



# DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTÉRÉGIE / MRC ROUSSILLON / ALL CITIES



2-1-1



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

Summary  
**Summary**

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**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 JEUNESSE DE LA MONTRÉGIE - CHÂTEAUGUAY

278 Saint-Jean-Baptiste Boulevard, Suite 200, Châteauguay, Montérégie, QC, J6K 3C2

**450 692-6741** Fax: 450 692-4811

**Website:** [www.santemonteregie.qc.ca/en/installations/centre-de-services-et-readaptation-externes-et-services-psychosociaux-chateauguay](http://www.santemonteregie.qc.ca/en/installations/centre-de-services-et-readaptation-externes-et-services-psychosociaux-chateauguay)

**Services:** \* Psychosocial point of services.

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

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

### ESPACE CHÂTEAUGUAY

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 692-5757**

**Website:** [espacesansviolence.org/en](http://espacesansviolence.org/en)

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

**Services:** Prevention of violence against children. \* Prevention workshops. \* Phone listening and referral.

**Eligibility:** children 3 to 12 years old, parents, teachers and counsellors

**Coverage area:** Montérégie

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

**Fees:** free

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

**Legal status:** non-profit organization

### LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

**450 691-4325** Fax: 450 699-0496

**Website:** [ccjrs.com/bureaux/chateauguay](http://ccjrs.com/bureaux/chateauguay)

**Email:** [chateauguay@ccjrs.com](mailto:chateauguay@ccjrs.com)

**Services:** Free or low cost legal services to financially eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

**Coverage area:** Châteauguay, Saint-Constant, Delson, Kahnawake

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

**Financing:** provincial

**Legal status:** parapublic organization

## Daycare and respite

### CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

**450 638-1131** Fax: 450 638-1132

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

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

**Services:** \* Reception, listening and referral. \* Documentation centre. \* Popular education workshops. \* Coffee-chat. \* Conferences. \* Day care. \* Training of volunteers. \* Collective action.

**Eligibility:** women, children 5 years old and under

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

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

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

**Legal status:** non-profit organization

### MAISON DE LA FAMILLE KATERI

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

**450 659-9188 Fax:** 450 659-5573

**Website:** www.maisonfamillekateri.com

**Email:** info@maisonfamillekateri.com

**Services:** Accompaniment for parents in their parenting role. \* Interactive, educational and informative activities. \* Individual support, listening and mutual aid. \* Children's library and documentation for parents. \* Childcare. \* Group discussion and exchange for fathers and father-child activities. \* Workshops on positive discipline. \* Stimulation of fine and gross motor skills, and of language for children. \* Various workshops.

**Eligibility:** children aged 0 to 17 years old and their parents

**Capacity:** 5 groups of 8 dyads (parent-child) by category, plus siblings

**Coverage area:** La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

**Hours:** Monday to Friday 8h30 to 16h30, Saturday 8h30 to 12h00

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

### RÉSEAU QUÉBÉCOIS D'ACCOMPAGNANTES À LA NAISSANCE

Confidential Address

**Website:** www.naissance.ca

**Email:** inforqan@yahoo.ca

**Services:** Grouping of self-employed doulas. \* Information and referral. \* Members' directory. \* Group, individual or distance prenatal courses. \* Assistance during birth: support, information, massage therapy, etc. \* Relevailles: in-home postnatal respite. \* Prenatal and postnatal yoga. \* Breastfeeding support. \* Baby massage courses. \* Baby carrying workshops. \* Birth preparation training and tools: planning, self-hypnosis, birthing ball, Bonapace method, emotional preparation. \* Baby emotional assistance. \* Perinatal osteopathy, cranial sacral therapy. \* Promotion of doulas.

**Eligibility:** pregnant women, their partner and family

**Coverage area:** Province of Québec, services vary according to regions

**Hours:** variable

**Fees:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

### STATION DE L'AVEVENTURE - MAISON DE LA FAMILLE (LA)

540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3

**450 691-4897**

**Website:** www.stationdelaventure.com

**Email:** famille@stationdelaventure.com

**Services:** \* Child development workshops: major and fine motor skills, language skills, etc. \* Early literacy program. \* Activities for fathers. \* Baby massage. \* Childcare and drop-in respite. \* Coffee chats. \* Assistance and referral. \* Group outings on pedagogical days.

**Eligibility:** families with children 0 to 18 years old

**Coverage area:** Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

**Hours:** Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday

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

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

**Legal status:** non-profit organization

**STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA) - POINT DE SERVICE SAINT-ISIDORE**

695 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

**450 691-4897**

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

**Email:** [famille@stationdelaventure.com](mailto:famille@stationdelaventure.com)

**Services:** Training workshop for parents. \* Drop-in respite.

**Eligibility:** parents of children 0 to 18 years old

**Coverage area:** Saint-Isidore

**Hours:** drop-in respite: Tuesday 9h00 to 14h00, training workshop: Thursday 9h00 to 11h00

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

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

**Legal status:** non-profit organization

**Family Support****ASSOCIATION INFERTILITÉ QUÉBEC**

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

**514 452-6775**

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

**Email:** [president@infertilite.ca](mailto:president@infertilite.ca)

**Services:** Representation and advocacy for infertile couples. \* Information and referral regarding infertility and adoption. \* Pairing between people with common experiences with infertility, accompaniment. \* Support group with a nurse.

**Eligibility:** infertile couples and individuals of all sexual orientations

**Coverage area:** Province of Québec

**Fees:** annual membership: \$25.50

**Financing:** membership fees

**Legal status:** non-profit organization

**MAISON DE LA FAMILLE KATERI**

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

**450 659-9188 Fax:** 450 659-5573

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

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

**Services:** Accompaniment for parents in their parenting role. \* Interactive, educational and informative activities. \* Individual support, listening and mutual aid. \* Children's library and documentation for parents. \* Childcare. \* Group discussion and exchange for fathers and father-child activities. \* Workshops on positive discipline. \* Stimulation of fine and gross motor skills, and of language for children. \* Various workshops.

**Eligibility:** children aged 0 to 17 years old and their parents

**Capacity:** 5 groups of 8 dyads (parent-child) by category, plus siblings

**Coverage area:** La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

**Hours:** Monday to Friday 8h30 to 16h30, Saturday 8h30 to 12h00

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

**OPTIONS**

25A D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

**450 699-4357**

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

**Email:** [options@jslmontreal.org](mailto:options@jslmontreal.org)



**Services:** Care and support to young women, young men, and families facing unplanned pregnancy. Material assistance \* Free pregnancy testing. \* ARK boutique: free baby and maternity items. Education and prevention \* Personal self-worth and healthy relationship teaching. \* Sexual education workshops. \* Sex-ed workshops in schools. \* Referral for STI testing. \* Referral to government and community resources. Accompaniment \* Personalized support. \* Pregnancy options exploration. \* Mediation between family members or a client and other people. \* Tailored prenatal education & lactation support. \* Post-abortion support. \* Birth family support through the adoption process during and after pregnancy. Parental education \* Life skills and family management training. \* Mom and tot groups. \* Mentor mom and dad opportunities.

**Eligibility:** young women and men 25 years old and under and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 clients per week, pregnancy options support: 3 clients per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 15h00, appointments available outside these hours

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

### QUARTIER DES FEMMES (LE)

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 692-9805 Fax:** 450 692-8243

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

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

**Services:** Centre providing help and popular education for the improvement of the living conditions and the power of women to act in all their diversities. \* Mother-friend program. \* Individual intervention. \* Youth camp. \* Various meetings on topics affecting women. \* Workshops. \* Self-help groups. \* Collective kitchens. \* Collective gardens. \* Conferences.

**Eligibility:** women

**Coverage area:** CLSC Jardins-Roussillon

**Hours:** Monday to Friday 8h30 to 16h30, open in the evening according to activities

**Fees:** free, some activities at minimal prices

**Financing:** provincial, Centraide of Greater Montréal, federal, donations, contributions

**Legal status:** non-profit organization

### STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA)

540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3

**450 691-4897**

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

**Email:** [famille@stationdelaventure.com](mailto:famille@stationdelaventure.com)

**Services:** \* Child development workshops: major and fine motor skills, language skills, etc. \* Early literacy program. \* Activities for fathers. \* Baby massage. \* Childcare and drop-in respite. \* Coffee chats. \* Assistance and referral. \* Group outings on pedagogical days.

**Eligibility:** families with children 0 to 18 years old

**Coverage area:** Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

**Hours:** Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday

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

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

**Legal status:** non-profit organization

**STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA) - POINT DE SERVICE SAINT-ISIDORE**

695 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

**450 691-4897**

**Website:** www.stationdelaventure.com

**Email:** famille@stationdelaventure.com

**Services:** Training workshop for parents. \* Drop-in respite.

**Eligibility:** parents of children 0 to 18 years old

**Coverage area:** Saint-Isidore

**Hours:** drop-in respite: Tuesday 9h00 to 14h00, training workshop: Thursday 9h00 to 11h00

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

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

**Legal status:** non-profit organization

**Juvenile Delinquency****BENADO**

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

**450 632-1640 Fax:** 450 632-6754

**Website:** www.benado.org

**Email:** benado@videotron.ca

**Services:** \* Day centre for dropouts. \* Manual and self-knowledge activities, painting workshops, leather, bike repair. \* Job information for dropouts. \* Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. \* Information and consultation with victims of crime. \* Prevention of crime in schools. \* Community support in the implementation of programs related to conflict resolution.

**Eligibility:** dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents, community

**Coverage area:** Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

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

**Legal status:** non-profit organization

**Maternity support and adoption****AMITIÉ MATERN'ELLE**

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450-659-7661 ext. 1387**

**Website:** www.amitiematernelle.com

**Email:** amitiemarternelle@gmail.com

**Services:** \* Support for breastfeeding. \* Pairing before birth. \* Telephone and email support. \* Mornings with baby: first aid, infant massage, infant carrying, nutrition, etc. \* Coffee-chat. \* Infant clinic. \* Sharing morning: meeting seniors in a CHSLD.

**Eligibility:** pregnant women, families with infants

**Coverage area:** territoire du CLSC Kateri

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**ANNA-LABERGE HOSPITAL**

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

**450 699-2425**

**Website:** [santemonteregie.qc.ca/en/installations/hopital-anna-laberge](http://santemonteregie.qc.ca/en/installations/hopital-anna-laberge)

**Services:** Hospital offering general and specialized cares. \* Emergencies. \* Intensive cares. \* Surgeries. \* Geriatrics, palliative care. \* Obstetrics, prenatal meetings, early childhood development, pediatrics. \* Inpatient psychiatric hospital unit and mental health consultations. \* Physical rehabilitation.

**Capacity:** 225 beds

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**ASSOCIATION INFERTILITÉ QUÉBEC**

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

**514 452-6775**

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

**Email:** [president@infertilite.ca](mailto:president@infertilite.ca)

**Services:** Representation and advocacy for infertile couples. \* Information and referral regarding infertility and adoption. \* Pairing between people with common experiences with infertility, accompaniment. \* Support group with a nurse.

**Eligibility:** infertile couples and individuals of all sexual orientations

**Coverage area:** Province of Québec

**Fees:** annual membership: \$25.50

**Financing:** membership fees

**Legal status:** non-profit organization

**CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION**

317 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

**Website:** [chateauguayhorizon.weebly.com](http://chateauguayhorizon.weebly.com)

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

**Services:** \* Community outreach. \* Home and hospital friendly visits. \* Newborn gift baskets. \* Children's Christmas party and banquet. \* Scholarship for college students. \* Summer program and camp.

**Coverage area:** Châteauguay

**Fees:** membership: family \$20, individual \$15

**Financing:** self-financing

**Legal status:** non-profit organization

**CLSC CHÂTEAUGUAY**

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333** Fax: 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

**450 691-4325 Fax:** 450 699-0496

**Website:** [ccjrs.com/bureaux/chateauguay](http://ccjrs.com/bureaux/chateauguay)

**Email:** [chateauguay@ccjrs.com](mailto:chateauguay@ccjrs.com)

**Services:** Free or low cost legal services to financially eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

**Coverage area:** Châteauguay, Saint-Constant, Delson, Kahnawake

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

**Financing:** provincial

**Legal status:** parapublic organization

### OPTIONS

25A D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

**450 699-4357**

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

**Email:** [options@jslmonreal.org](mailto:options@jslmonreal.org)

**Services:** Care and support to young women, young men, and families facing unplanned pregnancy. Material assistance \* Free pregnancy testing. \* ARK boutique: free baby and maternity items. Education and prevention \* Personal self-worth and healthy relationship teaching. \* Sexual education workshops. \* Sex-ed workshops in schools. \* Referral for STI testing. \* Referral to government and community resources. Accompaniment \* Personalized support. \* Pregnancy options exploration. \* Mediation between family members or a client and other people. \* Tailored prenatal education & lactation support. \* Post-abortion support. \* Birth family support through the adoption process during and after pregnancy. Parental education \* Life skills and family management training. \* Mom and tot groups. \* Mentor mom and dad opportunities.

**Eligibility:** young women and men 25 years old and under and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 clients per week, pregnancy options support: 3 clients per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 15h00, appointments available outside these hours

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

## RÉSEAU QUÉBÉCOIS D'ACCOMPAGNANTES À LA NAISSANCE

Confidential Address

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

**Email:** [inforqan@yahoo.ca](mailto:inforqan@yahoo.ca)

**Services:** Grouping of self-employed doulas. \* Information and referral. \* Members' directory. \* Group, individual or distance prenatal courses. \* Assistance during birth: support, information, massage therapy, etc. \* Relevailles: in-home postnatal respite. \* Prenatal and postnatal yoga. \* Breastfeeding support. \* Baby massage courses. \* Baby carrying workshops. \* Birth preparation training and tools: planning, self-hypnosis, birthing ball, Bonapace method, emotional preparation. \* Baby emotional assistance. \* Perinatal osteopathy, cranial sacral therapy. \* Promotion of doulas.

**Eligibility:** pregnant women, their partner and family

**Coverage area:** Province of Québec, services vary according to regions

**Hours:** variable

**Fees:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

## Parenting Education

### AMITIÉ MATERN'ELLE

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450-659-7661 ext. 1387**

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

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

**Services:** \* Support for breastfeeding. \* Pairing before birth. \* Telephone and email support. \* Mornings with baby: first aid, infant massage, infant carrying, nutrition, etc. \* Coffee-chat. \* Infant clinic. \* Sharing morning: meeting seniors in a CHSLD.

**Eligibility:** pregnant women, families with infants

**Coverage area:** territoire du CLSC Kateri

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

**450 692-7313 Fax: 450 692-9356**

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

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

**Services:** \* Intervention for men to cease controlling and violent behaviours. \* Support group for men in difficulty. \* Individual consultations, assessment and referral. \* Complètement Ados: awareness activities for youth in difficulty. \* Prevention workshops. \* Training for parents. \* Jeunes leaders dans la communauté: social involvement program for youth.

**Eligibility:** male adults, youth 12 to 20 years old

**Coverage area:** Montérégie

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

**Fees:** adult: \$30 for the assessment, support groups: \$5 to 20 depending on the income

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

### CHÂTEAUGAY VALLEY LITERACY COUNCIL

Confidential Address

**450 698-0342**

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

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

**Services:** \* English literacy workshops. \* English courses: business and general development. \* Reading camp and activities for children. \* Training of volunteer teachers. \* Activities for seniors in residences.

**Eligibility:** individuals, families, youth and seniors

**Coverage area:** Châteaugay and surrounding areas

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

**Fees:** free or low cost

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

**Legal status:** non-profit organization

### CLSC CHÂTEAUGUAY

95 de la Verdure Avenue, Châteaugay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**COMMISSION SCOLAIRE DES GRANDES-SEIGNEURIES - PROGRAMME PASSE-PARTOUT**

Administrative Center, Place La Citière, 50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

**514 380-8899 ext. 4635**

**Website:** [www.csdgs.dev.libeo.com/programme-passe-partout](http://www.csdgs.dev.libeo.com/programme-passe-partout)

**Services:** Government intervention program for families to promote the integration and academic success of children. \* Speech language therapy. \* Meetings for parents on the development of the child. \* Parent-child activities.

**Eligibility:** parents and their 4-year-olds

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

**Hours:** Administrative Center Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15

**Fees:** free

**Legal status:** parapublic organization

**MAISON DE LA FAMILLE KATERI**

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

**450 659-9188 Fax:** 450 659-5573

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

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

**Services:** Accompaniment for parents in their parenting role. \* Interactive, educational and informative activities. \* Individual support, listening and mutual aid. \* Children's library and documentation for parents. \* Childcare. \* Group discussion and exchange for fathers and father-child activities. \* Workshops on positive discipline. \* Stimulation of fine and gross motor skills, and of language for children. \* Various workshops.

**Eligibility:** children aged 0 to 17 years old and their parents

**Capacity:** 5 groups of 8 dyads (parent-child) by category, plus siblings

**Coverage area:** La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

**Hours:** Monday to Friday 8h30 to 16h30, Saturday 8h30 to 12h00

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

**OPTIONS**

25A D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

**450 699-4357**

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

**Email:** [options@jslmontreal.org](mailto:options@jslmontreal.org)

**Services:** Care and support to young women, young men, and families facing unplanned pregnancy. Material assistance \* Free pregnancy testing. \* ARK boutique: free baby and maternity items. Education and prevention \* Personal self-worth and healthy relationship teaching. \* Sexual education workshops. \* Sex-ed workshops in schools. \* Referral for STI testing. \* Referral to government and community resources. Accompaniment \* Personalized support. \* Pregnancy options exploration. \* Mediation between family members or a client and other people. \* Tailored prenatal education & lactation support. \* Post-abortion support. \* Birth family support through the adoption process during and after pregnancy. Parental education \* Life skills and family management training. \* Mom and tot groups. \* Mentor mom and dad opportunities.

**Eligibility:** young women and men 25 years old and under and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 clients per week, pregnancy options support: 3 clients per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 15h00, appointments available outside these hours

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

## RÉSEAU QUÉBÉCOIS D'ACCOMPAGNANTES À LA NAISSANCE

Confidential Address

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

**Email:** [inforqan@yahoo.ca](mailto:inforqan@yahoo.ca)

**Services:** Grouping of self-employed doulas. \* Information and referral. \* Members' directory. \* Group, individual or distance prenatal courses. \* Assistance during birth: support, information, massage therapy, etc. \* Relevailles: in-home postnatal respite. \* Prenatal and postnatal yoga. \* Breastfeeding support. \* Baby massage courses. \* Baby carrying workshops. \* Birth preparation training and tools: planning, self-hypnosis, birthing ball, Bonapace method, emotional preparation. \* Baby emotional assistance. \* Perinatal osteopathy, cranial sacral therapy. \* Promotion of doulas.

**Eligibility:** pregnant women, their partner and family

**Coverage area:** Province of Québec, services vary according to regions

**Hours:** variable

**Fees:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

## SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-0590 ext. 5230**

**Website:** [www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque](http://www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque)

**Email:** [bibliotheque@ville.sainte-catherine.qc.ca](mailto:bibliotheque@ville.sainte-catherine.qc.ca)

**Services:** Loan and consultation of printed, audiovisual and electronic documents. \* Computers and Internet access. \* Screen enlarger for people with a visual impairment. \* Early literacy. \* Biblio-aidants. \* Biblio-jeux: game aiming to develop the language and promote reading awakening. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Story time. \* Book club for adults. \* Board games. \* Conferences.

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** Monday 13h00 to 19h00, Wednesday 11h00 to 19h00, Thursday and Friday 10h00 to 16h30, Saturday 10h00 to 15h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

## STATION DE L'AVEVENTURE - MAISON DE LA FAMILLE (LA)

540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3

**450 691-4897**

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

**Email:** [famille@stationdelaventure.com](mailto:famille@stationdelaventure.com)

**Services:** \* Child development workshops: major and fine motor skills, language skills, etc. \* Early literacy program. \* Activities for fathers. \* Baby massage. \* Childcare and drop-in respite. \* Coffee chats. \* Assistance and referral. \* Group outings on pedagogical days.

**Eligibility:** families with children 0 to 18 years old

**Coverage area:** Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

**Hours:** Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday

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

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

**Legal status:** non-profit organization



**STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA) - POINT DE SERVICE SAINT-ISIDORE**

695 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

**450 691-4897**

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

**Email:** [famille@stationdelaventure.com](mailto:famille@stationdelaventure.com)

**Services:** Training workshop for parents. \* Drop-in respite.

**Eligibility:** parents of children 0 to 18 years old

**Coverage area:** Saint-Isidore

**Hours:** drop-in respite: Tuesday 9h00 to 14h00, training workshop: Thursday 9h00 to 11h00

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

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

**Legal status:** non-profit organization

**Recreational Activities****DELSON - SERVICE DES LOISIRS**

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

**450 632-1050 ext. 3100 Fax:** 450 635-0627

**Website:** [www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture](http://www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture)

**Email:** [loisirs@ville.delson.qc.ca](mailto:loisirs@ville.delson.qc.ca)

**Services:** \* Community, sociocultural and sporting activities. \* Sports centre, parks, ice rinks and playgrounds. \* Summer day camp. \* Hall rental.

**Coverage area:** Delson

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

**Fees:** variable, citizen card: free

**Financing:** municipal

**Legal status:** municipal agency

**MAISON DE LA FAMILLE KATERI**

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

**450 659-9188 Fax:** 450 659-5573

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

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

**Services:** Accompaniment for parents in their parenting role. \* Interactive, educational and informative activities. \* Individual support, listening and mutual aid. \* Children's library and documentation for parents. \* Childcare. \* Group discussion and exchange for fathers and father-child activities. \* Workshops on positive discipline. \* Stimulation of fine and gross motor skills, and of language for children. \* Various workshops.

**Eligibility:** children aged 0 to 17 years old and their parents

**Capacity:** 5 groups of 8 dyads (parent-child) by category, plus siblings

**Coverage area:** La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

**Hours:** Monday to Friday 8h30 to 16h30, Saturday 8h30 to 12h00

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

**STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA)**

540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3

**450 691-4897**

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

**Email:** [famille@stationdelaventure.com](mailto:famille@stationdelaventure.com)

**Services:** \* Child development workshops: major and fine motor skills, language skills, etc. \* Early literacy program. \* Activities for fathers. \* Baby massage. \* Childcare and drop-in respite. \* Coffee chats. \* Assistance and referral. \* Group outings on pedagogical days.

**Eligibility:** families with children 0 to 18 years old

**Coverage area:** Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

**Hours:** Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday

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

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

**Legal status:** non-profit organization

## Youth Centres and Support

### ACTION JEUNESSE ROUSSILLON

58 Prince Street, Saint-Constant, Montérégie, QC, J5A 1H5

**450 993-1616**

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

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

**Services:** Youth centre. \* Listening, entertainment and referral. \* Homework assistance. \* Arts and music room. \* Mississippi table, ping-pong, etc. \* Cooking workshops. \* Various projects.

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

**Coverage area:** Saint-Constant

**Hours:** Wednesday to Saturday 18h00 to 21h00

**Financing:** provincial

**Legal status:** non-profit organization

### AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

**450 692-7313** Fax: 450 692-9356

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

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

**Services:** \* Intervention for men to cease controlling and violent behaviours. \* Support group for men in difficulty. \* Individual consultations, assessment and referral. \* Complètement Ados: awareness activities for youth in difficulty. \* Prevention workshops. \* Training for parents. \* Jeunes leaders dans la communauté: social involvement program for youth.

**Eligibility:** male adults, youth 12 to 20 years old

**Coverage area:** Montérégie

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

**Fees:** adult: \$30 for the assessment, support groups: \$5 to 20 depending on the income

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

### DELSON - SERVICE DES LOISIRS

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

**450 632-1050 ext. 3100** Fax: 450 635-0627

**Website:** [www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture](http://www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture)

**Email:** [loisirs@ville.delson.qc.ca](mailto:loisirs@ville.delson.qc.ca)

**Services:** \* Community, sociocultural and sporting activities. \* Sports centre, parks, ice rinks and playgrounds. \* Summer day camp. \* Hall rental.

**Coverage area:** Delson

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

**Fees:** variable, citizen card: free

**Financing:** municipal

**Legal status:** municipal agency

### MAISON DES JEUNES CHÂTELOIS

180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2

**450 698-3343 Fax:** 450 698-3344

**Email:** infomdjchateauguay@videotron.ca

**Services:** Animated meeting place. \* Assistance and referral. \* Social, recreational and sports activities. \* Skatepark. \* Peer support program in secondary schools. \* Street work. \* Prevention workshops. \* Collective kitchen.

**Eligibility:** youth 11 to 17 years old

**Coverage area:** Châteauguay

**Hours:** school year: Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 22h30, summer: Monday to Thursday 15h00 to 17h00 and 18h00 to 22h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 23h00

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

**Legal status:** non-profit organization

### MAISON DES JEUNES DE LA PRAIRIE

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

**450 444-6717**

**Website:** www.maisondesjeunes.ca

**Email:** mdjlaprairieequipe@videotron.ca

**Services:** Meeting place, services and reference. \* Cultural activities: painting, drawing, cooking, music, improvisation, etc. \* Sports activities: soccer, hockey, basketball, volleyball, etc. \* Leisure activities: board games, parties, sleepovers, etc. \* Volunteering: tree planting, food drive, bike collection, etc. \* Self-financing and democratic activities. \* Information and prevention in sexuality, crime, drug addiction, mental health and others. \* Homework assistance. \* Outings.

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

**Coverage area:** La Prairie

**Hours:** Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Fees:** life membership: \$10

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

**Legal status:** non-profit organization

### MAISON DES JEUNES DE SAINT-PHILIPPE

2245 Édouard VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-0428 Fax:** 450 659-7701

**Website:** www.mdj-saint-philippe.com

**Email:** maisondesjeunes.stp@outlook.com

**Services:** Meeting place. \* Listening and counselling. \* Sporting and cultural activities. \* Volunteering. \* Youth committee.

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

**Coverage area:** Saint-Philippe

**Hours:** Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00, summer: Tuesday 18h00 to 22h00, Wednesday and Thursday 14h00 to 17h00 and 18h00 to 22h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00

**Fees:** subscription: \$5

**Financing:** provincial, municipal

**Legal status:** non-profit organization

**MAISON DES JEUNES ÉQUINOX**

5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-5122** Fax: 450 632-1680

**Website:** mdjequinox.ca

**Email:** direction@mdjequinox.ca

**Services:** Meeting place. \* Listening and counselling. \* Sporting and cultural activities. \* Volunteering. \* Homework assistance. \* Running club. \* Bi-weekly dinner.

**Eligibility:** youth 12 to 17 years old, certain times for youth 8 to 11 years old

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 8 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 8 to 11 years old: Monday 15h00 to 17h30

**Fees:** none

**Financing:** municipal, provincial

**Legal status:** non-profit organization

**MAISON DES JEUNES L'ANTIDOTE DE CANDIAC**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 638-1761**

**Website:** www.mdj-antidote.qc.ca

**Email:** antidote@mdj-antidote.qc.ca

**Services:** Meeting and discussions place promoting individual and collective creative expression through the promotion of health, healthy lifestyles and participatory democracy. \* Workshops, outings, sports, listening, support, counseling. \* Wi-Fi zone. \* Indoor and outdoor skate. \* Gym, reading room, music room, video games room, kitchen.

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

**Coverage area:** Candiac

**Hours:** Tuesday to Thursday 16h00 to 20h45, Friday 16h00 to 21h45, Saturday 13h00 to 21h45, summer time: open at 13h00 on weekdays

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

**MAISON DES JEUNES SYMPHOLIE**

65 Boardman Street, Delson, Montérégie, QC, J5B 2B8

**450 632-1050 ext. 3120**

**Email:** mdjsympholie2@hotmail.com

**Services:** Place for meeting, services and referral. \* Sporting and cultural activities. \* Volunteering. \* Homework assistance. \* Outings.

**Eligibility:** youth 12 to 17 years old, homework assistance: 9 years old and over

**Capacity:** 300

**Coverage area:** Delson

**Hours:** Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, homework assistance for 9 to 12 years old: Tuesday and Thursday 15h00 to 18h00, 11 years old only: Friday 15h00 to 18h00

**Fees:** life membership: \$5

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

**Legal status:** non-profit organization

## Youth Employment

### BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

**450 632-1640** Fax: 450 632-6754

**Website:** www.benado.org

**Email:** benado@videotron.ca

**Services:** \* Day centre for dropouts. \* Manual and self-knowledge activities, painting workshops, leather, bike repair. \* Job information for dropouts. \* Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. \* Information and consultation with victims of crime. \* Prevention of crime in schools. \* Community support in the implementation of programs related to conflict resolution.

**Eligibility:** dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents, community

**Coverage area:** Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

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

**Legal status:** non-profit organization

### BISTRO CULTUREL COEUR DE VILLAGE

680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0

**514 400-5351** Fax: 450 992-0633

**Website:** coeurdevillage.wordpress.com

**Email:** coeurdevillage@videotron.ca

**Services:** Promotion of culture and community action in rural areas. \* Free rotating exhibitions. \* Interventions with youth and seniors to break down the isolation. \* Reintegration: professional integration internships, community work. \* Summer jobs. \* Conference dinner with monthly show. \* Citizen involvement with various cultural activities. \* Flea market: small household items, toys and sports equipment, books. \* Restaurant. \* Volunteer work.

**Eligibility:** youth, adults, seniors

**Capacity:** unlimited

**Coverage area:** MRC Roussillon

**Hours:** Thursday to Saturday 16h00 to 21h00

**Fees:** annual membership: \$20

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

**Legal status:** non-profit organization

### CARREFOUR JEUNESSE-EMPLOI CHÂTEAUGUAY

105 Lauzon Street, Châteauguay, Montérégie, QC, J6K 1C7

**450 699-8001** Fax: 450 699-9728

**Website:** www.cjchateauguay.org

**Email:** info@cjchateauguay.org

**Services:** Job search assistance: occupational information, resume writing assistance, interview preparation, job search workshops, guidance, etc. \* Education guidance and information: self knowledge, career change or planning, skills assessment, etc. \* Documentation centre. \* Technical support. \* Information on youth programs. \* Promotion of youth entrepreneurship.

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

**Coverage area:** MRC Roussillon

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**CARREFOUR JEUNESSE-EMPLOI LA PRAIRIE**

247 Sainte-Catherine Street, Suite D, Saint-Constant, Montérégie, QC, J5A 2J6

**450 845-3848** Fax: 450 845-4194

**Website:** www.cjelaprairie.qc.ca

**Email:** accueil@cjelaprairie.qc.ca

**Services:** \* Job search assistance. \* Assistance with returning to school. \* Career guidance and assessment. \* Services to employers. \* Socioprofessional integration. \* Student retention. \* Entrepreneurship.

**Eligibility:** young adults 16 to 35 years old

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday, Tuesday and Thursday 8h00 to 12h00 and 13h00 to 16h30, Wednesday 10h30 to 12h00, 13h00 to 16h30 and 16h30 to 19h00 (by appointment only), Friday 8h00 to 12h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**Youth Shelters and Support****ACTION JEUNESSE ROUSSILLON**

58 Prince Street, Saint-Constant, Montérégie, QC, J5A 1H5

**450 993-1616**

**Website:** www.mdjsaintconstant.com

**Email:** info@mdjsaintconstant.com

**Services:** Youth centre. \* Listening, entertainment and referral. \* Homework assistance. \* Arts and music room. \* Mississippi table, ping-pong, etc. \* Cooking workshops. \* Various projects.

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

**Coverage area:** Saint-Constant

**Hours:** Wednesday to Saturday 18h00 to 21h00

**Financing:** provincial

**Legal status:** non-profit organization

**CLSC CHÂTEAUGUAY**

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333** Fax: 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC KATERI**

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661** Fax: 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### ÉLAN DES JEUNES (L')

155 de Gaspé Street East, Châteauguay, Montérégie, QC, J6J 2N9

**450 844-3835**

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

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

**Services:** Housing for young adults choosing to be framed in their social reintegration process (maintenance of education or employability projects, house hunting and more). \* Accommodations and food. \* Maximum duration of 3 months. \* Post-accommodation service for people who had access to accommodation services.

**Eligibility:** young adults aged 16 to 22, homeless or at risk of homelessness, due to loss of housing or family problems, freely making a housing request

**Capacity:** 6 beds

**Coverage area:** CSSS Jardins-Roussillon: Candiac, Châteauguay, Delson, Hemmingford Canton et Village, La Prairie, Léry, Mercier, Napierville, Saint-Bernard-de-Lacolle, Saint-Constant, Saint-Cyprien-de-Napierville, Sainte-Catherine, Sainte-Clotilde, Saint-Édouard, Sainte-Martine, Saint-Isidore, Saint-Jacques-le-Mineur, Saint-Mathieu, Saint-Michel, Saint-Patrice-de-Sherrington, Saint-Philippe, Saint-Rémi, Saint-Urbain-Premier, Kahnawake

**Hours:** 24 hours / 7 days

**Fees:** \$20 deposit on arrival, \$6 per day

**Financing:** grants, self-financing

**Legal status:** non-profit organization

### MAISON DES JEUNES DE SAINT-PHILIPPE

2245 Édouard VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-0428** Fax: 450 659-7701

**Website:** [www.mdj-saint-philippe.com](http://www.mdj-saint-philippe.com)

**Email:** [maisondesjeunes.stp@outlook.com](mailto:maisondesjeunes.stp@outlook.com)

**Services:** Meeting place. \* Listening and counselling. \* Sporting and cultural activities. \* Volunteering. \* Youth committee.

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

**Coverage area:** Saint-Philippe

**Hours:** Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00, summer: Tuesday 18h00 to 22h00, Wednesday and Thursday 14h00 to 17h00 and 18h00 to 22h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00

**Fees:** subscription: \$5

**Financing:** provincial, municipal

**Legal status:** non-profit organization

**MAISON DES JEUNES ÉQUINOX**

5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-5122** Fax: 450 632-1680

**Website:** mdjequinox.ca

**Email:** direction@mdjequinox.ca

**Services:** Meeting place. \* Listening and counselling. \* Sporting and cultural activities. \* Volunteering. \* Homework assistance. \* Running club. \* Bi-weekly dinner.

**Eligibility:** youth 12 to 17 years old, certain times for youth 8 to 11 years old

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 8 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 8 to 11 years old: Monday 15h00 to 17h30

**Fees:** none

**Financing:** municipal, provincial

**Legal status:** non-profit organization

**MAISON DES JEUNES L'ANTIDOTE DE CANDIAC**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 638-1761**

**Website:** www.mdj-antidote.qc.ca

**Email:** antidote@mdj-antidote.qc.ca

**Services:** Meeting and discussions place promoting individual and collective creative expression through the promotion of health, healthy lifestyles and participatory democracy. \* Workshops, outings, sports, listening, support, counseling. \* Wi-Fi zone. \* Indoor and outdoor skate. \* Gym, reading room, music room, video games room, kitchen.

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

**Coverage area:** Candiac

**Hours:** Tuesday to Thursday 16h00 to 20h45, Friday 16h00 to 21h45, Saturday 13h00 to 21h45, summer time: open at 13h00 on weekdays

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization



## **Community Action**

**ADVISORY AND CITIZEN ACTION ORGANIZATIONS**

**CHARITY ORGANIZATIONS**

**COMMUNITY CENTRES**

**COMMUNITY DEVELOPMENT**

**INFORMATION AND REFERRAL**

**VOLUNTEERING AND VOLUNTEER CENTRES**

## Advisory and citizen action organizations

### APPUI MONTÉRÉGIE (L')

170 Taschereau Boulevard, Suite 203, La Prairie, Montérégie, QC, J5R 5H6

**450 984-1222** Fax: 450 984-1220

**Website:** [www.lappui.org/Regions/Monteregie](http://www.lappui.org/Regions/Monteregie)

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

**Services:** Funding of projects aimed at improving the quality of life of caregivers. \* Information, active listening and referral phoneline. \* Consultation and mobilisation of the community.

**Eligibility:** caregivers of seniors, regional organizations

**Coverage area:** Montérégie

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

**Fees:** free

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

**Legal status:** non-profit organization

### ASSOCIATION OF HOSPITAL AUXILIARIES OF THE PROVINCE OF QUEBEC

245 Principale Street North, Delson, Montérégie, QC, J5B 1Y6

**450 638-4460**

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

**Services:** \* Fundraising for patient's needs and comfort. \* Volunteer services to ensure the humanization of health care. \* Link between the hospital and the community. \* Emergency fund to pay moving, housing, food or medicine fees.

**Eligibility:** patients and their families

**Coverage area:** Province of Québec

**Hours:** Tuesday, Wednesday and Thursday 8h30 to 16h00

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### CHÂTEAUGUAY SEXUAL ASSAULT CENTRE

Confidential Address

**450 699-8258** Fax: 450 699-7295

**Website:** [www.calacs-chateauguay.ca](http://www.calacs-chateauguay.ca)

**Email:** [info@calacs-chateauguay.ca](mailto:info@calacs-chateauguay.ca)

**Services:** \* Listening, information, referral. \* Individual counselling. \* Support groups. \* Accompaniment during legal procedures and for IVAC requests. \* Prevention activities in school, social, community and professionals groups. \* Activism: denunciations, protests, consultations, advocacy and mobilization.

**Eligibility:** women 12 years old and over who have been sexually assaulted

**Capacity:** support groups: 6 to 8 women

**Coverage area:** Beauharnois, MRC Les Jardins-de-Napierville, MRC Roussillon

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

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### OPTOMÉTRISTES SANS FRONTIÈRES

399 des Conseillers Street, Suite 23, La Prairie, Montérégie, QC, J5R 4H6

**1 877 873-2433** Fax: 450 659-2276

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

**Email:** [tsf@terresansfrontieres.ca](mailto:tsf@terresansfrontieres.ca)

**Services:** International eye care missions. \* Used eye glasses recovery at service

points: [terresansfrontieres.ca/envoi-de-cooperants/professionnels-sans-frontieres/recuperation-lunettes-carte](http://terresansfrontieres.ca/envoi-de-cooperants/professionnels-sans-frontieres/recuperation-lunettes-carte)

**Eligibility:** disadvantaged populations

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 16h30

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

**Legal status:** non-profit organization

## RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 691-6682 Fax:** 450 691-2034

**Website:** riapas.ca

**Email:** info@riapas.ca

**Services:** \* Helpline. \* Individual meetings and technical assistance. \* Training. \* Collective actions. \* Psychosocial intervention.

**Eligibility:** people on social assistance and on a low income

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville

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

**Financing:** provincial

**Legal status:** non-profit organization

## Charity Organizations

### FONDATION GISÈLE FAUBERT INC.

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

**450 691-1761 Fax:** 450 691-3530

**Website:** www.fondationgiselefaubert.org

**Email:** info@fondationgiselefaubert.com

**Services:** Support to families who have an ill child. \* Financial assistance. \* Help with housing the child outside of their region. \* Support for the purchase of treatment equipment.

**Eligibility:** families on a low income or with an ill child

**Coverage area:** MRC Roussillon

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

## Community centres

### RENCONTRE CHÂTEAUGUOISE (LA)

200 Salaberry Boulevard North, Châteauguay, Montérégie, QC, J6J 4L1

**450 699-6819 Fax:** 450 699-3453

**Website:** www.rencontrechateaugoise.com

**Email:** adjointe@rencontrechateaugoise.com

**Services:** \* Community meals. \* Collective kitchens: food complement and trainings. \* Food recovery and distribution. \* Popular training. \* PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. \* Tax clinic.

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

**Capacity:** community meals: 80 seats

**Coverage area:** Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

**Fees:** food assistance: \$2, community meal: \$1

**Financing:** Centraide of Greater Montréal, self-financing, provincial

**Legal status:** non-profit organization

## Community development

### SOCIÉTÉ LOCATIVE D'INVESTISSEMENT ET DE DÉVELOPPEMENT SOCIAL

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

**1 855 699-1392 Fax:** 450 699-8297

**Website:** [www.solides.info](http://www.solides.info)

**Email:** [admin@solides.info](mailto:admin@solides.info)

**Services:** Development of low-rent housing. \* Acquisition, renovation and construction of housing. \* Housing administration.

**Eligibility:** people on a low or moderate income

**Capacity:** 540 apartments

**Coverage area:** Châteauguay, Longueuil, Verdun

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

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

**Legal status:** non-profit organization

## Information and referral

### APPUI MONTÉRÉGIE (L')

170 Taschereau Boulevard, Suite 203, La Prairie, Montérégie, QC, J5R 5H6

**450 984-1222 Fax:** 450 984-1220

**Website:** [www.lappui.org/Regions/Monteregie](http://www.lappui.org/Regions/Monteregie)

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

**Services:** Funding of projects aimed at improving the quality of life of caregivers. \* Information, active listening and referral phoneline. \* Consultation and mobilisation of the community.

**Eligibility:** caregivers of seniors, regional organizations

**Coverage area:** Montérégie

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

**Fees:** free

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

**Legal status:** non-profit organization

### ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

**514 452-6775**

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

**Email:** [president@infertilite.ca](mailto:president@infertilite.ca)

**Services:** Representation and advocacy for infertile couples. \* Information and referral regarding infertility and adoption. \* Pairing between people with common experiences with infertility, accompaniment. \* Support group with a nurse.

**Eligibility:** infertile couples and individuals of all sexual orientations

**Coverage area:** Province of Québec

**Fees:** annual membership: \$25.50

**Financing:** membership fees

**Legal status:** non-profit organization

### CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 635-6032 Fax:** 450 635-0900

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

**Email:** [biblio@ville.candiac.qc.ca](mailto:biblio@ville.candiac.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Knitting club. \* Movie club. \* Conferences and activities. \* Biblio-aidants: information services for caregivers. \* Générations@branchées: introduction to computers workshops. \* Online portal: [www.biblio.ville.candiac.qc.ca](http://www.biblio.ville.candiac.qc.ca)

**Eligibility:** general public

**Coverage area:** Candiac

**Hours:** Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday

**Fees:** registration: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

## CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

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

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

**Services:** \* Friendly visits. \* Bonjour quotidien: free reassuring call service made by volunteers. \* Caring calls : Weekly calls to fight isolation. \* Walking club for seniors who are visually impaired or with loss of autonomy. \* Walking assistance. \* Support for caregivers. \* Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). \* Recruitment and training of volunteers. \* Tax clinic.

**Eligibility:** people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

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

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## CHÂTEAUGUAY PUBLIC LIBRARY

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3080 Fax: 450 698-3077

**Website:** [www.ville.chateauguay.qc.ca/presentation-et-horaire](http://www.ville.chateauguay.qc.ca/presentation-et-horaire)

**Email:** [biblio@ville.chateauguay.qc.ca](mailto:biblio@ville.chateauguay.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Room dedicated to genealogy. \* Activities, training and workshops. \* Exhibitions, book launches. \* Summer book club for children. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Bibliobus: travelling library in parks during summer. \* Biblio-aidants: information service for caregivers. \* Online portal: [simba2.crsbp.qc.ca/client/fr\\_CA/chateauguay](http://simba2.crsbp.qc.ca/client/fr_CA/chateauguay)

**Coverage area:** Châteauguay

**Hours:** Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

**Fees:** residents: free, non-residents: \$65 per year

**Financing:** municipal

**Legal status:** municipal agency

## LA PRAIRIE PUBLIC LIBRARY

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6710

**Website:** [catalogue.ville.laprairie.qc.ca/in/fr](http://catalogue.ville.laprairie.qc.ca/in/fr)

**Email:** [biblio@ville.laprairie.qc.ca](mailto:biblio@ville.laprairie.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Biblio-aidants: information service for caregivers. \* Story time. \* Book club for adults. \* Book club for children. \* Activities, exhibitions and conferences.

