



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTÉRÉGIE / MRC VAUDREUIL-SOULANGES / ALL CITIES



2-1-1



WWW.211.QC.CA

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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 DE SERVICES PSYCHOSOCIAUX VAUDREUIL-DORION

2555 Dutrisac Street, Suite RC 24, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 641-3254

Website: santemonteregie.qc.ca/en/node/610

Services: * Psychosocial point of services.

Eligibility: children and teens in difficulty, parents, guardians, stakeholders

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE SAINT-ZOTIQUE

1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa et moi: fun activities, outings or informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Tuesday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE VAUDREUIL-DORION

15 Louise-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6Y9

450 218-0561

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa, pas à pas: fun activities, informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

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Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

Daycare and respite

ATELIER LA BOÎTE À SURPRISES

15 du Boisé-des-Franciscaines Street, Suite 102, Rigaud, Montérégie, QC, J0P 1P0

450 451-6111

Website: atelierlaboiteasurprises.jimdofree.com

Email: la.boite.a.surprises.rigaud@gmail.com

Services: Daycare promoting cognitive, psychomotor, social, emotional and moral development of children. * Daily 4 hour blocks, full time or part time. * Artistic, scientific, cognitive, physical, musical and socialization activities.

Eligibility: children 18 months to 5 years old

Capacity: 40 spots per week

Coverage area: Rigaud

Hours: Monday to Friday 8h30 to 12h30

Fees: \$16.50 per day

Financing: Centraide Sud-Ouest du Québec

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance with possibility of delivery for seniors 65 years and over. * Baby food assistance. * Collective kitchens. * Clothing bank. * Thrift store: housewares, books and clothing for the whole family. * Assistance with filling out forms. * Friendly visits. * SécuriCAB: automated safety and medication reminder phone calls. * Tax clinic. * Development and promotion of volunteer action.

Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Coverage area: SécuriCAB program: MRC Vaudreuil-Soulanges, other services: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Monday to Friday 8h30 to 16h30, Thrift store: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 18h30, Saturday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food assistance: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE SAINT-ZOTIQUE

1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa et moi: fun activities, outings or informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Tuesday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE VAUDREUIL-DORION

15 Louise-Joséphite Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6Y9

450 218-0561

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa, pas à pas: fun activities, informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Monday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00 and Sunday 13h30 à 19h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

PRENATAL AND YOUNG FAMILY CENTRE

640A Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4

450 424-7867

Website: centrepjf.org/en/home

Email: info@centrepjf.org

Services: Support for future parents and families. * Birth support, pediatric and family osteopathy. * Workshops and conferences: babywearing, perinatal care, co-parenting, etc. * Preschool and parent-child workshops. * Musical, reading and writing workshops. * Prenatal and postnatal yoga. * Prenatal meetings. * Prenatal classes. * Drop-in center: 3-hour block. * Support groups. * Breastfeeding support with Nourri-Source. * Training: CPR/AED. * Les Relevailles service: home visits by a perinatal assistant.

Eligibility: parents of children 0 to 5 years old, future parents, families, Les Relevailles service: new parents with a baby under 12 months of age, Drop-in service: children 0 to 18 months of age

Capacity: 16 people

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h00 to 15h30

Fees: none

Financing: self-financing

Legal status: non-profit organization

Family Support

CLSC DE VAUDREUIL-DORION - PAROLES AUX ANGES

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171 ext. 70345 Fax: 450 424-8218

Services: * Bi-monthly support groups for bereaved parents by an incomplete pregnancy or post-natal mortality. * Possibility of individual follow-up.

Eligibility: parents who have experienced a miscarriage, termination of pregnancy after the discovery of an abnormality, ectopic pregnancy, stillbirth or death of the child in the days or weeks after birth

Coverage area: Greater Montréal, individual follow-up: CISSS Montérégie-Ouest

Hours: support groups: 4th Thursday of the month 19h00 to 21h30, 2nd Wednesday of the month 19h00 to 21h30 at CLSC Kateri

Fees: none

Financing: provincial

Legal status: parapublic organization

FONDATION DES ENFANTS DE VAUDREUIL-SOULANGES

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171 ext. 70662

Website: fevs.ca/en

Email: agente_administrative@fevs.ca

Services: Contributes to the educational and social success of children. * Financial assistance for day and vacation camps. * Ton sac d'école comme tout le monde program: distributions of sneakers, snowsuits and school supplies. * Club des dîneurs: distribution of snacks in school. * Financing the OLO service offered by the CLSC.

Eligibility: children in situation of vulnerability

Coverage area: MRC Vaudreuil-Soulanges

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE SAINT-ZOTIQUE

1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa et moi: fun activities, outings or informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Tuesday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE VAUDREUIL-DORION

15 Louise-Josephte Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6Y9

450 218-0561

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa, pas à pas: fun activities, informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Monday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00 and Sunday 13h30 à 19h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

PRENATAL AND YOUNG FAMILY CENTRE

640A Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4

450 424-7867

Website: centrepjf.org/en/home

Email: info@centrepjf.org

Services: Support for future parents and families. * Birth support, pediatric and family osteopathy. * Workshops and conferences: babywearing, perinatal care, co-parenting, etc. * Preschool and parent-child workshops. * Musical, reading and writing workshops. * Prenatal and postnatal yoga. * Prenatal meetings. * Prenatal classes. * Drop-in center: 3-hour block. * Support groups. * Breastfeeding support with Nourri-Source. * Training: CPR/AED. * Les Relevailles service: home visits by a perinatal assistant.

