



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTÉRÉGIE / MRC ROUVILLE / ALL CITIES



2-1-1



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Child, Youth and Family**MATERNITY SUPPORT AND ADOPTION****YOUTH EMPLOYMENT**

Maternity support and adoption

MAISON DE NAISSANCE DU RICHELIEU

700 Martel Street, Richelieu, Montérégie, QC, J3L 5R6

450 658-2080

Website: www.santemonteregie.qc.ca/installations/maison-de-naissance-du-richelieu

Email: reception_sage-femme.cssshrr16@ssss.gouv.qc.ca

Services: * Pregnancy and postnatal follow-up. * Midwife services. * Birth rooms. * Prenatal group meetings.

Eligibility: pregnant women

Coverage area: MRC Le Haut-Richelieu

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

Fees: none

Financing: provincial

Legal status: parapublic organization

Youth Employment

CARREFOUR JEUNESSE-EMPLOI COMTÉS IBERVILLE ET SAINT-JEAN - POINT DE SERVICE MARIEVILLE

491 Sainte-Marie Street, Marieville, Montérégie, QC, J3M 1M4

450 460-8887 Fax: 450 460-1147

Website: www.cje-isj.com

Email: cje.marieville@cje-isj.com

Services: * School and professional guidance. * Back to school assistance. * Job search assistance: interview techniques, information on working abroad. * Entrepreneurship: information and assistance with business start-up. * Multi-services room: computers, photocopier, phone and documentation centre. * Employers: job offers posting and networking. * Skill development workshops: cooking, arts, woodwork.

Eligibility: youth 16 to 35 years old, employers

Coverage area: MRC Le Haut-Richelieu, MRC Rouville, MRC Brome-Missisquoi

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Disability

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

RECREATION AND CAMPS

RESPITE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

Advocacy for people with a physical disability

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA

608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9

450 658-9869

Website: www.associationalpha.com

Email: associationalpha@hotmail.com

Services: * Raising awareness and advocating for the rights of people living with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults living with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massage therapy. * Activities and workshops: singing, visual arts, dance initiation, meetings, Zumba, special outings. * Journée Déclic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents living with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents living with an intellectual disability. * Summer day camp.

Eligibility: people living with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over living with an intellectual disability or an ASD

Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire

Hours: IPS program and summer day camp: Monday to Friday 8h30 to 15h30, journée Déclic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

Advocacy for people with an intellectual disability

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA

608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9

450 658-9869

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Email: associationalpha@hotmail.com

Services: * Raising awareness and advocating for the rights of people living with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults living with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massage therapy. * Activities and workshops: singing, visual arts, dance initiation, meetings, Zumba, special outings. * Journée Déclic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents living with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents living with an intellectual disability. * Summer day camp.

Eligibility: people living with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over living with an intellectual disability or an ASD

Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire

Hours: IPS program and summer day camp: Monday to Friday 8h30 to 15h30, journée Déclic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

Recreation and camps

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA

608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9

450 658-9869

Website: www.associationalpha.com

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Eligibility: people living with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over living with an intellectual disability or an ASD

Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire

Hours: IPS program and summer day camp: Monday to Friday 8h30 to 15h30, journée Déclic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

Respite services and housing

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA

608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9

450 658-9869

Website: www.associationalpha.com

Email: associationalpha@hotmail.com

Services: * Raising awareness and advocating for the rights of people living with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults living with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massage therapy. * Activities and workshops: singing, visual arts, dance initiation, meetings, Zumba, special outings. * Journée Déclic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents living with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents living with an intellectual disability. * Summer day camp.

Eligibility: people living with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over living with an intellectual disability or an ASD

Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire

Hours: IPS program and summer day camp: Monday to Friday 8h30 to 15h30, journée Déclic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

Support Associations

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA

608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9

450 658-9869

Website: www.associationalpha.com

Email: associationalpha@hotmail.com

Services: * Raising awareness and advocating for the rights of people living with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults living with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massage therapy. * Activities and workshops: singing, visual arts, dance initiation, meetings, Zumba, special outings. * Journée Déclic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents living with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents living with an intellectual disability. * Summer day camp.