**Eligibility:** general public

**Coverage area:** La Prairie

**Hours:** Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

## OPTIONS

25A D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

**450 699-4357**

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

**Email:** [options@jslmontreal.org](mailto:options@jslmontreal.org)

**Services:** Care and support to young women, young men, and families facing unplanned pregnancy. Material assistance \* Free pregnancy testing. \* ARK boutique: free baby and maternity items. Education and prevention \* Personal self-worth and healthy relationship teaching. \* Sexual education workshops. \* Sex-ed workshops in schools. \* Referral for STI testing. \* Referral to government and community resources. Accompaniment \* Personalized support. \* Pregnancy options exploration. \* Mediation between family members or a client and other people. \* Tailored prenatal education & lactation support. \* Post-abortion support. \* Birth family support through the adoption process during and after pregnancy. Parental education \* Life skills and family management training. \* Mom and tot groups. \* Mentor mom and dad opportunities.

**Eligibility:** young women and men 25 years old and under and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 clients per week, pregnancy options support: 3 clients per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 15h00, appointments available outside these hours

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

## RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 691-6682** Fax: 450 691-2034

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

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

**Services:** \* Helpline. \* Individual meetings and technical assistance. \* Training. \* Collective actions. \* Psychosocial intervention.

**Eligibility:** people on social assistance and on a low income

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville

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

**Financing:** provincial

**Legal status:** non-profit organization

## SAINT-ISIDORE PUBLIC LIBRARY

693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

**450 992-1323**

**Website:** [www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore](http://www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore)

**Email:** [biblio@st-isidore.ca](mailto:biblio@st-isidore.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Computers and Internet access. \* Board game loan. \* Story time. \* Book club for children. \* Biblio-aidants.

**Capacity:** 50

**Coverage area:** Saint-Isidore

**Hours:** Monday and Thursday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Thursday and Saturday

**Fees:** free

**Financing:** municipal

**Legal status:** municipal agency

### SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-0590 ext. 5230**

**Website:** [www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque](http://www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque)

**Email:** [bibliotheque@ville.sainte-catherine.qc.ca](mailto:bibliotheque@ville.sainte-catherine.qc.ca)

**Services:** Loan and consultation of printed, audiovisual and electronic documents. \* Computers and Internet access. \* Screen enlarger for people with a visual impairment. \* Early literacy. \* Biblio-aidants. \* Biblio-jeux: game aiming to develop the language and promote reading awakening. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Story time. \* Book club for adults. \* Board games. \* Conferences.

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** Monday 13h00 to 19h00, Wednesday 11h00 to 19h00, Thursday and Friday 10h00 to 16h30, Saturday 10h00 to 15h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

## Volunteering and volunteer centres

### ASSOCIATION OF HOSPITAL AUXILIARIES OF THE PROVINCE OF QUEBEC

245 Principale Street North, Delson, Montérégie, QC, J5B 1Y6

**450 638-4460**

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

**Services:** \* Fundraising for patient's needs and comfort. \* Volunteer services to ensure the humanization of health care. \* Link between the hospital and the community. \* Emergency fund to pay moving, housing, food or medicine fees.

**Eligibility:** patients and their families

**Coverage area:** Province of Québec

**Hours:** Tuesday, Wednesday and Thursday 8h30 to 16h00

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### BISTRO CULTUREL COEUR DE VILLAGE

680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0

**514 400-5351 Fax:** 450 992-0633

**Website:** [coeurdevillage.wordpress.com](http://coeurdevillage.wordpress.com)

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

**Services:** Promotion of culture and community action in rural areas. \* Free rotating exhibitions. \* Interventions with youth and seniors to break down the isolation. \* Reintegration: professional integration internships, community work. \* Summer jobs. \* Conference dinner with monthly show. \* Citizen involvement with various cultural activities. \* Flea market: small household items, toys and sports equipment, books. \* Restaurant. \* Volunteer work.

**Eligibility:** youth, adults, seniors

**Capacity:** unlimited

**Coverage area:** MRC Roussillon

**Hours:** Thursday to Saturday 16h00 to 21h00

**Fees:** annual membership: \$20

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

**Legal status:** non-profit organization

### **CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY**

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**450 699-6289**

**Website:** www.cabgc.org

**Email:** info@cabgc.org

**Services:** \* Friendly visits. \* Bonjour quotidien: free reassuring call service made by volunteers. \* Caring calls : Weekly calls to fight isolation. \* Walking club for seniors who are visually impaired or with loss of autonomy. \* Walking assistance. \* Support for caregivers. \* Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). \* Recruitment and training of volunteers. \* Tax clinic.

**Eligibility:** people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

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

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

### **CENTRE DE FEMMES L'ÉCLAIRCIE**

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

**450 638-1131 Fax:** 450 638-1132

**Website:** www.centrefemmesleclaircie.com

**Email:** info@claircie.org

**Services:** \* Reception, listening and referral. \* Documentation centre. \* Popular education workshops. \* Coffee-chat. \* Conferences. \* Day care. \* Training of volunteers. \* Collective action.

**Eligibility:** women, children 5 years old and under

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

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

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

**Legal status:** non-profit organization

### **CHÂTEAUGAY VALLEY LITERACY COUNCIL**

Confidential Address

**450 698-0342**

**Website:** www.cvlc.ca

**Email:** cvlc.chateauguay@gmail.com

**Services:** \* English literacy workshops. \* English courses: business and general development. \* Reading camp and activities for children. \* Training of volunteer teachers. \* Activities for seniors in residences.

**Eligibility:** individuals, families, youth and seniors

**Coverage area:** Châteauguay and surrounding areas

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

**Fees:** free or low cost

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

**Legal status:** non-profit organization

### **COMPLEXE LE PARTAGE**

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

**450 444-0803 Fax:** 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Emergency food and clothing assistance. \* Christmas baskets. \* Collective kitchens and cooking workshops. \* Support, assistance and referral for families. \* Daycare. \* Thrift store. \* School supplies.



**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** CLSC Kateri sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food assistance, collective kitchens and culinary workshops: variables, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### **CORNE D'ABONDANCE DE CANDIAC**

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

**450 444-6999**

**Email:** corne.abondance.candiac@gmail.com

**Services:** \* Food bank and emergency assistance. \* Thrift store: clothing, household items, sporting equipment, toys, etc. \* Volunteer development. \* Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. \* Donation of food and clothing to community organizations and people in need. \* Donation of school supplies for the food bank recipients. \* Christmas baskets.

**Eligibility:** food bank: people in need, thrift store: general public

**Coverage area:** Candiac

**Hours:** food bank: Wednesday 9h00 to 11h00, thrift store: Thursday 14h00 to 18h00, some Saturdays

**Financing:** donations, self-financing

**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****LANGUAGE DISORDERS****MOBILITY AIDS****PARATRANSIT****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

### BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

**450 632-1640** Fax: 450 632-6754

**Website:** www.benado.org

**Email:** benado@videotron.ca

**Services:** \* Day centre for dropouts. \* Manual and self-knowledge activities, painting workshops, leather, bike repair. \* Job information for dropouts. \* Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. \* Information and consultation with victims of crime. \* Prevention of crime in schools. \* Community support in the implementation of programs related to conflict resolution.

**Eligibility:** dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents, community

**Coverage area:** Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

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

**Legal status:** non-profit organization

### BISTRO CULTUREL COEUR DE VILLAGE

680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0

**514 400-5351** Fax: 450 992-0633

**Website:** coeurdevillage.wordpress.com

**Email:** coeurdevillage@videotron.ca

**Services:** Promotion of culture and community action in rural areas. \* Free rotating exhibitions. \* Interventions with youth and seniors to break down the isolation. \* Reintegration: professional integration internships, community work. \* Summer jobs. \* Conference dinner with monthly show. \* Citizen involvement with various cultural activities. \* Flea market: small household items, toys and sports equipment, books. \* Restaurant. \* Volunteer work.

**Eligibility:** youth, adults, seniors

**Capacity:** unlimited

**Coverage area:** MRC Roussillon

**Hours:** Thursday to Saturday 16h00 to 21h00

**Fees:** annual membership: \$20

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

**Legal status:** non-profit organization

### P.S. JEUNESSE - POINT DE SERVICE SAINTE-CATHERINE

1040 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 631-1096**

**Website:** www.psjeunesse.org

**Email:** info@psjeunesse.org

**Services:** \* Reception and evaluation. \* Pre-employment and personal dynamics service: support, workshops, counselling, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, search techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention, school dropout prevention. \* Option ressource travail: access program to non-traditional professions for young women. \* Focus sur l'emploi: professional reintegration program for people without a high school diploma. \* Travail en liberté: employability program for people with a criminal record. \* PPE Saint-Rémi: pre-employment program. \* Services to employers.

**Eligibility:** adults, people with a criminal record, people without a high school diploma, employers

**Coverage area:** MRC Les Jardins-de-Napierville

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY**

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9

**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. \* Vocational guidance for clients already registered only.

**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:** MRC Roussillon, MRC Les Jardins-de-Napierville

**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 DES PERSONNES HANDICAPÉES DE LA RIVE-SUD OUEST**

100 Sainte-Marie Street, La Prairie, Montérégie, QC, J5R 1E8

**450 659-6519 Fax:** 450 659-6510

**Website:** www.aphrso.org

**Email:** info@aphrso.org

**Services:** Advocacy of rights and interests for people with functional limitations. \* Listening, information, referral. \* Counselling. \* Assistance with procedures.

**Eligibility:** people with functional limitations, their representatives

**Coverage area:** MRC Roussillon

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

**Fees:** none

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

**Legal status:** non-profit organization

### **ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE**

55 Saint-Pierre Street, Suite 205, Saint-Constant, Montérégie, QC, J5A 1B9

**1 866 635-1961**

**Website:** www.dysphasiemonteregie.qc.ca

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

**Services:** \* Hotline and information research for members. \* Support to research on primary language impairment. \* Information and social reintegration activities. \* Colloquium on dysphasia and its impacts. \* Information tool production and advocacy.

**Eligibility:** people with dysphasia of all ages, parents of children with dysphasia and specialists or people interested by the disease

**Capacity:** unlimited

**Coverage area:** Montérégie

**Hours:** office: Monday to Thursday 8h00 to 16h00 and Friday 8h00 to 13h00, activities: evenings and weekends

**Fees:** membership: \$25 per year for individual, professional and supporters memberships, \$50 for corporations

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

**Legal status:** non-profit organization

## Advocacy for people with an intellectual disability

### ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVE-SUD OUEST

100 Sainte-Marie Street, La Prairie, Montérégie, QC, J5R 1E8

**450 659-6519 Fax:** 450 659-6510

**Website:** www.aphrso.org

**Email:** info@aphrso.org

**Services:** Advocacy of rights and interests for people with functional limitations. \* Listening, information, referral. \* Counselling. \* Assistance with procedures.

**Eligibility:** people with functional limitations, their representatives

**Coverage area:** MRC Roussillon

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

**Fees:** none

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

**Legal status:** non-profit organization

## Autism, PDD, ADHD

### CENTRE MULTIFONCTIONNEL HORIZON

78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1

**450 692-6000 ext. 101**

**Website:** www.centrehorizon.org

**Email:** info@centrehorizon.org

**Services:** \* Day centre: activities during weekdays for adults 21 years old and over. \* Weekend respite for people aged 6 years and over: with or without night accommodation. \* Independent living workshops. \* Short-term emergency respite for caregivers.

**Eligibility:** people with a physical disability, intellectual disability or an autism spectrum disorder aged 6 years and over and their family

**Capacity:** variable

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

**Hours:** Monday to Friday 7h00 to 18h00, respite: Friday 19h00 to Sunday 19h00

**Fees:** variable depending on the type of membership

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

**Legal status:** non-profit organization

### S.AU.S.

9 Montcalm Street North, Suite 512, Candiac, Montérégie, QC, J5R 3L5

**514 944-4986**

**Website:** www.s-au-s.org

**Email:** programscoordinator.s.au.s@gmail.com

**Services:** Recreational activities for children with an autism spectrum disorder. \* Oasis adapted day camps for youth 13 to 21 years old. \* Free-play and swimming pool for families. \* Soccer and dance. \* Music therapy. \* Teen-Club: social club for youth aged 13 years and over once a month. \* Christmas breakfast. \* Autism awareness run. \* Annual fund-raising gala.

**Eligibility:** children with an autism spectrum disorder

**Coverage area:** Province of Québec

**Hours:** office: Monday to Thursday 9h00 to 15h00

**Fees:** variable, some services are free

**Financing:** self-financing

**Legal status:** non-profit organization

**SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY**

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9

**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. \* Vocational guidance for clients already registered only.

**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:** MRC Roussillon, MRC Les Jardins-de-Napierville

**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****SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY**

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9

**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. \* Vocational guidance for clients already registered only.

**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:** MRC Roussillon, MRC Les Jardins-de-Napierville

**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

**Language disorders****ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE**

55 Saint-Pierre Street, Suite 205, Saint-Constant, Montérégie, QC, J5A 1B9

**1 866 635-1961**

**Website:** www.dysphasiemonteregie.qc.ca

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

**Services:** \* Hotline and information research for members. \* Support to research on primary language impairment. \* Information and social reintegration activities. \* Colloquium on dysphasia and its impacts. \* Information tool production and advocacy.

**Eligibility:** people with dysphasia of all ages, parents of children with dysphasia and specialists or people interested by the disease

**Capacity:** unlimited

**Coverage area:** Montérégie

**Hours:** office: Monday to Thursday 8h00 to 16h00 and Friday 8h00 to 13h00, activities: evenings and weekends

**Fees:** membership: \$25 per year for individual, professional and supporters memberships, \$50 for corporations

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

**Legal status:** non-profit organization

**COMMISSION SCOLAIRE DES GRANDES-SEIGNEURIES - PROGRAMME PASSE-PARTOUT**

Administrative Center, Place La Citère, 50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

**514 380-8899 ext. 4635**

**Website:** [www.csdgs.dev.libeo.com/programme-passe-partout](http://www.csdgs.dev.libeo.com/programme-passe-partout)

**Services:** Government intervention program for families to promote the integration and academic success of children. \* Speech language therapy. \* Meetings for parents on the development of the child. \* Parent-child activities.

**Eligibility:** parents and their 4-year-olds

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

**Hours:** Administrative Center Place La Citère: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15

**Fees:** free

**Legal status:** parapublic organization

**Mobility aids****CANADIAN CANCER SOCIETY - SOUTH-WEST REGIONAL OFFICE**

161B Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

**514 255-5151**

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

**Email:** [scchateauguay@quebec.cancer.ca](mailto:scchateauguay@quebec.cancer.ca)

**Services:** \* Monthly support group. \* Documentation. \* Donation of temporary breast prostheses. \* Loan of wigs, turbans and scarves. \* Awareness-raising. \* Art workshops and visualization.

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

**Coverage area:** South-West of Québec

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**CANCER-ASSISTANCE DU QUÉBEC**

111 Lavallée Street, Saint-Philippe, Montérégie, QC, J0L 2K0

**1 866 640-0900**

**Email:** [cancerassistqc@hotmail.ca](mailto:cancerassistqc@hotmail.ca)

**Services:** Material assistance for people living with cancer. \* Financial assistance for hair or breast prosthesis, bras, incontinence material and palliative care equipments.

**Eligibility:** people with cancer on a low income

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday and Thursday 8h00 to 14h00

**Financing:** donations

**Legal status:** non-profit organization

**CLSC CHÂTEAUGUAY**

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

## CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

## Paratransit

### TRANSPORTS ACCÈS

185 Saint-Jean-Baptiste Boulevard, Suite 300C, Châteauguay, Montérégie, QC, J6K 3B4

**450 699-1077 Fax:** 450 699-7305

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

**Services:** Paratransit by minibus or taxi offering door-to-door assistance.

**Eligibility:** people with a disability

**Coverage area:** Châteauguay, Léry, Mercier, Beauharnois

**Hours:** Monday to Friday 7h00 to 23h00, Saturday 10h00 to 24h00, Sunday 10h00 to 23h00

**Fees:** variable depending on destination

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

## Recreation and camps

### CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**450 699-6289**

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

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



**Services:** \* Friendly visits. \* Bonjour quotidien: free reassuring call service made by volunteers. \* Caring calls : Weekly calls to fight isolation. \* Walking club for seniors who are visually impaired or with loss of autonomy. \* Walking assistance. \* Support for caregivers. \* Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). \* Recruitment and training of volunteers. \* Tax clinic.

**Eligibility:** people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

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

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## CENTRE DE RÉHABILITATION AVC

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**438 777-5347**

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

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

**Services:** Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. \* Weekly meeting. \* Workshops, conferences. \* Social and creative activities: painting, yoga, outings.

**Eligibility:** people who have had a stroke, their caregivers

**Coverage area:** South Shore of Montréal

**Hours:** Wednesday 9h15 to 15h30

**Fees:** contribution: \$20 per year, outing: \$5

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

**Legal status:** non-profit organization

## MOUVEMENT ACTION DÉCOUVERTE POUR PERSONNES HANDICAPÉES DE LA RÉGION DE CHÂTEAUGUAY

25-B Saint-Francis Boulevard, Châteauguay, Montérégie, QC, J6J 1Y2

**450 698-3361 Fax:** 450 698-3362

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

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

**Services:** Educational and social integration centre for people with disabilities. \* Movement Program: learning activities, autonomy development activities and educational workshops. \* Action Program: special citizen participation activities. \* Découverte Program: individual, in pairs and group projects.

**Eligibility:** adults with intellectual disabilities, with or without other disorders

**Coverage area:** Châteauguay

**Hours:** Monday to Friday 9h00 to 16h00, variable in the evening and on Saturday

**Fees:** variable

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

**Legal status:** non-profit organization

## S.A.U.S.

9 Montcalm Street North, Suite 512, Candiac, Montérégie, QC, J5R 3L5

**514 944-4986**

**Website:** [www.s-au-s.org](http://www.s-au-s.org)

**Email:** [programscoordinator.s.au.s@gmail.com](mailto:programscoordinator.s.au.s@gmail.com)

**Services:** Recreational activities for children with an autism spectrum disorder. \* Oasis adapted day camps for youth 13 to 21 years old. \* Free-play and swimming pool for families. \* Soccer and dance. \* Music therapy. \* Teen-Club: social club for youth aged 13 years and over once a month. \* Christmas breakfast. \* Autism awareness run. \* Annual fund-raising gala.

**Eligibility:** children with an autism spectrum disorder

**Coverage area:** Province of Québec

**Hours:** office: Monday to Thursday 9h00 to 15h00

**Fees:** variable, some services are free

**Financing:** self-financing

**Legal status:** non-profit organization

## Respite services and housing

### CENTRE MULTIFONCTIONNEL HORIZON

78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1

**450 692-6000 ext. 101**

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

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

**Services:** \* Day centre: activities during weekdays for adults 21 years old and over. \* Weekend respite for people aged 6 years and over: with or without night accommodation. \* Independent living workshops. \* Short-term emergency respite for caregivers.

**Eligibility:** people with a physical disability, intellectual disability or an autism spectrum disorder aged 6 years and over and their family

**Capacity:** variable

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

**Hours:** Monday to Friday 7h00 to 18h00, respite: Friday 19h00 to Sunday 19h00

**Fees:** variable depending on the type of membership

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

**Legal status:** non-profit organization

### MOUVEMENT ACTION DÉCOUVERTE POUR PERSONNES HANDICAPÉES DE LA RÉGION DE CHÂTEAUGUAY

25-B Saint-Francis Boulevard, Châteauguay, Montérégie, QC, J6J 1Y2

**450 698-3361 Fax:** 450 698-3362

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

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

**Services:** Educational and social integration centre for people with disabilities. \* Movement Program: learning activities, autonomy development activities and educational workshops. \* Action Program: special citizen participation activities. \* Découverte Program: individual, in pairs and group projects.

**Eligibility:** adults with intellectual disabilities, with or without other disorders

**Coverage area:** Châteauguay

**Hours:** Monday to Friday 9h00 to 16h00, variable in the evening and on Saturday

**Fees:** variable

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

**Legal status:** non-profit organization

## Respite, child care and housing

### CENTRE D'HÉBERGEMENT DE LAPRAIRIE

500 Balmoral Avenue, La Prairie, Montérégie, QC, J5R 4N5

**450 659-9148 Fax:** 450 659-9989

**Website:** [www.santemonteregie.qc.ca/en/installations/centre-dhebergement-de-la-prairie](http://www.santemonteregie.qc.ca/en/installations/centre-dhebergement-de-la-prairie)

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term cares. \* Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** MCR Roussillon, MRC Les Jardins-de-Napierville

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

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE MULTIFONCTIONNEL HORIZON**

78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1

**450 692-6000 ext. 101**

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

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

**Services:** \* Day centre: activities during weekdays for adults 21 years old and over. \* Weekend respite for people aged 6 years and over: with or without night accommodation. \* Independent living workshops. \* Short-term emergency respite for caregivers.

**Eligibility:** people with a physical disability, intellectual disability or an autism spectrum disorder aged 6 years and over and their family

**Capacity:** variable

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

**Hours:** Monday to Friday 7h00 to 18h00, respite: Friday 19h00 to Sunday 19h00

**Fees:** variable depending on the type of membership

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

**Legal status:** non-profit organization

**CLSC CHÂTEAUGUAY**

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC KATERI**

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**HABITATIONS LA GAILLARDE**

90 Foucreault Street, Suite 100, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 907-0634**

**Email:** la.gaillarde@videotron.ca

**Services:** Subsidized and non-subsidized housing. \* 3½, 4½ and 5½ apartments. \* Adapted units for people with reduced mobility. \* Community hall.

**Eligibility:** autonomous seniors 65 years and over, single people and couples under 65 years, families

**Capacity:** seniors: 18 subsidized units, under 65 years old: 6 subsidized units

**Coverage area:** MRC Roussillon

**Fees:** subsidized units: 25% of income

**Financing:** provincial

**Legal status:** non-profit organization

**HABITATIONS LOGIS-CIEL**

67 Pinsonneault Street, Saint-Constant, Montérégie, QC, J5A 2T4

**450 201-0786**

**Services:** Subsidized and non-subsidized housing for seniors, young families and people living alone. \* 3½, 4½ and 5½ apartments. \* Adapted housing for people with reduced mobility.

**Eligibility:** seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income

**Capacity:** 26 apartments, 13 are subsidized

**Coverage area:** MRC Roussillon

**Fees:** for subsidized housing, 25% of income according to the provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

**HABITATIONS TRILOGIS SAINT-CONSTANT (LES)**

30 Saint-Pierre Street, Châteauguay, Montérégie, QC, J6J 2H8

**450 638-8333**

**Email:** trilogis@outlook.com

**Services:** Subsidized housing for seniors, young families and people living alone. \* 3½ and 4½ apartments. \* Adapted housing for people with reduced mobility.

**Eligibility:** seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income

**Capacity:** 44 apartments

**Coverage area:** MRC Roussillon

**Fees:** 25% of income based on provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

**MOUVEMENT ACTION DÉCOUVERTE POUR PERSONNES HANDICAPÉES DE LA RÉGION DE CHÂTEAUGUAY**

25-B Saint-Francis Boulevard, Châteauguay, Montérégie, QC, J6J 1Y2

**450 698-3361** Fax: 450 698-3362

**Website:** actiondecouverte.org

**Email:** actiondecouverte@videotron.ca

**Services:** Educational and social integration centre for people with disabilities. \* Movement Program: learning activities, autonomy development activities and educational workshops. \* Action Program: special citizen participation activities. \* Découverte Program: individual, in pairs and group projects.

**Eligibility:** adults with intellectual disabilities, with or without other disorders

**Coverage area:** Châteauguay

**Hours:** Monday to Friday 9h00 to 16h00, variable in the evening and on Saturday

**Fees:** variable

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

**Legal status:** non-profit organization

### PROGRAMME D'ACCESSIBILITÉ AU LOGEMENT RIVE SUD-OUEST

39 de L'Olivier Street, Saint-Constant, Montérégie, QC, J5A 2H1

**450 201-0786**

**Services:** Subsidized housing for autonomous people living with a physical disability. \* 3 1/2, 4 1/2 et 5 1/2 apartments. \* Accessible housing for people using wheelchairs.

**Eligibility:** autonomous people living with a physical disability

**Capacity:** 16 apartments

**Coverage area:** Montérégie

**Fees:** 25% of income

**Financing:** provincial

**Legal status:** non-profit organization

### RÉSEAU QUÉBÉCOIS D'ACCOMPAGNANTES À LA NAISSANCE

Confidential Address

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

**Email:** [inforqan@yahoo.ca](mailto:inforqan@yahoo.ca)

**Services:** Grouping of self-employed doulas. \* Information and referral. \* Members' directory. \* Group, individual or distance prenatal courses. \* Assistance during birth: support, information, massage therapy, etc. \* Relevailles: in-home postnatal respite. \* Prenatal and postnatal yoga. \* Breastfeeding support. \* Baby massage courses. \* Baby carrying workshops. \* Birth preparation training and tools: planning, self-hypnosis, birthing ball, Bonapace method, emotional preparation. \* Baby emotional assistance. \* Perinatal osteopathy, cranial sacral therapy. \* Promotion of doulas.

**Eligibility:** pregnant women, their partner and family

**Coverage area:** Province of Québec, services vary according to regions

**Hours:** variable

**Fees:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

### SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

**1 877 629-0817 Fax:** 450 993-0730

**Website:** [www.sadjardins-roussillon.com](http://www.sadjardins-roussillon.com)

**Email:** [info@sadjardins-roussillon.com](mailto:info@sadjardins-roussillon.com)

**Services:** Domestic help for elderly, disabled or sick people. \* Housekeeping, light work. \* Assistance in the preparation of meals. \* Respite for caregivers. \* Help to the person. \* Assistance with packing for a house move.

**Eligibility:** seniors, people in loss of autonomy, disabled or sick

**Coverage area:** Candiatic, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

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

**Fees:** housekeeping: variable according to income, respite: free with referral from the CLSC, personal assistance: \$30 per hour

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Support Associations

### AMITIÉ MATERN'ELLE

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450-659-7661 ext. 1387**

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

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

**Services:** \* Support for breastfeeding. \* Pairing before birth. \* Telephone and email support. \* Mornings with baby: first aid, infant massage, infant carrying, nutrition, etc. \* Coffee-chat. \* Infant clinic. \* Sharing morning: meeting seniors in a CHSLD.

**Eligibility:** pregnant women, families with infants

**Coverage area:** territoire du CLSC Kateri

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

**514 452-6775**

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

**Email:** [president@infertilite.ca](mailto:president@infertilite.ca)

**Services:** Representation and advocacy for infertile couples. \* Information and referral regarding infertility and adoption. \* Pairing between people with common experiences with infertility, accompaniment. \* Support group with a nurse.

**Eligibility:** infertile couples and individuals of all sexual orientations

**Coverage area:** Province of Québec

**Fees:** annual membership: \$25.50

**Financing:** membership fees

**Legal status:** non-profit organization

### ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE

55 Saint-Pierre Street, Suite 205, Saint-Constant, Montérégie, QC, J5A 1B9

**1 866 635-1961**

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

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

**Services:** \* Hotline and information research for members. \* Support to research on primary language impairment. \* Information and social reintegration activities. \* Colloquium on dysphasia and its impacts. \* Information tool production and advocacy.

**Eligibility:** people with dysphasia of all ages, parents of children with dysphasia and specialists or people interested by the disease

**Capacity:** unlimited

**Coverage area:** Montérégie

**Hours:** office: Monday to Thursday 8h00 to 16h00 and Friday 8h00 to 13h00, activities: evenings and weekends

**Fees:** membership: \$25 per year for individual, professional and supporters memberships, \$50 for corporations

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

**Legal status:** non-profit organization

**CANADIAN CANCER SOCIETY - SOUTH-WEST REGIONAL OFFICE**

161B Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

**514 255-5151**

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

**Email:** [scchateauguay@quebec.cancer.ca](mailto:scchateauguay@quebec.cancer.ca)

**Services:** \* Monthly support group. \* Documentation. \* Donation of temporary breast prostheses. \* Loan of wigs, turbans and scarves. \* Awareness-raising. \* Art workshops and visualization.

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

**Coverage area:** South-West of Québec

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**CENTRE DE RÉHABILITATION AVC**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**438 777-5347**

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

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

**Services:** Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. \* Weekly meeting. \* Workshops, conferences. \* Social and creative activities: painting, yoga, outings.

**Eligibility:** people who have had a stroke, their caregivers

**Coverage area:** South Shore of Montréal

**Hours:** Wednesday 9h15 to 15h30

**Fees:** contribution: \$20 per year, outing: \$5

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

**Legal status:** non-profit organization

**CENTRE MULTIFONCTIONNEL HORIZON**

78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1

**450 692-6000 ext. 101**

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

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

**Services:** \* Day centre: activities during weekdays for adults 21 years old and over. \* Weekend respite for people aged 6 years and over: with or without night accommodation. \* Independent living workshops. \* Short-term emergency respite for caregivers.

**Eligibility:** people with a physical disability, intellectual disability or an autism spectrum disorder aged 6 years and over and their family

**Capacity:** variable

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

**Hours:** Monday to Friday 7h00 to 18h00, respite: Friday 19h00 to Sunday 19h00

**Fees:** variable depending on the type of membership

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

**Legal status:** non-profit organization

**CLSC CHÂTEAUGUAY**

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

## CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

## MAISON DE LA FAMILLE KATERI

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

**450 659-9188 Fax:** 450 659-5573

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

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

**Services:** Accompaniment for parents in their parenting role. \* Interactive, educational and informative activities. \* Individual support, listening and mutual aid. \* Children's library and documentation for parents. \* Childcare. \* Group discussion and exchange for fathers and father-child activities. \* Workshops on positive discipline. \* Stimulation of fine and gross motor skills, and of language for children. \* Various workshops.

**Eligibility:** children aged 0 to 17 years old and their parents

**Capacity:** 5 groups of 8 dyads (parent-child) by category, plus siblings

**Coverage area:** La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

**Hours:** Monday to Friday 8h30 to 16h30, Saturday 8h30 to 12h00

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

## OPTIONS

25A D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

**450 699-4357**

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

**Email:** [options@jslmontreal.org](mailto:options@jslmontreal.org)



**Services:** Care and support to young women, young men, and families facing unplanned pregnancy. Material assistance \* Free pregnancy testing. \* ARK boutique: free baby and maternity items. Education and prevention \* Personal self-worth and healthy relationship teaching. \* Sexual education workshops. \* Sex-ed workshops in schools. \* Referral for STI testing. \* Referral to government and community resources. Accompaniment \* Personalized support. \* Pregnancy options exploration. \* Mediation between family members or a client and other people. \* Tailored prenatal education & lactation support. \* Post-abortion support. \* Birth family support through the adoption process during and after pregnancy. Parental education \* Life skills and family management training. \* Mom and tot groups. \* Mentor mom and dad opportunities.

**Eligibility:** young women and men 25 years old and under and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 clients per week, pregnancy options support: 3 clients per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 15h00, appointments available outside these hours

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

### QUARTIER DES FEMMES (LE)

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 692-9805 Fax:** 450 692-8243

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

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

**Services:** Centre providing help and popular education for the improvement of the living conditions and the power of women to act in all their diversities. \* Mother-friend program. \* Individual intervention. \* Youth camp. \* Various meetings on topics affecting women. \* Workshops. \* Self-help groups. \* Collective kitchens. \* Collective gardens. \* Conferences.

**Eligibility:** women

**Coverage area:** CLSC Jardins-Roussillon

**Hours:** Monday to Friday 8h30 to 16h30, open in the evening according to activities

**Fees:** free, some activities at minimal prices

**Financing:** provincial, Centraide of Greater Montréal, federal, donations, contributions

**Legal status:** non-profit organization

### S.AU.S.

9 Montcalm Street North, Suite 512, Candiac, Montérégie, QC, J5R 3L5

**514 944-4986**

**Website:** [www.s-au-s.org](http://www.s-au-s.org)

**Email:** [programscoordinator.s.au.s@gmail.com](mailto:programscoordinator.s.au.s@gmail.com)

**Services:** Recreational activities for children with an autism spectrum disorder. \* Oasis adapted day camps for youth 13 to 21 years old. \* Free-play and swimming pool for families. \* Soccer and dance. \* Music therapy. \* Teen-Club: social club for youth aged 13 years and over once a month. \* Christmas breakfast. \* Autism awareness run. \* Annual fund-raising gala.

**Eligibility:** children with an autism spectrum disorder

**Coverage area:** Province of Québec

**Hours:** office: Monday to Thursday 9h00 to 15h00

**Fees:** variable, some services are free

**Financing:** self-financing

**Legal status:** non-profit organization

## Support and integration organizations

### CENTRE MULTIFONCTIONNEL HORIZON

78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1

**450 692-6000 ext. 101**

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

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

**Services:** \* Day centre: activities during weekdays for adults 21 years old and over. \* Weekend respite for people aged 6 years and over: with or without night accommodation. \* Independent living workshops. \* Short-term emergency respite for caregivers.

**Eligibility:** people with a physical disability, intellectual disability or an autism spectrum disorder aged 6 years and over and their family

**Capacity:** variable

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

**Hours:** Monday to Friday 7h00 to 18h00, respite: Friday 19h00 to Sunday 19h00

**Fees:** variable depending on the type of membership

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

**Legal status:** non-profit organization

## The Blind

### CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**450 699-6289**

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

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

**Services:** \* Friendly visits. \* Bonjour quotidien: free reassuring call service made by volunteers. \* Caring calls : Weekly calls to fight isolation. \* Walking club for seniors who are visually impaired or with loss of autonomy. \* Walking assistance. \* Support for caregivers. \* Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). \* Recruitment and training of volunteers. \* Tax clinic.

**Eligibility:** people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

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

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

### SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-0590 ext. 5230**

**Website:** [www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque](http://www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque)

**Email:** [bibliotheque@ville.sainte-catherine.qc.ca](mailto:bibliotheque@ville.sainte-catherine.qc.ca)

**Services:** Loan and consultation of printed, audiovisual and electronic documents. \* Computers and Internet access. \* Screen enlarger for people with a visual impairment. \* Early literacy. \* Biblio-aidants. \* Biblio-jeux: game aiming to develop the language and promote reading awakening. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Story time. \* Book club for adults. \* Board games. \* Conferences.

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** Monday 13h00 to 19h00, Wednesday 11h00 to 19h00, Thursday and Friday 10h00 to 16h30, Saturday 10h00 to 15h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

### **SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY**

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9

**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. \* Vocational guidance for clients already registered only.

**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:** MRC Roussillon, MRC Les Jardins-de-Napierville

**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**

### **ANNA-LABERGE HOSPITAL**

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

**450 699-2425**

**Website:** santemonteregie.qc.ca/en/installations/hopital-anna-laberge

**Services:** Hospital offering general and specialized cares. \* Emergencies. \* Intensive cares. \* Surgeries. \* Geriatrics, palliative care. \* Obstetrics, prenatal meetings, early childhood development, pediatrics. \* Inpatient psychiatric hospital unit and mental health consultations. \* Physical rehabilitation.

**Capacity:** 225 beds

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE DE RÉHABILITATION AVC**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**438 777-5347**

**Website:** www.avcrehabilitation.weebly.com

**Email:** accidentvasculaire@hotmail.com

**Services:** Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. \* Weekly meeting. \* Workshops, conferences. \* Social and creative activities: painting, yoga, outings.

**Eligibility:** people who have had a stroke, their caregivers

**Coverage area:** South Shore of Montréal

**Hours:** Wednesday 9h15 to 15h30

**Fees:** contribution: \$20 per year, outing: \$5

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

**Legal status:** non-profit organization

**Education and Literacy****ACADEMIC AND VOCATIONAL GUIDANCE****COMPUTER WORKSHOPS****DIFFICULTIES AND LEARNING DISABILITIES****HOMEWORK ASSISTANCE AND TUTORING****LANGUAGE COURSES****LITERACY****PUBLIC EDUCATION****SCHOOL PERSEVERANCE****SCHOOL SERVICE CENTERS****VOCATIONAL TRAINING, CÉGEPs AND UNIVERSITIES**

## Academic and vocational guidance

### ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

**450 699-4545** Fax: 450 699-1175

**Website:** www.alliancect.ca

**Email:** info@alliancect.ca

**Services:** Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. \* Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. \* Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair. \* Room and office rentals.

**Eligibility:** people 16 years and over

**Coverage area:** Montérégie

**Hours:** Monday, Wednesday, Thursday and Friday 8h30 to 16h30, Tuesday 8h30 to 20h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### CARREFOUR JEUNESSE-EMPLOI CHÂTEAUGUAY

105 Lauzon Street, Châteauguay, Montérégie, QC, J6K 1C7

**450 699-8001** Fax: 450 699-9728

**Website:** www.cjchateauguay.org

**Email:** info@cjchateauguay.org

**Services:** Job search assistance: occupational information, resume writing assistance, interview preparation, job search workshops, guidance, etc. \* Education guidance and information: self knowledge, career change or planning, skills assessment, etc. \* Documentation centre. \* Technical support. \* Information on youth programs. \* Promotion of youth entrepreneurship.

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

**Coverage area:** MRC Roussillon

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### INTÉGRATION TRAVAIL ROUSSILLON

120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3K9

**450 691-9622** Fax: 450 691-9559

**Website:** www.lejalon.ca

**Email:** info@lejalon.ca

**Services:** \* Procedures to help men integrate the job market: self-awareness, job market information, job search tools and techniques. \* Action plan regarding career choice.

**Eligibility:** men wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support

**Coverage area:** Châteauguay and Saint-Constant local employment centres

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

**Financing:** provincial

**Legal status:** non-profit organization

**P.S. JEUNESSE - POINT DE SERVICE SAINTE-CATHERINE**

1040 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 631-1096**

**Website:** www.psjeunesse.org

**Email:** info@psjeunesse.org

**Services:** \* Reception and evaluation. \* Pre-employment and personal dynamics service: support, workshops, counselling, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, search techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention, school dropout prevention. \* Option ressource travail: access program to non-traditional professions for young women. \* Focus sur l'emploi: professional reintegration program for people without a high school diploma. \* Travail en liberté: employability program for people with a criminal record. \* PPE Saint-Rémi: pre-employment program. \* Services to employers.

**Eligibility:** adults, people with a criminal record, people without a high school diploma, employers

**Coverage area:** MRC Les Jardins-de-Napierville

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**SERVICE EXTERNE DE MAIN D'OEUVRE LE JALON**

120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3K9

**450 691-9622 Fax:** 450 691-9559

**Website:** www.lejalon.ca

**Email:** info@lejalon.ca

**Services:** \* Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. \* Action plan regarding a career choice.

**Eligibility:** women wishing to re-enter the labor market, income security recipients, employment insurance recipients and those without public support

**Coverage area:** Châteauguay and Saint-Constant Centres locaux d'emploi

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**SERVICE EXTERNE DE MAIN D'OEUVRE LE JALON - POINT OF SERVICE SAINT-CONSTANT**

55 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1B9

**450 845-1553 Fax:** 450 845-1554

**Website:** www.lejalon.ca

**Email:** info@lejalon.ca

**Services:** \* Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. \* Action plan regarding career choice.

**Eligibility:** women wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support

**Coverage area:** Châteauguay and Saint-Constant local employment centres

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## Computer workshops

### CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 635-6032** Fax: 450 635-0900

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

**Email:** [biblio@ville.candiac.qc.ca](mailto:biblio@ville.candiac.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Knitting club. \* Movie club. \* Conferences and activities. \* Biblio-aidants: information services for caregivers. \* Générations@branchées: introduction to computers workshops. \* Online portal: [www.biblio.ville.candiac.qc.ca](http://www.biblio.ville.candiac.qc.ca)

**Eligibility:** general public

**Coverage area:** Candiac

**Hours:** Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday

**Fees:** registration: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

### CENTRE D'ÉDUCATION POPULAIRE

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-9955**

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

**Services:** \* Literacy program. \* Basic training in French and calculus. \* Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. \* Personal skills development. \* Beginner and conversation English courses. \* Basic computer training. \* Francization. \* Écrivain de rue: assistance to write letters, forms, etc.

**Eligibility:** people 16 years and over who no longer attend school on a regular basis

**Coverage area:** Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

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

**Fees:** membership: \$15

**Financing:** provincial

**Legal status:** non-profit organization

### CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

**450 692-2190**

**Website:** [www.rendezvouschateauguay.club](http://www.rendezvouschateauguay.club)

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

**Services:** Social and recreational activities for seniors. \* Social and line dancing. \* Games: cards, darts, riddle, pool, palet, etc. \* Computer classes.

**Eligibility:** people 45 years and over

**Coverage area:** Province of Québec

**Fees:** membership: \$30 per year, 80 years and over: \$15

**Financing:** self-financing, contributions

**Legal status:** non-profit organization

**DELSON PUBLIC LIBRARY**

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

**450 632-1050 ext. 3700**

**Website:** [www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/](http://www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/)

**Email:** [biblio@ville.delson.qc.ca](mailto:biblio@ville.delson.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers and Internet access. \* Story time. \* Biblio-aidants. \* Animation and activities. \* Générations@branchées: introduction to computer technology for adults by pairing with a teenager-teacher. \* Computer courses, beginner level.

**Coverage area:** Delson

**Hours:** Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

**Fees:** residents: free

**Financing:** municipal

**Legal status:** municipal agency

**MAISON DES AÎNÉS DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6736**

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

**Email:** [admin@maisondesaineslaprairie.org](mailto:admin@maisondesaineslaprairie.org)

**Services:** Community centre for seniors. \* Educational, social and cultural activities. \* Sporting and wellness activities. \* English and Spanish courses. \* Computer courses. \* Intergenerational projects. \* Community meals. \* At-home hairdressing. \* Monthly breakfast. \* Group transportation for errands and shopping. \* Conferences and discussions.

**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at home hairdressing: La Prairie

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

**Fees:** annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**SAINT-CONSTANT PUBLIC LIBRARY**

121 Saint-Pierre Street, Suite 200, Saint-Constant, Montérégie, QC, J5A 0M3

**450 638-2010 ext. 7233**

**Website:** [saint-constant.ca/fr/bibliotheque-municipale](http://saint-constant.ca/fr/bibliotheque-municipale)

**Email:** [bibliotheque@saint-constant.ca](mailto:bibliotheque@saint-constant.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Story time. \* Book club for children. \* Book club for adults. \*

Générations@branchées: introduction to computers workshops. \* Conferences, workshops. \* Online portal: [ezproxy.ville.saint-constant.qc.ca/Regard/Pages/Main/Recherche/Recherche.aspx](http://ezproxy.ville.saint-constant.qc.ca/Regard/Pages/Main/Recherche/Recherche.aspx)

**Eligibility:** general public

**Coverage area:** Saint-Constant

**Hours:** Monday to Wednesday 13h00 to 20h30, Thursday 9h30 to 20h30, Friday 13h00 to 17h00, Saturday 10h30 to 15h30, Sunday 12h00 to 16h00, summer: Monday to Wednesday 13h00 to 20h30, Thursday 9h30 to 20h30, Friday 13h00 to 20h30, Saturday 10h30 to 15h30

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency



## Difficulties and learning disabilities

### SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9

**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. \* Vocational guidance for clients already registered only.

**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:** MRC Roussillon, MRC Les Jardins-de-Napierville

**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

## Homework assistance and tutoring

### ACTION JEUNESSE ROUSSILLON

58 Prince Street, Saint-Constant, Montérégie, QC, J5A 1H5

**450 993-1616**

**Website:** www.mdjsaintconstant.com

**Email:** info@mdjsaintconstant.com

**Services:** Youth centre. \* Listening, entertainment and referral. \* Homework assistance. \* Arts and music room. \* Mississippi table, ping-pong, etc. \* Cooking workshops. \* Various projects.

