU**

55 Fillion Place, Sorel-Tracy, Montérégie, QC, J3P 7Z7

**450 730-0880****Website:** [www.aanbr.org](http://www.aanbr.org)**Email:** [direction.aanbr@videotron.ca](mailto:direction.aanbr@videotron.ca)

**Services:** Support to caregivers. \* Reception, listening and referral. \* At-home respite. \* Weekly drop-in respite. \* Trainings and support workshops. \* Monthly conference-lunches.

**Eligibility:** caregivers**Coverage area:** MRC Pierre-De Saurel**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 16h00**Fees:** membership card: \$20 per year**Financing:** self-financing, grants**Legal status:** non-profit organization**CLSC GASTON-BÉLANGER**

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545****Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00**Financing:** provincial**Legal status:** parapublic organization**SOCIÉTÉ ALZHEIMER RIVE-SUD - POINT DE SERVICE SOREL-TRACY**

369 Fiset Boulevard, Suite 202, Sorel-Tracy, Montérégie, QC, J3P 3R3

**450 742-7333****Website:** [societealzheimerriivesud.ca](http://societealzheimerriivesud.ca)**Email:** [sorel@alzheimerriivesud.ca](mailto:sorel@alzheimerriivesud.ca)

**Services:** \* Helpline. \* Individual and family counselling. \* Training and support workshops for caregivers. \* Meetings for spouses and for caregivers. \* L'Embellie: speech workshop and activities. \* Home respite. \* Vocational training.

**Eligibility:** people with Alzheimer's disease or another major neurocognitive disorder, caregivers, relatives

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

## Friendly visits and safety calls

### ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS

71 Ramezay Street, Suite 151-A, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 746-5536 Fax:** 450 746-7409

**Email:** asp.soreltracy@gmail.com

**Services:** \* Support groups. \* Coffee-meetings. \* Leisure activities. \* Conferences. \* Friendly visits. \* Loan of equipment. \* Information on the disease and resources. \* Advocacy (accessibility to work and public places).

**Eligibility:** people with multiple sclerosis and their relatives

**Coverage area:** MRC Pierre-De Saurel

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

**Financing:** self-financing

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310 Fax:** 450 743-2046

**Website:** www.cab-basrichelieu.org

**Email:** direction@cab-basrichelieu.org

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

### REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL

71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 855-3737**

**Website:** rsaps.ca

**Email:** rsaps@videotron.ca

**Services:** Activities to maintain health and break seniors' social isolation. \* Breakfast conferences. \* Painting, sculpture and writing workshops. \* Workshops to stimulate memory. \* Sessions of various physical exercises at different levels. \* Computer courses: Facebook and Messenger, Apple tablet, Android tablet, photos and archiving. \* Defense and promotion of seniors' rights. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV): support, referral and information services.

**Eligibility:** people 50 years old and over

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

**Fees:** membership card: \$10, breakfast conferences: \$5 per member, workshops: free or variables fees

**Financing:** contributions, provincial

**Legal status:** non-profit organization

### **SAINT-ROCH-DE-RICHELIEU - MUNICIPALITY**

1111 du Parc Street, Saint-Roch-de-Richelieu, Montérégie, QC, J0L 2M0

**450 785-2755 Fax:** 450 785-3098

**Website:** saintrochderichelieu.qc.ca

**Email:** info@saintrochderichelieu.com

**Services:** Management of the municipal services. \* Municipal counter: information about licences, subsidies and taxes, payment of taxes. \* Online calendar of the recyclable and garbage collections. \* Public security: fire department, Sûreté du Québec, animal control. \* Pair program. \* Online evaluation role.

**Coverage area:** Saint-Roch-De-Richelieu

**Hours:** Monday, Wednesday, Thursday 8h00 to 12h00 and 13h00 to 17h00, Tuesday 8h00 to 12h00 and 12h30 to 17h00 and 17h30 to 20h00

**Financing:** municipal

**Legal status:** municipal agency

## **Home support**

### **ASSOCIATION DES AIDANTS(ES) NATURELS(LES) DU BAS-RICHELIEU**

55 Fillion Place, Sorel-Tracy, Montérégie, QC, J3P 7Z7

**450 730-0880**

**Website:** www.aanbr.org

**Email:** direction.aanbr@videotron.ca

**Services:** Support to caregivers. \* Reception, listening and referral. \* At-home respite. \* Weekly drop-in respite. \* Trainings and support workshops. \* Monthly conference-lunches.

**Eligibility:** caregivers

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** membership card: \$20 per year

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### **ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU**

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

**Website:** vivreetvieillirchezsoi.ca

**Email:** gcmer8@hotmail.com

**Services:** Support for seniors. \* Active listening, referrals and support for home maintenance. \* Accompaniment in administrative, legal and personal steps. \* Retirement preparation courses, workshops and various courses. \* Assistance in filling out forms. \* Elder abuse awareness and prevention. \* Information on estates. \* Incapacity mandate.

**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** incapacity mandate: variable

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

**Legal status:** non-profit organization

**CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL**

96 Curé-Beaugard Street, Saint-Ours, Montérégie, QC, J0G 1P0

**450 785-2874** Fax: 450 785-2876

**Email:** carrefourarcenciel@videotron.ca

**Services:** Family and community services. \* Meals on wheels, hot and frozen meals. \* Matinée des enfants: parents-children activities. \* Youth Centre Le Salon des Ados. \* Friendship lunches every two weeks. \* Transportation to medical appointments.