Eligibility: people living with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over living with an intellectual disability or an ASD

Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire

Hours: IPS program and summer day camp: Monday to Friday 8h30 to 15h30, journée Déclic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

Support and integration organizations

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA

608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9

450 658-9869

Website: www.associationalpha.com

Email: associationalpha@hotmail.com

Services: * Raising awareness and advocating for the rights of people living with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults living with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massage therapy. * Activities and workshops: singing, visual arts, dance initiation, meetings, Zumba, special outings. * Journée Déclic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents living with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents living with an intellectual disability. * Summer day camp.

Eligibility: people living with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over living with an intellectual disability or an ASD

Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire

Hours: IPS program and summer day camp: Monday to Friday 8h30 to 15h30, journée Déclic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

Education and Literacy**ACADEMIC AND VOCATIONAL GUIDANCE****COMPUTER WORKSHOPS****HOMEWORK ASSISTANCE AND TUTORING****LANGUAGE COURSES****LITERACY****PUBLIC EDUCATION**

Academic and vocational guidance

CARREFOUR JEUNESSE-EMPLOI COMTÉS IBERVILLE ET SAINT-JEAN - POINT DE SERVICE MARIEVILLE

491 Sainte-Marie Street, Marieville, Montérégie, QC, J3M 1M4

450 460-8887 Fax: 450 460-1147

Website: www.cje-isj.com

Email: cje.marieville@cje-isj.com

Services: * School and professional guidance. * Back to school assistance. * Job search assistance: interview techniques, information on working abroad. * Entrepreneurship: information and assistance with business start-up. * Multi-services room: computers, photocopier, phone and documentation centre. * Employers: job offers posting and networking. * Skill development workshops: cooking, arts, woodwork.

Eligibility: youth 16 to 35 years old, employers

Coverage area: MRC Le Haut-Richelieu, MRC Rouville, MRC Brome-Missisquoi

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Computer workshops

ÉDUC À TOUT - SAINT-CÉSAIRE

2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Homework assistance and tutoring

ÉDUC À TOUT - SAINT-CÉSAIRE

2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Language courses

ÉDUC À TOUT

146 du Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment in the evening

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉSAIRE

2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Literacy

ÉDUC À TOUT

146 du Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment in the evening

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉSAIRE

2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Public education**ÉDUC À TOUT**

146 du Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment in the evening

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉSAIRE

2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment and Income Support**EMPLOYMENT SUPPORT FOR YOUTH****TAX CLINICS**

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI COMTÉS IBERVILLE ET SAINT-JEAN - POINT DE SERVICE MARIEVILLE

491 Sainte-Marie Street, Marieville, Montérégie, QC, J3M 1M4

450 460-8887 Fax: 450 460-1147

Website: www.cje-isj.com

Email: cje.marieville@cje-isj.com

Services: * School and professional guidance. * Back to school assistance. * Job search assistance: interview techniques, information on working abroad. * Entrepreneurship: information and assistance with business start-up. * Multi-services room: computers, photocopier, phone and documentation centre. * Employers: job offers posting and networking. * Skill development workshops: cooking, arts, woodwork.

Eligibility: youth 16 to 35 years old, employers

Coverage area: MRC Le Haut-Richelieu, MRC Rouville, MRC Brome-Missisquoi

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Tax clinics

CENTRE D'ACTION BÉNÉVOLE DE SAINT-CÉSAIRE - TAX CLINIC

1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0

450 469-3279 Fax: 450 469-0958

Website: www.cabacoeur.org

Email: services@cabacoeur.org

Services: Year-round tax clinic.