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

**Coverage area:** Saint-Constant

**Hours:** Wednesday to Saturday 18h00 to 21h00

**Financing:** provincial

**Legal status:** non-profit organization

### MAISON DES JEUNES DE LA PRAIRIE

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

**450 444-6717**

**Website:** www.maisondesjeunes.ca

**Email:** mdjlaprairieequipe@videotron.ca

**Services:** Meeting place, services and reference. \* Cultural activities: painting, drawing, cooking, music, improvisation, etc. \* Sports activities: soccer, hockey, basketball, volleyball, etc. \* Leisure activities: board games, parties, sleepovers, etc. \* Volunteering: tree planting, food drive, bike collection, etc. \* Self-financing and democratic activities. \* Information and prevention in sexuality, crime, drug addiction, mental health and others. \* Homework assistance. \* Outings.

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

**Coverage area:** La Prairie

**Hours:** Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Fees:** life membership: \$10

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

**Legal status:** non-profit organization

**MAISON DES JEUNES ÉQUINOX**

5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-5122** Fax: 450 632-1680

**Website:** mdjequinox.ca

**Email:** direction@mdjequinox.ca

**Services:** Meeting place. \* Listening and counselling. \* Sporting and cultural activities. \* Volunteering. \* Homework assistance. \* Running club. \* Bi-weekly dinner.

**Eligibility:** youth 12 to 17 years old, certain times for youth 8 to 11 years old

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 8 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 8 to 11 years old: Monday 15h00 to 17h30

**Fees:** none

**Financing:** municipal, provincial

**Legal status:** non-profit organization

**MAISON DES JEUNES SYMPHOLIE**

65 Boardman Street, Delson, Montérégie, QC, J5B 2B8

**450 632-1050 ext. 3120**

**Email:** mdjsympholie2@hotmail.com

**Services:** Place for meeting, services and referral. \* Sporting and cultural activities. \* Volunteering. \* Homework assistance. \* Outings.

**Eligibility:** youth 12 to 17 years old, homework assistance: 9 years old and over

**Capacity:** 300

**Coverage area:** Delson

**Hours:** Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, homework assistance for 9 to 12 years old: Tuesday and Thursday 15h00 to 18h00, 11 years old only: Friday 15h00 to 18h00

**Fees:** life membership: \$5

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

**Legal status:** non-profit organization

**Language courses****CENTRE D'ÉDUCATION POPULAIRE**

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-9955**

**Email:** cep@videotron.ca

**Services:** \* Literacy program. \* Basic training in French and calculus. \* Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. \* Personal skills development. \* Beginner and conversation English courses. \* Basic computer training. \* Francization. \* Écrivain de rue: assistance to write letters, forms, etc.

**Eligibility:** people 16 years and over who no longer attend school on a regular basis

**Coverage area:** Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

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

**Fees:** membership: \$15

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES**

Administrative Center, Place La Citière, 50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

**514 380-8899 Fax:** 514 380-8345

**Website:** www.csdgs.qc.ca

**Email:** communications@csdgs.qc.ca

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and guidance. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* Passe-partout program. \* French classes. \* Distance training. \* Services for companies. \* Administrative center Jacques-de-Ligny: 1250, Taschereau Boulevard, La Prairie, Québec, J5R 1X2. \* School transportation coordination.

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

**Hours:** Administrative Center Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Administrative Center Jacques-de-Ligny: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

**Financing:** self-financing

**Legal status:** parapublic organization

**CHÂTEAUGAY VALLEY LITERACY COUNCIL**

Confidential Address

**450 698-0342**

**Website:** www.cvlc.ca

**Email:** cvlc.chateauguay@gmail.com

**Services:** \* English literacy workshops. \* English courses: business and general development. \* Reading camp and activities for children. \* Training of volunteer teachers. \* Activities for seniors in residences.

**Eligibility:** individuals, families, youth and seniors

**Coverage area:** Châteauguay and surrounding areas

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

**Fees:** free or low cost

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

**Legal status:** non-profit organization

**MAISON DES AÎNÉS DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6736**

**Website:** maisondesaineslaprairie.org

**Email:** admin@maisondesaineslaprairie.org

**Services:** Community centre for seniors. \* Educational, social and cultural activities. \* Sporting and wellness activities. \* English and Spanish courses. \* Computer courses. \* Intergenerational projects. \* Community meals. \* At-home hairdressing. \* Monthly breakfast. \* Group transportation for errands and shopping. \* Conferences and discussions.

**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at home hairdressing: La Prairie

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

**Fees:** annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY**

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

**450 691-1444**

**Website:** mwcnc.ca

**Email:** mwcnc2016@gmail.com

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

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

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

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

**Fees:** membership: \$10 per year

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

**Literacy****CENTRE D'ÉDUCATION POPULAIRE**

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-9955**

**Email:** cep@videotron.ca

**Services:** \* Literacy program. \* Basic training in French and calculus. \* Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. \* Personal skills development. \* Beginner and conversation English courses. \* Basic computer training. \* Francization. \* Écrivain de rue: assistance to write letters, forms, etc.

**Eligibility:** people 16 years and over who no longer attend school on a regular basis

**Coverage area:** Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

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

**Fees:** membership: \$15

**Financing:** provincial

**Legal status:** non-profit organization

**CHÂTEAUGAY VALLEY LITERACY COUNCIL**

Confidential Address

**450 698-0342**

**Website:** www.cvlc.ca

**Email:** cvlc.chateauguay@gmail.com

**Services:** \* English literacy workshops. \* English courses: business and general development. \* Reading camp and activities for children. \* Training of volunteer teachers. \* Activities for seniors in residences.

**Eligibility:** individuals, families, youth and seniors

**Coverage area:** Châteauguay and surrounding areas

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

**Fees:** free or low cost

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

**Legal status:** non-profit organization

**CLÉ DES MOTS (LA)**

200 Saint-Pierre Street, Suite 103, Saint-Constant, Montérégie, QC, J5A 2G9

**450 635-1411**

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

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

**Services:** \* Literacy workshops. \* Various training. \* Used books store and other items.

**Eligibility:** adults

**Capacity:** 60

**Coverage area:** Saint-Constant

**Hours:** Monday and Friday 9h00 to 16h00, Tuesday to Thursday 9h00 to 17h00

**Fees:** subscription: \$20

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**MAISON DE LA FAMILLE KATERI**

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

**450 659-9188** Fax: 450 659-5573

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

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

**Services:** Accompaniment for parents in their parenting role. \* Interactive, educational and informative activities. \* Individual support, listening and mutual aid. \* Children's library and documentation for parents. \* Childcare. \* Group discussion and exchange for fathers and father-child activities. \* Workshops on positive discipline. \* Stimulation of fine and gross motor skills, and of language for children. \* Various workshops.

**Eligibility:** children aged 0 to 17 years old and their parents

**Capacity:** 5 groups of 8 dyads (parent-child) by category, plus siblings

**Coverage area:** La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

**Hours:** Monday to Friday 8h30 to 16h30, Saturday 8h30 to 12h00

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

**SAINTE-CATHERINE PUBLIC LIBRARY**

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-0590 ext. 5230**

**Website:** [www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque](http://www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque)

**Email:** [bibliotheque@ville.sainte-catherine.qc.ca](mailto:bibliotheque@ville.sainte-catherine.qc.ca)

**Services:** Loan and consultation of printed, audiovisual and electronic documents. \* Computers and Internet access. \* Screen enlarger for people with a visual impairment. \* Early literacy. \* Biblio-aidants. \* Biblio-jeux: game aiming to develop the language and promote reading awakening. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Story time. \* Book club for adults. \* Board games. \* Conferences.

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** Monday 13h00 to 19h00, Wednesday 11h00 to 19h00, Thursday and Friday 10h00 to 16h30, Saturday 10h00 to 15h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

**STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA)**

540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3

**450 691-4897**

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

**Email:** [famille@stationdelaventure.com](mailto:famille@stationdelaventure.com)

**Services:** \* Child development workshops: major and fine motor skills, language skills, etc. \* Early literacy program. \* Activities for fathers. \* Baby massage. \* Childcare and drop-in respite. \* Coffee chats. \* Assistance and referral. \* Group outings on pedagogical days.

**Eligibility:** families with children 0 to 18 years old

**Coverage area:** Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

**Hours:** Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday

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

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

**Legal status:** non-profit organization

## Public education

### CENTRE D'ÉDUCATION POPULAIRE

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-9955**

**Email:** cep@videotron.ca

**Services:** \* Literacy program. \* Basic training in French and calculus. \* Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. \* Personal skills development. \* Beginner and conversation English courses. \* Basic computer training. \* Francization. \* Écrivain de rue: assistance to write letters, forms, etc.

**Eligibility:** people 16 years and over who no longer attend school on a regular basis

**Coverage area:** Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

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

**Fees:** membership: \$15

**Financing:** provincial

**Legal status:** non-profit organization

### CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

**450 638-1131 Fax:** 450 638-1132

**Website:** www.centrefemmesleclaircie.com

**Email:** info@claircie.org

**Services:** \* Reception, listening and referral. \* Documentation centre. \* Popular education workshops. \* Coffee-chat. \* Conferences. \* Day care. \* Training of volunteers. \* Collective action.

**Eligibility:** women, children 5 years old and under

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

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

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

**Legal status:** non-profit organization

### CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES

Administrative Center, Place La Citière, 50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

**514 380-8899 Fax:** 514 380-8345

**Website:** www.csdgs.qc.ca

**Email:** communications@csdgs.qc.ca

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and guidance. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* Passe-partout program. \* French classes. \* Distance training. \* Services for companies. \* Administrative center Jacques-de-Ligny: 1250, Taschereau Boulevard, La Prairie, Québec, J5R 1X2. \* School transportation coordination.

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

**Hours:** Administrative Center Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Administrative Center Jacques-de-Ligny: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

**Financing:** self-financing

**Legal status:** parapublic organization

## NEW FRONTIERS SCHOOL BOARD

214 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H4

**450 691-1440**

**Website:** nfsb.qc.ca

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

**Services:** English School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and orientation. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* Bilingual education. \* School transportation coordination.

**Coverage area:** Southwest of Québec: stretches from the Saint Lawrence River to the North, Autoroute 15 to the East, the American border to the South and the Ontarian border to the West

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

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

## School perseverance

### BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

**450 632-1640** Fax: 450 632-6754

**Website:** www.benado.org

**Email:** benado@videotron.ca

**Services:** \* Day centre for dropouts. \* Manual and self-knowledge activities, painting workshops, leather, bike repair. \* Job information for dropouts. \* Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. \* Information and consultation with victims of crime. \* Prevention of crime in schools. \* Community support in the implementation of programs related to conflict resolution.

**Eligibility:** dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents, community

**Coverage area:** Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

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

**Legal status:** non-profit organization

**CARREFOUR JEUNESSE-EMPLOI LA PRAIRIE**

247 Sainte-Catherine Street, Suite D, Saint-Constant, Montérégie, QC, J5A 2J6

**450 845-3848** Fax: 450 845-4194

**Website:** www.cjelaprairie.qc.ca

**Email:** accueil@cjelaprairie.qc.ca

**Services:** \* Job search assistance. \* Assistance with returning to school. \* Career guidance and assessment. \* Services to employers. \* Socioprofessional integration. \* Student retention. \* Entrepreneurship.

**Eligibility:** young adults 16 to 35 years old

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday, Tuesday and Thursday 8h00 to 12h00 and 13h00 to 16h30, Wednesday 10h30 to 12h00, 13h00 to 16h30 and 16h30 to 19h00 (by appointment only), Friday 8h00 to 12h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE D'ÉDUCATION POPULAIRE**

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-9955**

**Email:** cep@videotron.ca

**Services:** \* Literacy program. \* Basic training in French and calculus. \* Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. \* Personal skills development. \* Beginner and conversation English courses. \* Basic computer training. \* Francization. \* Écrivain de rue: assistance to write letters, forms, etc.

**Eligibility:** people 16 years and over who no longer attend school on a regular basis

**Coverage area:** Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

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

**Fees:** membership: \$15

**Financing:** provincial

**Legal status:** non-profit organization

**P.S. JEUNESSE - POINT DE SERVICE SAINTE-CATHERINE**

1040 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 631-1096**

**Website:** www.psjeunesse.org

**Email:** info@psjeunesse.org

**Services:** \* Reception and evaluation. \* Pre-employment and personal dynamics service: support, workshops, counselling, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, search techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention, school dropout prevention. \* Option ressource travail: access program to non-traditional professions for young women. \* Focus sur l'emploi: professional reintegration program for people without a high school diploma. \* Travail en liberté: employability program for people with a criminal record. \* PPE Saint-Rémi: pre-employment program. \* Services to employers.

**Eligibility:** adults, people with a criminal record, people without a high school diploma, employers

**Coverage area:** MRC Les Jardins-de-Napierville

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization



## School service centers

### CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES

Administrative Center, Place La Citière, 50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

**514 380-8899** Fax: 514 380-8345

**Website:** www.csdgs.qc.ca

**Email:** communications@csdgs.qc.ca

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and guidance. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* Passe-partout program. \* French classes. \* Distance training. \* Services for companies. \* Administrative center Jacques-de-Ligny: 1250, Taschereau Boulevard, La Prairie, Québec, J5R 1X2. \* School transportation coordination.

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

**Hours:** Administrative Center Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Administrative Center Jacques-de-Ligny: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

**Financing:** self-financing

**Legal status:** parapublic organization

### NEW FRONTIERS SCHOOL BOARD

214 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H4

**450 691-1440**

**Website:** nfsb.qc.ca

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

**Services:** English School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and orientation. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* Bilingual education. \* School transportation coordination.

**Coverage area:** Southwest of Québec: stretches from the Saint Lawrence River to the North, Autoroute 15 to the East, the American border to the South and the Ontarian border to the West

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

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

## Vocational training, Cégeps and Universities

### CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES

Administrative Center, Place La Citière, 50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

**514 380-8899** Fax: 514 380-8345

**Website:** www.csdgs.qc.ca

**Email:** communications@csdgs.qc.ca

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and guidance. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* Passe-partout program. \* French classes. \* Distance training. \* Services for companies. \* Administrative center Jacques-de-Ligny: 1250, Taschereau Boulevard, La Prairie, Québec, J5R 1X2. \* School transportation coordination.

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

**Hours:** Administrative Center Place La Cité: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15,  
Administrative Center Jacques-de-Ligny: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

**Financing:** self-financing

**Legal status:** parapublic organization

### NEW FRONTIERS SCHOOL BOARD

214 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H4

**450 691-1440**

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

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

**Services:** English School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and orientation. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* Bilingual education. \* School transportation coordination.

**Coverage area:** Southwest of Québec: stretches from the Saint Lawrence River to the North, Autoroute 15 to the East, the American border to the South and the Ontarian border to the West

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

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

### UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - CANDIAC

Confidential Address

**450 632-0479**

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

**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

### UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - CHÂTEAUGUAY-MERCIER

Confidential Address

**450 670-5027**

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

**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

**UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - LA PRAIRIE**

Confidential Address

**450 907-1866**

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

**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 WOMEN****EMPLOYMENT SUPPORT FOR YOUTH****TAX CLINICS****VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

## Advocacy for workers and unemployed

### LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

**450 691-4325** Fax: 450 699-0496

**Website:** ccjrs.com/bureaux/chateauguay

**Email:** chateauguay@ccjrs.com

**Services:** Free or low cost legal services to financially eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

**Coverage area:** Châteauguay, Saint-Constant, Delson, Kahnawake

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

**Financing:** provincial

**Legal status:** parapublic organization

### RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 691-6682** Fax: 450 691-2034

**Website:** riapas.ca

**Email:** info@riapas.ca

**Services:** \* Helpline. \* Individual meetings and technical assistance. \* Training. \* Collective actions. \* Psychosocial intervention.

**Eligibility:** people on social assistance and on a low income

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville

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

**Financing:** provincial

**Legal status:** non-profit organization

## Budget management and consumption

### ASSOCIATION OF HOSPITAL AUXILIARIES OF THE PROVINCE OF QUEBEC

245 Principale Street North, Delson, Montérégie, QC, J5B 1Y6

**450 638-4460**

**Email:** abesqcourrier@gmail.com

**Services:** \* Fundraising for patient's needs and comfort. \* Volunteer services to ensure the humanization of health care. \* Link between the hospital and the community. \* Emergency fund to pay moving, housing, food or medicine fees.

**Eligibility:** patients and their families

**Coverage area:** Province of Québec

**Hours:** Tuesday, Wednesday and Thursday 8h30 to 16h00

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### CANCER-ASSISTANCE DU QUÉBEC

111 Lavallée Street, Saint-Philippe, Montérégie, QC, J0L 2K0

**1 866 640-0900**

**Email:** cancerassistqc@hotmail.ca

**Services:** Material assistance for people living with cancer. \* Financial assistance for hair or breast prosthesis, bras, incontinence material and palliative care equipments.

**Eligibility:** people with cancer on a low income

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday and Thursday 8h00 to 14h00

**Financing:** donations

**Legal status:** non-profit organization

### **CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION**

317 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

**Website:** chateauguayhorizon.weebly.com

**Email:** chateauguayhorizon@gmail.com

**Services:** \* Community outreach. \* Home and hospital friendly visits. \* Newborn gift baskets. \* Children's Christmas party and banquet. \* Scholarship for college students. \* Summer program and camp.

**Coverage area:** Châteauguay

**Fees:** membership: family \$20, individual \$15

**Financing:** self-financing

**Legal status:** non-profit organization

### **CLUB DES COPAINS DELSON (LE)**

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

**514 677-7759**

**Email:** club\_copain\_delson@hotmail.com

**Services:** \* Food bank. \* Assistance with school supplies fees. \* Assistance with costs for summer camps.

**Eligibility:** people in need

**Coverage area:** Delson

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

### **FONDATION GISÈLE FAUBERT INC.**

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

**450 691-1761 Fax:** 450 691-3530

**Website:** www.fondationgiselefaubert.org

**Email:** info@fondationgiselefaubert.com

**Services:** Support to families who have an ill child. \* Financial assistance. \* Help with housing the child outside of their region. \* Support for the purchase of treatment equipment.

**Eligibility:** families on a low income or with an ill child

**Coverage area:** MRC Roussillon

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### **MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY**

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

**450 691-1444**

**Website:** mwcnc.ca

**Email:** mwcnc2016@gmail.com

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

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

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

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

**Fees:** membership: \$10 per year

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## Business development

### ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

**450 699-4545** Fax: 450 699-1175

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

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

**Services:** Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. \* Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. \* Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair. \* Room and office rentals.

**Eligibility:** people 16 years and over

**Coverage area:** Montérégie

**Hours:** Monday, Wednesday, Thursday and Friday 8h30 to 16h30, Tuesday 8h30 to 20h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-OUEST

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

**450 699-2425** Fax: 450 699-2551

**Website:** [santemonteregie.qc.ca/en/west](http://santemonteregie.qc.ca/en/west)

**Services:** Planning, coordination and organization of social and health services. \* Responsibility of the availability of care to the entire population, including the most vulnerable. \* Management of simplified access to services. \* Administration of partnerships with intermediate resources. \* Handling of complaints regarding dissatisfaction or violation of rights of users.

**Coverage area:** Montérégie-Ouest: CSSS Jardins-Roussillon, Suroît, Haut-Saint-Laurent, Vaudreuil-Soulanges, CRDITED de la Montérégie-Est and SRSOR, Centre Montérégien de Réadaptation, Le Virage and Foster

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

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE LOCAL D'EMPLOI DE CHÂTEAUGUAY

180 d'Anjou Boulevard, Suite 250, Châteauguay, Montérégie, QC, J6K 5G6

**450 691-6020** Fax: 450 699-9005

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

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

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

**Coverage area:** Châteauguay

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

**Financing:** provincial

**Legal status:** provincial government agency

### **CENTRE LOCAL D'EMPLOI DE SAINT-CONSTANT**

126 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2P1

**450 635-6221 Fax:** 450 635-8018

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

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

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

**Coverage area:** Saint-Constant

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

**Financing:** provincial

**Legal status:** provincial government agency

## **Employment support and training**

### **ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY**

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

**450 699-4545 Fax:** 450 699-1175

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

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

**Services:** Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. \* Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. \* Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair. \* Room and office rentals.

**Eligibility:** people 16 years and over

**Coverage area:** Montérégie

**Hours:** Monday, Wednesday, Thursday and Friday 8h30 to 16h30, Tuesday 8h30 to 20h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization



**CENTRE LOCAL D'EMPLOI DE CHÂTEAUGUAY**

180 d'Anjou Boulevard, Suite 250, Châteauguay, Montérégie, QC, J6K 5G6

**450 691-6020 Fax:** 450 699-9005

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

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

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

**Coverage area:** Châteauguay

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

**Financing:** provincial

**Legal status:** provincial government agency

**CENTRE LOCAL D'EMPLOI DE SAINT-CONSTANT**

126 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2P1

**450 635-6221 Fax:** 450 635-8018

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

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

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

**Coverage area:** Saint-Constant

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

**Financing:** provincial

**Legal status:** provincial government agency

**INTÉGRATION TRAVAIL ROUSSILLON**

120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3K9

**450 691-9622 Fax:** 450 691-9559

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

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

**Services:** \* Procedures to help men integrate the job market: self-awareness, job market information, job search tools and techniques. \* Action plan regarding career choice.

**Eligibility:** men wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support

**Coverage area:** Châteauguay and Saint-Constant local employment centres

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

**Financing:** provincial

**Legal status:** non-profit organization

### **JUTE & CIE**

1505 Jean-Lachaine Street, Sainte-Catherine, Montérégie, QC, J5C 1C2

**450 638-7574 Fax:** 450 638-9897

**Website:** juteetcie.ca

**Email:** jute@videotron.ca

**Services:** Work rehabilitation enterprise specialized in subcontracting and selling jute products. \* Training as a shop handler, forklift driving, first aid in workplaces. \* 26 weeks program. \* Job searching assistant for the participants. \* Assembling, packaging and labeling of various items. \* Production and folding of printed products, valorization of jute products and selling in bundles or rolls.

**Eligibility:** people 18 years and over

**Capacity:** 31 participants

**Coverage area:** Beauharnois, MRC Roussillon

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### **P.S. JEUNESSE - POINT DE SERVICE SAINTE-CATHERINE**

1040 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 631-1096**

**Website:** www.psjeunesse.org

**Email:** info@psjeunesse.org

**Services:** \* Reception and evaluation. \* Pre-employment and personal dynamics service: support, workshops, counselling, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, search techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention, school dropout prevention. \* Option ressource travail: access program to non-traditional professions for young women. \* Focus sur l'emploi: professional reintegration program for people without a high school diploma. \* Travail en liberté: employability program for people with a criminal record. \* PPE Saint-Rémi: pre-employment program. \* Services to employers.

**Eligibility:** adults, people with a criminal record, people without a high school diploma, employers

**Coverage area:** MRC Les Jardins-de-Napierville

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **SERVICE EXTERNE DE MAIN D'OEUVRE LE JALON**

120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3K9

**450 691-9622 Fax:** 450 691-9559

**Website:** www.lejalon.ca

**Email:** info@lejalon.ca

**Services:** \* Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. \* Action plan regarding a career choice.

**Eligibility:** women wishing to re-enter the labor market, income security recipients, employment insurance recipients and those without public support

**Coverage area:** Châteauguay and Saint-Constant Centres locaux d'emploi

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**SERVICE EXTERNE DE MAIN D'OEUVRE LE JALON - POINT OF SERVICE SAINT-CONSTANT**

55 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1B9

**450 845-1553 Fax:** 450 845-1554

**Website:** www.lejalon.ca

**Email:** info@lejalon.ca

**Services:** \* Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. \* Action plan regarding career choice.

**Eligibility:** women wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support

**Coverage area:** Châteauguay and Saint-Constant local employment centres

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**Employment support for immigrants****ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY**

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

**450 699-4545 Fax:** 450 699-1175

**Website:** www.alliancect.ca

**Email:** info@alliancect.ca

**Services:** Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. \* Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. \* Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair. \* Room and office rentals.

**Eligibility:** people 16 years and over

**Coverage area:** Montérégie

**Hours:** Monday, Wednesday, Thursday and Friday 8h30 to 16h30, Tuesday 8h30 to 20h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**SERVICE CANADA CENTRE - CHÂTEAUGUAY**

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

**1 800 622-6232 TTY:** 1 800 926-9105

**Website:** www.canada.ca

**Services:** Service centre bringing together programs, services and benefits at the federal level. \* Applications for Social Insurance Number. \* Information on the labor market. \* Job bank. \* Record of Employment. \* Annuities. \* Retirement pension from Canada Pension Plan. \* Guaranteed Income Supplement, Old Age Security. \* International Benefits. \* Career Transition Services for veterans. \* Allowance Program. \* Special Benefits. \* Employment Insurance Regular Benefits. \* Career Planning. \* Wage Earner Protection Program. \* Canada Summer Jobs (CSJ) for youth and students. \* Orientation on foreign credentials. \* Receiving agents of passports. \* Office of complaints. \* Employer service centre. \* Prevention and reporting of fraud. \* Savings plan. \* Income support for parents of murdered or missing children.

**Coverage area:** Châteauguay

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

**Financing:** federal

**Legal status:** federal government agency

## Employment support for women

### P.S. JEUNESSE - POINT DE SERVICE SAINTE-CATHERINE

1040 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 631-1096**

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

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

**Services:** \* Reception and evaluation. \* Pre-employment and personal dynamics service: support, workshops, counselling, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, search techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention, school dropout prevention. \* Option ressource travail: access program to non-traditional professions for young women. \* Focus sur l'emploi: professional reintegration program for people without a high school diploma. \* Travail en liberté: employability program for people with a criminal record. \* PPE Saint-Rémi: pre-employment program. \* Services to employers.

**Eligibility:** adults, people with a criminal record, people without a high school diploma, employers

**Coverage area:** MRC Les Jardins-de-Napierville

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### SERVICE EXTERNE DE MAIN D'OEUVRE LE JALON

120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3K9

**450 691-9622 Fax:** 450 691-9559

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

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

**Services:** \* Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. \* Action plan regarding a career choice.

**Eligibility:** women wishing to re-enter the labor market, income security recipients, employment insurance recipients and those without public support

**Coverage area:** Châteauguay and Saint-Constant Centres locaux d'emploi

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### SERVICE EXTERNE DE MAIN D'OEUVRE LE JALON - POINT OF SERVICE SAINT-CONSTANT

55 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1B9

**450 845-1553 Fax:** 450 845-1554

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

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

**Services:** \* Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. \* Action plan regarding career choice.

**Eligibility:** women wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support

**Coverage area:** Châteauguay and Saint-Constant local employment centres

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## Employment support for youth

### BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

**450 632-1640** Fax: 450 632-6754

**Website:** www.benado.org

**Email:** benado@videotron.ca

**Services:** \* Day centre for dropouts. \* Manual and self-knowledge activities, painting workshops, leather, bike repair. \* Job information for dropouts. \* Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. \* Information and consultation with victims of crime. \* Prevention of crime in schools. \* Community support in the implementation of programs related to conflict resolution.

**Eligibility:** dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents, community

**Coverage area:** Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

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

**Legal status:** non-profit organization

### BISTRO CULTUREL COEUR DE VILLAGE

680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0

**514 400-5351** Fax: 450 992-0633

**Website:** coeurdevillage.wordpress.com

**Email:** coeurdevillage@videotron.ca

**Services:** Promotion of culture and community action in rural areas. \* Free rotating exhibitions. \* Interventions with youth and seniors to break down the isolation. \* Reintegration: professional integration internships, community work. \* Summer jobs. \* Conference dinner with monthly show. \* Citizen involvement with various cultural activities. \* Flea market: small household items, toys and sports equipment, books. \* Restaurant. \* Volunteer work.

**Eligibility:** youth, adults, seniors

**Capacity:** unlimited

**Coverage area:** MRC Roussillon

**Hours:** Thursday to Saturday 16h00 to 21h00

**Fees:** annual membership: \$20

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

**Legal status:** non-profit organization

### CARREFOUR JEUNESSE-EMPLOI CHÂTEAUGUAY

105 Lauzon Street, Châteauguay, Montérégie, QC, J6K 1C7

**450 699-8001** Fax: 450 699-9728

**Website:** www.cjchateauguay.org

**Email:** info@cjchateauguay.org

**Services:** Job search assistance: occupational information, resume writing assistance, interview preparation, job search workshops, guidance, etc. \* Education guidance and information: self knowledge, career change or planning, skills assessment, etc. \* Documentation centre. \* Technical support. \* Information on youth programs. \* Promotion of youth entrepreneurship.

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

**Coverage area:** MRC Roussillon

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**CARREFOUR JEUNESSE-EMPLOI LA PRAIRIE**

247 Sainte-Catherine Street, Suite D, Saint-Constant, Montérégie, QC, J5A 2J6

**450 845-3848 Fax:** 450 845-4194

**Website:** www.cjelaprairie.qc.ca

**Email:** accueil@cjelaprairie.qc.ca

**Services:** \* Job search assistance. \* Assistance with returning to school. \* Career guidance and assessment. \* Services to employers. \* Socioprofessional integration. \* Student retention. \* Entrepreneurship.

**Eligibility:** young adults 16 to 35 years old

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday, Tuesday and Thursday 8h00 to 12h00 and 13h00 to 16h30, Wednesday 10h30 to 12h00, 13h00 to 16h30 and 16h30 to 19h00 (by appointment only), Friday 8h00 to 12h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**Tax clinics****CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - TAX CLINIC**

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**438 396-9215**

**Website:** www.cabchateauguay.org

**Email:** info@cabgc.org

**Services:** Walk-in tax clinic open year-round.

**Eligibility:** people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

**Hours:** 2020 clinic until December 20th: Monday and Thursday 9h00 to 16h00

**Fees:** intensive period: free, year-round clinic: \$5 per tax year

**Financing:** provincial, donations

**Legal status:** non-profit organization

**IMPÔT-BÉNÉVOLES DU SUROÎT**

Confidential Address

**438 338-1300 Fax:** 438 338-1300

**Website:** www.impotbenevolesuroit.org

**Email:** impot.benevole.suroit@gmail.com

**Services:** Tax clinic by appointment open year-round. \* Fixed clinic without appointments in March and April. \* Declarations for current and previous years.

**Eligibility:** people on a low income

**Coverage area:** Montérégie

**Fees:** free

**Financing:** grants

**Legal status:** non-profit organization

**Vocational rehabilitation and disability-related employment****BENADO**

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

**450 632-1640 Fax:** 450 632-6754

**Website:** www.benado.org

**Email:** benado@videotron.ca

**Services:** \* Day centre for dropouts. \* Manual and self-knowledge activities, painting workshops, leather, bike repair. \* Job information for dropouts. \* Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. \* Information and consultation with victims of crime. \* Prevention of crime in schools. \* Community support in the implementation of programs related to conflict resolution.

**Eligibility:** dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents, community

**Coverage area:** Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

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

**Legal status:** non-profit organization

## BISTRO CULTUREL COEUR DE VILLAGE

680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0

**514 400-5351 Fax:** 450 992-0633

**Website:** [coeurdevillage.wordpress.com](http://coeurdevillage.wordpress.com)

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

**Services:** Promotion of culture and community action in rural areas. \* Free rotating exhibitions. \* Interventions with youth and seniors to break down the isolation. \* Reintegration: professional integration internships, community work. \* Summer jobs. \* Conference dinner with monthly show. \* Citizen involvement with various cultural activities. \* Flea market: small household items, toys and sports equipment, books. \* Restaurant. \* Volunteer work.

**Eligibility:** youth, adults, seniors

**Capacity:** unlimited

**Coverage area:** MRC Roussillon

**Hours:** Thursday to Saturday 16h00 to 21h00

**Fees:** annual membership: \$20

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

**Legal status:** non-profit organization

## CENTRE LOCAL D'EMPLOI DE CHÂTEAUGUAY

180 d'Anjou Boulevard, Suite 250, Châteauguay, Montérégie, QC, J6K 5G6

**450 691-6020 Fax:** 450 699-9005

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

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

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

**Coverage area:** Châteauguay

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

**Financing:** provincial

**Legal status:** provincial government agency

**CENTRE LOCAL D'EMPLOI DE SAINT-CONSTANT**

126 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2P1

**450 635-6221 Fax:** 450 635-8018

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

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

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

**Coverage area:** Saint-Constant

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

**Financing:** provincial

**Legal status:** provincial government agency

**JUTE & CIE**

1505 Jean-Lachaine Street, Sainte-Catherine, Montérégie, QC, J5C 1C2

**450 638-7574 Fax:** 450 638-9897

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

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

**Services:** Work rehabilitation enterprise specialized in subcontracting and selling jute products. \* Training as a shop handler, forklift driving, first aid in workplaces. \* 26 weeks program. \* Job searching assistant for the participants. \* Assembling, packaging and labeling of various items. \* Production and folding of printed products, valorization of jute products and selling in bundles or rolls.

**Eligibility:** people 18 years and over

**Capacity:** 31 participants

**Coverage area:** Beauharnois, MRC Roussillon

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**P.S. JEUNESSE - POINT DE SERVICE SAINTE-CATHERINE**

1040 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 631-1096**

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

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

**Services:** \* Reception and evaluation. \* Pre-employment and personal dynamics service: support, workshops, counselling, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, search techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention, school dropout prevention. \* Option ressource travail: access program to non-traditional professions for young women. \* Focus sur l'emploi: professional reintegration program for people without a high school diploma. \* Travail en liberté: employability program for people with a criminal record. \* PPE Saint-Rémi: pre-employment program. \* Services to employers.

**Eligibility:** adults, people with a criminal record, people without a high school diploma, employers

**Coverage area:** MRC Les Jardins-de-Napierville

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



**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **RENCONTRE CHÂTEAUGUOISE (LA)**

200 Salaberry Boulevard North, Châteauguay, Montérégie, QC, J6J 4L1

**450 699-6819 Fax:** 450 699-3453

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

**Email:** [adjointe@rencontrechateaugoise.com](mailto:adjointe@rencontrechateaugoise.com)

**Services:** \* Community meals. \* Collective kitchens: food complement and trainings. \* Food recovery and distribution. \* Popular training. \* PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. \* Tax clinic.

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

**Capacity:** community meals: 80 seats

**Coverage area:** Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

**Fees:** food assistance: \$2, community meal: \$1

**Financing:** Centraide of Greater Montréal, self-financing, provincial

**Legal status:** non-profit organization

### **SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY**

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9

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

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

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

**Services:** Support for training, integration and job retention. \* Preparatory employment program. \* Job search assistance. \* Vocational guidance for clients already registered only.

**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:** MRC Roussillon, MRC Les Jardins-de-Napierville

**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

### **SERVICE CANADA CENTRE - CHÂTEAUGUAY**

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

**1 800 622-6232 TTY:** 1 800 926-9105

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

**Services:** Service centre bringing together programs, services and benefits at the federal level. \* Applications for Social Insurance Number. \* Information on the labor market. \* Job bank. \* Record of Employment. \* Annuities. \* Retirement pension from Canada Pension Plan. \* Guaranteed Income Supplement, Old Age Security. \* International Benefits. \* Career Transition Services for veterans. \* Allowance Program. \* Special Benefits. \* Employment Insurance Regular Benefits. \* Career Planning. \* Wage Earner Protection Program. \* Canada Summer Jobs (CSJ) for youth and students. \* Orientation on foreign credentials. \* Receiving agents of passports. \* Office of complaints. \* Employer service centre. \* Prevention and reporting of fraud. \* Savings plan. \* Income support for parents of murdered or missing children.

**Coverage area:** Châteauguay

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

**Financing:** federal

**Legal status:** federal government agency

**Food**

**CHRISTMAS BASKET**

**COLLECTIVE KITCHENS AND COOKING WORKSHOPS**

**COMMUNITY GARDENS AND MARKETS**

**FOOD ASSISTANCE**

**FOOD AID FOR PREGNANT WOMEN AND CHILDREN**

**LOW COST OR FREE MEALS**

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

## Christmas basket

### COMPLEXE LE PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

**450 444-0803** Fax: 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Emergency food and clothing assistance. \* Christmas baskets. \* Collective kitchens and cooking workshops. \* Support, assistance and referral for families. \* Daycare. \* Thrift store. \* School supplies.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** CLSC Kateri sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food assistance, collective kitchens and culinary workshops: variables, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

**450 633-1688** Fax: 450 633-1690

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Food and clothing assistance. \* Christmas baskets. \* Support, information and referral for families. \* Clothing bank.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** Saint-Constant

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food aid: Thursday 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food repair, collective kitchens and culinary workshops: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE - POINT DE SERVICE SAINTE-CATHERINE

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 444-0803 ext. 222** Fax: 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Food assistance. \* Christmas baskets.

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

**Coverage area:** CLSC Kateri: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** food assistance: Thursday 9h30 to 11h30

**Fees:** food assistance: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal

**Legal status:** non-profit organization

### CORNE D'ABONDANCE DE CANDIAC

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

**450 444-6999**

**Email:** corne.abondance.candiac@gmail.com

**Services:** \* Food bank and emergency assistance. \* Thrift store: clothing, household items, sporting equipment, toys, etc. \* Volunteer development. \* Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. \* Donation of food and clothing to community organizations and people in need. \* Donation of school supplies for the food bank recipients. \* Christmas baskets.

**Eligibility:** food bank: people in need, thrift store: general public

**Coverage area:** Candiac

**Hours:** food bank: Wednesday 9h00 to 11h00, thrift store: Thursday 14h00 to 18h00, some Saturdays

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### **ENTRAIDE SAINT-MATHIEU (L')**

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

**450 632-9528 ext. 230**

**Email:** entraidesaintmathieu2019@gmail.com

**Services:** \* Christmas baskets. \* Food aid.

**Eligibility:** people in need

**Coverage area:** Saint-Mathieu

**Hours:** by appointment

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **SERVICE D'ENTRAIDE DE SAINT-PHILIPPE**

3015 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 907-0839**

**Email:** serv.entraide.stphilippe@gmail.com

**Services:** \* Food assistance. \* Christmas baskets.

**Eligibility:** disadvantaged people and families

**Coverage area:** Saint-Philippe

**Hours:** distribution: Wednesday 9h45 to 11h30 by appointment, registration: Tuesday 15h00 at the latest

**Financing:** donations

**Legal status:** non-profit organization

### **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CHÂTEAUGUAY**

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

**450 691-1007 Fax:** 450 692-5063

**Email:** ssvpchateauguay@hotmail.com

**Services:** \* General store: clothing, furniture and other used items. \* Food aid: distribution of food baskets and food vouchers. \* Financial assistance for school fees. \* Christmas baskets.

**Eligibility:** people on a low income

**Coverage area:** Châteauguay, Léry and Mercier

**Hours:** general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-PHILOMÈNE**

14 Marleau Street, Mercier, Montérégie, QC, J6R 2K8

**450 691-1072**

**Email:** ssvpchateauguay@hotmail.com

**Services:** \* Food bank. \* Christmas baskets. \* School supplies. \* Guignolée de Mercier: collection of non-perishable food, hygienic products, common medication and housekeeping items.

**Eligibility:** people on a low income

**Coverage area:** Mercier

**Financing:** donations

**Legal status:** non-profit organization

## Collective kitchens and cooking workshops

### COMPLEXE LE PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

**450 444-0803** Fax: 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Emergency food and clothing assistance. \* Christmas baskets. \* Collective kitchens and cooking workshops. \* Support, assistance and referral for families. \* Daycare. \* Thrift store. \* School supplies.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** CLSC Kateri sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food assistance, collective kitchens and culinary workshops: variables, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### MAISON DES JEUNES CHÂTELOIS

180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2

**450 698-3343** Fax: 450 698-3344

**Email:** infomdjchateauguay@videotron.ca

**Services:** Animated meeting place. \* Assistance and referral. \* Social, recreational and sports activities. \* Skatepark. \* Peer support program in secondary schools. \* Street work. \* Prevention workshops. \* Collective kitchen.

**Eligibility:** youth 11 to 17 years old

**Coverage area:** Châteauguay

**Hours:** school year: Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 22h30, summer: Monday to Thursday 15h00 to 17h00 and 18h00 to 22h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 23h00

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

**Legal status:** non-profit organization

### QUARTIER DES FEMMES (LE)

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 692-9805** Fax: 450 692-8243

**Website:** www.quartierdesfemmes.com

**Email:** info@quartierdesfemmes.com

**Services:** Centre providing help and popular education for the improvement of the living conditions and the power of women to act in all their diversities. \* Mother-friend program. \* Individual intervention. \* Youth camp. \* Various meetings on topics affecting women. \* Workshops. \* Self-help groups. \* Collective kitchens. \* Collective gardens. \* Conferences.

**Eligibility:** women

**Coverage area:** CLSC Jardins-Roussillon

**Hours:** Monday to Friday 8h30 to 16h30, open in the evening according to activities

**Fees:** free, some activities at minimal prices

**Financing:** provincial, Centraide of Greater Montréal, federal, donations, contributions

**Legal status:** non-profit organization

**RENCONTRE CHÂTEAUGUOISE (LA)**

200 Salaberry Boulevard North, Châteauguay, Montérégie, QC, J6J 4L1

**450 699-6819 Fax:** 450 699-3453

**Website:** www.rencontrechateauguoise.com

**Email:** adjointe@rencontrechateauguoise.com

**Services:** \* Community meals. \* Collective kitchens: food complement and trainings. \* Food recovery and distribution. \* Popular training. \* PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. \* Tax clinic.

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

**Capacity:** community meals: 80 seats

**Coverage area:** Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

**Fees:** food assistance: \$2, community meal: \$1

**Financing:** Centraide of Greater Montréal, self-financing, provincial

**Legal status:** non-profit organization

**Community gardens and markets****JARDINS COMMUNAUTAIRES DE CHÂTEAUGUAY**

103 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 5G4

**514 970-7475**

**Email:** tomatesetcies@gmail.com

**Services:** Community and demonstration gardens. \* Eco friendly community gardening. \* Management of crop plots.

**Capacity:** 94 lots

**Coverage area:** Châteauguay

**Hours:** all summer: from sunrise to sunset

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

**Financing:** self-financing

**Legal status:** non-profit organization

**LA PRAIRIE - SERVICE DES LOISIRS**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6700**

**Website:** ville.laprairie.qc.ca

**Email:** loisirs@ville.laprairie.qc.ca

**Services:** \* Community, sociocultural and sporting activities. \* Arena, multi-purpose centre, swimming pool, parks, ice rinks and playgrounds. \* Coordination with community organizations. \* Summer day camp. \* Community gardens. \* Activities and events. \* Hall rental.

**Coverage area:** La Prairie

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 20h30, Friday 8h30 to 17h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

**QUARTIER DES FEMMES (LE)**

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 692-9805 Fax:** 450 692-8243

**Website:** www.quartierdesfemmes.com

**Email:** info@quartierdesfemmes.com

**Services:** Centre providing help and popular education for the improvement of the living conditions and the power of women to act in all their diversities. \* Mother-friend program. \* Individual intervention. \* Youth camp. \* Various meetings on topics affecting women. \* Workshops. \* Self-help groups. \* Collective kitchens. \* Collective gardens. \* Conferences.