**Eligibility:** families, teenagers, seniors

**Coverage area:** MRC Pierre-de-Saurel

**Hours:** Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**CLSC GASTON-BÉLANGER**

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

**COOPÉRATIVE DE SOLIDARITÉ EN ENTRETIEN MÉNAGER DU BAS-RICHELIEU**

71 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-9181** Fax: 450 743-3306

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

**Email:** coopentretiensem@videotron.ca

**Services:** At-home assistance. \* Subsidized light works: cleaning, dusting, laundry, ironing, meals preparation, grocery shopping and other errands. \* Subsidized heavy works: window cleaning, floor cleaning and waxing, appliances, garage and basement cleaning. \* Non-subsidized works: seasonal works, reparation or furniture mounting, pets care, daily assistance, logistic assistance, care and home surveillance, leaves pick-up, snow removal, gardening, assistance with packing for a house move, etc. \* Help with daily life: hygiene, partial toilet and bath, incontinence care, help with getting up and going to bed, safe travel, accompaniment for medical appointments, at the pharmacy or at the bank. \* Presence and monitoring: stimulation, help with medication, respite for caregivers.

**Eligibility:** people needing an occasional or continuous assistance, people 65 years and over or referred by the CLSC, people with a temporary or permanent physical disability, single-parent families

**Coverage area:** MRC Pierre-De Saurel, Contrecoeur

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

**Fees:** fees according to the age and income, grants available for people 65 years and over or referred by the CLSC, non-subsidized services: starting from \$24 per hour

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## Housing for seniors

### CENTRE D'HÉBERGEMENT DE TRACY

4205 Frontenac Street, Sorel-Tracy, Montérégie, QC, J3R 4G8

**450 743-4924**

**Website:** [santemonteregie.qc.ca/en/installations/centre-dhebergement-de-tracy](http://santemonteregie.qc.ca/en/installations/centre-dhebergement-de-tracy)

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

**Eligibility:** seniors and people with a loss of autonomy

**Capacity:** 28 beds

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE D'HÉBERGEMENT ÉLISABETH-LAFRANCE

151 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C8

**450 746-5555**

**Website:** [santemonteregie.qc.ca/en/installations/centre-dhebergement-elisabeth-lafrance](http://santemonteregie.qc.ca/en/installations/centre-dhebergement-elisabeth-lafrance)

**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

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE D'HÉBERGEMENT J.-ARSÈNE-PARENTEAU

40 de Ramezay Street, Sorel-Tracy, Montérégie, QC, J3P 3Y7

**450 742-5936**

**Website:** [santemonteregie.qc.ca/en/installations/centre-dhebergement-j-arsene-parenteau](http://santemonteregie.qc.ca/en/installations/centre-dhebergement-j-arsene-parenteau)

**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

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

### OFFICE MUNICIPAL D'HABITATION PIERRE-DE SAUREL

264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 7Y2

**450 743-0033** Fax: 450 743-0034

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

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

**Eligibility:** individuals and families on a low and moderate income

**Capacity:** 510 units

**Coverage area:** MRC Pierre-De Saurel

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

**Financing:** provincial, municipal

**Legal status:** municipal agency

## Intervention with seniors subjected to abuse

### ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

**Website:** vivreetvieillirchezsoi.ca

**Email:** gcmer8@hotmail.com

**Services:** Support for seniors. \* Active listening, referrals and support for home maintenance. \* Accompaniment in administrative, legal and personal steps. \* Retirement preparation courses, workshops and various courses. \* Assistance in filling out forms. \* Elder abuse awareness and prevention. \* Information on estates. \* Incapacity mandate.

**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** incapacity mandate: variable

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

**Legal status:** non-profit organization

## Meals on Wheels

### CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL

96 Curé-Beaugard Street, Saint-Ours, Montérégie, QC, J0G 1P0

**450 785-2874** Fax: 450 785-2876

**Email:** carrefourarcenciel@videotron.ca

**Services:** Family and community services. \* Meals on wheels, hot and frozen meals. \* Matinée des enfants: parents-children activities. \* Youth Centre Le Salon des Ados. \* Friendship lunches every two weeks. \* Transportation to medical appointments.

**Eligibility:** families, teenagers, seniors

**Coverage area:** MRC Pierre-de-Saurel

**Hours:** Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## Seniors' Advocacy and Assistance Associations

### ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

**Website:** vivreetvieillirchezsoi.ca

**Email:** gcmer8@hotmail.com

**Services:** Support for seniors. \* Active listening, referrals and support for home maintenance. \* Accompaniment in administrative, legal and personal steps. \* Retirement preparation courses, workshops and various courses. \* Assistance in filling out forms. \* Elder abuse awareness and prevention. \* Information on estates. \* Incapacity mandate.

**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** incapacity mandate: variable

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

**Legal status:** non-profit organization



**REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL**

71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 855-3737**

**Website:** rsaps.ca

**Email:** rsaps@videotron.ca

**Services:** Activities to maintain health and break seniors' social isolation. \* Breakfast conferences. \* Painting, sculpture and writing workshops. \* Workshops to stimulate memory. \* Sessions of various physical exercises at different levels. \* Computer courses: Facebook and Messenger, Apple tablet, Android tablet, photos and archiving. \* Defense and promotion of seniors' rights. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV): support, referral and information services.