Eligibility: single people with \$25,000 or less in income, single-parent families with \$25,000 plus \$2,000 per dependent child or less in income, couples without children with \$30,000 or less in income, couples with children with \$30,000 plus \$2,000 per dependent child or less in income

Coverage area: Province of Québec

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

Fees: in tax period: \$5, outside tax period: 20 to \$25, depending on the complexity of the request

Financing: provincial, self-financing

Legal status: non-profit organization

Food

PREPARED MEALS AND MEALS-ON-WHEELS

Prepared meals and Meals-on-wheels

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE

300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5

514 798-6767 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day centre providing activities for seniors and caregivers. * Meeting place. * External respite for caregivers. * At-home respite. * Frozen meals. * Group transportation for shopping. * Activities, lessons and workshops.

Eligibility: seniors 50 years old and over who are autonomous, living with a disability, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: \$25 per year

Financing: donations, grants

Legal status: non-profit organization

Housing

EMERGENCY

Emergency

ASSOCIATION DES POMPIERS AUXILIAIRES DE LA MONTÉRÉGIE

200 Josée Street, Rougemont, Montérégie, QC, J0L 1M0

450 469-3177 Fax: 450 469-9629

Website: apam.net

Email: info@apam.net

Services: Bringing a direct assistance to victims of disasters in emergency situations, and bringing support to the workers responding to the event, whether they be firefighters, police officers or paramedics.

Eligibility: victims of disasters, the workers responding to the event, whether they be firefighters, police officers or paramedics

Coverage area: Agglomération de Longueuil, MRC La Vallée-du-Richelieu, MRC Marguerite-D'Youville, MRC Les Maskoutains, MRC La Haute-Yamaska, MRC Brome-Missisquoi, MRC Rouville

Financing: donations

Legal status: non-profit organization

Immigration and cultural communities

FRENCH COURSES

SETTLEMENT SERVICES FOR NEWCOMERS

French courses

ÉDUC À TOUT

146 du Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment in the evening

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉSAIRE

2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Settlement services for newcomers

ÉDUC À TOUT

146 du Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment in the evening

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉSAIRE

2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Justice and Advocacy

ADVOCACY GROUPS

Advocacy groups

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA

608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9

450 658-9869

Website: www.associationalpha.com

Email: associationalpha@hotmail.com

Services: * Raising awareness and advocating for the rights of people living with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults living with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massage therapy. * Activities and workshops: singing, visual arts, dance initiation, meetings, Zumba, special outings. * Journée Décllic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents living with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents living with an intellectual disability. * Summer day camp.

Eligibility: people living with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over living with an intellectual disability or an ASD

Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire

Hours: IPS program and summer day camp: Monday to Friday 8h30 to 15h30, journée Décllic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

SELF-HELP GROUPS FOR ADDICTION ISSUES

Addiction prevention

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-CENTRE - HAUT-RICHELIEU - ROUVILLE

300 de Marieville Road, Richelieu, Montérégie, QC, J3L 3V8

1 833 499-0144 option 2

Website: <https://santemonteregie.qc.ca/centre/services-de-proximite-en-dependance>

Email: ssgdependance.hrr.cisssmc16@ssss.gouv.qc.ca

Services: Front-line addiction services. * Information and education on addiction. * Reflection on consumption habits and possible solutions. * Support for loved ones. * Mes choix Alcool. * Mes choix cannabis. * Mes choix toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Montérégie-Centre: Haut-Richelieu Rouville: Carignan, Chambly, Henryville, Lacolle, Marieville, Mont-Saint-Grégoire, Noyan, Richelieu, Rougemont, Saint-Alexandre, Saint-Blaise-sur-Richelieu, Saint-Césaire, Sainte-Angèle-de-Monnoir, Sainte-Anne-de-Sabrevois, Saint-Georges-de-Clarenceville, Saint-Mathias-sur-Richelieu, Saint-Paul-de-l'Île-aux-Noix, Saint-Sébastien, Saint-Valentin, St-Jean-sur-Richelieu, Venise-en-Québec

Legal status: provincial government agency

Addiction treatment

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-CENTRE - HAUT-RICHELIEU - ROUVILLE