**Eligibility:** women

**Coverage area:** CLSC Jardins-Roussillon

**Hours:** Monday to Friday 8h30 to 16h30, open in the evening according to activities

**Fees:** free, some activities at minimal prices

**Financing:** provincial, Centraide of Greater Montréal, federal, donations, contributions

**Legal status:** non-profit organization

## Food Assistance

### BOUFFE PARTAGE

4 du Parc Street West, Châteauguay, Montérégie, QC, J6K 1P6

**450 844-4889**

**Services:** Food bank.

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

**Coverage area:** Châteauguay and surroundings

**Hours:** by appointment: distribution Thursday afternoon

**Fees:** low cost

**Financing:** municipal, donations

**Legal status:** non-profit organization

### CHÂTEAUGUAY FOOD BANK

Confidential Address

**450 698-1780**

**Email:** bnchateauguayfb@outlook.com

**Services:** \* Home delivery of food baskets.

**Eligibility:** people on a low income

**Coverage area:** Châteauguay

**Financing:** donations

**Legal status:** non-profit organization

### CLUB DES COPAINS DELSON (LE)

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

**514 677-7759**

**Email:** club\_copain\_delson@hotmail.com

**Services:** \* Food bank. \* Assistance with school supplies fees. \* Assistance with costs for summer camps.

**Eligibility:** people in need

**Coverage area:** Delson

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

**450 444-0803** Fax: 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Emergency food and clothing assistance. \* Christmas baskets. \* Collective kitchens and cooking workshops. \* Support, assistance and referral for families. \* Daycare. \* Thrift store. \* School supplies.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** CLSC Kateri sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food assistance, collective kitchens and culinary workshops: variables, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

**450 633-1688 Fax:** 450 633-1690

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Food and clothing assistance. \* Christmas baskets. \* Support, information and referral for families. \* Clothing bank.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** Saint-Constant

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food aid: Thursday 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food repair, collective kitchens and culinary workshops: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE - POINT DE SERVICE SAINTE-CATHERINE

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 444-0803 ext. 222 Fax:** 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Food assistance. \* Christmas baskets.

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

**Coverage area:** CLSC Kateri: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** food assistance: Thursday 9h30 to 11h30

**Fees:** food assistance: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal

**Legal status:** non-profit organization

### CORNE D'ABONDANCE DE CANDIAC

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

**450 444-6999**

**Email:** corne.abondance.candiac@gmail.com

**Services:** \* Food bank and emergency assistance. \* Thrift store: clothing, household items, sporting equipment, toys, etc. \* Volunteer development. \* Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. \* Donation of food and clothing to community organizations and people in need. \* Donation of school supplies for the food bank recipients. \* Christmas baskets.

**Eligibility:** food bank: people in need, thrift store: general public

**Coverage area:** Candiac

**Hours:** food bank: Wednesday 9h00 to 11h00, thrift store: Thursday 14h00 to 18h00, some Saturdays



**Financing:** donations, self-financing

**Legal status:** non-profit organization

### **ENTRAIDE SAINT-MATHIEU (L')**

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

**450 632-9528 ext. 230**

**Email:** entraidesaintmathieu2019@gmail.com

**Services:** \* Christmas baskets. \* Food aid.

**Eligibility:** people in need

**Coverage area:** Saint-Mathieu

**Hours:** by appointment

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **RENCONTRE CHÂTEAUGUOISE (LA)**

200 Salaberry Boulevard North, Châteauguay, Montérégie, QC, J6J 4L1

**450 699-6819 Fax:** 450 699-3453

**Website:** www.rencontrechateaugoise.com

**Email:** adjointe@rencontrechateaugoise.com

**Services:** \* Community meals. \* Collective kitchens: food complement and trainings. \* Food recovery and distribution. \* Popular training. \* PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. \* Tax clinic.

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

**Capacity:** community meals: 80 seats

**Coverage area:** Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

**Fees:** food assistance: \$2, community meal: \$1

**Financing:** Centraide of Greater Montréal, self-financing, provincial

**Legal status:** non-profit organization

### **SERVICE D'ENTRAIDE DE SAINT-PHILIPPE**

3015 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 907-0839**

**Email:** serv.entraide.stphilippe@gmail.com

**Services:** \* Food assistance. \* Christmas baskets.

**Eligibility:** disadvantaged people and families

**Coverage area:** Saint-Philippe

**Hours:** distribution: Wednesday 9h45 to 11h30 by appointment, registration: Tuesday 15h00 at the latest

**Financing:** donations

**Legal status:** non-profit organization

### **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CHÂTEAUGUAY**

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

**450 691-1007 Fax:** 450 692-5063

**Email:** ssvpchateauguay@hotmail.com

**Services:** \* General store: clothing, furniture and other used items. \* Food aid: distribution of food baskets and food vouchers. \* Financial assistance for school fees. \* Christmas baskets.

**Eligibility:** people on a low income

**Coverage area:** Châteauguay, Léry and Mercier

**Hours:** general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-PHILOMÈNE**

14 Marleau Street, Mercier, Montérégie, QC, J6R 2K8

**450 691-1072**

**Email:** ssvpchateauquay@hotmail.com

**Services:** \* Food bank. \* Christmas baskets. \* School supplies. \* Guignolée de Mercier: collection of non-perishable food, hygienic products, common medication and housekeeping items.

**Eligibility:** people on a low income

**Coverage area:** Mercier

**Financing:** donations

**Legal status:** non-profit organization

**Food aid for pregnant women and children****CLSC CHÂTEAUGUAY**

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC KATERI**

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

## Low cost or free meals

### ÂGE D'OR SAINT-JEAN BAPTISTE-MARIE-VIANNEY DE CHÂTEAUGUAY

8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H7

450 699-4362

**Services:** Recreational and social activities for seniors. \* Bingo and cards. \* Dance classes. \* Community meals. \* Petanque.

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

**Coverage area:** Châteauguay

**Hours:** Wednesday 11h00 to 16h00, Thursday 8h30 to 18h00, community meals: 1 Thursday a month until 22h30

**Fees:** membership card: \$25

**Financing:** membership fees

**Legal status:** non-profit organization

### COEURS VAILLANTS DE ST-ISIDORE (LES)

13 Richer Street, Saint-Isidore, Montérégie, QC, J0L 2A0

450 454-9286

**Services:** \* Recreational and social activities: petanque, bean bags, dancing. \* Celebrations, outings. \* Dinners.

**Eligibility:** seniors 50 years and over

**Coverage area:** Saint-Isidore

**Hours:** dancing: Tuesday 19h00 to 20h00, bean bags: Thursday 19h00 to 21h00, dinners: 3rd Friday of September, December, February and May

**Fees:** membership: \$25

**Financing:** membership fees, donations

**Legal status:** non-profit organization

### FADOQ - CLUB DE L'ÂGE D'OR DE SAINT-MATHIEU

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 659-6083

**Services:** Recreational and leisure activities for seniors. \* Community suppers. \* Card games, petanque, etc.

**Eligibility:** seniors

**Capacity:** 90 members

**Coverage area:** Saint-Mathieu

**Hours:** variable

**Fees:** membership: \$25

**Financing:** membership fees

**Legal status:** non-profit organization

### MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

**Website:** maisondesaineslaprairie.org

**Email:** admin@maisondesaineslaprairie.org

**Services:** Community centre for seniors. \* Educational, social and cultural activities. \* Sporting and wellness activities. \* English and Spanish courses. \* Computer courses. \* Intergenerational projects. \* Community meals. \* At-home hairdressing. \* Monthly breakfast. \* Group transportation for errands and shopping. \* Conferences and discussions.

**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at home hairdressing: La Prairie

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

**Fees:** annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### MAISON DES JEUNES ÉQUINOX

5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-5122 Fax:** 450 632-1680

**Website:** mdjequinox.ca

**Email:** direction@mdjequinox.ca

**Services:** Meeting place. \* Listening and counselling. \* Sporting and cultural activities. \* Volunteering. \* Homework assistance. \* Running club. \* Bi-weekly dinner.

**Eligibility:** youth 12 to 17 years old, certain times for youth 8 to 11 years old

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 8 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 8 to 11 years old: Monday 15h00 to 17h30

**Fees:** none

**Financing:** municipal, provincial

**Legal status:** non-profit organization

### RENCONTRE CHÂTEAUGUOISE (LA)

200 Salaberry Boulevard North, Châteauguay, Montérégie, QC, J6J 4L1

**450 699-6819 Fax:** 450 699-3453

**Website:** www.rencontrechateaugoise.com

**Email:** adjointe@rencontrechateaugoise.com

**Services:** \* Community meals. \* Collective kitchens: food complement and trainings. \* Food recovery and distribution. \* Popular training. \* PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. \* Tax clinic.

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

**Capacity:** community meals: 80 seats

**Coverage area:** Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

**Fees:** food assistance: \$2, community meal: \$1

**Financing:** Centraide of Greater Montréal, self-financing, provincial

**Legal status:** non-profit organization

## Prepared meals and Meals-on-wheels

### CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

**450 659-9651 Fax:** 450 659-1271

**Website:** www.benevolatrivesud.qc.ca

**Email:** candiac@benevolatrivesud.qc.ca

**Services:** Homecare services \* Meals on wheels: hot meals delivered at home. \* Assistance with shopping. \* Assistance with filling out forms. \* Friendly visits and calls. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Training and support for caregivers. Community action \* Welcoming and referrals. \* Tax clinic. \* Toast and coffee: program to break seniors isolation. \* Conferences.

**Eligibility:** adults and seniors with a loss of autonomy or living alone or in convalescence

**Coverage area:** Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson

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

**Fees:** meals-on-wheels: \$6,50 per meal

**Financing:** provincial

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

**450 444-0803 Fax:** 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Emergency food and clothing assistance. \* Christmas baskets. \* Collective kitchens and cooking workshops. \* Support, assistance and referral for families. \* Daycare. \* Thrift store. \* School supplies.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** CLSC Kateri sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food assistance, collective kitchens and culinary workshops: variables, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

**450 633-1688 Fax:** 450 633-1690

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Food and clothing assistance. \* Christmas baskets. \* Support, information and referral for families. \* Clothing bank.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** Saint-Constant

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food aid: Thursday 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food repair, collective kitchens and culinary workshops: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE - POINT DE SERVICE SAINTE-CATHERINE

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 444-0803 ext. 222 Fax:** 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Food assistance. \* Christmas baskets.

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

**Coverage area:** CLSC Kateri: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** food assistance: Thursday 9h30 to 11h30

**Fees:** food assistance: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal

**Legal status:** non-profit organization

### POPOTE CONSTANTE

164 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2J2

**450 632-2191**

**Services:** \* Meals on wheels: distribution of hot meals delivered at home.

**Eligibility:** seniors coping with a loss of autonomy, people with temporary or permanent health problems

**Capacity:** 45 to 50 meals a day

**Coverage area:** Saint-Constant, Sainte-Catherine, Delson

**Hours:** delivery: Tuesday and Thursday 8h00 to 12h00

**Fees:** hot meal: 4\$

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

**Legal status:** non-profit organization

## **POPOTE ROULANTE DE CHÂTEAUGUAY**

Confidential Address

**514 231-0379**

**Website:** [popoteroulantechateauguay.webnode.fr](http://popoteroulantechateauguay.webnode.fr)

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

**Services:** Home delivery of meals.

**Eligibility:** seniors with a loss of autonomy, ill or disabled

**Coverage area:** Châteauguay

**Hours:** 7 days, 8h00 to 18h00

**Fees:** \$4 per meal

**Financing:** grants, provincial

**Legal status:** non-profit organization

**Government services**

**FEDERAL SERVICES**

**MUNICIPAL SERVICES**

**MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)**

**OFFICIAL DOCUMENTS**

**PROVINCIAL SERVICES**

## Federal services

### SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

**1 800 622-6232** TTY: 1 800 926-9105

**Website:** www.canada.ca

**Services:** Service centre bringing together programs, services and benefits at the federal level. \* Applications for Social Insurance Number. \* Information on the labor market. \* Job bank. \* Record of Employment. \* Annuities. \* Retirement pension from Canada Pension Plan. \* Guaranteed Income Supplement, Old Age Security. \* International Benefits. \* Career Transition Services for veterans. \* Allowance Program. \* Special Benefits. \* Employment Insurance Regular Benefits. \* Career Planning. \* Wage Earner Protection Program. \* Canada Summer Jobs (CSJ) for youth and students. \* Orientation on foreign credentials. \* Receiving agents of passports. \* Office of complaints. \* Employer service centre. \* Prevention and reporting of fraud. \* Savings plan. \* Income support for parents of murdered or missing children.

**Coverage area:** Châteauguay

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

**Financing:** federal

**Legal status:** federal government agency

## Municipal services

### CANDIAC - CITY

100 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L8

**450 444-6000** Fax: 450 444-6009

**Website:** candiac.ca

**Email:** info@ville.candiac.qc.ca

**Services:** Management of municipal services. \* Payment of municipal taxes. \* Construction permits. \* Collection of garbage, bulky items, dead leaves and branches. \* Pet licenses. \* Info-travaux: information on road projects. \* Collection of dead animals on residential sites.

**Coverage area:** Candiac

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

**Financing:** municipal

**Legal status:** municipal agency

### CANDIAC - LOISIRS

Claude-Hébert Centre, 59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 635-6020**

**Website:** candiac.ca

**Email:** loisirs@ville.candiac.qc.ca

**Services:** \* Community, sociocultural and sporting activities. \* Parks and playgrounds, ice rinks, community centres, arena, swimming pool. \* Financial assistance for sporting, recreational and artistic activities. \* Coordination with community organizations. \* Summer day camp. \* Room rental. \* Events and parties.

**Coverage area:** Candiac

**Hours:** Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 18h00 to 20h30, Friday 8h30 to 13h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency



**CHÂTEAUGUAY - ACTIVITIES AND RECREATION**

Georges-P.-Vanier Cultural Centre, 15 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

**450 698-3100**

**Website:** [www.ville.chateauguay.qc.ca/activites-et-loisirs](http://www.ville.chateauguay.qc.ca/activites-et-loisirs)

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

**Services:** \* Community, cultural and sporting activities. \* Multisports centre, polydium, arena, parks and playgrounds, cultural centre, aquatic centre, nautical centre. \* Exhibition, events and festivals. \* Coordination with community organizations. \* Summer day camp. \* Room rental.

**Coverage area:** Châteauguay

**Hours:** Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday and Saturday 12h00 to 17h00

**Fees:** variable, passeport-loisir: \$7 per resident and \$12 per resident family for 2 years, \$65 per year for non-residents

**Financing:** municipal

**Legal status:** municipal agency

**CHÂTEAUGUAY - CITY**

5 D'Youville Boulevard, Châteauguay, Montérégie, QC, J6J 2P8

**450 698-3000**

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

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

**Services:** Municipal service management. \* Municipal tax management and payment. \* Garbage collection. \* Fire department. \* Police department. \* Construction permits. \* Pet licences. \* Emergency notification system. \* Online portal for citizens: [chateauguay.b-citi.com](http://chateauguay.b-citi.com)

**Coverage area:** Châteauguay

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

**DELSON - CITY**

50 Sainte-Thérèse Street, Delson, Montérégie, QC, J5B 2B2

**450 632-1050 Fax: 450 632-1571**

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

**Email:** [reception@ville.delson.qc.ca](mailto:reception@ville.delson.qc.ca)

**Services:** Municipal service management. \* Municipal tax management and payment. \* Information on garbage collection. \* Construction permits. \* COMALERTE: information by text message, email or automated telephone on street closures, snow removal, boil water advisories and other urgent information [alerte.delson.ca](http://alerte.delson.ca) \* Online services: permit and grant applications, newsletter registration, COMALERTE

[www.ville.delson.qc.ca/fr/services-en-ligne](http://www.ville.delson.qc.ca/fr/services-en-ligne)

**Coverage area:** Delson

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

**Financing:** municipal

**Legal status:** municipal agency

**DELSON - SERVICE DES LOISIRS**

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

**450 632-1050 ext. 3100 Fax: 450 635-0627**

**Website:** [www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture](http://www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture)

**Email:** [loisirs@ville.delson.qc.ca](mailto:loisirs@ville.delson.qc.ca)

**Services:** \* Community, sociocultural and sporting activities. \* Sports centre, parks, ice rinks and playgrounds. \* Summer day camp. \* Hall rental.

**Coverage area:** Delson

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

**Fees:** variable, citizen card: free

**Financing:** municipal

**Legal status:** municipal agency

### LA PRAIRIE - CITY

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

**450 444-6600 Fax:** 450 444-6636

**Website:** ville.laprairie.qc.ca

**Email:** info@ville.laprairie.qc.ca

**Services:** Municipal service management. \* Municipal tax payment. \* Garbage collection. \* Construction permits. \* Fire department. \* Dog licences. \* Certification of documents. \* Emergency notification system. \* Collection of dead animals on residential sites.

**Coverage area:** La Prairie

**Hours:** Monday 8h30 to 12h00 and 13h00 to 17h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h15

**Financing:** municipal

**Legal status:** municipal agency

### LA PRAIRIE - SERVICE DES LOISIRS

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6700**

**Website:** ville.laprairie.qc.ca

**Email:** loisirs@ville.laprairie.qc.ca

**Services:** \* Community, sociocultural and sporting activities. \* Arena, multi-purpose centre, swimming pool, parks, ice rinks and playgrounds. \* Coordination with community organizations. \* Summer day camp. \* Community gardens. \* Activities and events. \* Hall rental.

**Coverage area:** La Prairie

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 20h30, Friday 8h30 to 17h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### LÉRY - CITY

1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8

**450 692-6861 Fax:** 450 692-6881

**Website:** www.lery.ca

**Email:** info@lery.ca

**Services:** Municipal service management. \* Municipal tax payment. \* Garbage collection. \* Construction permits. \* Fire department. \* Dog licenses.

**Coverage area:** Léry

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

### LÉRY - LOISIRS ET CULTURE

1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8

**450 692-6861 Fax:** 450 692-6881

**Website:** www.lery.ca/services/loisirs-et-culture

**Email:** info@lery.ca

**Services:** \* Cultural and recreational activities. \* Parks. \* Events.

**Coverage area:** Léry

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

**MERCIER - CITY**

869 Saint-Jean-Baptiste Boulevard, 2nd floor, Mercier, Montérégie, QC, J6R 2L3

**450 691-6090** Fax: 450 691-6529

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

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

**Services:** Management of municipal services. \* Payment of municipal taxes and property assessment. \* Urban planning by-laws. \* Permit applications (pool or spa installation, garden shed construction, tree cutting, watering permits). \* Citizen application Voilà!. \* Fire safety department. \* Information on the collection of residual materials and collections according to the calendar provided by the MRC de Roussillon: [roussillon.ca/gestion-des-matieres-residuelles/info-matieres-residuelles/info-collection/ville=mercier](http://roussillon.ca/gestion-des-matieres-residuelles/info-matieres-residuelles/info-collection/ville=mercier). \* Centre d'avis aux citoyens: updated recorded message containing current notifications. \* Alerte citoyens: automated phone call system for emergencies.

**Coverage area:** Mercier

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, Centre d'avis aux citoyens phone service: 24/7

**Financing:** municipal

**Legal status:** municipal agency

**RÉGIE INTERMUNICIPALE DE POLICE ROUSSILLON**

90 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 6M6

**450 638-0911 ext. 0** Fax: 450 638-0905

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

**Email:** [direction@policeroussillon.ca](mailto:direction@policeroussillon.ca)

**Services:** Responds to the public's safety needs. \* Protection of the citizen's lives and property. \* Peace and public safety maintenance. \* Verification of criminal record. \* Prevention and combat against crime. \* Enforcement of applicable laws and regulations.

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** 24/7, administration: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-CONSTANT - CITY**

147 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

**450 638-2010** Fax: 450 638-5919

**Website:** [saint-constant.ca](http://saint-constant.ca)

**Email:** [communication@saint-constant.ca](mailto:communication@saint-constant.ca)

**Services:** Municipal service management. \* Municipal tax payment. \* Construction permits. \* Garbage collection. \* Pet licences. \* Emergency notification system. \* Collection of dead animals on residential sites.

**Coverage area:** Saint-Constant

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-CONSTANT - ÉCOCENTRE**

25 Montée Lasaline, Saint-Constant, Montérégie, QC, J5A 2A8

**450 638-2010 ext. 7500**

**Website:** [saint-constant.ca/fr/collectes-matieres-residuelles-et-recyclage](http://saint-constant.ca/fr/collectes-matieres-residuelles-et-recyclage)

**Services:** Recovery of residual materials. \* Construction waste. \* Non-contaminated soil, branches. \* Computer and electronic appliances. \* Appliances containing halocarbon: refrigerators, air-conditioners, etc. \* Metals. \* Tires. \* Hazardous domestic waste: aerosols, paint, oil, batteries, etc.

**Eligibility:** residents

**Coverage area:** Saint-Constant

**Hours:** Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h45, 3rd Saturday of the month 8h00 to 12h45, summer: Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h45, Saturday and Sunday 8h00 to 11h45 and 13h15 to 16h45

**Fees:** 4 free visits per year

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-CONSTANT - SERVICE DES LOISIRS

160 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8

**450 638-2010 ext. 7200 Fax:** 450 635-8415

**Website:** [saint-constant.ca](http://saint-constant.ca)

**Email:** [loisirs@saint-constant.ca](mailto:loisirs@saint-constant.ca)

**Services:** \* Community, sociocultural and sporting activities. \* Community centre, cultural centre, arena, swimming pools, parks and playgrounds, ice rinks. \* Coordination with community organizations. \* Summer day camp. \* Celebrations, shows. \* Hall rental.

**Coverage area:** Saint-Constant

**Hours:** Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-ISIDORE - LOISIRS ET VIE COMMUNAUTAIRE

671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

**450 454-3919 Fax:** 450 454-7485

**Website:** [www.municipalite.saint-isidore.qc.ca](http://www.municipalite.saint-isidore.qc.ca)

**Email:** [loisirs@municipalite.saint-isidore.qc.ca](mailto:loisirs@municipalite.saint-isidore.qc.ca)

**Services:** \* Sporting and recreational activities. \* Community centre, parks, ice rink, sports fields. \* Summer day camp. \* Events.

**Coverage area:** Saint-Isidore

**Hours:** Monday to Wednesday 8h30 to 16h30, Thursday 8h30 to 16h30 and 19h00 to 21h00, Friday 8h30 to 12h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-ISIDORE - MUNICIPALITY

671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

**450 454-3919 Fax:** 450 454-7485

**Website:** [municipalite.saint-isidore.qc.ca](http://municipalite.saint-isidore.qc.ca)

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

**Coverage area:** Saint-Isidore

**Hours:** Monday to Wednesday 8h30 to 16h30, Thursday 8h30 to 16h30 and 19h00 to 21h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-MATHIEU - MUNICIPALITY

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

**450 632-9528 ext. 0 Fax:** 450 632-9544

**Website:** [municipalite.saint-mathieu.qc.ca](http://municipalite.saint-mathieu.qc.ca)

**Email:** [info@municipalite.saint-mathieu.qc.ca](mailto:info@municipalite.saint-mathieu.qc.ca)

**Services:** Municipal service management. \* Municipal tax payment. \* Dog and cat licences. \* Construction permits. \* Information on garbage collection.

**Coverage area:** Saint-Mathieu

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

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-MATHIEU - SERVICE DES LOISIRS

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

**450 632-9528 ext. 225 Fax:** 450 632-9544

**Website:** municipalite.saint-mathieu.qc.ca

**Email:** loisirs@municipalite.saint-mathieu.qc.ca

**Services:** \* Sporting and recreational activities. \* Parks, community centre, sports fields, ice rink. \* Summer day camp. \* Parties and events. \* Hall rental.

**Coverage area:** Saint-Mathieu

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

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-PHILIPPE - CITY

175 Sanguinet Road, Suite 201, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-7701 Fax:** 450 659-7702

**Website:** ville.saintphilippe.quebec

**Email:** info@ville.saintphilippe.quebec

**Services:** Municipal service management. \* Municipal tax payment. \* Information on garbage collection. \* Construction permits. \* Emergency notification system.

**Coverage area:** Saint-Philippe

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

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-PHILIPPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

2225 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-7701 ext. 258 Fax:** 450 659-7702

**Website:** ville.saintphilippe.quebec

**Email:** service.loisirs@ville.saintphilippe.quebec

**Services:** \* Sporting and recreational activities. \* Community centre, parks, sports fields. \* Coordination with community organizations. \* Summer day camp. \* Events. \* Hall rental.

**Coverage area:** Saint-Philippe

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

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### SAINTE-CATHERINE - CITY

5465 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1M1

**450 632-0590 Fax:** 450 638-3298

**Website:** www.ville.sainte-catherine.qc.ca

**Email:** communications@ville.sainte-catherine.qc.ca

**Services:** Municipal service management. \* Municipal tax payment. \* Administration of oath. \* Garbage collection. \* Construction permits. \* Dog and cat licences.

**Coverage area:** Sainte-Catherine

**Hours:** Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 13h00

**Financing:** municipal

**Legal status:** municipal agency

### **SAINTE-CATHERINE - SPORTS, CULTURE, LOISIRS ET VIE COMMUNAUTAIRE**

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-0590 ext. 5210 Fax:** 450 632-9908

**Website:** [www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs](http://www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs)

**Email:** [sports-culture@ville.sainte-catherine.qc.ca](mailto:sports-culture@ville.sainte-catherine.qc.ca)

**Services:** \* Community, sociocultural and sporting activities. \* Community centre, arena, parks and playgrounds, swimming pool, ice rinks. \* Coordination with community organizations. \* Summer day camp. \* Hall rental. \* Events.

**Coverage area:** Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 20h30, Friday 8h30 to 13h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### **SERVICE DE POLICE DE CHÂTEAUGUAY**

55 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P9

**450 698-1331**

**Website:** [www.ville.chateauguay.qc.ca/en/police](http://www.ville.chateauguay.qc.ca/en/police)

**Email:** [police@police.chateauguay.ca](mailto:police@police.chateauguay.ca)

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Awareness-raising.

**Coverage area:** Châteauguay, Léry, Beauharnois and Saint-Isidore

**Hours:** 24 hours / 7 days

**Financing:** municipal

**Legal status:** municipal agency

## **Municipalité régionale de comté (MRC)**

### **MRC ROUSSILLON**

260 Saint-Pierre Street, Suite 200, Saint-Constant, Montérégie, QC, J5A 2A5

**450 638-1221 Fax:** 450 638-4499

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

**Services:** Administration of regional services with supra-local character. \* Land management and development. \* Urban planning regulations. \* Management of public services: watercourses, waste management, property assessment, civil, fire and public security. \* Grants for compost bin and washable diapers. \* Participation in socio-economic development. \* Promotion of heritage, culture and tourism.

**Coverage area:** MRC Roussillon

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

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

**Legal status:** municipal agency

## Official documents

### SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

**1 800 622-6232** TTY: 1 800 926-9105

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

**Services:** Service centre bringing together programs, services and benefits at the federal level. \* Applications for Social Insurance Number. \* Information on the labor market. \* Job bank. \* Record of Employment. \* Annuities. \* Retirement pension from Canada Pension Plan. \* Guaranteed Income Supplement, Old Age Security. \* International Benefits. \* Career Transition Services for veterans. \* Allowance Program. \* Special Benefits. \* Employment Insurance Regular Benefits. \* Career Planning. \* Wage Earner Protection Program. \* Canada Summer Jobs (CSJ) for youth and students. \* Orientation on foreign credentials. \* Receiving agents of passports. \* Office of complaints. \* Employer service centre. \* Prevention and reporting of fraud. \* Savings plan. \* Income support for parents of murdered or missing children.

**Coverage area:** Châteauguay

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

**Financing:** federal

**Legal status:** federal government agency

## Provincial services

### CENTRE LOCAL D'EMPLOI DE CHÂTEAUGUAY

180 d'Anjou Boulevard, Suite 250, Châteauguay, Montérégie, QC, J6K 5G6

**450 691-6020** Fax: 450 699-9005

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

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

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

**Coverage area:** Châteauguay

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

**Financing:** provincial

**Legal status:** provincial government agency

### CENTRE LOCAL D'EMPLOI DE SAINT-CONSTANT

126 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2P1

**450 635-6221** Fax: 450 635-8018

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

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

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

**Coverage area:** Saint-Constant

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

**Financing:** provincial

**Legal status:** provincial government agency

### LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

**450 691-4325 Fax:** 450 699-0496

**Website:** ccjrs.com/bureaux/chateauguay

**Email:** chateauguay@ccjrs.com

**Services:** Free or low cost legal services to financially eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

**Coverage area:** Châteauguay, Saint-Constant, Delson, Kahnawake

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

**Financing:** provincial

**Legal status:** parapublic organization

### SERVICES QUÉBEC - LA PRAIRIE

30 Taschereau Boulevard, Suite 203, La Prairie, Montérégie, QC, J5R 5H7

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

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

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

**Coverage area:** La Prairie

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

**Financing:** provincial

**Legal status:** provincial government agency



**Health**

**FAMILY PLANNING**

**HOME CARE**

**HOSPITALS, CLSC AND COMMUNITY CLINICS**

**PALLIATIVE CARE**

**PATIENT SUPPORT ASSOCIATIONS**

**PUBLIC HEALTH**

## Family planning

### ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

**514 452-6775**

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

**Email:** [president@infertilite.ca](mailto:president@infertilite.ca)

**Services:** Representation and advocacy for infertile couples. \* Information and referral regarding infertility and adoption. \* Pairing between people with common experiences with infertility, accompaniment. \* Support group with a nurse.

**Eligibility:** infertile couples and individuals of all sexual orientations

**Coverage area:** Province of Québec

**Fees:** annual membership: \$25.50

**Financing:** membership fees

**Legal status:** non-profit organization

### CLSC CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333** Fax: 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661** Fax: 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**OPTIONS**

25A D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

**450 699-4357**

**Website:** www.centreoptions.org

**Email:** options@jslmontreal.org

**Services:** Care and support to young women, young men, and families facing unplanned pregnancy. Material assistance \* Free pregnancy testing. \* ARK boutique: free baby and maternity items. Education and prevention \* Personal self-worth and healthy relationship teaching. \* Sexual education workshops. \* Sex-ed workshops in schools. \* Referral for STI testing. \* Referral to government and community resources. Accompaniment \* Personalized support. \* Pregnancy options exploration. \* Mediation between family members or a client and other people. \* Tailored prenatal education & lactation support. \* Post-abortion support. \* Birth family support through the adoption process during and after pregnancy. Parental education \* Life skills and family management training. \* Mom and tot groups. \* Mentor mom and dad opportunities.

**Eligibility:** young women and men 25 years old and under and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 clients per week, pregnancy options support: 3 clients per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 15h00, appointments available outside these hours

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

**RÉSEAU QUÉBÉCOIS D'ACCOMPAGNANTES À LA NAISSANCE**

Confidential Address

**Website:** www.naissance.ca

**Email:** inforqan@yahoo.ca

**Services:** Grouping of self-employed doulas. \* Information and referral. \* Members' directory. \* Group, individual or distance prenatal courses. \* Assistance during birth: support, information, massage therapy, etc. \* Relevailles: in-home postnatal respite. \* Prenatal and postnatal yoga. \* Breastfeeding support. \* Baby massage courses. \* Baby carrying workshops. \* Birth preparation training and tools: planning, self-hypnosis, birthing ball, Bonapace method, emotional preparation. \* Baby emotional assistance. \* Perinatal osteopathy, cranial sacral therapy. \* Promotion of doulas.

**Eligibility:** pregnant women, their partner and family

**Coverage area:** Province of Québec, services vary according to regions

**Hours:** variable

**Fees:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

**TRAVAIL DE MILIEU CANDIAC ET SAINTE-CATHERINE**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**438 404-5727**

**Services:** Street and outreach work. \* Welcoming, listening, support, accompaniment and referral. \* Preventative interventions: homelessness, addiction, themes concerning the youth. \* Help in looking for housing. \* Accompaniment in managing personal finances. \* Condom distribution and needle exchange.

**Eligibility:** youth from 12 to 25 years old, marginalised or in a vulnerable situation, people experiencing homelessness or at risk of homelessness

**Coverage area:** Candiac, Sainte-Catherine

**Hours:** Monday 13h00 to 20h00, Tuesday and Wednesday 13h00 to 21h00, Thursday 4h00 to 23h00, Friday 13h00 to 23h00

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

## Home care

### CLSC CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333** Fax: 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661** Fax: 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

## Hospitals, CLSC and community clinics

### ANNA-LABERGE HOSPITAL

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

**450 699-2425**

**Website:** [santemonteregie.qc.ca/en/installations/hopital-anna-laberge](http://santemonteregie.qc.ca/en/installations/hopital-anna-laberge)

**Services:** Hospital offering general and specialized cares. \* Emergencies. \* Intensive cares. \* Surgeries. \* Geriatrics, palliative care. \* Obstetrics, prenatal meetings, early childhood development, pediatrics. \* Inpatient psychiatric hospital unit and mental health consultations. \* Physical rehabilitation.

**Capacity:** 225 beds

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE DE SERVICES AMBULATOIRES JARDINS-ROUSSILLON**

230 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 0H6

**450 692-5343**

**Website:** [santemonteregie.qc.ca/en/installations/centre-de-services-ambulatoires-centre-de-sante-desjardins](http://santemonteregie.qc.ca/en/installations/centre-de-services-ambulatoires-centre-de-sante-desjardins)

**Services:** \* Familial medicine unit. \* Follow-up and post-surgery cares: injections, bandages, nurses consultation, etc. \* Various external clinics. \* Hemodialysis.

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE DE SERVICES AMBULATOIRES LAUZON**

101 Lauzon Street, Châteauguay, Montérégie, QC, J6K 1C7

**450 699-7901**

**Website:** [santemonteregie.qc.ca/en/installations/centre-de-services-ambulatoires-lauzon](http://santemonteregie.qc.ca/en/installations/centre-de-services-ambulatoires-lauzon)

**Services:** \* Follow-up and post-surgery cares: injections, bandages, nurses consultation, etc. \* External clinics.

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC CHÂTEAUGUAY**

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC KATERI**

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

## Palliative care

### ANNA-LABERGE HOSPITAL

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

**450 699-2425**

**Website:** [santemonteregie.qc.ca/en/installations/hopital-anna-laberge](http://santemonteregie.qc.ca/en/installations/hopital-anna-laberge)

**Services:** Hospital offering general and specialized cares. \* Emergencies. \* Intensive cares. \* Surgeries. \* Geriatrics, palliative care. \* Obstetrics, prenatal meetings, early childhood development, pediatrics. \* Inpatient psychiatric hospital unit and mental health consultations. \* Physical rehabilitation.

**Capacity:** 225 beds

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333** Fax: 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661** Fax: 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

## Patient support associations

### ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

**514 452-6775**

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

**Email:** [president@infertilite.ca](mailto:president@infertilite.ca)

**Services:** Representation and advocacy for infertile couples. \* Information and referral regarding infertility and adoption. \* Pairing between people with common experiences with infertility, accompaniment. \* Support group with a nurse.

**Eligibility:** infertile couples and individuals of all sexual orientations

**Coverage area:** Province of Québec

**Fees:** annual membership: \$25.50

**Financing:** membership fees

**Legal status:** non-profit organization

### CANADIAN CANCER SOCIETY - SOUTH-WEST REGIONAL OFFICE

161B Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

**514 255-5151**

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

**Email:** [scchateauguay@quebec.cancer.ca](mailto:scchateauguay@quebec.cancer.ca)

**Services:** \* Monthly support group. \* Documentation. \* Donation of temporary breast prostheses. \* Loan of wigs, turbans and scarves. \* Awareness-raising. \* Art workshops and visualization.

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

**Coverage area:** South-West of Québec

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### CENTRE DE RÉHABILITATION AVC

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**438 777-5347**

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

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

**Services:** Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. \* Weekly meeting. \* Workshops, conferences. \* Social and creative activities: painting, yoga, outings.

**Eligibility:** people who have had a stroke, their caregivers

**Coverage area:** South Shore of Montréal

**Hours:** Wednesday 9h15 to 15h30

**Fees:** contribution: \$20 per year, outing: \$5

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

**Legal status:** non-profit organization

### CLSC CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333** Fax: 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

## CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

## JEUNE CLUB DES GRANDS DE MONTRÉAL

Confidential Address

**Services:** \* Social club on Facebook for young tall people.

**Eligibility:** women at least 5'10" and men at least 6'2" who are between 18 and 40 years old

**Coverage area:** Greater Montréal

**Financing:** self-financing

**Legal status:** non-profit organization

## Public Health

### AMITIÉ MATERN'ELLE

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450-659-7661 ext. 1387**

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

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

**Services:** \* Support for breastfeeding. \* Pairing before birth. \* Telephone and email support. \* Mornings with baby: first aid, infant massage, infant carrying, nutrition, etc. \* Coffee-chat. \* Infant clinic. \* Sharing morning: meeting seniors in a CHSLD.

**Eligibility:** pregnant women, families with infants

**Coverage area:** territoire du CLSC Kateri

**Fees:** none



**Financing:** provincial

**Legal status:** non-profit organization

## **CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-OUEST**

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

**450 699-2425 Fax:** 450 699-2551

**Website:** [santemonteregie.qc.ca/en/west](http://santemonteregie.qc.ca/en/west)

**Services:** Planning, coordination and organization of social and health services. \* Responsibility of the availability of care to the entire population, including the most vulnerable. \* Management of simplified access to services. \* Administration of partnerships with intermediate resources. \* Handling of complaints regarding dissatisfaction or violation of rights of users.

**Coverage area:** Montérégie-Ouest: CSSS Jardins-Roussillon, Suroît, Haut-Saint-Laurent, Vaudreuil-Soulanges, CRDITED de la Montérégie-Est and SRSOR, Centre Montérégien de Réadaptation, Le Virage and Foster

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

**Financing:** provincial

**Legal status:** parapublic organization

## **CLSC CHÂTEAUGUAY**

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

## **CLSC KATERI**

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY**

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

**450 691-1444**

**Website:** mwcnc.ca

**Email:** mwcnc2016@gmail.com

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

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

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

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

**Fees:** membership: \$10 per year

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

**OPTIONS**

25A D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

**450 699-4357**

**Website:** www.centreoptions.org

**Email:** options@jslmontreal.org

**Services:** Care and support to young women, young men, and families facing unplanned pregnancy. Material assistance \* Free pregnancy testing. \* ARK boutique: free baby and maternity items. Education and prevention \* Personal self-worth and healthy relationship teaching. \* Sexual education workshops. \* Sex-ed workshops in schools. \* Referral for STI testing. \* Referral to government and community resources. Accompaniment \* Personalized support. \* Pregnancy options exploration. \* Mediation between family members or a client and other people. \* Tailored prenatal education & lactation support. \* Post-abortion support. \* Birth family support through the adoption process during and after pregnancy. Parental education \* Life skills and family management training. \* Mom and tot groups. \* Mentor mom and dad opportunities.

**Eligibility:** young women and men 25 years old and under and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 clients per week, pregnancy options support: 3 clients per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 15h00, appointments available outside these hours

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

## **Homelessness**

**DAY AND EVENING CENTRES**

**MOBILE UNITS AND STREET WORK**

**TRANSITIONAL HOUSING**

## Day and evening centres

### TRAVAIL DE MILIEU CANDIAC ET SAINTE-CATHERINE

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**438 404-5727**

**Services:** Street and outreach work. \* Welcoming, listening, support, accompaniment and referral. \* Preventative interventions: homelessness, addiction, themes concerning the youth. \* Help in looking for housing. \* Accompaniment in managing personal finances. \* Condom distribution and needle exchange.

**Eligibility:** youth from 12 to 25 years old, marginalised or in a vulnerable situation, people experiencing homelessness or at risk of homelessness

**Coverage area:** Candiac, Sainte-Catherine

**Hours:** Monday 13h00 to 20h00, Tuesday and Wednesday 13h00 to 21h00, Thursday 4h00 to 23h00, Friday 13h00 to 23h00

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

## Mobile units and street work

### CLSC CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**MAISON DES JEUNES CHÂTELOIS**

180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2

**450 698-3343** Fax: 450 698-3344

**Email:** infomdjchateauguay@videotron.ca

**Services:** Animated meeting place. \* Assistance and referral. \* Social, recreational and sports activities. \* Skatepark. \* Peer support program in secondary schools. \* Street work. \* Prevention workshops. \* Collective kitchen.

**Eligibility:** youth 11 to 17 years old

**Coverage area:** Châteauguay

**Hours:** school year: Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 22h30, summer: Monday to Thursday 15h00 to 17h00 and 18h00 to 22h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 23h00

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

**Legal status:** non-profit organization

**TRAVAIL DE MILIEU CANDIAC ET SAINTE-CATHERINE**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**438 404-5727**

**Services:** Street and outreach work. \* Welcoming, listening, support, accompaniment and referral. \* Preventative interventions: homelessness, addiction, themes concerning the youth. \* Help in looking for housing. \* Accompaniment in managing personal finances. \* Condom distribution and needle exchange.

**Eligibility:** youth from 12 to 25 years old, marginalised or in a vulnerable situation, people experiencing homelessness or at risk of homelessness

**Coverage area:** Candiac, Sainte-Catherine

**Hours:** Monday 13h00 to 20h00, Tuesday and Wednesday 13h00 to 21h00, Thursday 4h00 to 23h00, Friday 13h00 to 23h00

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

**Transitional housing****ÉLAN DES JEUNES (L')**

155 de Gaspé Street East, Châteauguay, Montérégie, QC, J6J 2N9

**450 844-3835**

**Website:** www.lelandesjeunes.com

**Email:** lelandesjeunes@gmail.com

**Services:** Housing for young adults choosing to be framed in their social reintegration process (maintenance of education or employability projects, house hunting and more). \* Accommodations and food. \* Maximum duration of 3 months. \* Post-accommodation service for people who had access to accommodation services.

**Eligibility:** young adults aged 16 to 22, homeless or at risk of homelessness, due to loss of housing or family problems, freely making a housing request

**Capacity:** 6 beds

**Coverage area:** CSSS Jardins-Roussillon: Candiac, Châteauguay, Delson, Hemmingford Canton et Village, La Prairie, Léry, Mercier, Napierville, Saint-Bernard-de-Lacolle, Saint-Constant, Saint-Cyprien-de-Napierville, Sainte-Catherine, Sainte-Clotilde, Saint-Édouard, Sainte-Martine, Saint-Isidore, Saint-Jacques-le-Mineur, Saint-Mathieu, Saint-Michel, Saint-Patrice-de-Sherrington, Saint-Philippe, Saint-Rémi, Saint-Urbain-Premier, Kahnawake

**Hours:** 24 hours / 7 days

**Fees:** \$20 deposit on arrival, \$6 per day

**Financing:** grants, self-financing

**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

### COMITÉ LOGEMENT RIVE-SUD - BUREAU DE CHÂTEAUGUAY

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

**1 866 399-3060** Fax: 450 699-7014

**Website:** [www.comite-logement.org](http://www.comite-logement.org)

**Email:** [info@comite-logement.org](mailto:info@comite-logement.org)

**Services:** Technical resources group. \* Promotion and development of social housing projects. \* Advocacy of tenants' rights. \* Telephone information service. \* Individual meetings (by appointment only). \* Preparation and accompaniment to a hearing of Tribunal administratif du logement. \* Assistance in writing form letters. \* Coop of housing.

**Eligibility:** tenants

**Coverage area:** South Shore of Montréal

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

**Fees:** free

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

**Legal status:** non-profit organization

### FÉDÉRATION RÉGIONALE DES OSBL D'HABITATION DE LA MONTÉRÉGIE ET DE L'ESTRIE

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

**450 201-0786** Fax: 450 699-7014

**Website:** [frohme.rqoh.com](http://frohme.rqoh.com)

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

**Services:** Grouping of housing NPOs from Montérégie. \* Management support: finance, accounting, training, secretaryship, mediation, representation. \* Promotion of interests of housing NPOs to local and regional authorities. \* Group purchasing, insurance and other benefits.