**Eligibility:** people 50 years old and over

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

**Fees:** membership card: \$10, breakfast conferences: \$5 per member, workshops: free or variables fees

**Financing:** contributions, provincial

**Legal status:** non-profit organization

**Volunteer Transportation****ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU - ACCOMPAGNEMENT-TRANSPORT**

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

**Website:** vivreetvieillirchezsoi.ca

**Email:** info@vivreetvieillirchezsoi.ca

**Services:** \* Transportation and accompaniment to appointments by volunteers, long distance transportation to medical appointments.

**Eligibility:** people 50 years old and over

**Coverage area:** MRC Pierre-De-Saurel, transportation and accompaniment in the MRC Pierre-De Saurel and by appointment in Montreal and Saint-Hyacinthe

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, by appointment only

**Fees:** variable

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

**Legal status:** Select Legal Status

**CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL - TRANSPORTATION**

96 Curé-Beaugard Street, Saint-Ours, Montérégie, QC, J0G 1P0

**450 785-2874** Fax: 450 785-2876

**Email:** carrefourarcenciel@videotron.ca

**Services:** \* Transportation to outings and medical appointments by volunteers.

**Eligibility:** medical transportation: general population, transportation to outings: persons 60 years of age and older

**Coverage area:** Saint-Ours, transportation in MRC Pierre-de Saurel, Saint-Hyacinthe, Montréal

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

**Fees:** \$7 for a round-trip to Sorel-Tracy, \$20 for a round-trip to Saint-Hyacinthe, \$40 for a round-trip to Montreal

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU - ACCOMPANIMENT-TRANSPORTATION**

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310**

**Website:** [www.cab-basrichelieu.org/1239/Accompagnement\\_médical.html](http://www.cab-basrichelieu.org/1239/Accompagnement_médical.html)

**Email:** [transport-medical@cab-basrichelieu.org](mailto:transport-medical@cab-basrichelieu.org)

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

**Eligibility:** seniors, persons in slight temporary or permanent loss of autonomy

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

## **Sports, Recreation and Culture**

### **CLUBS AND SOCIAL EVENTS**

### **COMMUNITY RECREATION CENTRES**

### **HOBBIES**

### **SPORT**

### **SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY**

## Clubs and social events

### REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL

71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 855-3737**

**Website:** rsaps.ca

**Email:** rsaps@videotron.ca

**Services:** Activities to maintain health and break seniors' social isolation. \* Breakfast conferences. \* Painting, sculpture and writing workshops. \* Workshops to stimulate memory. \* Sessions of various physical exercises at different levels. \* Computer courses: Facebook and Messenger, Apple tablet, Android tablet, photos and archiving. \* Defense and promotion of seniors' rights. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV): support, referral and information services.

**Eligibility:** people 50 years old and over

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

**Fees:** membership card: \$10, breakfast conferences: \$5 per member, workshops: free or variables fees

**Financing:** contributions, provincial

**Legal status:** non-profit organization

## Community recreation centres

### REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL

71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 855-3737**

**Website:** rsaps.ca

**Email:** rsaps@videotron.ca

**Services:** Activities to maintain health and break seniors' social isolation. \* Breakfast conferences. \* Painting, sculpture and writing workshops. \* Workshops to stimulate memory. \* Sessions of various physical exercises at different levels. \* Computer courses: Facebook and Messenger, Apple tablet, Android tablet, photos and archiving. \* Defense and promotion of seniors' rights. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV): support, referral and information services.

**Eligibility:** people 50 years old and over

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

**Fees:** membership card: \$10, breakfast conferences: \$5 per member, workshops: free or variables fees

**Financing:** contributions, provincial

**Legal status:** non-profit organization

## Hobbies

### ARDOISE, GROUPE POPULAIRE EN ALPHABÉTISATION (L')

50 du Roi Street, Suite 110, Sorel-Tracy, Montérégie, QC, J3P 4M7

**450 780-1016**

**Email:** info@lardoisealphabetisationpopulaire.org

**Services:** Popular education in literacy. \* Literacy workshops, beginner and advanced levels. \* Numeracy workshops. \* Computer workshops. \* Visual arts workshops. \* Cooking workshops. \* General culture workshops.

**Eligibility:** people with low literacy skills or with difficulties reading and writing

**Coverage area:** Sorel-Tracy

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

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

### **REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL**

71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 855-3737**

**Website:** rsaps.ca

**Email:** rsaps@videotron.ca

**Services:** Activities to maintain health and break seniors' social isolation. \* Breakfast conferences. \* Painting, sculpture and writing workshops. \* Workshops to stimulate memory. \* Sessions of various physical exercises at different levels. \* Computer courses: Facebook and Messenger, Apple tablet, Android tablet, photos and archiving. \* Defense and promotion of seniors' rights. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV): support, referral and information services.

**Eligibility:** people 50 years old and over

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

**Fees:** membership card: \$10, breakfast conferences: \$5 per member, workshops: free or variables fees

**Financing:** contributions, provincial

**Legal status:** non-profit organization

### **SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL**

71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3

**450 746-1497**

**Website:** www.smqpierredesaurel.org

**Email:** info@smqpierredesaurel.org

**Services:** Promotion and prevention of mental health in the MRC Pierre-De Saurel. \* Raising awareness on mental health issues (conference, workshops). \* Mental Health Week in May. \* Breakfasts and lunches for members. \* Lending of books to members. \* Promotional tools. \* Listening and referral. \* Physical activity workshops (tai chi, etc.). \* Chess club.