300 de Marieville Road, Richelieu, Montérégie, QC, J3L 3V8

1 833 499-0144 option 2

Website: <https://santemonteregie.qc.ca/centre/services-de-proximite-en-dependance>

Email: ssgdependance.hrr.cisssmc16@ssss.gouv.qc.ca

Services: Front-line addiction services. * Information and education on addiction. * Reflection on consumption habits and possible solutions. * Support for loved ones. * Mes choix Alcool. * Mes choix cannabis. * Mes choix toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Montérégie-Centre: Haut-Richelieu Rouville: Carignan, Chambly, Henryville, Lacolle, Marieville, Mont-Saint-Grégoire, Noyan, Richelieu, Rougemont, Saint-Alexandre, Saint-Blaise-sur-Richelieu, Saint-Césaire, Sainte-Angèle-de-Monnoir, Sainte-Anne-de-Sabrevois, Saint-Georges-de-Clarenceville, Saint-Mathias-sur-Richelieu, Saint-Paul-de-l'Île-aux-Noix, Saint-Sébastien, Saint-Valentin, St-Jean-sur-Richelieu, Venise-en-Québec

Legal status: provincial government agency

Self-help groups for addiction issues

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-CENTRE - HAUT-RICHELIEU - ROUVILLE

300 de Marieville Road, Richelieu, Montérégie, QC, J3L 3V8

1 833 499-0144 option 2

Website: <https://santemonteregie.qc.ca/centre/services-de-proximite-en-dependance>

Email: ssgdependance.hrr.cisssmc16@ssss.gouv.qc.ca

Services: Front-line addiction services. * Information and education on addiction. * Reflection on consumption habits and possible solutions. * Support for loved ones. * Mes choix Alcool. * Mes choix cannabis. * Mes choix toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Montérégie-Centre: Haut-Richelieu Rouville: Carignan, Chambly, Henryville, Lacolle, Marieville, Mont-Saint-Grégoire, Noyan, Richelieu, Rougemont, Saint-Alexandre, Saint-Blaise-sur-Richelieu, Saint-Césaire, Sainte-Angèle-de-Monnoir, Sainte-Anne-de-Sabrevois, Saint-Georges-de-Clarenceville, Saint-Mathias-sur-Richelieu, Saint-Paul-de-l'Île-aux-Noix, Saint-Sébastien, Saint-Valentin, St-Jean-sur-Richelieu, Venise-en-Québec

Legal status: provincial government agency

Seniors**CAREGIVERS****COMMUNITY AND RECREATION CENTRES****DAY CENTRES AND RESPITE****HOME SUPPORT****HOUSING FOR SENIORS****MEALS ON WHEELS****VOLUNTEER TRANSPORTATION**

Caregivers

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE

300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5

514 798-6767 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day centre providing activities for seniors and caregivers. * Meeting place. * External respite for caregivers. * At-home respite. * Frozen meals. * Group transportation for shopping. * Activities, lessons and workshops.

Eligibility: seniors 50 years old and over who are autonomous, living with a disability, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: \$25 per year

Financing: donations, grants

Legal status: non-profit organization

Community and Recreation Centres

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE

300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5

514 798-6767 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

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Eligibility: seniors 50 years old and over who are autonomous, living with a disability, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: \$25 per year

Financing: donations, grants

Legal status: non-profit organization

Day centres and respite

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE

300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5

514 798-6767 Fax: 450 658-4469

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Eligibility: seniors 50 years old and over who are autonomous, living with a disability, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: \$25 per year

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'HÉBERGEMENT SAINTE-CROIX

300 du Docteur-Poulin Street, Marieville, Montérégie, QC, J3M 1L7

450 460-4475 Fax: 450 460-4104

Website: santemonteregie.qc.ca/en/installations/chsld-sainte-croix

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Montérégie

Hours: CLSC de la Vallée-des-Forts: Friday 10h00 to 14h45

Financing: provincial

Legal status: parapublic organization

Home support

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE

300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5

514 798-6767 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day centre providing activities for seniors and caregivers. * Meeting place. * External respite for caregivers. * At-home respite. * Frozen meals. * Group transportation for shopping. * Activities, lessons and workshops.