**Eligibility:** housing NPOs, general population

**Coverage area:** Montérégie, Estrie

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

**Fees:** contribution: \$12 per unit

**Financing:** contributions

**Legal status:** non-profit organization

### OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

**450 692-9652** Fax: 450 692-4387

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

**Email:** [omh@omhchateauguay.org](mailto:omh@omhchateauguay.org)

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

**Eligibility:** individuals and families on a low or moderate income

**Coverage area:** Châteauguay

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

**Financing:** grants

**Legal status:** non-profit organization

### OFFICE MUNICIPAL D'HABITATION ROUSSILLON-EST

40 Des Récifs Street, Suite 100, Sainte-Catherine, Montérégie, QC, J5C 1W3

**450 845-3040** Fax: 450 845-3041

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

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

**Eligibility:** individuals and families on a low or moderate income

**Capacity:** 200 units

**Coverage area:** Delson, La Prairie, Mercier, Saint-Constant, Sainte-Catherine

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

**Financing:** municipal

**Legal status:** non-profit organization

## Emergency

### CHÂTEAUGUAY - CITY

5 D'Youville Boulevard, Châteauguay, Montérégie, QC, J6J 2P8

**450 698-3000**

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

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

**Services:** Municipal service management. \* Municipal tax management and payment. \* Garbage collection. \* Fire department. \* Police department. \* Construction permits. \* Pet licences. \* Emergency notification system. \* Online portal for citizens: [chateauguay.b-citi.com](http://chateauguay.b-citi.com)

**Coverage area:** Châteauguay

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

### LA PRAIRIE - CITY

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

**450 444-6600** Fax: 450 444-6636

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

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

**Services:** Municipal service management. \* Municipal tax payment. \* Garbage collection. \* Construction permits. \* Fire department. \* Dog licences. \* Certification of documents. \* Emergency notification system. \* Collection of dead animals on residential sites.

**Coverage area:** La Prairie

**Hours:** Monday 8h30 to 12h00 and 13h00 to 17h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h15

**Financing:** municipal

**Legal status:** municipal agency

### MERCIER - CITY

869 Saint-Jean-Baptiste Boulevard, 2nd floor, Mercier, Montérégie, QC, J6R 2L3

**450 691-6090** Fax: 450 691-6529

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

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

**Services:** Management of municipal services. \* Payment of municipal taxes and property assessment. \* Urban planning by-laws. \* Permit applications (pool or spa installation, garden shed construction, tree cutting, watering permits). \* Citizen application Voilà!. \* Fire safety department. \* Information on the collection of residual materials and collections according to the calendar provided by the MRC de Roussillon: [roussillon.ca/gestion-des-matieres-residuelles/info-matieres-residuelles/info-collection/ville=mercier](http://roussillon.ca/gestion-des-matieres-residuelles/info-matieres-residuelles/info-collection/ville=mercier). \* Centre d'avis aux citoyens: updated recorded message containing current notifications. \* Alerte citoyens: automated phone call system for emergencies.

**Coverage area:** Mercier



**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, Centre d'avis aux citoyens phone service: 24/7

**Financing:** municipal

**Legal status:** municipal agency

### **OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY**

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

**450 692-9652 Fax:** 450 692-4387

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

**Email:** [omh@omhchateauguay.org](mailto:omh@omhchateauguay.org)

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

**Eligibility:** individuals and families on a low or moderate income

**Coverage area:** Châteauguay

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

**Financing:** grants

**Legal status:** non-profit organization

### **SAINT-CONSTANT - CITY**

147 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

**450 638-2010 Fax:** 450 638-5919

**Website:** [saint-constant.ca](http://saint-constant.ca)

**Email:** [communication@saint-constant.ca](mailto:communication@saint-constant.ca)

**Services:** Municipal service management. \* Municipal tax payment. \* Construction permits. \* Garbage collection. \* Pet licences. \* Emergency notification system. \* Collection of dead animals on residential sites.

**Coverage area:** Saint-Constant

**Financing:** municipal

**Legal status:** municipal agency

### **SAINT-PHILIPPE - CITY**

175 Sanguinet Road, Suite 201, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-7701 Fax:** 450 659-7702

**Website:** [ville.saintphilippe.quebec](http://ville.saintphilippe.quebec)

**Email:** [info@ville.saintphilippe.quebec](mailto:info@ville.saintphilippe.quebec)

**Services:** Municipal service management. \* Municipal tax payment. \* Information on garbage collection. \* Construction permits. \* Emergency notification system.

**Coverage area:** Saint-Philippe

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

**Financing:** municipal

**Legal status:** municipal agency

## **Housing cooperatives and corporations**

### **COMITÉ LOGEMENT RIVE-SUD - BUREAU DE CHÂTEAUGUAY**

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

**1 866 399-3060 Fax:** 450 699-7014

**Website:** [www.comite-logement.org](http://www.comite-logement.org)

**Email:** [info@comite-logement.org](mailto:info@comite-logement.org)

**Services:** Technical resources group. \* Promotion and development of social housing projects. \* Advocacy of tenants' rights. \* Telephone information service. \* Individual meetings (by appointment only). \* Preparation and accompaniment to a hearing of Tribunal administratif du logement. \* Assistance in writing form letters. \* Coop of housing.

**Eligibility:** tenants

**Coverage area:** South Shore of Montréal

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

**Fees:** free

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

**Legal status:** non-profit organization

## **FÉDÉRATION RÉGIONALE DES OSBL D'HABITATION DE LA MONTÉRÉGIE ET DE L'ESTRIE**

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

**450 201-0786 Fax:** 450 699-7014

**Website:** frohme.rqoh.com

**Email:** info@frohm.org

**Services:** Grouping of housing NPOs from Montérégie. \* Management support: finance, accounting, training, secretaryship, mediation, representation. \* Promotion of interests of housing NPOs to local and regional authorities. \* Group purchasing, insurance and other benefits.

**Eligibility:** housing NPOs, general population

**Coverage area:** Montérégie, Estrie

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

**Fees:** contribution: \$12 per unit

**Financing:** contributions

**Legal status:** non-profit organization

## **OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY**

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

**450 692-9652 Fax:** 450 692-4387

**Website:** www.omhchateauguay.org

**Email:** omh@omhchateauguay.org

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

**Eligibility:** individuals and families on a low or moderate income

**Coverage area:** Châteauguay

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

**Financing:** grants

**Legal status:** non-profit organization

## **OFFICE MUNICIPAL D'HABITATION ROUSSILLON-EST**

40 Des Récifs Street, Suite 100, Sainte-Catherine, Montérégie, QC, J5C 1W3

**450 845-3040 Fax:** 450 845-3041

**Email:** omhroussillon@videotron.ca

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

**Eligibility:** individuals and families on a low or moderate income

**Capacity:** 200 units

**Coverage area:** Delson, La Prairie, Mercier, Saint-Constant, Sainte-Catherine

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

**Financing:** municipal

**Legal status:** non-profit organization

**SOCIÉTÉ LOCATIVE D'INVESTISSEMENT ET DE DÉVELOPPEMENT SOCIAL**

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

**1 855 699-1392 Fax:** 450 699-8297

**Website:** www.solides.info

**Email:** admin@solides.info

**Services:** Development of low-rent housing. \* Acquisition, renovation and construction of housing. \* Housing administration.

**Eligibility:** people on a low or moderate income

**Capacity:** 540 apartments

**Coverage area:** Châteauguay, Longueuil, Verdun

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

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

**Legal status:** non-profit organization

**Housing search assistance****OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY**

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

**450 692-9652 Fax:** 450 692-4387

**Website:** www.omhchateauguay.org

**Email:** omh@omhchateauguay.org

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

**Eligibility:** individuals and families on a low or moderate income

**Coverage area:** Châteauguay

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

**Financing:** grants

**Legal status:** non-profit organization

**TRAVAIL DE MILIEU CANDIAC ET SAINTE-CATHERINE**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**438 404-5727**

**Services:** Street and outreach work. \* Welcoming, listening, support, accompaniment and referral. \* Preventative interventions: homelessness, addiction, themes concerning the youth. \* Help in looking for housing. \* Accompaniment in managing personal finances. \* Condom distribution and needle exchange.

**Eligibility:** youth from 12 to 25 years old, marginalised or in a vulnerable situation, people experiencing homelessness or at risk of homelessness

**Coverage area:** Candiac, Sainte-Catherine

**Hours:** Monday 13h00 to 20h00, Tuesday and Wednesday 13h00 to 21h00, Thursday 4h00 to 23h00, Friday 13h00 to 23h00

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

## Social housing and housing cooperatives

### COMITÉ LOGEMENT RIVE-SUD - BUREAU DE CHÂTEAUGUAY

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

**1 866 399-3060** Fax: 450 699-7014

**Website:** www.comite-logement.org

**Email:** info@comite-logement.org

**Services:** Technical resources group. \* Promotion and development of social housing projects. \* Advocacy of tenants' rights. \* Telephone information service. \* Individual meetings (by appointment only). \* Preparation and accompaniment to a hearing of Tribunal administratif du logement. \* Assistance in writing form letters. \* Coop of housing.

**Eligibility:** tenants

**Coverage area:** South Shore of Montréal

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

**Fees:** free

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

**Legal status:** non-profit organization

### HABITATIONS LA GAILLARDE

90 Foucreault Street, Suite 100, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 907-0634**

**Email:** la.gaillarde@videotron.ca

**Services:** Subsidized and non-subsidized housing. \* 3½, 4½ and 5½ apartments. \* Adapted units for people with reduced mobility. \* Community hall.

**Eligibility:** autonomous seniors 65 years and over, single people and couples under 65 years, families

**Capacity:** seniors: 18 subsidized units, under 65 years old: 6 subsidized units

**Coverage area:** MRC Roussillon

**Fees:** subsidized units: 25% of income

**Financing:** provincial

**Legal status:** non-profit organization

### HABITATIONS LA PETITE PRAIRIE (LES)

320 Conrad-Pelletier Street, Suite 100, La Prairie, Montérégie, QC, J5R 4B2

**450 201-0786**

**Services:** Subsidized housing for families and single people.

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

**Capacity:** 16 apartments

**Coverage area:** La Prairie

**Fees:** 25% of income according to the provincial notice of assessment

**Financing:** grants

**Legal status:** non-profit organization

### HABITATIONS LOGIS-CIEL

67 Pinsonneault Street, Saint-Constant, Montérégie, QC, J5A 2T4

**450 201-0786**

**Services:** Subsidized and non-subsidized housing for seniors, young families and people living alone. \* 3½, 4½ and 5½ apartments. \* Adapted housing for people with reduced mobility.

**Eligibility:** seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income

**Capacity:** 26 apartments, 13 are subsidized

**Coverage area:** MRC Roussillon

**Fees:** for subsidized housing, 25% of income according to the provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

### **HABITATIONS TRILOGIS SAINT-CONSTANT (LES)**

30 Saint-Pierre Street, Châteauguay, Montérégie, QC, J6J 2H8

**450 638-8333**

**Email:** [trilogis@outlook.com](mailto:trilogis@outlook.com)

**Services:** Subsidized housing for seniors, young families and people living alone. \* 3½ and 4½ apartments. \* Adapted housing for people with reduced mobility.

**Eligibility:** seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income

**Capacity:** 44 apartments

**Coverage area:** MRC Roussillon

**Fees:** 25% of income based on provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

### **OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY**

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

**450 692-9652 Fax:** 450 692-4387

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

**Email:** [omh@omhchateauguay.org](mailto:omh@omhchateauguay.org)

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

**Eligibility:** individuals and families on a low or moderate income

**Coverage area:** Châteauguay

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

**Financing:** grants

**Legal status:** non-profit organization

### **OFFICE MUNICIPAL D'HABITATION ROUSSILLON-EST**

40 Des Récifs Street, Suite 100, Sainte-Catherine, Montérégie, QC, J5C 1W3

**450 845-3040 Fax:** 450 845-3041

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

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

**Eligibility:** individuals and families on a low or moderate income

**Capacity:** 200 units

**Coverage area:** Delson, La Prairie, Mercier, Saint-Constant, Sainte-Catherine

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

**Financing:** municipal

**Legal status:** non-profit organization

### **PROGRAMME D'ACCESSIBILITÉ AU LOGEMENT RIVE SUD-OUEST**

39 de L'Olivier Street, Saint-Constant, Montérégie, QC, J5A 2H1

**450 201-0786**

**Services:** Subsidized housing for autonomous people living with a physical disability. \* 3 1/2, 4 1/2 et 5 1/2 apartments. \* Accessible housing for people using wheelchairs.

**Eligibility:** autonomous people living with a physical disability

**Capacity:** 16 apartments

**Coverage area:** Montérégie

**Fees:** 25% of income

**Financing:** provincial

**Legal status:** non-profit organization

### **SOCIÉTÉ LOCATIVE D'INVESTISSEMENT ET DE DÉVELOPPEMENT SOCIAL**

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

**1 855 699-1392 Fax:** 450 699-8297

**Website:** [www.solides.info](http://www.solides.info)

**Email:** [admin@solides.info](mailto:admin@solides.info)

**Services:** Development of low-rent housing. \* Acquisition, renovation and construction of housing. \* Housing administration.

**Eligibility:** people on a low or moderate income

**Capacity:** 540 apartments

**Coverage area:** Châteauguay, Longueuil, Verdun

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

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

**Legal status:** non-profit organization

## **Immigration and cultural communities**

### **FRENCH COURSES**

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

### **RECOGNITION OF PRIOR LEARNING AND DIPLOMAS**

### **SETTLEMENT SERVICES FOR NEWCOMERS**

## French courses

### CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES

Administrative Center, Place La Citière, 50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

**514 380-8899** Fax: 514 380-8345

**Website:** www.csdgs.qc.ca

**Email:** communications@csdgs.qc.ca

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and guidance. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* Passe-partout program. \* French classes. \* Distance training. \* Services for companies. \* Administrative center Jacques-de-Ligny: 1250, Taschereau Boulevard, La Prairie, Québec, J5R 1X2. \* School transportation coordination.

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

**Hours:** Administrative Center Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Administrative Center Jacques-de-Ligny: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

**Financing:** self-financing

**Legal status:** parapublic organization

## Prevention and fight against racism

### MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

**450 691-1444**

**Website:** mwcn.ca

**Email:** mwcn2016@gmail.com

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

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

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

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

**Fees:** membership: \$10 per year

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## Recognition of prior learning and diplomas

### SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

**1 800 622-6232** TTY: 1 800 926-9105

**Website:** www.canada.ca



**Services:** Service centre bringing together programs, services and benefits at the federal level. \* Applications for Social Insurance Number. \* Information on the labor market. \* Job bank. \* Record of Employment. \* Annuities. \* Retirement pension from Canada Pension Plan. \* Guaranteed Income Supplement, Old Age Security. \* International Benefits. \* Career Transition Services for veterans. \* Allowance Program. \* Special Benefits. \* Employment Insurance Regular Benefits. \* Career Planning. \* Wage Earner Protection Program. \* Canada Summer Jobs (CSJ) for youth and students. \* Orientation on foreign credentials. \* Receiving agents of passports. \* Office of complaints. \* Employer service centre. \* Prevention and reporting of fraud. \* Savings plan. \* Income support for parents of murdered or missing children.

**Coverage area:** Châteauguay

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

**Financing:** federal

**Legal status:** federal government agency

## Settlement services for newcomers

### ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

**450 699-4545** Fax: 450 699-1175

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

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

**Services:** Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. \* Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. \* Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair. \* Room and office rentals.

**Eligibility:** people 16 years and over

**Coverage area:** Montérégie

**Hours:** Monday, Wednesday, Thursday and Friday 8h30 to 16h30, Tuesday 8h30 to 20h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES

Administrative Center, Place La Cité, 50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

**514 380-8899** Fax: 514 380-8345

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

**Email:** [communications@csdgs.qc.ca](mailto:communications@csdgs.qc.ca)

**Services:** French School Board gathering elementary, high and specialized schools. \* Vocational training. \* Adult education. \* Vocational training and adult education: help and guidance. \* High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. \* Passe-partout program. \* French classes. \* Distance training. \* Services for companies. \* Administrative center Jacques-de-Ligny: 1250, Taschereau Boulevard, La Prairie, Québec, J5R 1X2. \* School transportation coordination.

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

**Hours:** Administrative Center Place La Cité: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Administrative Center Jacques-de-Ligny: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

**Financing:** self-financing

**Legal status:** parapublic organization

## **Indigenous Peoples**

### **EMPLOYMENT**

### **GOVERNMENT SERVICES**

## Employment

### P.S. JEUNESSE - POINT DE SERVICE SAINTE-CATHERINE

1040 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 631-1096**

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

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

**Services:** \* Reception and evaluation. \* Pre-employment and personal dynamics service: support, workshops, counselling, conflict resolution, etc. \* Career guidance: individual meetings, workshops, information sessions. \* Job search assistance: assessment, search techniques, resume writing, interview preparation. \* Retention and prevention: personalized support, individual meetings, job retention, school dropout prevention. \* Option ressource travail: access program to non-traditional professions for young women. \* Focus sur l'emploi: professional reintegration program for people without a high school diploma. \* Travail en liberté: employability program for people with a criminal record. \* PPE Saint-Rémi: pre-employment program. \* Services to employers.

**Eligibility:** adults, people with a criminal record, people without a high school diploma, employers

**Coverage area:** MRC Les Jardins-de-Napierville

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Government services

### CENTRE LOCAL D'EMPLOI DE CHÂTEAUGUAY

180 d'Anjou Boulevard, Suite 250, Châteauguay, Montérégie, QC, J6K 5G6

**450 691-6020** Fax: 450 699-9005

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

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

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

**Coverage area:** Châteauguay

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

**Financing:** provincial

**Legal status:** provincial government agency

### CENTRE LOCAL D'EMPLOI DE SAINT-CONSTANT

126 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2P1

**450 635-6221** Fax: 450 635-8018

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

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

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

**Coverage area:** Saint-Constant

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

**Financing:** provincial

**Legal status:** provincial government agency

### SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

**1 800 622-6232 TTY:** 1 800 926-9105

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

**Services:** Service centre bringing together programs, services and benefits at the federal level. \* Applications for Social Insurance Number. \* Information on the labor market. \* Job bank. \* Record of Employment. \* Annuities. \* Retirement pension from Canada Pension Plan. \* Guaranteed Income Supplement, Old Age Security. \* International Benefits. \* Career Transition Services for veterans. \* Allowance Program. \* Special Benefits. \* Employment Insurance Regular Benefits. \* Career Planning. \* Wage Earner Protection Program. \* Canada Summer Jobs (CSJ) for youth and students. \* Orientation on foreign credentials. \* Receiving agents of passports. \* Office of complaints. \* Employer service centre. \* Prevention and reporting of fraud. \* Savings plan. \* Income support for parents of murdered or missing children.

**Coverage area:** Châteauguay

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

**Financing:** federal

**Legal status:** federal government agency

### SERVICES QUÉBEC - LA PRAIRIE

30 Taschereau Boulevard, Suite 203, La Prairie, Montérégie, QC, J5R 5H7

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

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

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

**Coverage area:** La Prairie

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

**Financing:** provincial

**Legal status:** provincial government agency

## **Justice and Advocacy**

### **ADVOCACY GROUPS**

### **CONSUMER PROTECTION AND COMPLAINTS**

### **COURTHOUSES AND TRIBUNALS**

### **LEGAL ASSISTANCE AND INFORMATION**

### **SUPPORT FOR OFFENDERS**

## Advocacy groups

### ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVE-SUD OUEST

100 Sainte-Marie Street, La Prairie, Montérégie, QC, J5R 1E8

**450 659-6519** Fax: 450 659-6510

**Website:** www.aphrso.org

**Email:** info@aphrso.org

**Services:** Advocacy of rights and interests for people with functional limitations. \* Listening, information, referral. \* Counselling. \* Assistance with procedures.

**Eligibility:** people with functional limitations, their representatives

**Coverage area:** MRC Roussillon

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

**Fees:** none

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

**Legal status:** non-profit organization

### ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

**514 452-6775**

**Website:** www.infertilite.ca

**Email:** president@infertilite.ca

**Services:** Representation and advocacy for infertile couples. \* Information and referral regarding infertility and adoption. \* Pairing between people with common experiences with infertility, accompaniment. \* Support group with a nurse.

**Eligibility:** infertile couples and individuals of all sexual orientations

**Coverage area:** Province of Québec

**Fees:** annual membership: \$25.50

**Financing:** membership fees

**Legal status:** non-profit organization

### ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE

55 Saint-Pierre Street, Suite 205, Saint-Constant, Montérégie, QC, J5A 1B9

**1 866 635-1961**

**Website:** www.dysphasiemonteregie.qc.ca

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

**Services:** \* Hotline and information research for members. \* Support to research on primary language impairment. \* Information and social reintegration activities. \* Colloquium on dysphasia and its impacts. \* Information tool production and advocacy.

**Eligibility:** people with dysphasia of all ages, parents of children with dysphasia and specialists or people interested by the disease

**Capacity:** unlimited

**Coverage area:** Montérégie

**Hours:** office: Monday to Thursday 8h00 to 16h00 and Friday 8h00 to 13h00, activities: evenings and weekends

**Fees:** membership: \$25 per year for individual, professional and supporters memberships, \$50 for corporations

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

**Legal status:** non-profit organization

### CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

**450 638-1131** Fax: 450 638-1132

**Website:** www.centrefemmesleclaircie.com

**Email:** info@claircie.org

**Services:** \* Reception, listening and referral. \* Documentation centre. \* Popular education workshops. \* Coffee-chat. \* Conferences. \* Day care. \* Training of volunteers. \* Collective action.

**Eligibility:** women, children 5 years old and under

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

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

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

**Legal status:** non-profit organization

## **CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-OUEST - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES**

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

**1 800 700-0621 ext. 2462 Fax:** 450 699-2551

**Website:** [www.santemonteregie.qc.ca/en/west/satisfaction-and-complaints](http://www.santemonteregie.qc.ca/en/west/satisfaction-and-complaints)

**Email:** [insatisfactions-plaintes.ci:sssmo16@ssss.gouv.qc.ca](mailto:insatisfactions-plaintes.ci:sssmo16@ssss.gouv.qc.ca)

**Services:** Responsible of enforcing users' rights. \* Reception and analysis of complaints. \* Handling of complaints and reportings within the context of anti-maltreatment policy of people in vulnerable situations. \* Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

**Coverage area:** CISSS Montérégie-Ouest

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

## **CHÂTEAUGUAY SEXUAL ASSAULT CENTRE**

Confidential Address

**450 699-8258 Fax:** 450 699-7295

**Website:** [www.calacs-chateauguay.ca](http://www.calacs-chateauguay.ca)

**Email:** [info@calacs-chateauguay.ca](mailto:info@calacs-chateauguay.ca)

**Services:** \* Listening, information, referral. \* Individual counselling. \* Support groups. \* Accompaniment during legal procedures and for IVAC requests. \* Prevention activities in school, social, community and professionals groups. \* Activism: denunciations, protests, consultations, advocacy and mobilization.

**Eligibility:** women 12 years old and over who have been sexually assaulted

**Capacity:** support groups: 6 to 8 women

**Coverage area:** Beauharnois, MRC Les Jardins-de-Napierville, MRC Roussillon

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

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

## **COMITÉ DES USAGERS DE JARDINS-ROUSSILLON**

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

**450 699-2521**

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

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

**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 Jardins-Roussillon

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

**Financing:** provincial

**Legal status:** parapublic organization

**COMITÉ LOGEMENT RIVE-SUD - BUREAU DE CHÂTEAUGUAY**

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

**1 866 399-3060** Fax: 450 699-7014

**Website:** www.comite-logement.org

**Email:** info@comite-logement.org

**Services:** Technical resources group. \* Promotion and development of social housing projects. \* Advocacy of tenants' rights. \* Telephone information service. \* Individual meetings (by appointment only). \* Preparation and accompaniment to a hearing of Tribunal administratif du logement. \* Assistance in writing form letters. \* Coop of housing.

**Eligibility:** tenants

**Coverage area:** South Shore of Montréal

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

**Fees:** free

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

**Legal status:** non-profit organization

**FÉDÉRATION RÉGIONALE DES OSBL D'HABITATION DE LA MONTÉRÉGIE ET DE L'ESTRIE**

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

**450 201-0786** Fax: 450 699-7014

**Website:** frohme.rqoh.com

**Email:** info@frohm.org

**Services:** Grouping of housing NPOs from Montérégie. \* Management support: finance, accounting, training, secretaryship, mediation, representation. \* Promotion of interests of housing NPOs to local and regional authorities. \* Group purchasing, insurance and other benefits.

**Eligibility:** housing NPOs, general population

**Coverage area:** Montérégie, Estrie

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

**Fees:** contribution: \$12 per unit

**Financing:** contributions

**Legal status:** non-profit organization

**MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY**

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

**450 691-1444**

**Website:** mwcnc.ca

**Email:** mwcnc2016@gmail.com

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

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

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

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

**Fees:** membership: \$10 per year

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

**REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DE CHÂTEAUGUAY**

Confidential Address

**450 201-1739**

**Website:** rutac.org

**Email:** info@rutac.org



**Services:** Advocacy of rights for people with disabilities or with limited mobility regarding adapted and collective transportation and universal accessibility. \* Information. \* Promotion and development. \* Participation in action plans regarding educational, professional and social integration. \* Accessibility guide showing accessible locations and proposed corrections.

**Eligibility:** users of adapted transportation, people with limitations, seniors, caregivers, citizens

**Coverage area:** Beauharnois, Châteauguay, Léry, Mercier

**Fees:** none

**Financing:** provincial, grants, donations

**Legal status:** parapublic organization

## RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 691-6682 Fax:** 450 691-2034

**Website:** riapas.ca

**Email:** info@riapas.ca

**Services:** \* Helpline. \* Individual meetings and technical assistance. \* Training. \* Collective actions. \* Psychosocial intervention.

**Eligibility:** people on social assistance and on a low income

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville

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

**Financing:** provincial

**Legal status:** non-profit organization

## Consumer protection and complaints

### CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-OUEST - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

**1 800 700-0621 ext. 2462 Fax:** 450 699-2551

**Website:** www.santemonteregie.qc.ca/en/west/satisfaction-and-complaints

**Email:** insatisfactions-plaintes.ciassmo16@ssss.gouv.qc.ca

**Services:** Responsible of enforcing users' rights. \* Reception and analysis of complaints. \* Handling of complaints and reportings within the context of anti-maltreatment policy of people in vulnerable situations. \* Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

**Coverage area:** CISSS Montérégie-Ouest

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### COMITÉ DES USAGERS DE JARDINS-ROUSSILLON

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

**450 699-2521**

**Website:** comitedesusagers.ca

**Email:** comitedesusagersroussillon@gmail.com

**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 Jardins-Roussillon

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

**Financing:** provincial

**Legal status:** parapublic organization

**OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY**

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

**450 692-9652** Fax: 450 692-4387

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

**Email:** [omh@omhchateauguay.org](mailto:omh@omhchateauguay.org)

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

**Eligibility:** individuals and families on a low or moderate income

**Coverage area:** Châteauguay

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

**Financing:** grants

**Legal status:** non-profit organization

**OFFICE MUNICIPAL D'HABITATION ROUSSILLON-EST**

40 Des Récifs Street, Suite 100, Sainte-Catherine, Montérégie, QC, J5C 1W3

**450 845-3040** Fax: 450 845-3041

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

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

**Eligibility:** individuals and families on a low or moderate income

**Capacity:** 200 units

**Coverage area:** Delson, La Prairie, Mercier, Saint-Constant, Sainte-Catherine

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

**Financing:** municipal

**Legal status:** non-profit organization

**Courthouses and tribunals****CANDIAC - MUNICIPAL COURT**

100 Montcalm Boulevard North, 2nd Floor, Candiac, Montérégie, QC, J5R 3L8

**450 444-6060**

**Website:** [candiac.ca/fr/52/Cour\\_municipale](http://candiac.ca/fr/52/Cour_municipale)

**Email:** [cour@ville.candiac.qc.ca](mailto:cour@ville.candiac.qc.ca)

**Services:** First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \*

Ticket payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.

**Coverage area:** Candiac and Sainte-Catherine

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

**Financing:** municipal

**Legal status:** municipal agency

**CHÂTEAUGUAY - MUNICIPAL COURT**

265 D'Anjou Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6J 2R4

**450 698-3246** Fax: 450 698-3259

**Website:** [www.ville.chateauguay.qc.ca/informations-cour-municipale](http://www.ville.chateauguay.qc.ca/informations-cour-municipale)

**Email:** [cour.municipale@ville.chateauguay.qc.ca](mailto:cour.municipale@ville.chateauguay.qc.ca)

**Services:** First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \*

Ticket payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.

**Coverage area:** Châteauguay, Léry, Beauharnois, Saint-Isidore

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

### LA PRAIRIE - MUNICIPAL COURT

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

**450 444-6626 Fax:** 450 444-6636

**Website:** ville.laprairie.qc.ca

**Email:** cour@ville.laprairie.qc.ca

**Services:** First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Ticket payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.

**Coverage area:** La Prairie, Saint-Philippe, Saint-Mathieu

**Hours:** Monday 8h30 to 12h00 and 13h00 to 17h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h15

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-CONSTANT - MUNICIPAL COURT

66 du Maçon Street, Saint-Constant, Montérégie, QC, J5A 1T1

**450 638-2010 ext. 7590**

**Website:** saint-constant.ca/fr/affaires-juridiques-et-cour-municipale

**Email:** cour@saint-constant.ca

**Services:** First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Ticket payment or contestation. \* Recovery of unpaid amounts.

**Coverage area:** Saint-Constant, Delson

**Hours:** Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

**Financing:** municipal

**Legal status:** municipal agency

## Legal assistance and information

### CANDIAC - MUNICIPAL COURT

100 Montcalm Boulevard North, 2nd Floor, Candiac, Montérégie, QC, J5R 3L8

**450 444-6060**

**Website:** candiac.ca/fr/52/Cour\_municipale

**Email:** cour@ville.candiac.qc.ca

**Services:** First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Ticket payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.

**Coverage area:** Candiac and Sainte-Catherine

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

**Financing:** municipal

**Legal status:** municipal agency

### CHÂTEAUGUAY - MUNICIPAL COURT

265 D'Anjou Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6J 2R4

**450 698-3246 Fax:** 450 698-3259

**Website:** www.ville.chateauguay.qc.ca/informations-cour-municipale

**Email:** cour.municipale@ville.chateauguay.qc.ca

**Services:** First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Ticket payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.  
**Coverage area:** Châteauguay, Léry, Beauharnois, Saint-Isidore  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00  
**Financing:** municipal  
**Legal status:** municipal agency

### LA PRAIRIE - MUNICIPAL COURT

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6  
**450 444-6626 Fax:** 450 444-6636  
**Website:** ville.laprairie.qc.ca  
**Email:** cour@ville.laprairie.qc.ca

**Services:** First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Ticket payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.  
**Coverage area:** La Prairie, Saint-Philippe, Saint-Mathieu  
**Hours:** Monday 8h30 to 12h00 and 13h00 to 17h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h15  
**Financing:** municipal  
**Legal status:** municipal agency

### LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1  
**450 691-4325 Fax:** 450 699-0496  
**Website:** ccjrs.com/bureaux/chateauguay  
**Email:** chateauguay@ccjrs.com

**Services:** Free or low cost legal services to financially eligible individuals. \* Receive and process legal aid requests.  
**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law  
**Coverage area:** Châteauguay, Saint-Constant, Delson, Kahnawake  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website  
**Financing:** provincial  
**Legal status:** parapublic organization

### OPTIONS

25A D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7  
**450 699-4357**  
**Website:** www.centreoptions.org  
**Email:** options@jslmontreal.org

**Services:** Care and support to young women, young men, and families facing unplanned pregnancy. Material assistance \* Free pregnancy testing. \* ARK boutique: free baby and maternity items. Education and prevention \* Personal self-worth and healthy relationship teaching. \* Sexual education workshops. \* Sex-ed workshops in schools. \* Referral for STI testing. \* Referral to government and community resources. Accompaniment \* Personalized support. \* Pregnancy options exploration. \* Mediation between family members or a client and other people. \* Tailored prenatal education & lactation support. \* Post-abortion support. \* Birth family support through the adoption process during and after pregnancy. Parental education \* Life skills and family management training. \* Mom and tot groups. \* Mentor mom and dad opportunities.  
**Eligibility:** young women and men 25 years old and under and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 clients per week, pregnancy options support: 3 clients per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 15h00, appointments available outside these hours

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

## RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 691-6682 Fax:** 450 691-2034

**Website:** riapas.ca

**Email:** info@riapas.ca

**Services:** \* Helpline. \* Individual meetings and technical assistance. \* Training. \* Collective actions. \* Psychosocial intervention.

**Eligibility:** people on social assistance and on a low income

**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville

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

**Financing:** provincial

**Legal status:** non-profit organization

## SAINT-CONSTANT - MUNICIPAL COURT

66 du Maçon Street, Saint-Constant, Montérégie, QC, J5A 1T1

**450 638-2010 ext. 7590**

**Website:** saint-constant.ca/fr/affaires-juridiques-et-cour-municipale

**Email:** cour@saint-constant.ca

**Services:** First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Ticket payment or contestation. \* Recovery of unpaid amounts.

**Coverage area:** Saint-Constant, Delson

**Hours:** Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

**Financing:** municipal

**Legal status:** municipal agency

## Support for offenders

### CANDIAC - MUNICIPAL COURT

100 Montcalm Boulevard North, 2nd Floor, Candiac, Montérégie, QC, J5R 3L8

**450 444-6060**

**Website:** candiac.ca/fr/52/Cour\_municipale

**Email:** cour@ville.candiac.qc.ca

**Services:** First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Ticket payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.

**Coverage area:** Candiac and Sainte-Catherine

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

**Financing:** municipal

**Legal status:** municipal agency

**CHÂTEAUGUAY - MUNICIPAL COURT**

265 D'Anjou Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6J 2R4

**450 698-3246** Fax: 450 698-3259

**Website:** [www.ville.chateauguay.qc.ca/informations-cour-municipale](http://www.ville.chateauguay.qc.ca/informations-cour-municipale)

**Email:** [cour.municipale@ville.chateauguay.qc.ca](mailto:cour.municipale@ville.chateauguay.qc.ca)

**Services:** First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Ticket payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.

**Coverage area:** Châteauguay, Léry, Beauharnois, Saint-Isidore

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

**LA PRAIRIE - MUNICIPAL COURT**

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

**450 444-6626** Fax: 450 444-6636

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

**Email:** [cour@ville.laprairie.qc.ca](mailto:cour@ville.laprairie.qc.ca)

**Services:** First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Ticket payment or contestation. \* Recovery of unpaid amounts. \* Compensatory work.

**Coverage area:** La Prairie, Saint-Philippe, Saint-Mathieu

**Hours:** Monday 8h30 to 12h00 and 13h00 to 17h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h15

**Financing:** municipal

**Legal status:** municipal 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

### CLSC CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333** Fax: 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661** Fax: 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### MAISON DES JEUNES DE LA PRAIRIE

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

**450 444-6717**

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

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

**Services:** Meeting place, services and reference. \* Cultural activities: painting, drawing, cooking, music, improvisation, etc. \* Sports activities: soccer, hockey, basketball, volleyball, etc. \* Leisure activities: board games, parties, sleepovers, etc. \* Volunteering: tree planting, food drive, bike collection, etc. \* Self-financing and democratic activities. \* Information and prevention in sexuality, crime, drug addiction, mental health and others. \* Homework assistance. \* Outings.

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

**Coverage area:** La Prairie

**Hours:** Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Fees:** life membership: \$10

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

**Legal status:** non-profit organization



**TRAVAIL DE MILIEU CANDIAC ET SAINTE-CATHERINE**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**438 404-5727**

**Services:** Street and outreach work. \* Welcoming, listening, support, accompaniment and referral. \* Preventative interventions: homelessness, addiction, themes concerning the youth. \* Help in looking for housing. \* Accompaniment in managing personal finances. \* Condom distribution and needle exchange.

**Eligibility:** youth from 12 to 25 years old, marginalised or in a vulnerable situation, people experiencing homelessness or at risk of homelessness

**Coverage area:** Candiac, Sainte-Catherine

**Hours:** Monday 13h00 to 20h00, Tuesday and Wednesday 13h00 to 21h00, Thursday 4h00 to 23h00, Friday 13h00 to 23h00

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

**Addiction treatment****CENTRE DE RÉADAPTATION EN DÉPENDANCE FOSTER - SIÈGE SOCIAL - SAINT-PHILIPPE**

6 Foucreault Street, Saint-Philippe, Montérégie, QC, J0L 2K0

**1 866 851-2255 Fax:** 450 659-7173

**Website:** [santemonteregie.qc.ca/services/dependances](http://santemonteregie.qc.ca/services/dependances)

**Email:** [accueil.dependance.ciassmo16@ssss.gouv.qc.ca](mailto:accueil.dependance.ciassmo16@ssss.gouv.qc.ca)

**Services:** \* Internal et external detoxification. \* Consultation and treatment for compulsive gamblers. \* Support to the relatives: individual and group meetings, support group for parents of teenagers and group for adults relatives. \* Social rehabilitation. \* Internal and residential services: assessment required at the closest point of service before admission.

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

**Capacity:** intensive treatment: 24 beds

**Coverage area:** Montréal, Montérégie

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

**Fees:** free

**Legal status:** parapublic organization

**CENTRE DE RÉADAPTATION EN DÉPENDANCE LE VIRAGE - CANDIAC**

201 de l'Industrie Boulevard, 3rd floor, Candiac, Montérégie, QC, J5R 6A6

**1 866 964-4413**

**Website:** [santemonteregie.qc.ca/services/dependances](http://santemonteregie.qc.ca/services/dependances)

**Email:** [accueil.dependance.ciassmo16@ssss.gouv.qc.ca](mailto:accueil.dependance.ciassmo16@ssss.gouv.qc.ca)

**Services:** \* Internal et external detoxification. \* Rehabilitation for gamblers. \* Support for relatives: individual and groups meetings. \* Social and professional reintegration. \* Services for cyberaddiction.

**Eligibility:** youth or adults dealing with addiction problems, their relatives

**Coverage area:** Montérégie

**Hours:** Monday and Tuesday 12h30 to 16h30 and 17h30 to 20h30, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, centralized reception: Monday to Wednesday 8h30 to 12h00, 13h00 to 17h00 and 18h00 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC CHÂTEAUGUAY**

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC KATERI**

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**FOSTER ADDICTION REHABILITATION CENTRE (THE) - EXTERNAL SERVICES - CHÂTEAUGUAY**

CLSC de Châteauguay, 95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**1 866 851-2255 Fax:** 450 691-6202

**Website:** [santemonteregie.qc.ca/services/dependances](http://santemonteregie.qc.ca/services/dependances)

**Email:** [accueil.dependance.ci:sssmo16@ssss.gouv.qc.ca](mailto:accueil.dependance.ci:sssmo16@ssss.gouv.qc.ca)

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

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

**Coverage area:** Montréal, Montérégie

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

**Fees:** free

**Legal status:** parapublic organization

## Community support in mental health

### ACCOLADE SANTÉ MENTALE (L')

127 Saint-Jean-Baptiste Boulevard, Suite 12, Châteauguay, Montérégie, QC, J6K 3B1

**1 866 699-7059** Fax: 450 699-1562

**Website:** www.accoladesantementale.org

**Email:** info@accoladesantementale.org

**Services:** \* Psychosocial intervention. \* Training on various mental illnesses. \* Awareness program on mental illnesses. \* Assistance in the submission of a psychiatric assessment request. \* Monthly support group in Saint-Constant. \* Monthly mutual aid group in Châteauguay. \* Conferences, documentation.

**Eligibility:** family and close ones of people living with a major mental health problem

**Capacity:** open support and mutual aid groups or closed training groups: 10 to 15 persons per meeting

**Coverage area:** territory of the CSSS Jardins-Roussillon

**Hours:** Monday to Friday 9h00 to 16h30, support and mutual aid groups in the evening

**Fees:** free

**Financing:** provincial, contributions

**Legal status:** non-profit organization

### G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX ÊTRE - LA PRAIRIE

462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5

**450 332-4463** Fax: 450 332-4463

**Website:** www.groupegeme.com

**Email:** info@groupegeme.com

**Services:** \* Weekly meetings. \* Support groups. \* Documentation, workshops, conferences.

**Eligibility:** people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress

**Capacity:** support groups: 10 to 25 people per group

**Coverage area:** Province of Québec

**Hours:** Monday 19h30 to 21h30

**Fees:** contributions

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

**Legal status:** non-profit organization

### MAISON DU GOÉLAND (LA)

66 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1C1

**450 845-1700 ext. 225** Fax: 450 845-1800

**Website:** www.maisongoeland.com

**Email:** info@maisongoeland.com

**Services:** \* Housing with social reintegration into the community. \* Community and external follow-up. \* Needs assessment, social integration and clinical support. \* Recovery and personal growth group. \* Empowerment for participants to retake charge of their lives.

**Eligibility:** people living with a mental health problem

**Capacity:** 9 beds

**Coverage area:** CSSS Jardins-Roussillon

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

**Financing:** provincial, donations

**Legal status:** non-profit organization

**MAISON SOUS LES ARBRES (LA)**

2 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-5935** Fax: 450 691-6813

**Website:** www.la-msla.com

**Email:** admin@la-msla.com

**Services:** Crisis intervention centre and suicide prevention. \* 24-hour telephone intervention line. \* Postvention. \* Crisis housing. \* Individual crisis follow-up. \* Assistance for the bereaved. \* Awareness. \* Referral. \* Support to community. \* Variable intensive follow-up: psychosocial rehabilitation. \* Training for counsellors.

**Eligibility:** people aged 18 years old and over, training: counsellors, intensive follow-up: people living with a mental health problem

**Capacity:** short term housing: 3 places, crisis follow-up: 23 places, community support and intensive follow-up: 63 places

**Coverage area:** Châteauguay

**Hours:** hotline and crisis centre: 24/7, intensive follow-up: Monday to Friday 8h30 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**TOITS D'ÉMILE (LES)**

255 d'Anjou Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6J 2R4

**450 699-9292**

**Website:** www.lestoitsdemile.org

**Email:** info@lestoitsdemile.org

**Services:** Long-term housing that promotes social reintegration. \* Assistance in daily life tasks. \* Recreational and social activities. \* At-home visits and support over the phone. \* Referrals.

**Eligibility:** men and women dealing with mental illness

**Capacity:** 12

**Coverage area:** Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Napierville, Saint-Bernard-De-Lacolle, Saint-Constant, Saint-Cyprien-De-Napierville, Sainte-Catherine, Sainte-Clotilde, Saint-Édouard, Sainte-Martine, Saint-Isidore, Saint-Jacques-Le-Mineur, Saint-Mathieu, Saint-Michel, Saint-Patrice-De-Sherrington, Saint-Philippe, Saint-Rémi, Saint-Urbain-Premier

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

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

**Legal status:** non-profit organization

**Crisis centres and suicide prevention****CRISIS CENTRE - MAISON SOUS LES ARBRES**

2 Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-5935** Fax: 450 691-6813

**Website:** www.la-msla.com

**Email:** direction@la-msla.com

**Services:** Crisis intervention: telephone helpline or face to face. \* Short-term follow-up. \* Follow-up during and after the crisis. \* Assistance to bereaved relatives.