**Coverage area:** MRC Pierre-De Saurel

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

**Legal status:** non-profit organization

## **Sport**

### **ASSOCIATION DE FIBROMYALGIE DU BAS-RICHELIEU**

71 de Ramezay Street, Suite 220, Sorel-Tracy, Montérégie, QC, J3P 3Z1

**450 908-0910**

**Email:** afbr@live.ca

**Services:** Improving the quality of life of people living with fibromyalgia disease by providing them with cultural, economic and social services. \* Self-help group. \* Psychological support. \* Phone support. \* Coffee meeting. \* Documentation. \* Conferences. \* Resourcing activities. \* Adapted aquaform course. \* Massage therapy and reflexology.

**Eligibility:** people suffering from fibromyalgia or chronic pain

**Coverage area:** MRC Pierre-De Saurel

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## Sports and recreation for people with a disability

### ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL

1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4

**450 743-0664** Fax: 450 743-3208

**Website:** adirs.e-monsite.com

**Email:** adirs@videotron.ca

**Services:** Promotion of rights and advocacy of the interests of people with an intellectual disability or an autism spectrum disorder. \* Listening and support. \* Pairing. \* Luncheons: support group for parents. \* Social, cultural and recreational activities. \* Special activities, family parties and outings. \* Advocacy of rights and awareness.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their family

**Coverage area:** Contrecoeur, MRC Pierre-De Saurel

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

**Fees:** annual membership card: \$10, activities: variable

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

**Legal status:** non-profit organization

### ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY

105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-6655** Fax: 450 743-5920

**Email:** aphst@videotron.ca

**Services:** Improvement of the quality of life of people with disabilities by promoting accessibility to transportation, housing, recreation, education and employment. \* Defending the rights of people with disabilities. \* Promoting accessibility to transportation, recreation, housing, work, education and public places. \* Group outings and leisure activities. \* Newsletters and access to documentation.

**Eligibility:** persons 18 years of age and older living with a physical or sensory disability, any person concerned about the social integration of people with disabilities

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 9h00 to 17h00

**Fees:** \$10 per year

**Financing:** fundraising campaigns, membership fees, donations

**Legal status:** non-profit organization

### CENTRE DE TRANSITION PERCEVAL

148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6

**450 746-1860** Fax: 450 746-2970

**Email:** centre.perceval@videotron.ca

**Services:** Psychosocial rehabilitation center. \* Supervised transitional housing. \* Personalized community follow-up with variable intensity. \* Guidance in employment, schooling, life projects and daily routine. \* Pharmacological treatment and follow-up. \* Educational, cultural and social activities.

**Eligibility:** people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** free

**Financing:** donations, provincial

**Legal status:** non-profit organization

**GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY**

117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4

**450 743-6071 Fax:** 450 743-9971

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

**Email:** [arretcourt@hotmail.com](mailto:arretcourt@hotmail.com)

**Services:** Mental health mutual aid group. \* Telephone support. \* Listening, support and accompaniment. \* Information and referral. \* Training, educational and awareness workshops. \* Collective kitchen. \* Community meals. \* Recreational, cultural and socialization activities and outings. \* Personal growth workshops. \* Workshops with the presence of animals. \* Art workshops.

**Eligibility:** people 18 years of age and older who are or have been living with severe and persistent mental health problems

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

**HALTE SOLEIL**

404 Filiatrault Street, Saint-Joseph-de-Sorel, Montérégie, QC, J3R 3S8

**450 742-4959 Fax:** 450 742-3016

**Email:** [haltesoleil@bellnet.ca](mailto:haltesoleil@bellnet.ca)

**Services:** Respite home. \* Respite care service, day care, assistance. \* Stimulation activities. \* Development workshops. \* Coffee meeting. \* Outings.

**Eligibility:** people living with an intellectual or physical disability, their families

**Coverage area:** Saint-Joseph-de-Sorel

**Hours:** 24 hours / 7 days

**Legal status:** non-profit organization

**SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL**

71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3

**450 746-1497**

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

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

**Services:** Promotion and prevention of mental health in the MRC Pierre-De Saurel. \* Raising awareness on mental health issues (conference, workshops). \* Mental Health Week in May. \* Breakfasts and lunches for members. \* Lending of books to members. \* Promotional tools. \* Listening and referral. \* Physical activity workshops (tai chi, etc.). \* Chess club.

**Coverage area:** MRC Pierre-De Saurel

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

**Legal status:** non-profit organization

## **Thrift store and material aid**

**CLOTHING**

**SCHOOL SUPPLIES**

**THRIFT STORES**

**USED ITEM DONATION RECOVERY PROGRAMS**



## Clothing

### PORTE DU PASSANT (LA)

80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7

**450 743-4803** Fax: 450 855-4858

**Website:** laportedupassant.org

**Email:** laportedupassant@videotron.ca

**Services:** Day centre and community cafeteria. \* Reception, listening, referral and accompaniment by a community worker. \* Intervention line. \* Community cafeteria: breakfasts, lunches and snacks. \* Emergency clothing and food assistance. \* Residential support with accompaniment. \* Small food surplus counter. \* Rest stop: place of provisioning and rest. \* Showers. \* Telephone services for people without a personal telephone. \* Information and popular education workshops. \* Monthly community dinners. \* Recovery of used items on site. \* Various activities.