Eligibility: seniors 50 years old and over who are autonomous, living with a disability, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: \$25 per year

Financing: donations, grants

Legal status: non-profit organization

Housing for seniors

CENTRE D'HÉBERGEMENT SAINTE-CROIX

300 du Docteur-Poulin Street, Marieville, Montérégie, QC, J3M 1L7

450 460-4475 Fax: 450 460-4104

Website: santemonteregie.qc.ca/en/installations/chsld-sainte-croix

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Montérégie

Hours: CLSC de la Vallée-des-Forts: Friday 10h00 to 14h45

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT VAL-JOLI

1425 Notre-Dame Street, Saint-Césaire, Montérégie, QC, J0L 1T0

450 469-3194 Fax: 450 469-3195

Website: santemonteregie.qc.ca/en/installations/chsld-val-joli

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

Meals on Wheels**CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE**

300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5

514 798-6767 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day centre providing activities for seniors and caregivers. * Meeting place. * External respite for caregivers. * At-home respite. * Frozen meals. * Group transportation for shopping. * Activities, lessons and workshops.

Eligibility: seniors 50 years old and over who are autonomous, living with a disability, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: \$25 per year

Financing: donations, grants

Legal status: non-profit organization

Volunteer Transportation**CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE**

300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5

514 798-6767 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day centre providing activities for seniors and caregivers. * Meeting place. * External respite for caregivers. * At-home respite. * Frozen meals. * Group transportation for shopping. * Activities, lessons and workshops.

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Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: \$25 per year

Financing: donations, grants

Legal status: non-profit organization

Sports, Recreation and Culture

CLUBS AND SOCIAL EVENTS

HOBBIES

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Clubs and social events

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE

300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5

514 798-6767 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

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Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: \$25 per year

Financing: donations, grants

Legal status: non-profit organization

Hobbies

ÉDUC À TOUT - SAINT-CÉSAIRE

2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0

450 460-5433

Website: www.educ-a-tout.ca

Email: educatout146@outlook.com

Services: * Literacy training. * French classes. * Preparation for secondary 3 and 5 equivalence tests. * Preparation for the French test for immigrants. * Technology training. * School perseverance support.

Eligibility: people 10 to 70 years old

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Sports and recreation for people with a disability

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA

608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9

450 658-9869

Website: www.associationalpha.com

Email: associationalpha@hotmail.com

Services: * Raising awareness and advocating for the rights of people living with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults living with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massage therapy. * Activities and workshops: singing, visual arts, dance initiation, meetings, Zumba, special outings. * Journée Décllic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents living with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents living with an intellectual disability. * Summer day camp.

Eligibility: people living with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over living with an intellectual disability or an ASD

Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire

Hours: IPS program and summer day camp: Monday to Friday 8h30 to 15h30, journée Déclic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

Accompanied transport

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE

300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5

514 798-6767 Fax: 450 658-4469

Website: entraideplus.org

Email: info@entraideplus.org

Services: Day centre providing activities for seniors and caregivers. * Meeting place. * External respite for caregivers. * At-home respite. * Frozen meals. * Group transportation for shopping. * Activities, lessons and workshops.

Eligibility: seniors 50 years old and over who are autonomous, living with a disability, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: \$25 per year

Financing: donations, grants

Legal status: non-profit organization

Violence and abuse

THERAPY AND COUNSELLING

Therapy and counselling

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA

608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9

450 658-9869

Website: www.associationalpha.com

Email: associationalpha@hotmail.com

Services: * Raising awareness and advocating for the rights of people living with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults living with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massage therapy. * Activities and workshops: singing, visual arts, dance initiation, meetings, Zumba, special outings. * Journée Décllic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents living with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents living with an intellectual disability. * Summer day camp.

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Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

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