**Eligibility:** adults 18 years old and over in suicidal, psychosocial or psychiatric crisis

**Capacity:** emergency shelter: 3 beds

**Coverage area:** CLSC Châteauguay, CLSC Jardin du Québec, CLSC Katéri

**Hours:** phone intervention: 24/7

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**MAISON SOUS LES ARBRES (LA)**

2 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-5935** Fax: 450 691-6813

**Website:** www.la-msla.com

**Email:** admin@la-msla.com

**Services:** Crisis intervention centre and suicide prevention. \* 24-hour telephone intervention line. \* Postvention. \* Crisis housing. \* Individual crisis follow-up. \* Assistance for the bereaved. \* Awareness. \* Referral. \* Support to community. \* Variable intensive follow-up: psychosocial rehabilitation. \* Training for counsellors.

**Eligibility:** people aged 18 years old and over, training: counsellors, intensive follow-up: people living with a mental health problem

**Capacity:** short term housing: 3 places, crisis follow-up: 23 places, community support and intensive follow-up: 63 places

**Coverage area:** Châteauguay

**Hours:** hotline and crisis centre: 24/7, intensive follow-up: Monday to Friday 8h30 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**Helplines****CRISIS CENTRE - MAISON SOUS LES ARBRES**

2 Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-5935** Fax: 450 691-6813

**Website:** www.la-msla.com

**Email:** direction@la-msla.com

**Services:** Crisis intervention: telephone helpline or face to face. \* Short-term follow-up. \* Follow-up during and after the crisis. \* Assistance to bereaved relatives.

**Eligibility:** adults 18 years old and over in suicidal, psychosocial or psychiatric crisis

**Capacity:** emergency shelter: 3 beds

**Coverage area:** CLSC Châteauguay, CLSC Jardin du Québec, CLSC Katéri

**Hours:** phone intervention: 24/7

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**MAISON SOUS LES ARBRES (LA)**

2 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-5935** Fax: 450 691-6813

**Website:** www.la-msla.com

**Email:** admin@la-msla.com

**Services:** Crisis intervention centre and suicide prevention. \* 24-hour telephone intervention line. \* Postvention. \* Crisis housing. \* Individual crisis follow-up. \* Assistance for the bereaved. \* Awareness. \* Referral. \* Support to community. \* Variable intensive follow-up: psychosocial rehabilitation. \* Training for counsellors.

**Eligibility:** people aged 18 years old and over, training: counsellors, intensive follow-up: people living with a mental health problem

**Capacity:** short term housing: 3 places, crisis follow-up: 23 places, community support and intensive follow-up: 63 places

**Coverage area:** Châteauguay

**Hours:** hotline and crisis centre: 24/7, intensive follow-up: Monday to Friday 8h30 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Mental health advocacy groups

### ACCOLADE SANTÉ MENTALE (L')

127 Saint-Jean-Baptiste Boulevard, Suite 12, Châteauguay, Montérégie, QC, J6K 3B1

**1 866 699-7059 Fax:** 450 699-1562

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

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

**Services:** \* Psychosocial intervention. \* Training on various mental illnesses. \* Awareness program on mental illnesses. \* Assistance in the submission of a psychiatric assessment request. \* Monthly support group in Saint-Constant. \* Monthly mutual aid group in Châteauguay. \* Conferences, documentation.

**Eligibility:** family and close ones of people living with a major mental health problem

**Capacity:** open support and mutual aid groups or closed training groups: 10 to 15 persons per meeting

**Coverage area:** territory of the CSSS Jardins-Roussillon

**Hours:** Monday to Friday 9h00 to 16h30, support and mutual aid groups in the evening

**Fees:** free

**Financing:** provincial, contributions

**Legal status:** non-profit organization

### CLSC CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### **G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX ÊTRE - LA PRAIRIE**

462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5

**450 332-4463 Fax:** 450 332-4463

**Website:** www.groupegeme.com

**Email:** info@groupegeme.com

**Services:** \* Weekly meetings. \* Support groups. \* Documentation, workshops, conferences.

**Eligibility:** people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress

**Capacity:** support groups: 10 to 25 people per group

**Coverage area:** Province of Québec

**Hours:** Monday 19h30 to 21h30

**Fees:** contributions

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

**Legal status:** non-profit organization

### **MAISON DES JEUNES DE LA PRAIRIE**

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

**450 444-6717**

**Website:** www.maisondesjeunes.ca

**Email:** mdjlaprairieequipe@videotron.ca

**Services:** Meeting place, services and reference. \* Cultural activities: painting, drawing, cooking, music, improvisation, etc. \* Sports activities: soccer, hockey, basketball, volleyball, etc. \* Leisure activities: board games, parties, sleepovers, etc. \* Volunteering: tree planting, food drive, bike collection, etc. \* Self-financing and democratic activities. \* Information and prevention in sexuality, crime, drug addiction, mental health and others. \* Homework assistance. \* Outings.

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

**Coverage area:** La Prairie

**Hours:** Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Fees:** life membership: \$10

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

**Legal status:** non-profit organization

## **Mental health housing**

### **MAISON DU GOÉLAND (LA)**

66 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1C1

**450 845-1700 ext. 225 Fax:** 450 845-1800

**Website:** www.maisongoeland.com

**Email:** info@maisongoeland.com

**Services:** \* Housing with social reintegration into the community. \* Community and external follow-up. \* Needs assessment, social integration and clinical support. \* Recovery and personal growth group. \* Empowerment for participants to retake charge of their lives.

**Eligibility:** people living with a mental health problem

**Capacity:** 9 beds

**Coverage area:** CSSS Jardins-Roussillon

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

**Financing:** provincial, donations

**Legal status:** non-profit organization

**TOITS D'ÉMILE (LES)**

255 d'Anjou Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6J 2R4

**450 699-9292**

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

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

**Services:** Long-term housing that promotes social reintegration. \* Assistance in daily life tasks. \* Recreational and social activities. \* At-home visits and support over the phone. \* Referrals.

**Eligibility:** men and women dealing with mental illness

**Capacity:** 12

**Coverage area:** Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Napierville, Saint-Bernard-De-Lacolle, Saint-Constant, Saint-Cyprien-De-Napierville, Sainte-Catherine, Sainte-Clotilde, Saint-Édouard, Sainte-Martine, Saint-Isidore, Saint-Jacques-Le-Mineur, Saint-Mathieu, Saint-Michel, Saint-Patrice-De-Sherrington, Saint-Philippe, Saint-Rémi, Saint-Urbain-Premier

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

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

**Legal status:** non-profit organization

**Psychiatric services****ANNA-LABERGE HOSPITAL**

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

**450 699-2425**

**Website:** [santemonteregie.qc.ca/en/installations/hopital-anna-laberge](http://santemonteregie.qc.ca/en/installations/hopital-anna-laberge)

**Services:** Hospital offering general and specialized cares. \* Emergencies. \* Intensive cares. \* Surgeries. \* Geriatrics, palliative care. \* Obstetrics, prenatal meetings, early childhood development, pediatrics. \* Inpatient psychiatric hospital unit and mental health consultations. \* Physical rehabilitation.

**Capacity:** 225 beds

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**Self-help groups for mental health issues****ACCOLADE SANTÉ MENTALE (L')**

127 Saint-Jean-Baptiste Boulevard, Suite 12, Châteauguay, Montérégie, QC, J6K 3B1

**1 866 699-7059** Fax: 450 699-1562

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

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

**Services:** \* Psychosocial intervention. \* Training on various mental illnesses. \* Awareness program on mental illnesses. \* Assistance in the submission of a psychiatric assessment request. \* Monthly support group in Saint-Constant. \* Monthly mutual aid group in Châteauguay. \* Conferences, documentation.

**Eligibility:** family and close ones of people living with a major mental health problem

**Capacity:** open support and mutual aid groups or closed training groups: 10 to 15 persons per meeting

**Coverage area:** territory of the CSSS Jardins-Roussillon

**Hours:** Monday to Friday 9h00 to 16h30, support and mutual aid groups in the evening

**Fees:** free

**Financing:** provincial, contributions

**Legal status:** non-profit organization



**AVANT-GARDE EN SANTÉ MENTALE (L')**

462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5

**450 444-9661 Fax:** 450 444-7021

**Website:** www.agsmlaprairie.org

**Email:** administration@agsmlaprairie.org

**Services:** Mental health support group and public education to offer an alternative to psychiatry.

**Eligibility:** people living with mental health issues or who think they may be living with a mental health issue, people who want to improve their mental health

**Capacity:** support group: 10 to 15 participants per meeting

**Coverage area:** La Prairie, Delson, Candiac, Sainte-Catherine, Saint-Philippe, Saint-Mathieu, Saint-Constant

**Hours:** Monday to Friday 8h30 to 16h30, support group: Wednesday afternoon

**Financing:** provincial, donations

**Legal status:** non-profit organization

**G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX ÊTRE - LA PRAIRIE**

462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5

**450 332-4463 Fax:** 450 332-4463

**Website:** www.groupegeme.com

**Email:** info@groupegeme.com

**Services:** \* Weekly meetings. \* Support groups. \* Documentation, workshops, conferences.

**Eligibility:** people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress

**Capacity:** support groups: 10 to 25 people per group

**Coverage area:** Province of Québec

**Hours:** Monday 19h30 to 21h30

**Fees:** contributions

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

**Legal status:** non-profit organization

**MAISON DU GOÉLAND (LA)**

66 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1C1

**450 845-1700 ext. 225 Fax:** 450 845-1800

**Website:** www.maisongoeland.com

**Email:** info@maisongoeland.com

**Services:** \* Housing with social reintegration into the community. \* Community and external follow-up. \* Needs assessment, social integration and clinical support. \* Recovery and personal growth group. \* Empowerment for participants to retake charge of their lives.

**Eligibility:** people living with a mental health problem

**Capacity:** 9 beds

**Coverage area:** CSSS Jardins-Roussillon

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

**Financing:** provincial, donations

**Legal status:** non-profit organization

## **Seniors**

**CAREGIVERS**

**COMMUNITY AND RECREATION CENTRES**

**DAY CENTRES AND RESPITE**

**FRIENDLY VISITS AND SAFETY CALLS**

**HOME SUPPORT**

**HOUSING FOR SENIORS**

**INTERGENERATIONAL ACTIVITIES**

**MEALS ON WHEELS**

**SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS**

**VOLUNTEER TRANSPORTATION**

## Caregivers

### APPUI MONTÉRÉGIE (L')

170 Taschereau Boulevard, Suite 203, La Prairie, Montérégie, QC, J5R 5H6

**450 984-1222** Fax: 450 984-1220

**Website:** [www.lappui.org/Regions/Monteregie](http://www.lappui.org/Regions/Monteregie)

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

**Services:** Funding of projects aimed at improving the quality of life of caregivers. \* Information, active listening and referral phoneline. \* Consultation and mobilisation of the community.

**Eligibility:** caregivers of seniors, regional organizations

**Coverage area:** Montérégie

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

**Fees:** free

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

**Legal status:** non-profit organization

### CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 635-6032** Fax: 450 635-0900

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

**Email:** [biblio@ville.candiac.qc.ca](mailto:biblio@ville.candiac.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Knitting club. \* Movie club. \* Conferences and activities. \* Biblio-aidants: information services for caregivers. \* Générations@branchées: introduction to computers workshops. \* Online portal: [www.biblio.ville.candiac.qc.ca](http://www.biblio.ville.candiac.qc.ca)

**Eligibility:** general public

**Coverage area:** Candiac

**Hours:** Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday

**Fees:** registration: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

### CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**450 699-6289**

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

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

**Services:** \* Friendly visits. \* Bonjour quotidien: free reassuring call service made by volunteers. \* Caring calls : Weekly calls to fight isolation. \* Walking club for seniors who are visually impaired or with loss of autonomy. \* Walking assistance. \* Support for caregivers. \* Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). \* Recruitment and training of volunteers. \* Tax clinic.

**Eligibility:** people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

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

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - SERVICE AUX PROCHES AIDANTS

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

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

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

**Services:** \* Mutual aid group. \* Telephone listening. \* Helping relationship. \* Information and referral. \* Workshops. \* Thematic coffee chats. \* Assistance with filling out forms.

**Eligibility:** caregivers of people 50 years old and over with loss of physical or cognitive autonomy

**Capacity:** 10 to 20 people depending on the activity

**Coverage area:** Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

**Hours:** office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, by appointment after office hours

**Fees:** free

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

## CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651 Fax: 450 659-1271

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

**Email:** [candiac@benevolatrivesud.qc.ca](mailto:candiac@benevolatrivesud.qc.ca)

**Services:** Homecare services \* Meals on wheels: hot meals delivered at home. \* Assistance with shopping. \* Assistance with filling out forms. \* Friendly visits and calls. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Training and support for caregivers. Community action \* Welcoming and referrals. \* Tax clinic. \* Toast and coffee: program to break seniors isolation. \* Conferences.

**Eligibility:** adults and seniors with a loss of autonomy or living alone or in convalescence

**Coverage area:** Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson

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

**Fees:** meals-on-wheels: \$6,50 per meal

**Financing:** provincial

**Legal status:** non-profit organization

## CHÂTEAUGUAY PUBLIC LIBRARY

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3080 Fax: 450 698-3077

**Website:** [www.ville.chateauguay.qc.ca/presentation-et-horaire](http://www.ville.chateauguay.qc.ca/presentation-et-horaire)

**Email:** [biblio@ville.chateauguay.qc.ca](mailto:biblio@ville.chateauguay.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Room dedicated to genealogy. \* Activities, training and workshops. \* Exhibitions, book launches. \* Summer book club for children. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Bibliobus: travelling library in parks during summer. \* Biblio-aidants: information service for caregivers. \* Online portal: [simba2.crsbp.qc.ca/client/fr\\_CA/chateauguay](http://simba2.crsbp.qc.ca/client/fr_CA/chateauguay)

**Coverage area:** Châteauguay

**Hours:** Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

**Fees:** residents: free, non-residents: \$65 per year

**Financing:** municipal

**Legal status:** municipal agency

**CLSC CHÂTEAUGUAY**

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333** Fax: 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC KATERI**

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661** Fax: 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**LA PRAIRIE PUBLIC LIBRARY**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6710**

**Website:** [catalogue.ville.laprairie.qc.ca/in/fr](http://catalogue.ville.laprairie.qc.ca/in/fr)

**Email:** [biblio@ville.laprairie.qc.ca](mailto:biblio@ville.laprairie.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Biblio-aidants: information service for caregivers. \* Story time. \* Book club for adults. \* Book club for children. \* Activities, exhibitions and conferences.

**Eligibility:** general public

**Coverage area:** La Prairie

**Hours:** Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-ISIDORE PUBLIC LIBRARY**

693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

**450 992-1323**

**Website:** [www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore](http://www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore)

**Email:** [biblio@st-isidore.ca](mailto:biblio@st-isidore.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Computers and Internet access. \* Board game loan. \* Story time. \* Book club for children. \* Biblio-aidants.

**Capacity:** 50

**Coverage area:** Saint-Isidore

**Hours:** Monday and Thursday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Thursday and Saturday

**Fees:** free

**Financing:** municipal

**Legal status:** municipal agency

**SAINTE-CATHERINE PUBLIC LIBRARY**

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-0590 ext. 5230**

**Website:** [www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque](http://www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque)

**Email:** [bibliotheque@ville.sainte-catherine.qc.ca](mailto:bibliotheque@ville.sainte-catherine.qc.ca)

**Services:** Loan and consultation of printed, audiovisual and electronic documents. \* Computers and Internet access. \* Screen enlarger for people with a visual impairment. \* Early literacy. \* Biblio-aidants. \* Biblio-jeux: game aiming to develop the language and promote reading awakening. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Story time. \* Book club for adults. \* Board games. \* Conferences.

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** Monday 13h00 to 19h00, Wednesday 11h00 to 19h00, Thursday and Friday 10h00 to 16h30, Saturday 10h00 to 15h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

**SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON**

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

**1 877 629-0817 Fax:** 450 993-0730

**Website:** [www.sadjardins-roussillon.com](http://www.sadjardins-roussillon.com)

**Email:** [info@sadjardins-roussillon.com](mailto:info@sadjardins-roussillon.com)

**Services:** Domestic help for elderly, disabled or sick people. \* Housekeeping, light work. \* Assistance in the preparation of meals. \* Respite for caregivers. \* Help to the person. \* Assistance with packing for a house move.

**Eligibility:** seniors, people in loss of autonomy, disabled or sick

**Coverage area:** Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

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

**Fees:** housekeeping: variable according to income, respite: free with referral from the CLSC, personal assistance: \$30 per hour

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Community and Recreation Centres

### ÂGE D'OR SAINT-JEAN BAPTISTE-MARIE-VIANNEY DE CHÂTEAUGUAY

8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H7

**450 699-4362**

**Services:** Recreational and social activities for seniors. \* Bingo and cards. \* Dance classes. \* Community meals. \* Petanque.

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

**Coverage area:** Châteauguay

**Hours:** Wednesday 11h00 to 16h00, Thursday 8h30 to 18h00, community meals: 1 Thursday a month until 22h30

**Fees:** membership card: \$25

**Financing:** membership fees

**Legal status:** non-profit organization

### CAFÉ LIBERTÉ 50 DE SAINT-PHILIPPE (LE)

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-4108**

**Email:** cafe.lib50.stphilippe@gmail.com

**Services:** \* Social and recreational activities for seniors. \* Physical activities. \* Outings. \* Conferences.

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

**Coverage area:** Saint-Philippe

**Fees:** annual membership: \$20

**Financing:** membership fees

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**450 699-6289**

**Website:** www.cabgc.org

**Email:** info@cabgc.org

**Services:** \* Friendly visits. \* Bonjour quotidien: free reassuring call service made by volunteers. \* Caring calls : Weekly calls to fight isolation. \* Walking club for seniors who are visually impaired or with loss of autonomy. \* Walking assistance. \* Support for caregivers. \* Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). \* Recruitment and training of volunteers. \* Tax clinic.

**Eligibility:** people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

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

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

### CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

**450 659-9651** Fax: 450 659-1271

**Website:** www.benevolatrivesud.qc.ca

**Email:** candiac@benevolatrivesud.qc.ca

**Services:** Homecare services \* Meals on wheels: hot meals delivered at home. \* Assistance with shopping. \* Assistance with filling out forms. \* Friendly visits and calls. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Training and support for caregivers. Community action \* Welcoming and referrals. \* Tax clinic. \* Toast and coffee: program to break seniors isolation. \* Conferences.

**Eligibility:** adults and seniors with a loss of autonomy or living alone or in convalescence

**Coverage area:** Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson

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

**Fees:** meals-on-wheels: \$6,50 per meal

**Financing:** provincial

**Legal status:** non-profit organization

### **CLUB DE L'ÂGE D'OR DE SAINTE-THÉRÈSE-DE-DELSON**

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

**450 632-1050 ext. 3702**

**Email:** jeancboisvert@gmail.com

**Services:** Recreational and social activities.

**Eligibility:** people 45 years old and over

**Capacity:** 400 members

**Coverage area:** Delson

**Fees:** membership: \$13 per year

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

**Legal status:** non-profit organization

### **CLUB DE L'ÂGE D'OR DE ST-PHILIPPE**

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 907-6187**

**Services:** \* Social and recreational activities: cards, bingo, etc. \* Annual outings and parties: Christmas, sugar shack, etc.

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

**Coverage area:** MRC Roussillon

**Hours:** Wednesday 12h30 to 17h00

**Fees:** annual membership: \$15

**Financing:** municipal, donations, membership fees

**Legal status:** non-profit organization

### **CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY**

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

**450 692-2190**

**Website:** www.rendezvouschateauguay.club

**Email:** clubrvchat@gmail.com

**Services:** Social and recreational activities for seniors. \* Social and line dancing. \* Games: cards, darts, riddle, pool, palet, etc. \* Computer classes.

**Eligibility:** people 45 years and over

**Coverage area:** Province of Québec

**Fees:** membership: \$30 per year, 80 years and over: \$15

**Financing:** self-financing, contributions

**Legal status:** non-profit organization

### **COEURS VAILLANTS DE ST-ISIDORE (LES)**

13 Richer Street, Saint-Isidore, Montérégie, QC, J0L 2A0

**450 454-9286**

**Services:** \* Recreational and social activities: petanque, bean bags, dancing. \* Celebrations, outings. \* Dinners.

**Eligibility:** seniors 50 years and over

**Coverage area:** Saint-Isidore

**Hours:** dancing: Tuesday 19h00 to 20h00, bean bags: Thursday 19h00 to 21h00, dinners: 3rd Friday of September, December, February and May

**Fees:** membership: \$25



**Financing:** membership fees, donations

**Legal status:** non-profit organization

### **DELSON - SERVICE DES LOISIRS**

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

**450 632-1050 ext. 3100 Fax:** 450 635-0627

**Website:** [www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture](http://www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture)

**Email:** [loisirs@ville.delson.qc.ca](mailto:loisirs@ville.delson.qc.ca)

**Services:** \* Community, sociocultural and sporting activities. \* Sports centre, parks, ice rinks and playgrounds. \* Summer day camp. \* Hall rental.

**Coverage area:** Delson

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

**Fees:** variable, citizen card: free

**Financing:** municipal

**Legal status:** municipal agency

### **FADOQ - CLUB DE L'ÂGE D'OR DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-1077**

**Services:** \* Bingo, card games, cribble, bean bag toss. \* Dance lessons, line dancing. \* Painting lessons. \* Trips.

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

**Coverage area:** Montérégie

**Hours:** variable

**Fees:** annual membership: \$25

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

**Legal status:** non-profit organization

### **FADOQ - CLUB DE L'ÂGE D'OR DE SAINT-MATHIEU**

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

**450 659-6083**

**Services:** Recreational and leisure activities for seniors. \* Community suppers. \* Card games, petanque, etc.

**Eligibility:** seniors

**Capacity:** 90 members

**Coverage area:** Saint-Mathieu

**Hours:** variable

**Fees:** membership: \$25

**Financing:** membership fees

**Legal status:** non-profit organization

### **MAISON DES AÎNÉS DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6736**

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

**Email:** [admin@maisondesaineslaprairie.org](mailto:admin@maisondesaineslaprairie.org)

**Services:** Community centre for seniors. \* Educational, social and cultural activities. \* Sporting and wellness activities. \* English and Spanish courses. \* Computer courses. \* Intergenerational projects. \* Community meals. \* At-home hairdressing. \* Monthly breakfast. \* Group transportation for errands and shopping. \* Conferences and discussions.

**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at home hairdressing: La Prairie

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

**Fees:** annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - CANDIAC

Confidential Address

**450 632-0479**

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

**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

### UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - CHÂTEAUGUAY-MERCIER

Confidential Address

**450 670-5027**

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

**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

### UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - LA PRAIRIE

Confidential Address

**450 907-1866**

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

**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

### CENTRE D'HÉBERGEMENT DE LAPRAIRIE

500 Balmoral Avenue, La Prairie, Montérégie, QC, J5R 4N5

**450 659-9148** Fax: 450 659-9989

**Website:** [www.santemonteregie.qc.ca/en/installations/centre-dhebergement-de-la-prairie](http://www.santemonteregie.qc.ca/en/installations/centre-dhebergement-de-la-prairie)

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term cares. \* Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.  
**Eligibility:** seniors and people with a loss of autonomy  
**Coverage area:** MCR Roussillon, MRC Les Jardins-de-Napierville  
**Hours:** day centre: Monday to Friday 8h00 to 16h00  
**Financing:** provincial  
**Legal status:** parapublic organization

### CLSC CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8  
**450 699-3333 Fax:** 450 691-6202  
**Website:** [santemonteregie.qc.ca/en/installations/clsc-chateauguay](http://santemonteregie.qc.ca/en/installations/clsc-chateauguay)

**Services:** Frontline services for routine health and social services. \* Collection centre, blood tests and vaccination. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.  
**Coverage area:** CISSS de la Montérégie-Ouest area  
**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00  
**Financing:** provincial  
**Legal status:** parapublic organization

### CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1  
**450 659-7661 Fax:** 450 444-6260  
**Website:** [santemonteregie.qc.ca/en/installations/clsc-kateri](http://santemonteregie.qc.ca/en/installations/clsc-kateri)

**Services:** Frontline services for routine health and social services. \* Collection centre, blood tests and vaccination. \* Support to pregnant women and new parents. \* Sexual health clinic. \* Youth clinic: sexual health and psychosocial intervention. \* Mental health care. \* SIDEP: HIV/AIDS and STBBI screening and prevention integrated services. \* Disposal of used syringes and needles. \* Distribution of injection equipment to people who use drugs. \* Alcochoix+ program. \* Quit smoking centre. \* Chronic disease education centre: individual and group meetings for people with diabetes, high blood pressure or chronic obstructive pulmonary disease (COPD). \* Support to people with a loss of autonomy and their caregivers. \* Loan of mobility aids to people with a loss of autonomy. \* Palliative and end-of-life care.  
**Coverage area:** CISSS de la Montérégie-Ouest area  
**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00  
**Financing:** provincial  
**Legal status:** parapublic organization

## Friendly visits and safety calls

### CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4  
**450 699-6289**  
**Website:** [www.cabgc.org](http://www.cabgc.org)  
**Email:** [info@cabgc.org](mailto:info@cabgc.org)

**Services:** \* Friendly visits. \* Bonjour quotidien: free reassuring call service made by volunteers. \* Caring calls : Weekly calls to fight isolation. \* Walking club for seniors who are visually impaired or with loss of autonomy. \* Walking assistance. \* Support for caregivers. \* Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). \* Recruitment and training of volunteers. \* Tax clinic.

**Eligibility:** people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

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

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

### **CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE**

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

**450 659-9651 Fax:** 450 659-1271

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

**Email:** [candiac@benevolatrivesud.qc.ca](mailto:candiac@benevolatrivesud.qc.ca)

**Services:** Homecare services \* Meals on wheels: hot meals delivered at home. \* Assistance with shopping. \* Assistance with filling out forms. \* Friendly visits and calls. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Training and support for caregivers. Community action \* Welcoming and referrals. \* Tax clinic. \* Toast and coffee: program to break seniors isolation. \* Conferences.

**Eligibility:** adults and seniors with a loss of autonomy or living alone or in convalescence

**Coverage area:** Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson

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

**Fees:** meals-on-wheels: \$6,50 per meal

**Financing:** provincial

**Legal status:** non-profit organization

### **CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION**

317 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

**Website:** [chateauguayhorizon.weebly.com](http://chateauguayhorizon.weebly.com)

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

**Services:** \* Community outreach. \* Home and hospital friendly visits. \* Newborn gift baskets. \* Children's Christmas party and banquet. \* Scholarship for college students. \* Summer program and camp.

**Coverage area:** Châteauguay

**Fees:** membership: family \$20, individual \$15

**Financing:** self-financing

**Legal status:** non-profit organization

## **Home support**

### **CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY**

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**450 699-6289**

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

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

**Services:** \* Friendly visits. \* Bonjour quotidien: free reassuring call service made by volunteers. \* Caring calls : Weekly calls to fight isolation. \* Walking club for seniors who are visually impaired or with loss of autonomy. \* Walking assistance. \* Support for caregivers. \* Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). \* Recruitment and training of volunteers. \* Tax clinic.

**Eligibility:** people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

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

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

### **CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE**

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

**450 659-9651 Fax:** 450 659-1271

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

**Email:** [candiac@benevolatrivesud.qc.ca](mailto:candiac@benevolatrivesud.qc.ca)

**Services:** Homecare services \* Meals on wheels: hot meals delivered at home. \* Assistance with shopping. \* Assistance with filling out forms. \* Friendly visits and calls. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Training and support for caregivers. Community action \* Welcoming and referrals. \* Tax clinic. \* Toast and coffee: program to break seniors isolation. \* Conferences.

**Eligibility:** adults and seniors with a loss of autonomy or living alone or in convalescence

**Coverage area:** Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson

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

**Fees:** meals-on-wheels: \$6,50 per meal

**Financing:** provincial

**Legal status:** non-profit organization

### **CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION**

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

**450 659-9651 Fax:** 450 659-1271

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

**Email:** [candiac@benevolatrivesud.qc.ca](mailto:candiac@benevolatrivesud.qc.ca)

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

**Eligibility:** adults and seniors with a loss of autonomy, living alone or convalescent

**Coverage area:** Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson, appointments: South Shore, Montréal

**Hours:** day, evening and weekend according to availabilities

**Fees:** \$0.45 per km, parking fees for some hospitals

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### **CLSC CHÂTEAUGUAY**

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC KATERI**

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661** Fax: 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**COMPLEXE LE PARTAGE**

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

**450 444-0803** Fax: 450 444-2621

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

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

**Services:** \* Emergency food and clothing assistance. \* Christmas baskets. \* Collective kitchens and cooking workshops. \* Support, assistance and referral for families. \* Daycare. \* Thrift store. \* School supplies.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** CLSC Kateri sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food assistance, collective kitchens and culinary workshops: variables, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

**COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT**

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

**450 633-1688** Fax: 450 633-1690

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

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

**Services:** \* Food and clothing assistance. \* Christmas baskets. \* Support, information and referral for families. \* Clothing bank.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** Saint-Constant

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food aid: Thursday 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food repair, collective kitchens and culinary workshops: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

**COMPLEXE LE PARTAGE - POINT DE SERVICE SAINTE-CATHERINE**

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 444-0803 ext. 222 Fax:** 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Food assistance. \* Christmas baskets.

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

**Coverage area:** CLSC Kateri: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** food assistance: Thursday 9h30 to 11h30

**Fees:** food assistance: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal

**Legal status:** non-profit organization

**MAISON DES AÎNÉS DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6736**

**Website:** maisondesaineslaprairie.org

**Email:** admin@maisondesaineslaprairie.org

**Services:** Community centre for seniors. \* Educational, social and cultural activities. \* Sporting and wellness activities. \* English and Spanish courses. \* Computer courses. \* Intergenerational projects. \* Community meals. \* At-home hairdressing. \* Monthly breakfast. \* Group transportation for errands and shopping. \* Conferences and discussions.

**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at home hairdressing: La Prairie

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

**Fees:** annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**POPOTE CONSTANTE**

164 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2J2

**450 632-2191**

**Services:** \* Meals on wheels: distribution of hot meals delivered at home.

**Eligibility:** seniors coping with a loss of autonomy, people with temporary or permanent health problems

**Capacity:** 45 to 50 meals a day

**Coverage area:** Saint-Constant, Sainte-Catherine, Delson

**Hours:** delivery: Tuesday and Thursday 8h00 to 12h00

**Fees:** hot meal: 4\$

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

**Legal status:** non-profit organization

**POPOTE ROULANTE DE CHÂTEAUGUAY**

Confidential Address

**514 231-0379**

**Website:** popoteroulantechateauguay.webnode.fr

**Email:** infopopote@gmail.com

**Services:** Home delivery of meals.

**Eligibility:** seniors with a loss of autonomy, ill or disabled

**Coverage area:** Châteauguay

**Hours:** 7 days, 8h00 to 18h00

**Fees:** \$4 per meal

**Financing:** grants, provincial

**Legal status:** non-profit organization

### **SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON**

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

**1 877 629-0817 Fax:** 450 993-0730

**Website:** [www.sadjardins-roussillon.com](http://www.sadjardins-roussillon.com)

**Email:** [info@sadjardins-roussillon.com](mailto:info@sadjardins-roussillon.com)

**Services:** Domestic help for elderly, disabled or sick people. \* Housekeeping, light work. \* Assistance in the preparation of meals. \* Respite for caregivers. \* Help to the person. \* Assistance with packing for a house move.

**Eligibility:** seniors, people in loss of autonomy, disabled or sick

**Coverage area:** Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

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

**Fees:** housekeeping: variable according to income, respite: free with referral from the CLSC, personal assistance: \$30 per hour

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## **Housing for seniors**

### **CENTRE D'HÉBERGEMENT DE CHÂTEAUGUAY**

95 de la Haute-Rivière Road, Châteauguay, Montérégie, QC, J6K 3P1

**450 692-8231 Fax:** 450 692-7920

**Website:** [santemonteregie.qc.ca/installations/centre-dhebergement-de-chateauguay](http://santemonteregie.qc.ca/installations/centre-dhebergement-de-chateauguay)

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term cares. \* Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** Châteauguay

**Hours:** day centre: Tuesday to Friday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT DE LAPRAIRIE**

500 Balmoral Avenue, La Prairie, Montérégie, QC, J5R 4N5

**450 659-9148 Fax:** 450 659-9989

**Website:** [www.santemonteregie.qc.ca/en/installations/centre-dhebergement-de-la-prairie](http://www.santemonteregie.qc.ca/en/installations/centre-dhebergement-de-la-prairie)

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term cares. \* Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** MCR Roussillon, MRC Les Jardins-de-Napierville

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

**Financing:** provincial

**Legal status:** parapublic organization

### **HABITATIONS DU VIEUX LA PRAIRIE**

75 Saint-Laurent Street, Suite 100, La Prairie, Montérégie, QC, J5R 1H1

**450 659-1547**

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

**Services:** Housing for seniors. \* 3 1/2 and 4 1/2 apartments.

**Eligibility:** seniors aged 65 and over, autonomous, and on a low income



**Capacity:** 32 apartments  
**Coverage area:** La Prairie  
**Hours:** Monday to Friday 10h00 to 12h00 and 13h00 to 17h00  
**Fees:** 25% of income  
**Financing:** self-financing  
**Legal status:** non-profit organization

### HABITATIONS LA GAILLARDE

90 Foucreault Street, Suite 100, Saint-Philippe, Montérégie, QC, J0L 2K0  
**450 907-0634**  
**Email:** la.gaillarde@videotron.ca

**Services:** Subsidized and non-subsidized housing. \* 3½, 4½ and 5½ apartments. \* Adapted units for people with reduced mobility. \* Community hall.

**Eligibility:** autonomous seniors 65 years and over, single people and couples under 65 years, families

**Capacity:** seniors: 18 subsidized units, under 65 years old: 6 subsidized units

**Coverage area:** MRC Roussillon

**Fees:** subsidized units: 25% of income

**Financing:** provincial

**Legal status:** non-profit organization

### HABITATIONS LOGIS-CIEL

67 Pinsonneault Street, Saint-Constant, Montérégie, QC, J5A 2T4  
**450 201-0786**

**Services:** Subsidized and non-subsidized housing for seniors, young families and people living alone. \* 3½, 4½ and 5½ apartments. \* Adapted housing for people with reduced mobility.

**Eligibility:** seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income

**Capacity:** 26 apartments, 13 are subsidized

**Coverage area:** MRC Roussillon

**Fees:** for subsidized housing, 25% of income according to the provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

### HABITATIONS TRILOGIS SAINT-CONSTANT (LES)

30 Saint-Pierre Street, Châteauguay, Montérégie, QC, J6J 2H8  
**450 638-8333**

**Email:** trilogis@outlook.com

**Services:** Subsidized housing for seniors, young families and people living alone. \* 3½ and 4½ apartments. \* Adapted housing for people with reduced mobility.

**Eligibility:** seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income

**Capacity:** 44 apartments

**Coverage area:** MRC Roussillon

**Fees:** 25% of income based on provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

### MANOIR A. PIERRE LANCTÔT

95 de Carillon Street, Châteauguay, Montérégie, QC, J6J 5Z7  
**450 692-4767**

**Email:** manoirlanctot@gmail.com

**Services:** Subsidized housing for seniors. \* 4 meals a week. \* Social activities.

**Eligibility:** seniors living alone, over 65 years old, autonomous or semi-autonomous, on a low or middle income

**Capacity:** 23 subsidized units, 23 non-subsidized units

**Coverage area:** Châteauguay

**Fees:** non-subsidized: variable according to the situation, subsidized: 25% of income according to the provincial notice of assessment

**Financing:** grants, self-financing

**Legal status:** provincial government agency

### OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

**450 692-9652 Fax:** 450 692-4387

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

**Email:** [omh@omhchateauguay.org](mailto:omh@omhchateauguay.org)

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

**Eligibility:** individuals and families on a low or moderate income

**Coverage area:** Châteauguay

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

**Financing:** grants

**Legal status:** non-profit organization

### OFFICE MUNICIPAL D'HABITATION ROUSSILLON-EST

40 Des Récifs Street, Suite 100, Sainte-Catherine, Montérégie, QC, J5C 1W3

**450 845-3040 Fax:** 450 845-3041

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

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

**Eligibility:** individuals and families on a low or moderate income

**Capacity:** 200 units

**Coverage area:** Delson, La Prairie, Mercier, Saint-Constant, Sainte-Catherine

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

**Financing:** municipal

**Legal status:** non-profit organization

## Intergenerational activities

### CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 635-6032 Fax:** 450 635-0900

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

**Email:** [biblio@ville.candiac.qc.ca](mailto:biblio@ville.candiac.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Knitting club. \* Movie club. \* Conferences and activities. \* Biblio-aidants: information services for caregivers. \* Générations@branchées: introduction to computers workshops. \* Online portal: [www.biblio.ville.candiac.qc.ca](http://www.biblio.ville.candiac.qc.ca)

**Eligibility:** general public

**Coverage area:** Candiac

**Hours:** Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday

**Fees:** registration: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

**CHÂTEAUGUAY PUBLIC LIBRARY**

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

**450 698-3080 Fax:** 450 698-3077

**Website:** [www.ville.chateauguay.qc.ca/presentation-et-horaire](http://www.ville.chateauguay.qc.ca/presentation-et-horaire)

**Email:** [biblio@ville.chateauguay.qc.ca](mailto:biblio@ville.chateauguay.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Room dedicated to genealogy. \* Activities, training and workshops. \* Exhibitions, book launches. \* Summer book club for children. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Bibliobus: travelling library in parks during summer. \* Biblio-aidants: information service for caregivers. \* Online

portal: [simba2.crsbp.qc.ca/client/fr\\_CA/chateauguay](http://simba2.crsbp.qc.ca/client/fr_CA/chateauguay)

**Coverage area:** Châteauguay

**Hours:** Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

**Fees:** residents: free, non-residents: \$65 per year

**Financing:** municipal

**Legal status:** municipal agency

**DELSON PUBLIC LIBRARY**

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

**450 632-1050 ext. 3700**

**Website:** [www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/](http://www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/)

**Email:** [biblio@ville.delson.qc.ca](mailto:biblio@ville.delson.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers and Internet access. \* Story time. \* Biblio-aidants. \* Animation and activities. \* Générations@branchées: introduction to computer technology for adults by pairing with a teenager-teacher. \* Computer courses, beginner level.

**Coverage area:** Delson

**Hours:** Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

**Fees:** residents: free

**Financing:** municipal

**Legal status:** municipal agency

**MAISON DES AÎNÉS DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6736**

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

**Email:** [admin@maisondesaineslaprairie.org](mailto:admin@maisondesaineslaprairie.org)

**Services:** Community centre for seniors. \* Educational, social and cultural activities. \* Sporting and wellness activities. \* English and Spanish courses. \* Computer courses. \* Intergenerational projects. \* Community meals. \* At-home hairdressing. \* Monthly breakfast. \* Group transportation for errands and shopping. \* Conferences and discussions.

**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at home hairdressing: La Prairie

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

**Fees:** annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**SAINT-CONSTANT PUBLIC LIBRARY**

121 Saint-Pierre Street, Suite 200, Saint-Constant, Montérégie, QC, J5A 0M3

**450 638-2010 ext. 7233**

**Website:** [saint-constant.ca/fr/bibliotheque-municipale](http://saint-constant.ca/fr/bibliotheque-municipale)

**Email:** [bibliotheque@saint-constant.ca](mailto:bibliotheque@saint-constant.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Story time. \* Book club for children. \* Book club for adults. \* Générations@branchées: introduction to computers workshops. \* Conferences, workshops. \* Online portal: [ezproxy.ville.saint-constant.qc.ca/Regard/Pages/Main/Recherche/Recherche.aspx](http://ezproxy.ville.saint-constant.qc.ca/Regard/Pages/Main/Recherche/Recherche.aspx)

**Eligibility:** general public

**Coverage area:** Saint-Constant

**Hours:** Monday to Wednesday 13h00 to 20h30, Thursday 9h30 to 20h30, Friday 13h00 to 17h00, Saturday 10h30 to 15h30, Sunday 12h00 to 16h00, summer: Monday to Wednesday 13h00 to 20h30, Thursday 9h30 to 20h30, Friday 13h00 to 20h30, Saturday 10h30 to 15h30

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-PHILIPPE PUBLIC LIBRARY

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-7701 ext. 233 Fax:** 450 659-5354

**Website:** [ville.saintphilippe.quebec/bibliotheque](http://ville.saintphilippe.quebec/bibliotheque)

**Email:** [bibliotheque@ville.saintphilippe.quebec](mailto:bibliotheque@ville.saintphilippe.quebec)

**Services:** Loan and consultation of books and digital documents. \* Computers and Internet access. \* Loan of board games. \* Story time. \* Home delivery for people with reduced mobility. \* Book club for children. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Activities: workshops, conferences, exhibitions, etc.

**Coverage area:** Saint-Philippe

**Hours:** Tuesday and Thursday 10h00 to 12h00 and 13h00 to 20h00, Wednesday 13h00 to 20h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

**Fees:** free for residents

**Financing:** municipal

**Legal status:** municipal agency

### SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-0590 ext. 5230**

**Website:** [www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque](http://www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque)

**Email:** [bibliotheque@ville.sainte-catherine.qc.ca](mailto:bibliotheque@ville.sainte-catherine.qc.ca)

**Services:** Loan and consultation of printed, audiovisual and electronic documents. \* Computers and Internet access. \* Screen enlarger for people with a visual impairment. \* Early literacy. \* Biblio-aidants. \* Biblio-jeux: game aiming to develop the language and promote reading awakening. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Story time. \* Book club for adults. \* Board games. \* Conferences.

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** Monday 13h00 to 19h00, Wednesday 11h00 to 19h00, Thursday and Friday 10h00 to 16h30, Saturday 10h00 to 15h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

## Meals on Wheels

### CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

**450 659-9651 Fax:** 450 659-1271

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

**Email:** [candiac@benevolatrivesud.qc.ca](mailto:candiac@benevolatrivesud.qc.ca)

**Services:** Homecare services \* Meals on wheels: hot meals delivered at home. \* Assistance with shopping. \* Assistance with filling out forms. \* Friendly visits and calls. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Training and support for caregivers. Community action \* Welcoming and referrals. \* Tax clinic. \* Toast and coffee: program to break seniors isolation. \* Conferences.

**Eligibility:** adults and seniors with a loss of autonomy or living alone or in convalescence

**Coverage area:** Cadiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson

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

**Fees:** meals-on-wheels: \$6,50 per meal

**Financing:** provincial

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

**450 444-0803 Fax:** 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Emergency food and clothing assistance. \* Christmas baskets. \* Collective kitchens and cooking workshops. \* Support, assistance and referral for families. \* Daycare. \* Thrift store. \* School supplies.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** CLSC Kateri sector: Cadiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food assistance, collective kitchens and culinary workshops: variables, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

**450 633-1688 Fax:** 450 633-1690

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Food and clothing assistance. \* Christmas baskets. \* Support, information and referral for families. \* Clothing bank.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** Saint-Constant

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food aid: Thursday 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food repair, collective kitchens and culinary workshops: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE - POINT DE SERVICE SAINTE-CATHERINE

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

**450 444-0803 ext. 222 Fax:** 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Food assistance. \* Christmas baskets.