**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 150

**Coverage area:** MRC Pierre-De Saurel

**Hours:** services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00

**Fees:** membership card to be a part of the membership advisory committee, but not required for access to services: \$5, meals: variable

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

**Legal status:** non-profit organization

## School supplies

### GROUPE D'ENTRAIDE SOREL-TRACY (LE)

144 Dauplaise Street, Sorel-Tracy, Montérégie, QC, J3P 8A8

**450 746-5611**

**Website:** www.legest.org

**Email:** le.gest@videotron.ca

**Services:** \* Food counter, with possibility of delivery. \* Emergency food assistance. \* Information, reference and support in the procedures. \* Parent-child workshops. \* Social and professional reintegration program in partnership with the Local Employment Center of Sorel-Tracy. \* Catering service. \* School supplies. \* Distribution of Christmas baskets.

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

**Coverage area:** Sorel-Tracy

**Hours:** administration and emergency food assistance: Tuesday to Friday 8h00 to 16h30, food bank: Thursday 13h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Thrift Stores

### FABRIQUE DE LA PAROISSE DE SAINT-JOSEPH (LA) - COMPTOIR LES TROUVAILLES

7075 Marie-Victorin Route, Sorel-Tracy, Montérégie, QC, J3R 1S7

**450 743-2091**

**Website:** www.paroissesstpierrestjosephsteanne.com/intendance

**Services:** \* Thrift store: clothes, furniture and various used items. \* Recuperation of used items: clothes, furniture and various used items.

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

**Coverage area:** Sorel-Tracy

**Hours:** Tuesday 12h00 to 17h00

**Fees:** variable

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## RECYCLO-CENTRE

165 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 7L4

**450 743-5224 Fax:** 450 746-4366

**Website:** [www.recyclo-centre.ca](http://www.recyclo-centre.ca)

**Email:** [information@recyclo-centre.org](mailto:information@recyclo-centre.org)

**Services:** Used goods store and socio-professional reintegration. \* Used goods stores: clothing, furniture, audio-video, household appliances, small appliances, books, toys, sporting goods and home accessories. \* On-site collection of used items. \* Recycling: electronics, batteries, refrigerators, ink cartridges, Nespresso coffee pods. \* Socio-professional integration of young workers between 18 and 44 years old, specialized in the recovery, management and resale of residual materials. \* Social integration through supervision and support.

**Eligibility:** people 18 to 44 years old who are far from the labour market, individuals and families on a low income

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Tuesday, Wednesday, Friday and Saturday 9h00 to 17h00, Thursday 9h00 to 20h00, donation centre: 7 days 9h00 to 17h00

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

**Legal status:** non-profit organization

## Used item donation recovery programs

### CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310 Fax:** 450 743-2046

**Website:** [www.cab-basrichelieu.org](http://www.cab-basrichelieu.org)

**Email:** [direction@cab-basrichelieu.org](mailto:direction@cab-basrichelieu.org)

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

### FABRIQUE DE LA PAROISSE DE SAINT-JOSEPH (LA) - COMPTOIR LES TROUVAILLES

7075 Marie-Victorin Route, Sorel-Tracy, Montérégie, QC, J3R 1S7

**450 743-2091**

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

**Services:** \* Thrift store: clothes, furniture and various used items. \* Recuperation of used items: clothes, furniture and various used items.

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

**Coverage area:** Sorel-Tracy

**Hours:** Tuesday 12h00 to 17h00

**Fees:** variable

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### PORTE DU PASSANT (LA)

80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7

**450 743-4803 Fax:** 450 855-4858

**Website:** laportedupassant.org

**Email:** laportedupassant@videotron.ca

**Services:** Day centre and community cafeteria. \* Reception, listening, referral and accompaniment by a community worker. \* Intervention line. \* Community cafeteria: breakfasts, lunches and snacks. \* Emergency clothing and food assistance. \* Residential support with accompaniment. \* Small food surplus counter. \* Rest stop: place of provisioning and rest. \* Showers. \* Telephone services for people without a personal telephone. \* Information and popular education workshops. \* Monthly community dinners. \* Recovery of used items on site. \* Various activities.

**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 150

**Coverage area:** MRC Pierre-De Saurel

**Hours:** services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00

**Fees:** membership card to be a part of the membership advisory committee, but not required for access to services: \$5, meals: variable

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

**Legal status:** non-profit organization

### RECYCLO-CENTRE

165 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 7L4

**450 743-5224 Fax:** 450 746-4366

**Website:** www.recyclo-centre.ca

**Email:** information@recyclo-centre.org

**Services:** Used goods store and socio-professional reintegration. \* Used goods stores: clothing, furniture, audio-video, household appliances, small appliances, books, toys, sporting goods and home accessories. \* On-site collection of used items. \* Recycling: electronics, batteries, refrigerators, ink cartridges, Nespresso coffee pods. \* Socio-professional integration of young workers between 18 and 44 years old, specialized in the recovery, management and resale of residual materials. \* Social integration through supervision and support.

**Eligibility:** people 18 to 44 years old who are far from the labour market, individuals and families on a low income

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Tuesday, Wednesday, Friday and Saturday 9h00 to 17h00, Thursday 9h00 to 20h00, donation centre: 7 days 9h00 to 17h00

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

**Legal status:** non-profit organization

## **Transportation**

**ACCOMPANIED TRANSPORT**

**ACCOMPANIED TRANSPORT FOR MEDICAL REASONS**

## Accompanied transport

### CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL - TRANSPORTATION

96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0

**450 785-2874** Fax: 450 785-2876

**Email:** carrefourarcenciel@videotron.ca

**Services:** \* Transportation to outings and medical appointments by volunteers.

**Eligibility:** medical transportation: general population, transportation to outings: persons 60 years of age and older

**Coverage area:** Saint-Ours, transportation in MRC Pierre-de Saurel, Saint-Hyacinthe, Montréal

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

**Fees:** \$7 for a round-trip to Sorel-Tracy, \$20 for a round-trip to Saint-Hyacinthe, \$40 for a round-trip to Montreal

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## Accompanied transport for medical reasons

### ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU - ACCOMPAGNEMENT-TRANSPORT

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

**Website:** vivreetvieillirchezsoi.ca

**Email:** info@vivreetvieillirchezsoi.ca

**Services:** \* Transportation and accompaniment to appointments by volunteers, long distance transportation to medical appointments.

**Eligibility:** people 50 years old and over

**Coverage area:** MRC Pierre-De-Saurel, transportation and accompaniment in the MRC Pierre-De Saurel and by appointment in Montreal and Saint-Hyacinthe

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, by appointment only

**Fees:** variable

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

**Legal status:** Select Legal Status

### CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL - TRANSPORTATION

96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0

**450 785-2874** Fax: 450 785-2876

**Email:** carrefourarcenciel@videotron.ca

**Services:** \* Transportation to outings and medical appointments by volunteers.

**Eligibility:** medical transportation: general population, transportation to outings: persons 60 years of age and older

**Coverage area:** Saint-Ours, transportation in MRC Pierre-de Saurel, Saint-Hyacinthe, Montréal

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

**Fees:** \$7 for a round-trip to Sorel-Tracy, \$20 for a round-trip to Saint-Hyacinthe, \$40 for a round-trip to Montreal

**Financing:** grants, self-financing

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU - ACCOMPANIMENT-TRANSPORTATION

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310**

**Website:** [www.cab-basrichelieu.org/1239/Accompagnement\\_médical.html](http://www.cab-basrichelieu.org/1239/Accompagnement_médical.html)

**Email:** transport-medical@cab-basrichelieu.org

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

## Transportation

**Eligibility:** seniors, persons in slight temporary or permanent loss of autonomy

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

## **Violence and abuse**

**CHILD ABUSE**

**DOMESTIC VIOLENCE: SHELTERS AND SUPPORT**

**ELDER ABUSE**

**PREVENTION OF VIOLENCE AND CRIME**

**SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES**

**SUPPORT FOR VICTIMS AND THEIR FAMILIES**

**THERAPY AND COUNSELLING**

## Child abuse

### JUSTICE ALTERNATIVE PIERRE DE SAUREL

105 du Prince Street, Suite 209, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 746-0954** Fax: 450 746-0081

**Email:** japds@videotron.ca

**Services:** \* Mediation between citizens. \* Accompaniment for schools: training workshops and information on conflict resolution. \* General alternative measures program (GAMP) for adults. \* Managing and applying the measures provided by the Youth Criminal Justice Act (YCJA).

**Eligibility:** citizens undergoing a conflict, young offenders 12 to 17 years old, schools, adults eligible for the General alternative measures program (GAMP) for adults

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** citizen mediation: free, accompaniment for schools: variable

**Financing:** grants

**Legal status:** non-profit organization

## Domestic violence: shelters and support

### MAISON LE PASSEUR

113 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 1G9

**450 743-8403** Fax: 450 743-8825

**Website:** www.maisonlepasseur.com

**Email:** info@maisonlepasseur.com

**Services:** \* Group and individual therapy. \* Welcome, help, listening and referral. \* Post-therapy follow-up. \* Conferences. \* Company assistance service for employees showing violent behavior at work.

**Eligibility:** men living in difficult situations that can degenerate into conjugal violence, businesses with employees who exhibit violent behaviour

**Coverage area:** MRC Pierre de Sorel, Sorel-Tracy and surroundings

**Fees:** cost proportional to the client's income

**Legal status:** non-profit organization

## Elder abuse

### ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

**450 743-1584**

**Website:** vivreetvieillirchezsoi.ca

**Email:** gcmer8@hotmail.com

**Services:** Support for seniors. \* Active listening, referrals and support for home maintenance. \* Accompaniment in administrative, legal and personal steps. \* Retirement preparation courses, workshops and various courses. \* Assistance in filling out forms. \* Elder abuse awareness and prevention. \* Information on estates. \* Incapacity mandate.

**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** incapacity mandate: variable

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

**Legal status:** non-profit organization



## Prevention of violence and crime

### MAISON LE PASSEUR

113 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 1G9

**450 743-8403** Fax: 450 743-8825

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

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

**Services:** \* Group and individual therapy. \* Welcome, help, listening and referral. \* Post-therapy follow-up. \* Conferences. \* Company assistance service for employees showing violent behavior at work.

**Eligibility:** men living in difficult situations that can degenerate into conjugal violence, businesses with employees who exhibit violent behaviour

**Coverage area:** MRC Pierre de Sorel, Sorel-Tracy and surroundings

**Fees:** cost proportional to the client's income

**Legal status:** non-profit organization

## Support for perpetrators of violence and their families

### MAISON LE PASSEUR

113 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 1G9

**450 743-8403** Fax: 450 743-8825

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

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

**Services:** \* Group and individual therapy. \* Welcome, help, listening and referral. \* Post-therapy follow-up. \* Conferences. \* Company assistance service for employees showing violent behavior at work.