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

**Coverage area:** CLSC Kateri: Cadiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** food assistance: Thursday 9h30 to 11h30

**Fees:** food assistance: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal

**Legal status:** non-profit organization

### POPOTE CONSTANTE

164 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2J2

**450 632-2191**

**Services:** \* Meals on wheels: distribution of hot meals delivered at home.

**Eligibility:** seniors coping with a loss of autonomy, people with temporary or permanent health problems

**Capacity:** 45 to 50 meals a day

**Coverage area:** Saint-Constant, Sainte-Catherine, Delson

**Hours:** delivery: Tuesday and Thursday 8h00 to 12h00

**Fees:** hot meal: 4\$

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

**Legal status:** non-profit organization

### POPOTE ROULANTE DE CHÂTEAUGUAY

Confidential Address

**514 231-0379**

**Website:** [popoteroulantechateauguay.webnode.fr](http://popoteroulantechateauguay.webnode.fr)

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

**Services:** Home delivery of meals.

**Eligibility:** seniors with a loss of autonomy, ill or disabled

**Coverage area:** Châteauguay

**Hours:** 7 days, 8h00 to 18h00

**Fees:** \$4 per meal

**Financing:** grants, provincial

**Legal status:** non-profit organization

## Seniors' Advocacy and Assistance Associations

### LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

**450 691-4325** Fax: 450 699-0496

**Website:** [ccjrs.com/bureaux/chateauguay](http://ccjrs.com/bureaux/chateauguay)

**Email:** [chateauguay@ccjrs.com](mailto:chateauguay@ccjrs.com)

**Services:** Free or low cost legal services to financially eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

**Coverage area:** Châteauguay, Saint-Constant, Delson, Kahnawake

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

**Financing:** provincial

**Legal status:** parapublic organization

## Volunteer Transportation

### CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - ACCOMPANIMENT-TRANSPORTATION

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**450 699-6289**

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

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

**Services:** Volunteer accompaniment and transportation service. \* Accompaniment to medical appointments. \* Accompaniment for grocery shopping or essential errands. \* Accompaniment for compassionate visits.

**Eligibility:** people aged 50 and over with a loss of physical or cognitive autonomy

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry, appointments: Greater Montréal

**Hours:** Monday to Friday, by appointment

**Fees:** variables depending on the destination

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

### CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

**450 659-9651 Fax:** 450 659-1271

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

**Email:** [candiac@benevolatrivesud.qc.ca](mailto:candiac@benevolatrivesud.qc.ca)

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

**Eligibility:** adults and seniors with a loss of autonomy, living alone or convalescent

**Coverage area:** Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson, appointments: South Shore, Montréal

**Hours:** day, evening and weekend according to availabilities

**Fees:** \$0.45 per km, parking fees for some hospitals

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6736**

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

**Email:** [admin@maisondesaineslaprairie.org](mailto:admin@maisondesaineslaprairie.org)

**Services:** Community centre for seniors. \* Educational, social and cultural activities. \* Sporting and wellness activities. \* English and Spanish courses. \* Computer courses. \* Intergenerational projects. \* Community meals. \* At-home hairdressing. \* Monthly breakfast. \* Group transportation for errands and shopping. \* Conferences and discussions.

**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at home hairdressing: La Prairie

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

**Fees:** annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON - ACCOMPANIMENT-TRANSPORTATION**

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

**1 877 629-0817 Fax:** 450 993-0730

**Website:** [www.sadjardins-roussillon.com](http://www.sadjardins-roussillon.com)

**Email:** [info@sadjardins-roussillon.com](mailto:info@sadjardins-roussillon.com)

**Services:** \* Transportation and accompaniment for errands by employees.

**Eligibility:** seniors, people with loss of autonomy, disabled or ill

**Coverage area:** Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

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

**Fees:** transportation: \$0.45 per km, hourly fees according to the income

**Financing:** provincial, self-financing

**Legal status:** non-profit organization



**Sex and gender**

**WOMEN'S CENTRES**

**WOMEN'S ASSOCIATIONS**

## Women's centres

### CANDIAC WEDNESDAY GROUP

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 638-2846**

**Email:** svocino@hotmail.com

**Services:** Community group for women. \* Social and cultural activities: conferences, workshops, crafts, cooking, outings, discussion. \* Community outreach. \* Day care available during meetings.

**Eligibility:** women 18 years old and over

**Capacity:** 30 to 60 persons

**Coverage area:** Candiac and surroundings

**Hours:** Wednesday 9h15 to 11h15, from September to May

**Fees:** membership: \$15, coffee: \$1

**Financing:** self-financing

**Legal status:** non-profit organization

### CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

**450 638-1131 Fax:** 450 638-1132

**Website:** www.centrefemmesleclaircie.com

**Email:** info@claircie.org

**Services:** \* Reception, listening and referral. \* Documentation centre. \* Popular education workshops. \* Coffee-chat. \* Conferences. \* Day care. \* Training of volunteers. \* Collective action.

**Eligibility:** women, children 5 years old and under

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

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

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

**Legal status:** non-profit organization

### QUARTIER DES FEMMES (LE)

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 692-9805 Fax:** 450 692-8243

**Website:** www.quartierdesfemmes.com

**Email:** info@quartierdesfemmes.com

**Services:** Centre providing help and popular education for the improvement of the living conditions and the power of women to act in all their diversities. \* Mother-friendly program. \* Individual intervention. \* Youth camp. \* Various meetings on topics affecting women. \* Workshops. \* Self-help groups. \* Collective kitchens. \* Collective gardens. \* Conferences.

**Eligibility:** women

**Coverage area:** CLSC Jardins-Roussillon

**Hours:** Monday to Friday 8h30 to 16h30, open in the evening according to activities

**Fees:** free, some activities at minimal prices

**Financing:** provincial, Centraide of Greater Montréal, federal, donations, contributions

**Legal status:** non-profit organization

## Women's associations

### CANDIAC WEDNESDAY GROUP

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 638-2846**

**Email:** svocino@hotmail.com

**Services:** Community group for women. \* Social and cultural activities: conferences, workshops, crafts, cooking, outings, discussion. \* Community outreach. \* Day care available during meetings.

**Eligibility:** women 18 years old and over

**Capacity:** 30 to 60 persons

**Coverage area:** Candiac and surroundings

**Hours:** Wednesday 9h15 to 11h15, from September to May

**Fees:** membership: \$15, coffee: \$1

**Financing:** self-financing

**Legal status:** non-profit organization

### **CENTRE DE FEMMES L'ÉCLAIRCIE**

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

**450 638-1131 Fax:** 450 638-1132

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

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

**Services:** \* Reception, listening and referral. \* Documentation centre. \* Popular education workshops. \* Coffee-chat. \* Conferences. \* Day care. \* Training of volunteers. \* Collective action.

**Eligibility:** women, children 5 years old and under

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

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

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

**Legal status:** non-profit organization

### **QUARTIER DES FEMMES (LE)**

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 692-9805 Fax:** 450 692-8243

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

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

**Services:** Centre providing help and popular education for the improvement of the living conditions and the power of women to act in all their diversities. \* Mother-friend program. \* Individual intervention. \* Youth camp. \* Various meetings on topics affecting women. \* Workshops. \* Self-help groups. \* Collective kitchens. \* Collective gardens. \* Conferences.

**Eligibility:** women

**Coverage area:** CLSC Jardins-Roussillon

**Hours:** Monday to Friday 8h30 to 16h30, open in the evening according to activities

**Fees:** free, some activities at minimal prices

**Financing:** provincial, Centraide of Greater Montréal, federal, donations, contributions

**Legal status:** non-profit organization

## **Sports, Recreation and Culture**

**ARTS AND CULTURE**

**CLUBS AND SOCIAL EVENTS**

**COMMUNITY RECREATION CENTRES**

**HOBBIES**

**LIBRARIES**

**MUNICIPAL SPORTS AND RECREATION SERVICES**

**SPORT**

**SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY**

## Arts and culture

### BISTRO CULTUREL COEUR DE VILLAGE

680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0

**514 400-5351** Fax: 450 992-0633

**Website:** coeurdevillage.wordpress.com

**Email:** coeurdevillage@videotron.ca

**Services:** Promotion of culture and community action in rural areas. \* Free rotating exhibitions. \* Interventions with youth and seniors to break down the isolation. \* Reintegration: professional integration internships, community work. \* Summer jobs. \* Conference dinner with monthly show. \* Citizen involvement with various cultural activities. \* Flea market: small household items, toys and sports equipment, books. \* Restaurant. \* Volunteer work.

**Eligibility:** youth, adults, seniors

**Capacity:** unlimited

**Coverage area:** MRC Roussillon

**Hours:** Thursday to Saturday 16h00 to 21h00

**Fees:** annual membership: \$20

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

**Legal status:** non-profit organization

### CHÂTEAUGUAY - ACTIVITIES AND RECREATION

Georges-P.-Vanier Cultural Centre, 15 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

**450 698-3100**

**Website:** www.ville.chateauguay.qc.ca/activites-et-loisirs

**Email:** info@ville.chateauguay.qc.ca

**Services:** \* Community, cultural and sporting activities. \* Multisports centre, polydium, arena, parks and playgrounds, cultural centre, aquatic centre, nautical centre. \* Exhibition, events and festivals. \* Coordination with community organizations. \* Summer day camp. \* Room rental.

**Coverage area:** Châteauguay

**Hours:** Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday and Saturday 12h00 to 17h00

**Fees:** variable, passeport-loisir: \$7 per resident and \$12 per resident family for 2 years, \$65 per year for non-residents

**Financing:** municipal

**Legal status:** municipal agency

### LA PRAIRIE PUBLIC LIBRARY

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6710**

**Website:** catalogue.ville.laprairie.qc.ca/in/fr

**Email:** biblio@ville.laprairie.qc.ca

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Biblio-aidants: information service for caregivers. \* Story time. \* Book club for adults. \* Book club for children. \* Activities, exhibitions and conferences.

**Eligibility:** general public

**Coverage area:** La Prairie

**Hours:** Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-PHILIPPE PUBLIC LIBRARY**

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-7701 ext. 233 Fax:** 450 659-5354

**Website:** ville.saintphilippe.quebec/bibliotheque

**Email:** bibliotheque@ville.saintphilippe.quebec

**Services:** Loan and consultation of books and digital documents. \* Computers and Internet access. \* Loan of board games. \* Story time. \* Home delivery for people with reduced mobility. \* Book club for children. \*

Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \*

Activities: workshops, conferences, exhibitions, etc.

**Coverage area:** Saint-Philippe

**Hours:** Tuesday and Thursday 10h00 to 12h00 and 13h00 to 20h00, Wednesday 13h00 to 20h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

**Fees:** free for residents

**Financing:** municipal

**Legal status:** municipal agency

**Clubs and social events****ÂGE D'OR SAINT-JEAN BAPTISTE-MARIE-VIANNEY DE CHÂTEAUGUAY**

8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H7

**450 699-4362**

**Services:** Recreational and social activities for seniors. \* Bingo and cards. \* Dance classes. \* Community meals. \* Petanque.

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

**Coverage area:** Châteauguay

**Hours:** Wednesday 11h00 to 16h00, Thursday 8h30 to 18h00, community meals: 1 Thursday a month until 22h30

**Fees:** membership card: \$25

**Financing:** membership fees

**Legal status:** non-profit organization

**CAFÉ LIBERTÉ 50 DE SAINT-PHILIPPE (LE)**

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-4108**

**Email:** cafe.lib50.stphilippe@gmail.com

**Services:** \* Social and recreational activities for seniors. \* Physical activities. \* Outings. \* Conferences.

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

**Coverage area:** Saint-Philippe

**Fees:** annual membership: \$20

**Financing:** membership fees

**Legal status:** non-profit organization

**CANDIAC WEDNESDAY GROUP**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 638-2846**

**Email:** svocino@hotmail.com

**Services:** Community group for women. \* Social and cultural activities: conferences, workshops, crafts, cooking, outings, discussion. \* Community outreach. \* Day care available during meetings.

**Eligibility:** women 18 years old and over

**Capacity:** 30 to 60 persons

**Coverage area:** Candiac and surroundings

**Hours:** Wednesday 9h15 to 11h15, from September to May

**Fees:** membership: \$15, coffee: \$1

**Financing:** self-financing

**Legal status:** non-profit organization

### **CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY**

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**450 699-6289**

**Website:** www.cabgc.org

**Email:** info@cabgc.org

**Services:** \* Friendly visits. \* Bonjour quotidien: free reassuring call service made by volunteers. \* Caring calls : Weekly calls to fight isolation. \* Walking club for seniors who are visually impaired or with loss of autonomy. \* Walking assistance. \* Support for caregivers. \* Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). \* Recruitment and training of volunteers. \* Tax clinic.

**Eligibility:** people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

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

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

### **CENTRE DE FEMMES L'ÉCLAIRCIE**

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

**450 638-1131 Fax:** 450 638-1132

**Website:** www.centrefemmesleclaircie.com

**Email:** info@eclaircie.org

**Services:** \* Reception, listening and referral. \* Documentation centre. \* Popular education workshops. \* Coffee-chat. \* Conferences. \* Day care. \* Training of volunteers. \* Collective action.

**Eligibility:** women, children 5 years old and under

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

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

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

**Legal status:** non-profit organization

### **CLUB DE L'ÂGE D'OR DE SAINTE-THÉRÈSE-DE-DELSON**

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

**450 632-1050 ext. 3702**

**Email:** jeanboisvert@gmail.com

**Services:** Recreational and social activities.

**Eligibility:** people 45 years old and over

**Capacity:** 400 members

**Coverage area:** Delson

**Fees:** membership: \$13 per year

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

**Legal status:** non-profit organization

### **CLUB DE L'ÂGE D'OR DE ST-PHILIPPE**

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 907-6187**

**Services:** \* Social and recreational activities: cards, bingo, etc. \* Annual outings and parties: Christmas, sugar shack, etc.

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

**Coverage area:** MRC Roussillon

**Hours:** Wednesday 12h30 to 17h00

**Fees:** annual membership: \$15

**Financing:** municipal, donations, membership fees

**Legal status:** non-profit organization

### **CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY**

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

**450 692-2190**

**Website:** www.rendezvouschateauguay.club

**Email:** clubrvchat@gmail.com

**Services:** Social and recreational activities for seniors. \* Social and line dancing. \* Games: cards, darts, riddle, pool, palet, etc. \* Computer classes.

**Eligibility:** people 45 years and over

**Coverage area:** Province of Québec

**Fees:** membership: \$30 per year, 80 years and over: \$15

**Financing:** self-financing, contributions

**Legal status:** non-profit organization

### **COEURS VAILLANTS DE ST-ISIDORE (LES)**

13 Richer Street, Saint-Isidore, Montérégie, QC, J0L 2A0

**450 454-9286**

**Services:** \* Recreational and social activities: petanque, bean bags, dancing. \* Celebrations, outings. \* Dinners.

**Eligibility:** seniors 50 years and over

**Coverage area:** Saint-Isidore

**Hours:** dancing: Tuesday 19h00 to 20h00, bean bags: Thursday 19h00 to 21h00, dinners: 3rd Friday of September, December, February and May

**Fees:** membership: \$25

**Financing:** membership fees, donations

**Legal status:** non-profit organization

### **FADOQ - CLUB DE L'ÂGE D'OR DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-1077**

**Services:** \* Bingo, card games, cribble, bean bag toss. \* Dance lessons, line dancing. \* Painting lessons. \* Trips.

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

**Coverage area:** Montérégie

**Hours:** variable

**Fees:** annual membership: \$25

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

**Legal status:** non-profit organization

### **FADOQ - CLUB DE L'ÂGE D'OR DE SAINT-MATHIEU**

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

**450 659-6083**

**Services:** Recreational and leisure activities for seniors. \* Community suppers. \* Card games, petanque, etc.

**Eligibility:** seniors

**Capacity:** 90 members

**Coverage area:** Saint-Mathieu

**Hours:** variable

**Fees:** membership: \$25

**Financing:** membership fees

**Legal status:** non-profit organization



## Community recreation centres

### ACTION JEUNESSE ROUSSILLON

58 Prince Street, Saint-Constant, Montérégie, QC, J5A 1H5

**450 993-1616**

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

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

**Services:** Youth centre. \* Listening, entertainment and referral. \* Homework assistance. \* Arts and music room. \* Mississippi table, ping-pong, etc. \* Cooking workshops. \* Various projects.

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

**Coverage area:** Saint-Constant

**Hours:** Wednesday to Saturday 18h00 to 21h00

**Financing:** provincial

**Legal status:** non-profit organization

### CAFÉ LIBERTÉ 50 DE SAINT-PHILIPPE (LE)

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-4108**

**Email:** [cafe.lib50.stphilippe@gmail.com](mailto:cafe.lib50.stphilippe@gmail.com)

**Services:** \* Social and recreational activities for seniors. \* Physical activities. \* Outings. \* Conferences.

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

**Coverage area:** Saint-Philippe

**Fees:** annual membership: \$20

**Financing:** membership fees

**Legal status:** non-profit organization

### DELSON - SERVICE DES LOISIRS

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

**450 632-1050 ext. 3100** Fax: 450 635-0627

**Website:** [www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture](http://www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture)

**Email:** [loisirs@ville.delson.qc.ca](mailto:loisirs@ville.delson.qc.ca)

**Services:** \* Community, sociocultural and sporting activities. \* Sports centre, parks, ice rinks and playgrounds. \* Summer day camp. \* Hall rental.

**Coverage area:** Delson

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

**Fees:** variable, citizen card: free

**Financing:** municipal

**Legal status:** municipal agency

### MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6736**

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

**Email:** [admin@maisondesaineslaprairie.org](mailto:admin@maisondesaineslaprairie.org)

**Services:** Community centre for seniors. \* Educational, social and cultural activities. \* Sporting and wellness activities. \* English and Spanish courses. \* Computer courses. \* Intergenerational projects. \* Community meals. \* At-home hairdressing. \* Monthly breakfast. \* Group transportation for errands and shopping. \* Conferences and discussions.

**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at home hairdressing: La Prairie

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

**Fees:** annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### MAISON DES JEUNES CHÂTELOIS

180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2

**450 698-3343 Fax:** 450 698-3344

**Email:** infomdjchateauguay@videotron.ca

**Services:** Animated meeting place. \* Assistance and referral. \* Social, recreational and sports activities. \* Skatepark. \* Peer support program in secondary schools. \* Street work. \* Prevention workshops. \* Collective kitchen.

**Eligibility:** youth 11 to 17 years old

**Coverage area:** Châteauguay

**Hours:** school year: Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 22h30, summer: Monday to Thursday 15h00 to 17h00 and 18h00 to 22h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 23h00

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

**Legal status:** non-profit organization

### MAISON DES JEUNES DE LA PRAIRIE

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

**450 444-6717**

**Website:** www.maisondesjeunes.ca

**Email:** mdjlaprairieequipe@videotron.ca

**Services:** Meeting place, services and reference. \* Cultural activities: painting, drawing, cooking, music, improvisation, etc. \* Sports activities: soccer, hockey, basketball, volleyball, etc. \* Leisure activities: board games, parties, sleepovers, etc. \* Volunteering: tree planting, food drive, bike collection, etc. \* Self-financing and democratic activities. \* Information and prevention in sexuality, crime, drug addiction, mental health and others. \* Homework assistance. \* Outings.

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

**Coverage area:** La Prairie

**Hours:** Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Fees:** life membership: \$10

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

**Legal status:** non-profit organization

### MAISON DES JEUNES DE SAINT-PHILIPPE

2245 Édouard VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-0428 Fax:** 450 659-7701

**Website:** www.mdj-saint-philippe.com

**Email:** maisondesjeunes.stp@outlook.com

**Services:** Meeting place. \* Listening and counselling. \* Sporting and cultural activities. \* Volunteering. \* Youth committee.

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

**Coverage area:** Saint-Philippe

**Hours:** Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00, summer: Tuesday 18h00 to 22h00, Wednesday and Thursday 14h00 to 17h00 and 18h00 to 22h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00

**Fees:** subscription: \$5

**Financing:** provincial, municipal

**Legal status:** non-profit organization

**MAISON DES JEUNES ÉQUINOX**

5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-5122** Fax: 450 632-1680

**Website:** mdjequinox.ca

**Email:** direction@mdjequinox.ca

**Services:** Meeting place. \* Listening and counselling. \* Sporting and cultural activities. \* Volunteering. \* Homework assistance. \* Running club. \* Bi-weekly dinner.

**Eligibility:** youth 12 to 17 years old, certain times for youth 8 to 11 years old

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 8 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 8 to 11 years old: Monday 15h00 to 17h30

**Fees:** none

**Financing:** municipal, provincial

**Legal status:** non-profit organization

**MAISON DES JEUNES L'ANTIDOTE DE CANDIAC**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 638-1761**

**Website:** www.mdj-antidote.qc.ca

**Email:** antidote@mdj-antidote.qc.ca

**Services:** Meeting and discussions place promoting individual and collective creative expression through the promotion of health, healthy lifestyles and participatory democracy. \* Workshops, outings, sports, listening, support, counseling. \* Wi-Fi zone. \* Indoor and outdoor skate. \* Gym, reading room, music room, video games room, kitchen.

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

**Coverage area:** Candiac

**Hours:** Tuesday to Thursday 16h00 to 20h45, Friday 16h00 to 21h45, Saturday 13h00 to 21h45, summer time: open at 13h00 on weekdays

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

**MAISON DES JEUNES SYMPHOLIE**

65 Boardman Street, Delson, Montérégie, QC, J5B 2B8

**450 632-1050 ext. 3120**

**Email:** mdjsympholie2@hotmail.com

**Services:** Place for meeting, services and referral. \* Sporting and cultural activities. \* Volunteering. \* Homework assistance. \* Outings.

**Eligibility:** youth 12 to 17 years old, homework assistance: 9 years old and over

**Capacity:** 300

**Coverage area:** Delson

**Hours:** Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, homework assistance for 9 to 12 years old: Tuesday and Thursday 15h00 to 18h00, 11 years old only: Friday 15h00 to 18h00

**Fees:** life membership: \$5

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

**Legal status:** non-profit organization

## Hobbies

### CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 635-6032** Fax: 450 635-0900

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

**Email:** [biblio@ville.candiac.qc.ca](mailto:biblio@ville.candiac.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Knitting club. \* Movie club. \* Conferences and activities. \* Biblio-aidants: information services for caregivers. \* Générations@branchées: introduction to computers workshops. \* Online portal: [www.biblio.ville.candiac.qc.ca](http://www.biblio.ville.candiac.qc.ca)

**Eligibility:** general public

**Coverage area:** Candiac

**Hours:** Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday

**Fees:** registration: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

### CENTRE D'ÉDUCATION POPULAIRE

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-9955**

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

**Services:** \* Literacy program. \* Basic training in French and calculus. \* Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. \* Personal skills development. \* Beginner and conversation English courses. \* Basic computer training. \* Francization. \* Écrivain de rue: assistance to write letters, forms, etc.

**Eligibility:** people 16 years and over who no longer attend school on a regular basis

**Coverage area:** Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

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

**Fees:** membership: \$15

**Financing:** provincial

**Legal status:** non-profit organization

### CLUB DE L'ÂGE D'OR DE ST-PHILIPPE

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 907-6187**

**Services:** \* Social and recreational activities: cards, bingo, etc. \* Annual outings and parties: Christmas, sugar shack, etc.

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

**Coverage area:** MRC Roussillon

**Hours:** Wednesday 12h30 to 17h00

**Fees:** annual membership: \$15

**Financing:** municipal, donations, membership fees

**Legal status:** non-profit organization

### CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

**450 692-2190**

**Website:** [www.rendezvouschateauguay.club](http://www.rendezvouschateauguay.club)

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

**Services:** Social and recreational activities for seniors. \* Social and line dancing. \* Games: cards, darts, riddle, pool, palet, etc. \* Computer classes.

**Eligibility:** people 45 years and over

**Coverage area:** Province of Québec

**Fees:** membership: \$30 per year, 80 years and over: \$15

**Financing:** self-financing, contributions

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

**450 444-0803 Fax:** 450 444-2621

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

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

**Services:** \* Emergency food and clothing assistance. \* Christmas baskets. \* Collective kitchens and cooking workshops. \* Support, assistance and referral for families. \* Daycare. \* Thrift store. \* School supplies.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** CLSC Kateri sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food assistance, collective kitchens and culinary workshops: variables, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### DELSON PUBLIC LIBRARY

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

**450 632-1050 ext. 3700**

**Website:** [www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/](http://www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/)

**Email:** [biblio@ville.delson.qc.ca](mailto:biblio@ville.delson.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers and Internet access. \* Story time. \* Biblio-aidants. \* Animation and activities. \* Générations@branchées: introduction to computer technology for adults by pairing with a teenager-teacher. \* Computer courses, beginner level.

**Coverage area:** Delson

**Hours:** Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

**Fees:** residents: free

**Financing:** municipal

**Legal status:** municipal agency

### FADOQ - CLUB DE L'ÂGE D'OR DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-1077**

**Services:** \* Bingo, card games, cribble, bean bag toss. \* Dance lessons, line dancing. \* Painting lessons. \* Trips.

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

**Coverage area:** Montérégie

**Hours:** variable

**Fees:** annual membership: \$25

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

**Legal status:** non-profit organization

**MAISON DES AÎNÉS DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6736**

**Website:** maisondesaineslaprairie.org

**Email:** admin@maisondesaineslaprairie.org

**Services:** Community centre for seniors. \* Educational, social and cultural activities. \* Sporting and wellness activities. \* English and Spanish courses. \* Computer courses. \* Intergenerational projects. \* Community meals. \* At-home hairdressing. \* Monthly breakfast. \* Group transportation for errands and shopping. \* Conferences and discussions.

**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at home hairdressing: La Prairie

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

**Fees:** annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**MAISON DES JEUNES DE LA PRAIRIE**

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

**450 444-6717**

**Website:** www.maisondesjeunes.ca

**Email:** mdjlaprairieequipe@videotron.ca

**Services:** Meeting place, services and reference. \* Cultural activities: painting, drawing, cooking, music, improvisation, etc. \* Sports activities: soccer, hockey, basketball, volleyball, etc. \* Leisure activities: board games, parties, sleepovers, etc. \* Volunteering: tree planting, food drive, bike collection, etc. \* Self-financing and democratic activities. \* Information and prevention in sexuality, crime, drug addiction, mental health and others. \* Homework assistance. \* Outings.

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

**Coverage area:** La Prairie

**Hours:** Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Fees:** life membership: \$10

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

**Legal status:** non-profit organization

**MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY**

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

**450 691-1444**

**Website:** mwcnc.ca

**Email:** mwcnc2016@gmail.com

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

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

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

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

**Fees:** membership: \$10 per year

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

**SAINT-CONSTANT PUBLIC LIBRARY**

121 Saint-Pierre Street, Suite 200, Saint-Constant, Montérégie, QC, J5A 0M3

**450 638-2010 ext. 7233**

**Website:** [saint-constant.ca/fr/bibliotheque-municipale](http://saint-constant.ca/fr/bibliotheque-municipale)

**Email:** [bibliotheque@saint-constant.ca](mailto:bibliotheque@saint-constant.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Story time. \* Book club for children. \* Book club for adults. \*

Génération@branchées: introduction to computers workshops. \* Conferences, workshops. \* Online portal: [ezproxy.ville.saint-constant.qc.ca/Regard/Pages/Main/Recherche/Recherche.aspx](http://ezproxy.ville.saint-constant.qc.ca/Regard/Pages/Main/Recherche/Recherche.aspx)

**Eligibility:** general public

**Coverage area:** Saint-Constant

**Hours:** Monday to Wednesday 13h00 to 20h30, Thursday 9h30 to 20h30, Friday 13h00 to 17h00, Saturday 10h30 to 15h30, Sunday 12h00 to 16h00, summer: Monday to Wednesday 13h00 to 20h30, Thursday 9h30 to 20h30, Friday 13h00 to 20h30, Saturday 10h30 to 15h30

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-ISIDORE PUBLIC LIBRARY**

693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

**450 992-1323**

**Website:** [www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore](http://www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore)

**Email:** [biblio@st-isidore.ca](mailto:biblio@st-isidore.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Computers and Internet access. \* Board game loan. \* Story time. \* Book club for children. \* Biblio-aidants.

**Capacity:** 50

**Coverage area:** Saint-Isidore

**Hours:** Monday and Thursday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Thursday and Saturday

**Fees:** free

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-MATHIEU PUBLIC LIBRARY**

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

**450 632-9528 ext. 3**

**Website:** [municipalite.saint-mathieu.qc.ca/bibliotheque](http://municipalite.saint-mathieu.qc.ca/bibliotheque)

**Email:** [mathieu@reseaubibliomonteregie.qc.ca](mailto:mathieu@reseaubibliomonteregie.qc.ca)

**Services:** Loan and consultation of books and documents. \* Story time. \* Internet access. \* Children's book club. \* Croque-livres program. \* Friendly meetings and boardgames.

**Coverage area:** Saint-Mathieu

**Hours:** Tuesday 10h00 to 16h00 and 18h30 to 20h30, Thursday 18h30 to 20h30

**Fees:** membership: free for residents

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-PHILIPPE PUBLIC LIBRARY**

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-7701 ext. 233** **Fax:** 450 659-5354

**Website:** [ville.saintphilippe.quebec/bibliotheque](http://ville.saintphilippe.quebec/bibliotheque)

**Email:** [bibliotheque@ville.saintphilippe.quebec](mailto:bibliotheque@ville.saintphilippe.quebec)

**Services:** Loan and consultation of books and digital documents. \* Computers and Internet access. \* Loan of board games. \* Story time. \* Home delivery for people with reduced mobility. \* Book club for children. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Activities: workshops, conferences, exhibitions, etc.

**Coverage area:** Saint-Philippe

**Hours:** Tuesday and Thursday 10h00 to 12h00 and 13h00 to 20h00, Wednesday 13h00 to 20h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

**Fees:** free for residents

**Financing:** municipal

**Legal status:** municipal agency

### SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-0590 ext. 5230**

**Website:** [www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque](http://www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque)

**Email:** [bibliotheque@ville.sainte-catherine.qc.ca](mailto:bibliotheque@ville.sainte-catherine.qc.ca)

**Services:** Loan and consultation of printed, audiovisual and electronic documents. \* Computers and Internet access. \* Screen enlarger for people with a visual impairment. \* Early literacy. \* Biblio-aidants. \* Biblio-jeux: game aiming to develop the language and promote reading awakening. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Story time. \* Book club for adults. \* Board games. \* Conferences.

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** Monday 13h00 to 19h00, Wednesday 11h00 to 19h00, Thursday and Friday 10h00 to 16h30, Saturday 10h00 to 15h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

## Libraries

### CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 635-6032 Fax:** 450 635-0900

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

**Email:** [biblio@ville.candiac.qc.ca](mailto:biblio@ville.candiac.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Story time. \* Book club for children. \* Book club for adults. \* Knitting club. \* Movie club. \* Conferences and activities. \* Biblio-aidants: information services for caregivers. \* Générations@branchées: introduction to computers workshops. \* Online portal: [www.biblio.ville.candiac.qc.ca](http://www.biblio.ville.candiac.qc.ca)

**Eligibility:** general public

**Coverage area:** Candiac

**Hours:** Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday

**Fees:** registration: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

### CHÂTEAUGUAY PUBLIC LIBRARY

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

**450 698-3080 Fax:** 450 698-3077

**Website:** [www.ville.chateauguay.qc.ca/presentation-et-horaire](http://www.ville.chateauguay.qc.ca/presentation-et-horaire)

**Email:** [biblio@ville.chateauguay.qc.ca](mailto:biblio@ville.chateauguay.qc.ca)



**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Room dedicated to genealogy. \* Activities, training and workshops. \* Exhibitions, book launches. \* Summer book club for children. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Bibliobus: travelling library in parks during summer. \* Biblio-aidants: information service for caregivers. \* Online portal: [simba2.crsbp.qc.ca/client/fr\\_CA/chateauguay](http://simba2.crsbp.qc.ca/client/fr_CA/chateauguay)

**Coverage area:** Châteauguay

**Hours:** Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

**Fees:** residents: free, non-residents: \$65 per year

**Financing:** municipal

**Legal status:** municipal agency

## DELSON PUBLIC LIBRARY

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

**450 632-1050 ext. 3700**

**Website:** [www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/](http://www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/)

**Email:** [biblio@ville.delson.qc.ca](mailto:biblio@ville.delson.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers and Internet access. \* Story time. \* Biblio-aidants. \* Animation and activities. \* Générations@branchées: introduction to computer technology for adults by pairing with a teenager-teacher. \* Computer courses, beginner level.

**Coverage area:** Delson

**Hours:** Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

**Fees:** residents: free

**Financing:** municipal

**Legal status:** municipal agency

## LA PRAIRIE PUBLIC LIBRARY

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6710**

**Website:** [catalogue.ville.laprairie.qc.ca/in/fr](http://catalogue.ville.laprairie.qc.ca/in/fr)

**Email:** [biblio@ville.laprairie.qc.ca](mailto:biblio@ville.laprairie.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Biblio-aidants: information service for caregivers. \* Story time. \* Book club for adults. \* Book club for children. \* Activities, exhibitions and conferences.

**Eligibility:** general public

**Coverage area:** La Prairie

**Hours:** Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

## MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

**450 691-1444**

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

**Email:** [mwcn2016@gmail.com](mailto:mwcn2016@gmail.com)

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

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

**Coverage area:** MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges  
**Hours:** Monday to Thursday 8h30 to 16h30  
**Fees:** membership: \$10 per year  
**Financing:** federal, provincial, donations  
**Legal status:** non-profit organization

### RÉSEAU BIBLIO DE LA MONTÉRÉGIE

275 Conrad-Pelletier Street, La Prairie, Montérégie, QC, J5R 4V1  
**450 444-5433 Fax:** 450 659-3364  
**Website:** [www.reseaubibliomonteregie.qc.ca](http://www.reseaubibliomonteregie.qc.ca)  
**Email:** [crsaide@reseaubibliomonteregie.qc.ca](mailto:crsaide@reseaubibliomonteregie.qc.ca)

**Services:** Development and support of a regional network of public libraries. \* Pooling and sharing of resources. \* Room rental.

**Eligibility:** affiliated libraries

**Coverage area:** Montérégie

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

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-CONSTANT PUBLIC LIBRARY

121 Saint-Pierre Street, Suite 200, Saint-Constant, Montérégie, QC, J5A 0M3  
**450 638-2010 ext. 7233**  
**Website:** [saint-constant.ca/fr/bibliotheque-municipale](http://saint-constant.ca/fr/bibliotheque-municipale)  
**Email:** [bibliotheque@saint-constant.ca](mailto:bibliotheque@saint-constant.ca)

**Services:** \* Loan and consultation of books and audiovisual documents. \* Computers, Internet access and printing devices. \* Work rooms. \* Story time. \* Book club for children. \* Book club for adults. \*

Génération@branchées: introduction to computers workshops. \* Conferences, workshops. \* Online portal: [ezproxy.ville.saint-constant.qc.ca/Regard/Pages/Main/Recherche/Recherche.aspx](http://ezproxy.ville.saint-constant.qc.ca/Regard/Pages/Main/Recherche/Recherche.aspx)

**Eligibility:** general public

**Coverage area:** Saint-Constant

**Hours:** Monday to Wednesday 13h00 to 20h30, Thursday 9h30 to 20h30, Friday 13h00 to 17h00, Saturday 10h30 to 15h30, Sunday 12h00 to 16h00, summer: Monday to Wednesday 13h00 to 20h30, Thursday 9h30 to 20h30, Friday 13h00 to 20h30, Saturday 10h30 to 15h30

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

### SAINT-ISIDORE PUBLIC LIBRARY

693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0  
**450 992-1323**

**Website:** [www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore](http://www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore)

**Email:** [biblio@st-isidore.ca](mailto:biblio@st-isidore.ca)

**Services:** Loan and consultation of books and audiovisual documents. \* Computers and Internet access. \* Board game loan. \* Story time. \* Book club for children. \* Biblio-aidants.

**Capacity:** 50

**Coverage area:** Saint-Isidore

**Hours:** Monday and Thursday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Thursday and Saturday

**Fees:** free

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-MATHIEU PUBLIC LIBRARY**

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

**450 632-9528 ext. 3**

**Website:** [municipalite.saint-mathieu.qc.ca/bibliotheque](http://municipalite.saint-mathieu.qc.ca/bibliotheque)

**Email:** [mathieu@reseaubibliomonteregie.qc.ca](mailto:mathieu@reseaubibliomonteregie.qc.ca)

**Services:** Loan and consultation of books and documents. \* Story time. \* Internet access. \* Children's book club. \* Croque-livres program. \* Friendly meetings and boardgames.

**Coverage area:** Saint-Mathieu

**Hours:** Tuesday 10h00 to 16h00 and 18h30 to 20h30, Thursday 18h30 to 20h30

**Fees:** membership: free for residents

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-PHILIPPE PUBLIC LIBRARY**

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-7701 ext. 233 Fax:** 450 659-5354

**Website:** [ville.saintphilippe.quebec/bibliotheque](http://ville.saintphilippe.quebec/bibliotheque)

**Email:** [bibliotheque@ville.saintphilippe.quebec](mailto:bibliotheque@ville.saintphilippe.quebec)

**Services:** Loan and consultation of books and digital documents. \* Computers and Internet access. \* Loan of board games. \* Story time. \* Home delivery for people with reduced mobility. \* Book club for children. \*

Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \*

Activities: workshops, conferences, exhibitions, etc.

**Coverage area:** Saint-Philippe

**Hours:** Tuesday and Thursday 10h00 to 12h00 and 13h00 to 20h00, Wednesday 13h00 to 20h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

**Fees:** free for residents

**Financing:** municipal

**Legal status:** municipal agency

**SAINTE-CATHERINE PUBLIC LIBRARY**

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-0590 ext. 5230**

**Website:** [www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque](http://www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque)

**Email:** [bibliotheque@ville.sainte-catherine.qc.ca](mailto:bibliotheque@ville.sainte-catherine.qc.ca)

**Services:** Loan and consultation of printed, audiovisual and electronic documents. \* Computers and Internet access. \* Screen enlarger for people with a visual impairment. \* Early literacy. \* Biblio-aidants. \* Biblio-jeux: game aiming to develop the language and promote reading awakening. \* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. \* Story time. \* Book club for adults. \* Board games. \* Conferences.

**Coverage area:** Sainte-Catherine and surroundings

**Hours:** Monday 13h00 to 19h00, Wednesday 11h00 to 19h00, Thursday and Friday 10h00 to 16h30, Saturday 10h00 to 15h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

## Municipal sports and recreation services

### CANDIAC - LOISIRS

Claude-Hébert Centre, 59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**450 635-6020**

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

**Email:** [loisirs@ville.candiac.qc.ca](mailto:loisirs@ville.candiac.qc.ca)

**Services:** \* Community, sociocultural and sporting activities. \* Parks and playgrounds, ice rinks, community centres, arena, swimming pool. \* Financial assistance for sporting, recreational and artistic activities. \* Coordination with community organizations. \* Summer day camp. \* Room rental. \* Events and parties.

**Coverage area:** Candiac

**Hours:** Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00, 13h00 to 16h30 and 18h00 to 20h30, Friday 8h30 to 13h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### CHÂTEAUGUAY - ACTIVITIES AND RECREATION

Georges-P.-Vanier Cultural Centre, 15 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

**450 698-3100**

**Website:** [www.ville.chateauguay.qc.ca/activites-et-loisirs](http://www.ville.chateauguay.qc.ca/activites-et-loisirs)

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

**Services:** \* Community, cultural and sporting activities. \* Multisports centre, polydium, arena, parks and playgrounds, cultural centre, aquatic centre, nautical centre. \* Exhibition, events and festivals. \* Coordination with community organizations. \* Summer day camp. \* Room rental.

**Coverage area:** Châteauguay

**Hours:** Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday and Saturday 12h00 to 17h00

**Fees:** variable, passeport-loisir: \$7 per resident and \$12 per resident family for 2 years, \$65 per year for non-residents

**Financing:** municipal

**Legal status:** municipal agency

### DELSON - SERVICE DES LOISIRS

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

**450 632-1050 ext. 3100** Fax: 450 635-0627

**Website:** [www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture](http://www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture)

**Email:** [loisirs@ville.delson.qc.ca](mailto:loisirs@ville.delson.qc.ca)

**Services:** \* Community, sociocultural and sporting activities. \* Sports centre, parks, ice rinks and playgrounds. \* Summer day camp. \* Hall rental.

**Coverage area:** Delson

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

**Fees:** variable, citizen card: free

**Financing:** municipal

**Legal status:** municipal agency

### LA PRAIRIE - SERVICE DES LOISIRS

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**450 444-6700**

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

**Email:** [loisirs@ville.laprairie.qc.ca](mailto:loisirs@ville.laprairie.qc.ca)

**Services:** \* Community, sociocultural and sporting activities. \* Arena, multi-purpose centre, swimming pool, parks, ice rinks and playgrounds. \* Coordination with community organizations. \* Summer day camp. \* Community gardens. \* Activities and events. \* Hall rental.

**Coverage area:** La Prairie

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 20h30, Friday 8h30 to 17h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## LÉRY - LOISIRS ET CULTURE

1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8

**450 692-6861 Fax:** 450 692-6881

**Website:** [www.lery.ca/services/loisirs-et-culture](http://www.lery.ca/services/loisirs-et-culture)

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

**Services:** \* Cultural and recreational activities. \* Parks. \* Events.

**Coverage area:** Léry

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## SAINT-CONSTANT - SERVICE DES LOISIRS

160 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8

**450 638-2010 ext. 7200 Fax:** 450 635-8415

**Website:** [saint-constant.ca](http://saint-constant.ca)

**Email:** [loisirs@saint-constant.ca](mailto:loisirs@saint-constant.ca)

**Services:** \* Community, sociocultural and sporting activities. \* Community centre, cultural centre, arena, swimming pools, parks and playgrounds, ice rinks. \* Coordination with community organizations. \* Summer day camp. \* Celebrations, shows. \* Hall rental.

**Coverage area:** Saint-Constant

**Hours:** Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## SAINT-ISIDORE - LOISIRS ET VIE COMMUNAUTAIRE

671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

**450 454-3919 Fax:** 450 454-7485

**Website:** [www.municipalite.saint-isidore.qc.ca](http://www.municipalite.saint-isidore.qc.ca)

**Email:** [loisirs@municipalite.saint-isidore.qc.ca](mailto:loisirs@municipalite.saint-isidore.qc.ca)

**Services:** \* Sporting and recreational activities. \* Community centre, parks, ice rink, sports fields. \* Summer day camp. \* Events.

**Coverage area:** Saint-Isidore

**Hours:** Monday to Wednesday 8h30 to 16h30, Thursday 8h30 to 16h30 and 19h00 to 21h00, Friday 8h30 to 12h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## SAINT-MATHIEU - SERVICE DES LOISIRS

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

**450 632-9528 ext. 225 Fax:** 450 632-9544

**Website:** [municipalite.saint-mathieu.qc.ca](http://municipalite.saint-mathieu.qc.ca)

**Email:** [loisirs@municipalite.saint-mathieu.qc.ca](mailto:loisirs@municipalite.saint-mathieu.qc.ca)

**Services:** \* Sporting and recreational activities. \* Parks, community centre, sports fields, ice rink. \* Summer day camp. \* Parties and events. \* Hall rental.

**Coverage area:** Saint-Mathieu

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

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### **SAINT-PHILIPPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE**

2225 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**450 659-7701 ext. 258 Fax:** 450 659-7702

**Website:** ville.saintphilippe.quebec

**Email:** service.loisirs@ville.saintphilippe.quebec

**Services:** \* Sporting and recreational activities. \* Community centre, parks, sports fields. \* Coordination with community organizations. \* Summer day camp. \* Events. \* Hall rental.

**Coverage area:** Saint-Philippe

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

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### **SAINTE-CATHERINE - SPORTS, CULTURE, LOISIRS ET VIE COMMUNAUTAIRE**

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

**450 632-0590 ext. 5210 Fax:** 450 632-9908

**Website:** www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs

**Email:** sports-culture@ville.sainte-catherine.qc.ca

**Services:** \* Community, sociocultural and sporting activities. \* Community centre, arena, parks and playgrounds, swimming pool, ice rinks. \* Coordination with community organizations. \* Summer day camp. \* Hall rental. \* Events.