**Eligibility:** men living in difficult situations that can degenerate into conjugal violence, businesses with employees who exhibit violent behaviour

**Coverage area:** MRC Pierre de Sorel, Sorel-Tracy and surroundings

**Fees:** cost proportional to the client's income

**Legal status:** non-profit organization

## Support for victims and their families

### CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE - SOREL-TRACY SERVICE POINT

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5

**450 742-8033** Fax: 450 743-4307

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

**Email:** [infocavac@cavacmonteregie.com](mailto:infocavac@cavacmonteregie.com)

**Services:** \* Psycho-socio-judicial and post-traumatic intervention. \* Support in the procedures. \* Information and referrals: rights and remedies, existing resources, etc. \* Listening and telephone helpline.

**Eligibility:** victims of criminal acts, their relatives

**Coverage area:** Sorel-Tracy

**Hours:** Monday and Tuesday 8h30 to 16h30, Wednesday 10h30 to 16h30, Thursday 11h30 to 16h30, Friday 12h30 to 16h30

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

## Therapy and counselling

### CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU

70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5

**450 743-4310** Fax: 450 743-2046

**Website:** [www.cab-basrichelieu.org](http://www.cab-basrichelieu.org)

**Email:** [direction@cab-basrichelieu.org](mailto:direction@cab-basrichelieu.org)

**Services:** \* Emergency food assistance. \* Meals on wheels. \* Solidarity grocery store. \* Reception and referral. \* Psychosocial intervention. \* Collective kitchens. \* Securing and emergency-listening telephone. \* Laundry room. \* Info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis. \* Budget administration. \* Bonhomme à lunettes service point: optometry services. \* School lunches. \* Promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations. \* Christmas baskets. \* Distribution of school supplies. \* Tax clinic.

**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Pierre-De Saurel

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

**Fees:** variable

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

**Legal status:** non-profit organization

### CLSC GASTON-BÉLANGER

30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7

**450 746-4545**

**Website:** [santemonteregie.qc.ca/en/installations/clsc-gaston-belanger](http://santemonteregie.qc.ca/en/installations/clsc-gaston-belanger)

**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 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### COURT OF QUÉBEC - CIVIL DIVISION - SOREL-TRACY

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5

**450 742-2786**

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse)

**Services:** Court constituting the judicial system of Québec. \* Hearing of cases where the amount in dispute is less than \$85,000 and the prosecution of voluntary deposits and municipal and school affairs. \* Requests for psychiatric assessment: judgment administration for temporary or authorized custody when a doctor wants to keep a person in hospital to conduct a psychiatric examination or when a person refuses to go to hospital to submit for an examination. \* Voluntary deposits.

**Coverage area:** Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville

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

**Financing:** provincial

**Legal status:** provincial government agency

**GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY**

117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4

**450 743-6071** Fax: 450 743-9971

**Website:** www.groupedentraidelarretcourt.com

**Email:** arretcourt@hotmail.com

**Services:** Mental health mutual aid group. \* Telephone support. \* Listening, support and accompaniment. \* Information and referral. \* Training, educational and awareness workshops. \* Collective kitchen. \* Community meals. \* Recreational, cultural and socialization activities and outings. \* Personal growth workshops. \* Workshops with the presence of animals. \* Art workshops.

**Eligibility:** people 18 years of age and older who are or have been living with severe and persistent mental health problems

**Coverage area:** Sorel-Tracy

**Hours:** Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

**PORTE DU PASSANT (LA)**

80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7

**450 743-4803** Fax: 450 855-4858

**Website:** laportedupassant.org

**Email:** laportedupassant@videotron.ca

**Services:** Day centre and community cafeteria. \* Reception, listening, referral and accompaniment by a community worker. \* Intervention line. \* Community cafeteria: breakfasts, lunches and snacks. \* Emergency clothing and food assistance. \* Residential support with accompaniment. \* Small food surplus counter. \* Rest stop: place of provisioning and rest. \* Showers. \* Telephone services for people without a personal telephone. \* Information and popular education workshops. \* Monthly community dinners. \* Recovery of used items on site. \* Various activities.

**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 150

**Coverage area:** MRC Pierre-De Saurel

**Hours:** services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00

**Fees:** membership card to be a part of the membership advisory committee, but not required for access to services: \$5, meals: variable

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

**Legal status:** non-profit organization

**SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL**

71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3

**450 746-1497**

**Website:** www.smqpierredesaurel.org

**Email:** info@smqpierredesaurel.org

**Services:** Promotion and prevention of mental health in the MRC Pierre-De Saurel. \* Raising awareness on mental health issues (conference, workshops). \* Mental Health Week in May. \* Breakfasts and lunches for members. \* Lending of books to members. \* Promotional tools. \* Listening and referral. \* Physical activity workshops (tai chi, etc.). \* Chess club.

**Coverage area:** MRC Pierre-De Saurel

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

**Legal status:** non-profit organization

**VAISSEAU D'OR (LE)**

201 Robillard Street, Suite 210, Sorel-Tracy, Montérégie, QC, J3P 8C7

**450 743-2300**

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

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

**Services:** Assistance, support and intervention with the close ones of a person living with severe and persistent mental illness. \* Individual or family psychosocial intervention. \* Information and training activities. \* Support and self-help group. \* Respite.