**Coverage area:** Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 20h30, Friday 8h30 to 13h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## **Sport**

### **CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY**

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**450 699-6289**

**Website:** www.cabgc.org

**Email:** info@cabgc.org

**Services:** \* Friendly visits. \* Bonjour quotidien: free reassuring call service made by volunteers. \* Caring calls : Weekly calls to fight isolation. \* Walking club for seniors who are visually impaired or with loss of autonomy. \* Walking assistance. \* Support for caregivers. \* Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). \* Recruitment and training of volunteers. \* Tax clinic.

**Eligibility:** people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

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

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

## RÉSEAU QUÉBÉCOIS D'ACCOMPAGNANTES À LA NAISSANCE

Confidential Address

**Website:** www.naissance.ca

**Email:** inforqan@yahoo.ca

**Services:** Grouping of self-employed doulas. \* Information and referral. \* Members' directory. \* Group, individual or distance prenatal courses. \* Assistance during birth: support, information, massage therapy, etc. \* Relevailles: in-home postnatal respite. \* Prenatal and postnatal yoga. \* Breastfeeding support. \* Baby massage courses. \* Baby carrying workshops. \* Birth preparation training and tools: planning, self-hypnosis, birthing ball, Bonapace method, emotional preparation. \* Baby emotional assistance. \* Perinatal osteopathy, cranial sacral therapy. \* Promotion of doulas.

**Eligibility:** pregnant women, their partner and family

**Coverage area:** Province of Québec, services vary according to regions

**Hours:** variable

**Fees:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

## Sports and recreation for people with a disability

### CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**450 699-6289**

**Website:** www.cabgc.org

**Email:** info@cabgc.org

**Services:** \* Friendly visits. \* Bonjour quotidien: free reassuring call service made by volunteers. \* Caring calls : Weekly calls to fight isolation. \* Walking club for seniors who are visually impaired or with loss of autonomy. \* Walking assistance. \* Support for caregivers. \* Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). \* Recruitment and training of volunteers. \* Tax clinic.

**Eligibility:** people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

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

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

### CENTRE DE RÉHABILITATION AVC

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

**438 777-5347**

**Website:** www.avcrehabilitation.weebly.com

**Email:** accidentvasculaire@hotmail.com

**Services:** Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. \* Weekly meeting. \* Workshops, conferences. \* Social and creative activities: painting, yoga, outings.

**Eligibility:** people who have had a stroke, their caregivers

**Coverage area:** South Shore of Montréal

**Hours:** Wednesday 9h15 to 15h30

**Fees:** contribution: \$20 per year, outing: \$5

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

**Legal status:** non-profit organization

## MOUVEMENT ACTION DÉCOUVERTE POUR PERSONNES HANDICAPÉES DE LA RÉGION DE CHÂTEAUGUAY

25-B Saint-Francis Boulevard, Châteauguay, Montérégie, QC, J6J 1Y2

**450 698-3361 Fax:** 450 698-3362

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

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

**Services:** Educational and social integration centre for people with disabilities. \* Movement Program: learning activities, autonomy development activities and educational workshops. \* Action Program: special citizen participation activities. \* Découverte Program: individual, in pairs and group projects.

**Eligibility:** adults with intellectual disabilities, with or without other disorders

**Coverage area:** Châteauguay

**Hours:** Monday to Friday 9h00 to 16h00, variable in the evening and on Saturday

**Fees:** variable

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

**Legal status:** non-profit organization

### S.AU.S.

9 Montcalm Street North, Suite 512, Candiac, Montérégie, QC, J5R 3L5

**514 944-4986**

**Website:** [www.s-au-s.org](http://www.s-au-s.org)

**Email:** [programscoordinator.s.au.s@gmail.com](mailto:programscoordinator.s.au.s@gmail.com)

**Services:** Recreational activities for children with an autism spectrum disorder. \* Oasis adapted day camps for youth 13 to 21 years old. \* Free-play and swimming pool for families. \* Soccer and dance. \* Music therapy. \* Teen-Club: social club for youth aged 13 years and over once a month. \* Christmas breakfast. \* Autism awareness run. \* Annual fund-raising gala.

**Eligibility:** children with an autism spectrum disorder

**Coverage area:** Province of Québec

**Hours:** office: Monday to Thursday 9h00 to 15h00

**Fees:** variable, some services are free

**Financing:** self-financing

**Legal status:** non-profit organization



## **Thrift store and material aid**

**CLOTHING**

**DONATION PICK-UPS**

**SCHOOL SUPPLIES**

**THRIFT STORES**

**USED ITEM DONATION RECOVERY PROGRAMS**

## Clothing

### CENTRE COMMUNAUTAIRE DE CHÂTEAUGUAY

3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7

**450 699-3464** Fax: 450 699-4111

**Website:** www.centrecommunautairechateauguay.com

**Email:** ccchateau@videotron.ca

**Services:** Sale of clothing and household items. \* Professional reintegration: recycling. \* Emergency donation.

**Eligibility:** people in need

**Coverage area:** Châteauguay

**Hours:** Monday to Wednesday and Saturday 9h00 to 16h30, Thursday and Friday 9h00 to 20h00

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

**Legal status:** non-profit organization

### CLÉ DES MOTS (LA)

200 Saint-Pierre Street, Suite 103, Saint-Constant, Montérégie, QC, J5A 2G9

**450 635-1411**

**Website:** www.lacledesmots.ca

**Email:** lacledesmots@videotron.ca

**Services:** \* Literacy workshops. \* Various training. \* Used books store and other items.

**Eligibility:** adults

**Capacity:** 60

**Coverage area:** Saint-Constant

**Hours:** Monday and Friday 9h00 to 16h00, Tuesday to Thursday 9h00 to 17h00

**Fees:** subscription: \$20

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

**450 444-0803** Fax: 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Emergency food and clothing assistance. \* Christmas baskets. \* Collective kitchens and cooking workshops. \* Support, assistance and referral for families. \* Daycare. \* Thrift store. \* School supplies.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** CLSC Kateri sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food assistance, collective kitchens and culinary workshops: variables, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

### COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

**450 633-1688** Fax: 450 633-1690

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Food and clothing assistance. \* Christmas baskets. \* Support, information and referral for families. \* Clothing bank.

## Thrift store and material aid

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** Saint-Constant

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food aid: Thursday 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food repair, collective kitchens and culinary workshops: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

**CORNE D'ABONDANCE DE CANDIAC**

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

**450 444-6999**

**Email:** corne.abondance.candiac@gmail.com

**Services:** \* Food bank and emergency assistance. \* Thrift store: clothing, household items, sporting equipment, toys, etc. \* Volunteer development. \* Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. \* Donation of food and clothing to community organizations and people in need. \* Donation of school supplies for the food bank recipients. \* Christmas baskets.

**Eligibility:** food bank: people in need, thrift store: general public

**Coverage area:** Candiac

**Hours:** food bank: Wednesday 9h00 to 11h00, thrift store: Thursday 14h00 to 18h00, some Saturdays

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**OPTIONS**

25A D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

**450 699-4357**

**Website:** www.centreoptions.org

**Email:** options@jslmontreal.org

**Services:** Care and support to young women, young men, and families facing unplanned pregnancy. Material assistance \* Free pregnancy testing. \* ARK boutique: free baby and maternity items. Education and prevention \* Personal self-worth and healthy relationship teaching. \* Sexual education workshops. \* Sex-ed workshops in schools. \* Referral for STI testing. \* Referral to government and community resources. Accompaniment \* Personalized support. \* Pregnancy options exploration. \* Mediation between family members or a client and other people. \* Tailored prenatal education & lactation support. \* Post-abortion support. \* Birth family support through the adoption process during and after pregnancy. Parental education \* Life skills and family management training. \* Mom and tot groups. \* Mentor mom and dad opportunities.

**Eligibility:** young women and men 25 years old and under and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 clients per week, pregnancy options support: 3 clients per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 15h00, appointments available outside these hours

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

**Donation pick-ups****CENTRE COMMUNAUTAIRE DE CHÂTEAUGUAY - USED ITEMS RECOVERY**

3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7

**450 699-3464 Fax:** 450 699-4111

**Website:** www.centrecommunautairechateauguay.com

**Email:** ccchateau@videotron.ca

**Services:** Used items recovery: appliances, furniture, household items, clothes, books. \* Home pick-up.

**Coverage area:** Delson, Candiac, Châteauguay, La Prairie, Sainte-Catherine, Saint-Constant

**Hours:** Monday to Wednesday, Saturday 9h00 to 16h30, Thursday, Friday 9h00 to 20h30

**Fees:** variable

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

**Legal status:** non-profit organization

## School supplies

### CLUB DES COPAINS DELSON (LE)

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

**514 677-7759**

**Email:** club\_copain\_delson@hotmail.com

**Services:** \* Food bank. \* Assistance with school supplies fees. \* Assistance with costs for summer camps.

**Eligibility:** people in need

**Coverage area:** Delson

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

### ENTRAIDE MERCIER

959 Saint-Joseph Street, Mercier, Montérégie, QC, J6R 2K9

**450 698-2137**

**Website:** www.entraidemercier.ca

**Email:** direction@entraidemercier.ca

**Services:** \* Thrift store: clothing, dishes, toys, books, housewares, computer equipment and electronic appliances. \* Indoor used goods recovery centre at 941 Saint-Joseph Street. \* Furniture donations upon referral in partnership with the Centre Communautaire de Châteauguay. \* Meeting with a community worker in partnership with La Rencontre Châteauguoise. \* School supplies.

**Coverage area:** Mercier, fournitures scolaires: Châteauguay, Mercier, Léry, Sainte-Martine et Saint-Isidore

**Hours:** Monday, Tuesday and Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 9h30 to 17h00, indoor donation center: Monday to Friday 8h00 to 20h00, Saturday and Sunday 9h30 to 19h00, closed on holidays

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CHÂTEAUGUAY

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

**450 691-1007 Fax:** 450 692-5063

**Email:** ssvpchateauguay@hotmail.com

**Services:** \* General store: clothing, furniture and other used items. \* Food aid: distribution of food baskets and food vouchers. \* Financial assistance for school fees. \* Christmas baskets.

**Eligibility:** people on a low income

**Coverage area:** Châteauguay, Léry and Mercier

**Hours:** general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-PHILOMÈNE**

14 Marleau Street, Mercier, Montérégie, QC, J6R 2K8

**450 691-1072**

**Email:** ssvpchateauquay@hotmail.com

**Services:** \* Food bank. \* Christmas baskets. \* School supplies. \* Guignolée de Mercier: collection of non-perishable food, hygienic products, common medication and housekeeping items.

**Eligibility:** people on a low income

**Coverage area:** Mercier

**Financing:** donations

**Legal status:** non-profit organization

**Thrift Stores****BENADO**

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

**450 632-1640 Fax:** 450 632-6754

**Website:** www.benado.org

**Email:** benado@videotron.ca

**Services:** \* Day centre for dropouts. \* Manual and self-knowledge activities, painting workshops, leather, bike repair. \* Job information for dropouts. \* Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. \* Information and consultation with victims of crime. \* Prevention of crime in schools. \* Community support in the implementation of programs related to conflict resolution.

**Eligibility:** dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents, community

**Coverage area:** Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

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

**Legal status:** non-profit organization

**BISTRO CULTUREL COEUR DE VILLAGE**

680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0

**514 400-5351 Fax:** 450 992-0633

**Website:** coeurdevillage.wordpress.com

**Email:** coeurdevillage@videotron.ca

**Services:** Promotion of culture and community action in rural areas. \* Free rotating exhibitions. \* Interventions with youth and seniors to break down the isolation. \* Reintegration: professional integration internships, community work. \* Summer jobs. \* Conference dinner with monthly show. \* Citizen involvement with various cultural activities. \* Flea market: small household items, toys and sports equipment, books. \* Restaurant. \* Volunteer work.

**Eligibility:** youth, adults, seniors

**Capacity:** unlimited

**Coverage area:** MRC Roussillon

**Hours:** Thursday to Saturday 16h00 to 21h00

**Fees:** annual membership: \$20

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

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE DE CHÂTEAUGUAY**

3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7

**450 699-3464** Fax: 450 699-4111

**Website:** www.centrecommunautairechateauguay.com

**Email:** ccchateau@videotron.ca

**Services:** Sale of clothing and household items. \* Professional reintegration: recycling. \* Emergency donation.

**Eligibility:** people in need

**Coverage area:** Châteauguay

**Hours:** Monday to Wednesday and Saturday 9h00 to 16h30, Thursday and Friday 9h00 to 20h00

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

**Legal status:** non-profit organization

**CLÉ DES MOTS (LA)**

200 Saint-Pierre Street, Suite 103, Saint-Constant, Montérégie, QC, J5A 2G9

**450 635-1411**

**Website:** www.lacledesmots.ca

**Email:** lacledesmots@videotron.ca

**Services:** \* Literacy workshops. \* Various training. \* Used books store and other items.

**Eligibility:** adults

**Capacity:** 60

**Coverage area:** Saint-Constant

**Hours:** Monday and Friday 9h00 to 16h00, Tuesday to Thursday 9h00 to 17h00

**Fees:** subscription: \$20

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**COMPLEXE LE PARTAGE**

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

**450 444-0803** Fax: 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Emergency food and clothing assistance. \* Christmas baskets. \* Collective kitchens and cooking workshops. \* Support, assistance and referral for families. \* Daycare. \* Thrift store. \* School supplies.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** CLSC Kateri sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food assistance, collective kitchens and culinary workshops: variables, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

**COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT**

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

**450 633-1688** Fax: 450 633-1690

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* Food and clothing assistance. \* Christmas baskets. \* Support, information and referral for families. \* Clothing bank.

**Eligibility:** individuals and families on a low income, homeless people, people with major health problems, refugees, immigrants

**Coverage area:** Saint-Constant

## Thrift store and material aid

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food aid: Thursday 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food repair, collective kitchens and culinary workshops: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

**CORNE D'ABONDANCE DE CANDIAC**

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

**450 444-6999**

**Email:** corne.abondance.candiac@gmail.com

**Services:** \* Food bank and emergency assistance. \* Thrift store: clothing, household items, sporting equipment, toys, etc. \* Volunteer development. \* Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. \* Donation of food and clothing to community organizations and people in need. \* Donation of school supplies for the food bank recipients. \* Christmas baskets.

**Eligibility:** food bank: people in need, thrift store: general public

**Coverage area:** Candiac

**Hours:** food bank: Wednesday 9h00 to 11h00, thrift store: Thursday 14h00 to 18h00, some Saturdays

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**ENTRAIDE MERCIER**

959 Saint-Joseph Street, Mercier, Montérégie, QC, J6R 2K9

**450 698-2137**

**Website:** www.entraidemercier.ca

**Email:** direction@entraidemercier.ca

**Services:** \* Thrift store: clothing, dishes, toys, books, housewares, computer equipment and electronic appliances. \* Indoor used goods recovery centre at 941 Saint-Joseph Street. \* Furniture donations upon referral in partnership with the Centre Communautaire de Châteauguay. \* Meeting with a community worker in partnership with La Rencontre Châteauguoise. \* School supplies.

**Coverage area:** Mercier, fournitures scolaires: Châteauguay, Mercier, Léry, Sainte-Martine et Saint-Isidore

**Hours:** Monday, Tuesday and Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 9h30 to 17h00, indoor donation center: Monday to Friday 8h00 to 20h00, Saturday and Sunday 9h30 to 19h00, closed on holidays

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**FABRIQUE DE LA PAROISSE DE SAINTE-MARGUERITE-D'YOUVILLE (LA) - ENTRAIDE FAMILIALE**

8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H5

**450 691-0966**

**Email:** paroissesmy@gmail.com

**Services:** \* Thrift store: clothes, toys, small household appliances, electronic devices, dishes and books. \* Collection box: clothes, toys, small household appliances, electronic devices, dishes and books.

**Eligibility:** people on a low income

**Coverage area:** Châteauguay

**Hours:** Monday 11h30 to 15h00 and 18h30 to 20h00, Tuesday to Friday 11h30 to 15h30, summer hours: Monday to Friday 11h30 to 15h00

**Financing:** donations

**Legal status:** Select Legal Status

**OPTIONS**

25A D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

**450 699-4357**

**Website:** www.centreoptions.org

**Email:** options@jslmontreal.org

**Services:** Care and support to young women, young men, and families facing unplanned pregnancy. Material assistance \* Free pregnancy testing. \* ARK boutique: free baby and maternity items. Education and prevention \* Personal self-worth and healthy relationship teaching. \* Sexual education workshops. \* Sex-ed workshops in schools. \* Referral for STI testing. \* Referral to government and community resources. Accompaniment \* Personalized support. \* Pregnancy options exploration. \* Mediation between family members or a client and other people. \* Tailored prenatal education & lactation support. \* Post-abortion support. \* Birth family support through the adoption process during and after pregnancy. Parental education \* Life skills and family management training. \* Mom and tot groups. \* Mentor mom and dad opportunities.

**Eligibility:** young women and men 25 years old and under and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 clients per week, pregnancy options support: 3 clients per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 15h00, appointments available outside these hours

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CHÂTEAUGUAY**

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

**450 691-1007 Fax:** 450 692-5063

**Email:** ssvpchateauguay@hotmail.com

**Services:** \* General store: clothing, furniture and other used items. \* Food aid: distribution of food baskets and food vouchers. \* Financial assistance for school fees. \* Christmas baskets.

**Eligibility:** people on a low income

**Coverage area:** Châteauguay, Léry and Mercier

**Hours:** general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**VESTIAIRE KATERI**

5367 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1L9

**450 638-5303**

**Services:** Sale of clothing and other items at low prices. \* On-site used items recovery: clothes, small household items, toys and leisure equipment.

**Coverage area:** Sainte-Catherine

**Hours:** Thursday 13h00 to 20h00

**Financing:** donations

**Legal status:** non-profit organization

**Used item donation recovery programs****BISTRO CULTUREL COEUR DE VILLAGE**

680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0

**514 400-5351 Fax:** 450 992-0633

**Website:** coeurdevillage.wordpress.com

**Email:** coeurdevillage@videotron.ca



**Services:** Promotion of culture and community action in rural areas. \* Free rotating exhibitions. \* Interventions with youth and seniors to break down the isolation. \* Reintegration: professional integration internships, community work. \* Summer jobs. \* Conference dinner with monthly show. \* Citizen involvement with various cultural activities. \* Flea market: small household items, toys and sports equipment, books. \* Restaurant. \* Volunteer work.

**Eligibility:** youth, adults, seniors

**Capacity:** unlimited

**Coverage area:** MRC Roussillon

**Hours:** Thursday to Saturday 16h00 to 21h00

**Fees:** annual membership: \$20

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

**Legal status:** non-profit organization

### **CENTRE COMMUNAUTAIRE DE CHÂTEAUGUAY - USED ITEMS RECOVERY**

3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7

**450 699-3464** Fax: 450 699-4111

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

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

**Services:** Used items recovery: appliances, furniture, household items, clothes, books. \* Home pick-up.

**Coverage area:** Delson, Candiac, Châteauguay, La Prairie, Sainte-Catherine, Saint-Constant

**Hours:** Monday to Wednesday, Saturday 9h00 to 16h30, Thursday, Friday 9h00 to 20h30

**Fees:** variable

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

**Legal status:** non-profit organization

### **CLÉ DES MOTS (LA)**

200 Saint-Pierre Street, Suite 103, Saint-Constant, Montérégie, QC, J5A 2G9

**450 635-1411**

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

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

**Services:** \* Literacy workshops. \* Various training. \* Used books store and other items.

**Eligibility:** adults

**Capacity:** 60

**Coverage area:** Saint-Constant

**Hours:** Monday and Friday 9h00 to 16h00, Tuesday to Thursday 9h00 to 17h00

**Fees:** subscription: \$20

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### **COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT - USED ITEMS RECOVERY**

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

**450 633-1688** Fax: 450 633-1690

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

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

**Services:** \* On-site collection of donations: perishable and non-perishable food, clothing, household items, toys and leisure equipment, books and magazines, school supplies.

**Coverage area:** Saint-Constant

**Hours:** Monday and Tuesday 9h00 to 17h00, Wednesday 9h30 to 17h00, Thursday and Friday 9h00 to 21h30, Saturday 9h00 to 16h00

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

**COMPLEXE LE PARTAGE - USED ITEMS RECOVERY**

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

**450 444-0803** Fax: 450 444-2621

**Website:** www.lepartage.org

**Email:** administration@lepartage.org

**Services:** \* On-site collection of donations: perishable and non-perishable food, clothing, household items, toys and leisure equipment, books and magazines, school supplies.

**Coverage area:** CLSC Kateri sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 22h00, Saturday 10h00 to 16h00, Sunday 12h00 to 16h00

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

**CORNE D'ABONDANCE DE CANDIAC**

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

**450 444-6999**

**Email:** corne.abondance.candiac@gmail.com

**Services:** \* Food bank and emergency assistance. \* Thrift store: clothing, household items, sporting equipment, toys, etc. \* Volunteer development. \* Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. \* Donation of food and clothing to community organizations and people in need. \* Donation of school supplies for the food bank recipients. \* Christmas baskets.

**Eligibility:** food bank: people in need, thrift store: general public

**Coverage area:** Candiac

**Hours:** food bank: Wednesday 9h00 to 11h00, thrift store: Thursday 14h00 to 18h00, some Saturdays

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**ENTRAIDE MERCIER**

959 Saint-Joseph Street, Mercier, Montérégie, QC, J6R 2K9

**450 698-2137**

**Website:** www.entraidemercier.ca

**Email:** direction@entraidemercier.ca

**Services:** \* Thrift store: clothing, dishes, toys, books, housewares, computer equipment and electronic appliances. \* Indoor used goods recovery centre at 941 Saint-Joseph Street. \* Furniture donations upon referral in partnership with the Centre Communautaire de Châteauguay. \* Meeting with a community worker in partnership with La Rencontre Châteauguaise. \* School supplies.

**Coverage area:** Mercier, fournitures scolaires: Châteauguay, Mercier, Léry, Sainte-Martine et Saint-Isidore

**Hours:** Monday, Tuesday and Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 9h30 to 17h00, indoor donation center: Monday to Friday 8h00 to 20h00, Saturday and Sunday 9h30 to 19h00, closed on holidays

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**FABRIQUE DE LA PAROISSE DE SAINTE-MARGUERITE-D'YOUVILLE (LA) - ENTRAIDE FAMILIALE**

8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H5

**450 691-0966**

**Email:** paroissesmy@gmail.com

**Services:** \* Thrift store: clothes, toys, small household appliances, electronic devices, dishes and books. \* Collection box: clothes, toys, small household appliances, electronic devices, dishes and books.

**Eligibility:** people on a low income

**Coverage area:** Châteauguay

## Thrift store and material aid

**Hours:** Monday 11h30 to 15h00 and 18h30 to 20h00, Tuesday to Friday 11h30 to 15h30, summer hours:

Monday to Friday 11h30 to 15h00

**Financing:** donations

**Legal status:** Select Legal Status

**OPTIONS**

25A D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

**450 699-4357**

**Website:** www.centroptions.org

**Email:** options@jslmontreal.org

**Services:** Care and support to young women, young men, and families facing unplanned pregnancy. Material assistance \* Free pregnancy testing. \* ARK boutique: free baby and maternity items. Education and prevention \* Personal self-worth and healthy relationship teaching. \* Sexual education workshops. \* Sex-ed workshops in schools. \* Referral for STI testing. \* Referral to government and community resources. Accompaniment \* Personalized support. \* Pregnancy options exploration. \* Mediation between family members or a client and other people. \* Tailored prenatal education & lactation support. \* Post-abortion support. \* Birth family support through the adoption process during and after pregnancy. Parental education \* Life skills and family management training. \* Mom and tot groups. \* Mentor mom and dad opportunities.

**Eligibility:** young women and men 25 years old and under and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 clients per week, pregnancy options support: 3 clients per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 15h00, appointments available outside these hours

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CHÂTEAUGUAY**

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

**450 691-1007 Fax:** 450 692-5063

**Email:** ssvpchateauguay@hotmail.com

**Services:** \* General store: clothing, furniture and other used items. \* Food aid: distribution of food baskets and food vouchers. \* Financial assistance for school fees. \* Christmas baskets.

**Eligibility:** people on a low income

**Coverage area:** Châteauguay, Léry and Mercier

**Hours:** general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**VESTIAIRE KATERI**

5367 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1L9

**450 638-5303**

**Services:** Sale of clothing and other items at low prices. \* On-site used items recovery: clothes, small household items, toys and leisure equipment.

**Coverage area:** Sainte-Catherine

**Hours:** Thursday 13h00 to 20h00

**Financing:** donations

**Legal status:** non-profit organization

## **Transportation**

**ACCOMPANIED TRANSPORT**

**ACCOMPANIED TRANSPORT FOR MEDICAL REASONS**

**PARATRANSIT**

## Accompanied transport

### CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - ACCOMPANIMENT-TRANSPORTATION

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

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

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

**Services:** Volunteer accompaniment and transportation service. \* Accompaniment to medical appointments. \* Accompaniment for grocery shopping or essential errands. \* Accompaniment for compassionate visits.

**Eligibility:** people aged 50 and over with a loss of physical or cognitive autonomy

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry, appointments: Greater Montréal

**Hours:** Monday to Friday, by appointment

**Fees:** variables depending on the destination

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

### CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651 Fax: 450 659-1271

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

**Email:** [candiac@benevolatrivesud.qc.ca](mailto:candiac@benevolatrivesud.qc.ca)

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

**Eligibility:** adults and seniors with a loss of autonomy, living alone or convalescent

**Coverage area:** Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson, appointments: South Shore, Montréal

**Hours:** day, evening and weekend according to availabilities

**Fees:** \$0.45 per km, parking fees for some hospitals

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

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

**Email:** [admin@maisondesaineslaprairie.org](mailto:admin@maisondesaineslaprairie.org)

**Services:** Community centre for seniors. \* Educational, social and cultural activities. \* Sporting and wellness activities. \* English and Spanish courses. \* Computer courses. \* Intergenerational projects. \* Community meals. \* At-home hairdressing. \* Monthly breakfast. \* Group transportation for errands and shopping. \* Conferences and discussions.

**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at home hairdressing: La Prairie

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

**Fees:** annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### **SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON - ACCOMPANIMENT-TRANSPORTATION**

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

**1 877 629-0817 Fax:** 450 993-0730

**Website:** www.sadjardins-roussillon.com

**Email:** info@sadjardins-roussillon.com

**Services:** \* Transportation and accompaniment for errands by employees.

**Eligibility:** seniors, people with loss of autonomy, disabled or ill

**Coverage area:** Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

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

**Fees:** transportation: \$0.45 per km, hourly fees according to the income

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### **Accompanied transport for medical reasons**

#### **CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - ACCOMPANIMENT-TRANSPORTATION**

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

**450 699-6289**

**Website:** www.cabchateauguay.org

**Email:** info@cabgc.org

**Services:** Volunteer accompaniment and transportation service. \* Accompaniment to medical appointments. \* Accompaniment for grocery shopping or essential errands. \* Accompaniment for compassionate visits.

**Eligibility:** people aged 50 and over with a loss of physical or cognitive autonomy

**Coverage area:** Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry, appointments: Greater Montréal

**Hours:** Monday to Friday, by appointment

**Fees:** variables depending on the destination

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

#### **CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION**

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

**450 659-9651 Fax:** 450 659-1271

**Website:** benevolatrivesud.qc.ca

**Email:** candiac@benevolatrivesud.qc.ca

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

**Eligibility:** adults and seniors with a loss of autonomy, living alone or convalescent

**Coverage area:** Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson, appointments: South Shore, Montréal

**Hours:** day, evening and weekend according to availabilities

**Fees:** \$0.45 per km, parking fees for some hospitals

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## Paratransit

### TRANSPORTS ACCÈS

185 Saint-Jean-Baptiste Boulevard, Suite 300C, Châteauguay, Montérégie, QC, J6K 3B4

**450 699-1077** Fax: 450 699-7305

Email: taiadapte@hotmail.com

**Services:** Paratransit by minibus or taxi offering door-to-door assistance.

**Eligibility:** people with a disability

**Coverage area:** Châteauguay, Léry, Mercier, Beauharnois

**Hours:** Monday to Friday 7h00 to 23h00, Saturday 10h00 to 24h00, Sunday 10h00 to 23h00

**Fees:** variable depending on destination

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

**Violence and abuse****CHILD ABUSE****DOMESTIC VIOLENCE: SHELTERS AND SUPPORT****HELP LINES RELATED TO VIOLENCE AND ABUSE****PREVENTION OF VIOLENCE AND CRIME****SEXUAL ASSAULT AND INCEST****SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES****SUPPORT FOR VICTIMS AND THEIR FAMILIES****THERAPY AND COUNSELLING**



## Child abuse

### AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

**450 692-7313** Fax: 450 692-9356

**Website:** www.avif.ca

**Email:** avif@bellnet.ca

**Services:** \* Intervention for men to cease controlling and violent behaviours. \* Support group for men in difficulty. \* Individual consultations, assessment and referral. \* Complètement Ados: awareness activities for youth in difficulty. \* Prevention workshops. \* Training for parents. \* Jeunes leaders dans la communauté: social involvement program for youth.

**Eligibility:** male adults, youth 12 to 20 years old

**Coverage area:** Montérégie

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

**Fees:** adult: \$30 for the assessment, support groups: \$5 to 20 depending on the income

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

### BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

**450 632-1640** Fax: 450 632-6754

**Website:** www.benado.org

**Email:** benado@videotron.ca

**Services:** \* Day centre for dropouts. \* Manual and self-knowledge activities, painting workshops, leather, bike repair. \* Job information for dropouts. \* Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. \* Information and consultation with victims of crime. \* Prevention of crime in schools. \* Community support in the implementation of programs related to conflict resolution.

**Eligibility:** dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents, community

**Coverage area:** Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

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

**Legal status:** non-profit organization

### ESPACE CHÂTEAUGUAY

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 692-5757**

**Website:** espacesansviolence.org/en

**Email:** info@espacechateauguay.com

**Services:** Prevention of violence against children. \* Prevention workshops. \* Phone listening and referral.

**Eligibility:** children 3 to 12 years old, parents, teachers and counsellors

**Coverage area:** Montérégie

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

**Fees:** free

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

**Legal status:** non-profit organization

**MAISON DES JEUNES DE LA PRAIRIE**

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

**450 444-6717**

**Website:** www.maisondesjeunes.ca

**Email:** mdjlaprairieequipe@videotron.ca

**Services:** Meeting place, services and reference. \* Cultural activities: painting, drawing, cooking, music, improvisation, etc. \* Sports activities: soccer, hockey, basketball, volleyball, etc. \* Leisure activities: board games, parties, sleepovers, etc. \* Volunteering: tree planting, food drive, bike collection, etc. \* Self-financing and democratic activities. \* Information and prevention in sexuality, crime, drug addiction, mental health and others. \* Homework assistance. \* Outings.

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

**Coverage area:** La Prairie

**Hours:** Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Fees:** life membership: \$10

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

**Legal status:** non-profit organization

**Domestic violence: shelters and support****AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE**

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

**450 692-7313 Fax:** 450 692-9356

**Website:** www.avif.ca

**Email:** avif@bellnet.ca

**Services:** \* Intervention for men to cease controlling and violent behaviours. \* Support group for men in difficulty. \* Individual consultations, assessment and referral. \* Complètement Ados: awareness activities for youth in difficulty. \* Prevention workshops. \* Training for parents. \* Jeunes leaders dans la communauté: social involvement program for youth.

**Eligibility:** male adults, youth 12 to 20 years old

**Coverage area:** Montérégie

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

**Fees:** adult: \$30 for the assessment, support groups: \$5 to 20 depending on the income

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**LEGAL AID OFFICE - CHÂTEAUGUAY**

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

**450 691-4325 Fax:** 450 699-0496

**Website:** ccjrs.com/bureaux/chateauguay

**Email:** chateauguay@ccjrs.com

**Services:** Free or low cost legal services to financially eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

**Coverage area:** Châteauguay, Saint-Constant, Delson, Kahnawake

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

**Fees:** people may be eligible for free legal aid or contributory legal aid between \$100 and \$800, depending on their financial situation, see scale on website

**Financing:** provincial

**Legal status:** parapublic organization

**WOMEN'S SHELTER LA RE-SOURCE OF CHÂTEAUGUAY**

Confidential Address

**450 699-0908** Fax: 450 699-1698**Website:** lare-source.org**Email:** direction@lare-source.org**Services:** Shelter. \* Phone listening, information and referral. \* Reception, external follow-up, accompaniment.  
\* Individual and group counselling. \* Intervention for children. \* Awareness, prevention.**Eligibility:** women victims of domestic violence with or without children**Capacity:** 16 people**Coverage area:** Montérégie**Hours:** 24 hours / 7 days**Fees:** free**Financing:** fundraising campaigns, grants**Legal status:** non-profit organization**Help lines related to violence and abuse****ESPACE CHÂTEAUGUAY**

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 692-5757****Website:** espacesansviolence.org/en**Email:** info@espacechateauguay.com**Services:** Prevention of violence against children. \* Prevention workshops. \* Phone listening and referral.**Eligibility:** children 3 to 12 years old, parents, teachers and counsellors**Coverage area:** Montérégie**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00**Fees:** free**Financing:** provincial, fundraising campaigns, donations**Legal status:** non-profit organization**WOMEN'S SHELTER LA RE-SOURCE OF CHÂTEAUGUAY**

Confidential Address

**450 699-0908** Fax: 450 699-1698**Website:** lare-source.org**Email:** direction@lare-source.org**Services:** Shelter. \* Phone listening, information and referral. \* Reception, external follow-up, accompaniment.  
\* Individual and group counselling. \* Intervention for children. \* Awareness, prevention.**Eligibility:** women victims of domestic violence with or without children**Capacity:** 16 people**Coverage area:** Montérégie**Hours:** 24 hours / 7 days**Fees:** free**Financing:** fundraising campaigns, grants**Legal status:** non-profit organization

## Prevention of violence and crime

### AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

**450 692-7313** Fax: 450 692-9356

**Website:** www.avif.ca

**Email:** avif@bellnet.ca

**Services:** \* Intervention for men to cease controlling and violent behaviours. \* Support group for men in difficulty. \* Individual consultations, assessment and referral. \* Complètement Ados: awareness activities for youth in difficulty. \* Prevention workshops. \* Training for parents. \* Jeunes leaders dans la communauté: social involvement program for youth.

**Eligibility:** male adults, youth 12 to 20 years old

**Coverage area:** Montérégie

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

**Fees:** adult: \$30 for the assessment, support groups: \$5 to 20 depending on the income

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

### RÉGIE INTERMUNICIPALE DE POLICE ROUSSILLON

90 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 6M6

**450 638-0911 ext. 0** Fax: 450 638-0905

**Website:** ripr.ca

**Email:** direction@policeroussillon.ca

**Services:** Responds to the public's safety needs. \* Protection of the citizen's lives and property. \* Peace and public safety maintenance. \* Verification of criminal record. \* Prevention and combat against crime. \* Enforcement of applicable laws and regulations.

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** 24/7, administration: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

### SERVICE DE POLICE DE CHÂTEAUGUAY

55 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P9

**450 698-1331**

**Website:** www.ville.chateauguay.qc.ca/en/police

**Email:** police@police.chateauguay.ca

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Awareness-raising.

**Coverage area:** Châteauguay, Léry, Beauharnois and Saint-Isidore

**Hours:** 24 hours / 7 days

**Financing:** municipal

**Legal status:** municipal agency

### WOMEN'S SHELTER LA RE-SOURCE OF CHÂTEAUGUAY

Confidential Address

**450 699-0908** Fax: 450 699-1698

**Website:** lare-source.org

**Email:** direction@lare-source.org

**Services:** Shelter. \* Phone listening, information and referral. \* Reception, external follow-up, accompaniment. \* Individual and group counselling. \* Intervention for children. \* Awareness, prevention.

**Eligibility:** women victims of domestic violence with or without children

**Capacity:** 16 people

**Coverage area:** Montérégie

**Hours:** 24 hours / 7 days

**Fees:** free

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

## Sexual assault and incest

### CHÂTEAUGUAY SEXUAL ASSAULT CENTRE

Confidential Address

**450 699-8258 Fax:** 450 699-7295

**Website:** www.calacs-chateauguay.ca

**Email:** info@calacs-chateauguay.ca

**Services:** \* Listening, information, referral. \* Individual counselling. \* Support groups. \* Accompaniment during legal procedures and for IVAC requests. \* Prevention activities in school, social, community and professionals groups. \* Activism: denunciations, protests, consultations, advocacy and mobilization.

**Eligibility:** women 12 years old and over who have been sexually assaulted

**Capacity:** support groups: 6 to 8 women

**Coverage area:** Beauharnois, MRC Les Jardins-de-Napierville, MRC Roussillon

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

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

## Support for perpetrators of violence and their families

### AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

**450 692-7313 Fax:** 450 692-9356

**Website:** www.avif.ca

**Email:** avif@bellnet.ca

**Services:** \* Intervention for men to cease controlling and violent behaviours. \* Support group for men in difficulty. \* Individual consultations, assessment and referral. \* Complètement Ados: awareness activities for youth in difficulty. \* Prevention workshops. \* Training for parents. \* Jeunes leaders dans la communauté: social involvement program for youth.

**Eligibility:** male adults, youth 12 to 20 years old

**Coverage area:** Montérégie

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

**Fees:** adult: \$30 for the assessment, support groups: \$5 to 20 depending on the income

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

## Support for victims and their families

### BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

**450 632-1640** Fax: 450 632-6754

**Website:** www.benado.org

**Email:** benado@videotron.ca

**Services:** \* Day centre for dropouts. \* Manual and self-knowledge activities, painting workshops, leather, bike repair. \* Job information for dropouts. \* Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. \* Information and consultation with victims of crime. \* Prevention of crime in schools. \* Community support in the implementation of programs related to conflict resolution.

**Eligibility:** dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents, community

**Coverage area:** Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

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

**Legal status:** non-profit organization

### CHÂTEAUGUAY SEXUAL ASSAULT CENTRE

Confidential Address

**450 699-8258** Fax: 450 699-7295

**Website:** www.calacs-chateauguay.ca

**Email:** info@calacs-chateauguay.ca

**Services:** \* Listening, information, referral. \* Individual counselling. \* Support groups. \* Accompaniment during legal procedures and for IVAC requests. \* Prevention activities in school, social, community and professionals groups. \* Activism: denunciations, protests, consultations, advocacy and mobilization.

**Eligibility:** women 12 years old and over who have been sexually assaulted

**Capacity:** support groups: 6 to 8 women

**Coverage area:** Beauharnois, MRC Les Jardins-de-Napierville, MRC Roussillon

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

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

**1 800 622-6232** TTY: 1 800 926-9105

**Website:** www.canada.ca

**Services:** Service centre bringing together programs, services and benefits at the federal level. \* Applications for Social Insurance Number. \* Information on the labor market. \* Job bank. \* Record of Employment. \* Annuities. \* Retirement pension from Canada Pension Plan. \* Guaranteed Income Supplement, Old Age Security. \* International Benefits. \* Career Transition Services for veterans. \* Allowance Program. \* Special Benefits. \* Employment Insurance Regular Benefits. \* Career Planning. \* Wage Earner Protection Program. \* Canada Summer Jobs (CSJ) for youth and students. \* Orientation on foreign credentials. \* Receiving agents of passports. \* Office of complaints. \* Employer service centre. \* Prevention and reporting of fraud. \* Savings plan. \* Income support for parents of murdered or missing children.

**Coverage area:** Châteauguay

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

**Financing:** federal

**Legal status:** federal government agency

## Therapy and counselling

### CANADIAN CANCER SOCIETY - SOUTH-WEST REGIONAL OFFICE

161B Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

**514 255-5151**

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

**Email:** [sccchateauguay@quebec.cancer.ca](mailto:sccchateauguay@quebec.cancer.ca)

**Services:** \* Monthly support group. \* Documentation. \* Donation of temporary breast prostheses. \* Loan of wigs, turbans and scarves. \* Awareness-raising. \* Art workshops and visualization.

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

**Coverage area:** South-West of Québec

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### CLSC CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

**450 699-3333 Fax:** 450 691-6202

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

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

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

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, test centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

**450 659-7661 Fax:** 450 444-6260

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

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

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

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**CRISIS CENTRE - MAISON SOUS LES ARBRES**

2 Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-5935** Fax: 450 691-6813

**Website:** www.la-msla.com

**Email:** direction@la-msla.com

**Services:** Crisis intervention: telephone helpline or face to face. \* Short-term follow-up. \* Follow-up during and after the crisis. \* Assistance to bereaved relatives.

**Eligibility:** adults 18 years old and over in suicidal, psychosocial or psychiatric crisis

**Capacity:** emergency shelter: 3 beds

**Coverage area:** CLSC Châteauguay, CLSC Jardin du Québec, CLSC Katéri

**Hours:** phone intervention: 24/7

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**MAISON SOUS LES ARBRES (LA)**

2 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

**450 699-5935** Fax: 450 691-6813

**Website:** www.la-msla.com

**Email:** admin@la-msla.com

**Services:** Crisis intervention centre and suicide prevention. \* 24-hour telephone intervention line. \* Postvention. \* Crisis housing. \* Individual crisis follow-up. \* Assistance for the bereaved. \* Awareness. \* Referral. \* Support to community. \* Variable intensive follow-up: psychosocial rehabilitation. \* Training for counsellors.

**Eligibility:** people aged 18 years old and over, training: counsellors, intensive follow-up: people living with a mental health problem

**Capacity:** short term housing: 3 places, crisis follow-up: 23 places, community support and intensive follow-up: 63 places

**Coverage area:** Châteauguay

**Hours:** hotline and crisis centre: 24/7, intensive follow-up: Monday to Friday 8h30 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**QUARTIER DES FEMMES (LE)**

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1

**450 692-9805** Fax: 450 692-8243

**Website:** www.quartierdesfemmes.com

**Email:** info@quartierdesfemmes.com

**Services:** Centre providing help and popular education for the improvement of the living conditions and the power of women to act in all their diversities. \* Mother-friend program. \* Individual intervention. \* Youth camp. \* Various meetings on topics affecting women. \* Workshops. \* Self-help groups. \* Collective kitchens. \* Collective gardens. \* Conferences.

**Eligibility:** women

**Coverage area:** CLSC Jardins-Roussillon

**Hours:** Monday to Friday 8h30 to 16h30, open in the evening according to activities

**Fees:** free, some activities at minimal prices

**Financing:** provincial, Centraide of Greater Montréal, federal, donations, contributions

**Legal status:** non-profit organization



**S.AU.S.**

9 Montcalm Street North, Suite 512, Candiac, Montérégie, QC, J5R 3L5

**514 944-4986**

**Website:** [www.s-au-s.org](http://www.s-au-s.org)

**Email:** [programscoordinator.s.au.s@gmail.com](mailto:programscoordinator.s.au.s@gmail.com)

**Services:** Recreational activities for children with an autism spectrum disorder. \* Oasis adapted day camps for youth 13 to 21 years old. \* Free-play and swimming pool for families. \* Soccer and dance. \* Music therapy. \*

Teen-Club: social club for youth aged 13 years and over once a month. \* Christmas breakfast. \* Autism awareness run. \* Annual fund-raising gala.

**Eligibility:** children with an autism spectrum disorder

**Coverage area:** Province of Québec

**Hours:** office: Monday to Thursday 9h00 to 15h00

**Fees:** variable, some services are free

**Financing:** self-financing

**Legal status:** non-profit organization

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