**Eligibility:** close ones of a person living with severe and persistent mental illness

**Coverage area:** Massueville, Saint-Aimé, Saint-David, Saint-Gérard-Majella, Saint-Joseph-de-Sorel, Saint-Ours, Saint-Robert, Saint-Roch-de-Richelieu, Sainte-Anne-de-Sorel, Sainte-Victoire-de-Sorel, Sorel-Tracy, Yamaska

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

**Fees:** free

**Financing:** grants, donations, self-financing, foundations

**Legal status:** non-profit organization

Alphabetical Index  
**Alphabetical Index**

ACCÈS-RÉGION	71
ACTION LOGEMENT PIERRE-DE-SAUREL	75
AIDE ARTHRITE DU BAS-RICHELIEU	57
ARDOISE, GROUPE POPULAIRE EN ALPHABÉTISATION (L')	104
ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SOREL-TRACY	77
ASSOCIATION DE FIBROMYALGIE DU BAS-RICHELIEU	105
ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL	105
ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS	96
ASSOCIATION DES AIDANTS(ES) NATURELS(LES) DU BAS-RICHELIEU	97
ASSOCIATION DES LOCATAIRES DE H.L.M DE SOREL-TRACY	75
ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY	106
ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI BAS-RICHELIEU - TAX CLINIC	39
ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU	116
ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU - ACCOMPAGNEMENT-TRANSPORT	113
CANADIAN CANCER SOCIETY - SOREL-TRACY SERVICE CENTRE	58
CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL	100
CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL - TRANSPORTATION	113
CARREFOUR JEUNESSE-EMPLOI DE PIERRE-DE SAUREL	38
CARREFOUR NAISSANCE-FAMILLE	24
CÉGEP DE SOREL-TRACY	32
CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU	117
CENTRE D'ACTION BÉNÉVOLE DU BAS RICHELIEU - ACCOMPANIMENT-TRANSPORTATION	113
CENTRE D'HÉBERGEMENT DE TRACY	98
CENTRE D'HÉBERGEMENT ÉLISABETH-LAFRANCE	99
CENTRE D'HÉBERGEMENT J.-ARSÈNE-PARENTEAU	99
CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE - LA TRAVERSÉE	87
CENTRE DE SERVICES PSYCHOSOCIAUX SOREL-TRACY	2
CENTRE DE TRANSITION PERCEVAL	106
CENTRE HOSPITALIER HÔTEL-DIEU-DE-SOREL	89
CLSC GASTON-BÉLANGER	118
COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SOREL-TRACY	88
COMITÉ DES USAGERS PIERRE-DE SAUREL	77
COOPÉRATIVE DE SOLIDARITÉ EN ENTRETIEN MÉNAGER DU BAS-RICHELIEU	98
CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE PIERRE-DE SAUREL	11
COURT OF QUÉBEC - CIVIL DIVISION - SOREL-TRACY	118
COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - SOREL-TRACY	79
COURT OF QUÉBEC - SMALL CLAIMS DIVISION - SOREL-TRACY	79
COURT OF QUÉBEC - YOUTH DIVISION - SOREL-TRACY	80
CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE - SOREL-TRACY SERVICE POINT	117
DIABÉTIQUES SOREL-TRACY (LES)	60
DIRECTION DES SERVICES CORRECTIONNELS - MONTÉRÉGIE	81
FABRIQUE DE LA PAROISSE DE SAINT-JOSEPH (LA) - COMPTOIR LES TROUVAILLES	110
GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY	118
GROUPE D'ENTRAIDE SOREL-TRACY (LE)	109
HABITATIONS DEGRANDPRÉ - AIDE AUX ENTREPRENEURS	11
HABITATIONS SAINT-MAXIME	86
HALTE SOLEIL	107
JUSTICE ALTERNATIVE PIERRE DE SAUREL	116
MAISON LE PASSEUR	117

MASSUEVILLE - MUNICIPALITY	81
OFFICE MUNICIPAL D'HABITATION PIERRE-DE SAUREL	99
ORIENTHÈQUE (L') - CENTRE D'ORIENTATION ET SERVICES D'INTÉGRATION DE LA MAIN-D'OEUVRE	73
PORTE DU PASSANT (LA)	119
RECYCLO-CENTRE	111
REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL	105
REVENU QUÉBEC - SOREL-TRACY	73
SAINT-AIMÉ - MUNICIPALITY	50
SAINT-DAVID - MUNICIPALITY	50
SAINT-GÉRARD-MAJELLA - MUNICIPALITY	65
SAINT-ROCH-DE-RICHELIEU - MUNICIPALITY	97
SAINTE-ANNE-DE-SOREL - MUNICIPALITY	51
SAINTE-VICTOIRE-DE-SOREL - MUNICIPALITY	51
SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL	119
SDEM SEMO MONTÉRÉGIE - SOREL-TRACY	40
SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION DE SOREL	78
SERVICES QUÉBEC - SOREL-TRACY	73
SOCIÉTÉ ALZHEIMER RIVE-SUD - POINT DE SERVICE SOREL-TRACY	95
SOREL-TRACY - CITY	66
SOREL-TRACY COURTHOUSE	79
SUPERIOR COURT - SOREL-TRACY	80
UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - SOREL-TRACY	94
VAISSEAU D'OR (LE)	119
YAMASKA - MUNICIPALITY	66