Eligibility: parents of children 0 to 5 years old, future parents, families, Les Relevailles service: new parents with a baby under 12 months of age, Drop-in service: children 0 to 18 months of age

Capacity: 16 people

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h00 to 15h30

Fees: none

Financing: self-financing

Legal status: non-profit organization

Juvenile Delinquency

COMITÉ JEUNESSE LA PRESQU'ÎLE

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6

514 425-1060

Website: cjljp.co/en

Email: info@cjljp.co

Services: Services to youth. * Evening animation and activities in parks. * Bike patrols and awareness. * Creative art workshop with recycled materials. * Graffiti workshops and support to young graffiti artists. * Homework assistance for high school students.

Eligibility: youth 12 to 24 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: Centraide of Greater Montréal, municipal, provincial, federal, donations

Legal status: non-profit organization

Maternity support and adoption

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance with possibility of delivery for seniors 65 years and over. * Baby food assistance. * Collective kitchens. * Clothing bank. * Thrift store: housewares, books and clothing for the whole family. * Assistance with filling out forms. * Friendly visits. * SécuriCAB: automated safety and medication reminder phone calls. * Tax clinic. * Development and promotion of volunteer action.

Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Coverage area: SécuriCAB program: MRC Vaudreuil-Soulanges, other services: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Monday to Friday 8h30 to 16h30, Thrift store: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 18h30, Saturday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food assistance: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CLSC DE SAINT-POLYCARPE

11 de la Cité des Jeunes Boulevard, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3771 Fax: 450 265-3556

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1688&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0P1X0

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Breast pump rental. * Bandage change and follow-up. * Minor surgery. * Consultation with a nurse. * Distribution of new injection equipment to drug users (free service). * Family health care. * Sampling. * Recovery of used needles and syringes. * Breastfeeding room. * End of life care. * General immunization. * Flu vaccination: portal3.clicsante.ca/

Coverage area: CISSS de la montérégie-Ouest area

Hours: Monday, Tuesday, Thursday, Friday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 20h30, tests centre: Monday to Friday 7h00 to 10h05

Financing: provincial

Legal status: parapublic organization

CLSC ET CENTRE DE SERVICES AMBULATOIRES DE VAUDREUIL-DORION

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1240&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J7V9R2

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Contraception. * Emergency oral contraception. * Prenatal classes. * Distribution of new injection equipment to drug users (free service). * Recovery of used needles and syringes. * General vaccination. * Vaccination against the flu: portal3.clicsante.ca/

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 8h00 to 21h00, Saturday and Sunday 8h00 to 16h00, tests centre: Monday to Friday 7h00 to 11h30

Financing: provincial

Legal status: parapublic organization

DORION DREAM CENTER

490 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-4532

Website: www.doriondreamcenter.com

Services: * Food bank. * Community suppers. * Clothing, school supplies and furniture donations. * Diapers, strollers and maternity clothing donations. * Summer camp. * Recovery of non-perishable food items and diapers. * Christmas baskets.

Eligibility: children, families, clothing and furniture donations: newly arrived immigrants, diapers, strollers and maternity clothing donations: pregnant women

Capacity: 75 à 90 familles par semaine

Coverage area: L'Île-Perrot, Vaudreuil-Dorion, Les Cèdres, Coteau-du-Lac, Les Coteaux, Rivière-Beaudette

Hours: food distribution: Thursday 12h30 to 14h30, community supper: Thursday, donations recovery: by appointment

Fees: food baskets: \$2 per week, summer camp: variable

Financing: donations, provincial, federal

Legal status: non-profit organization

LES COTEAUX - MUNICIPALITY

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A2

450 267-3531 Fax: 450 267-3532

Website: les-coteaux.qc.ca

Email: reception@les-coteaux.qc.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Pet licenses. * Alertes citoyennes, alert system by email, text or phone for boil water notices, road work, breakage or other emergency measures: les-coteaux.omnigil.com/5/3/?action_5=PersonCreateEdit * Grant for cloth diapers. * Grant for rain barrels. * Fire department.

Coverage area: Les Coteaux

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE SAINT-ZOTIQUE

1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa et moi: fun activities, outings or informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Tuesday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE VAUDREUIL-DORION

15 Louise-Joséphite Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6Y9

450 218-0561

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa, pas à pas: fun activities, informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Monday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00 and Sunday 13h30 à 19h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

PRENATAL AND YOUNG FAMILY CENTRE

640A Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4

450 424-7867

Website: centrepjf.org/en/home

Email: info@centrepjf.org

Services: Support for future parents and families. * Birth support, pediatric and family osteopathy. * Workshops and conferences: babywearing, perinatal care, co-parenting, etc. * Preschool and parent-child workshops. * Musical, reading and writing workshops. * Prenatal and postnatal yoga. * Prenatal meetings. * Prenatal classes. * Drop-in center: 3-hour block. * Support groups. * Breastfeeding support with Nourri-Source. * Training: CPR/AED. * Les Relevailles service: home visits by a perinatal assistant.

Eligibility: parents of children 0 to 5 years old, future parents, families, Les Relevailles service: new parents with a baby under 12 months of age, Drop-in service: children 0 to 18 months of age

Capacity: 16 people

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h00 to 15h30

Fees: none

Financing: self-financing

Legal status: non-profit organization

SAINT-LAZARE - CITY

1960 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 3A3

450 424-8000 Fax: 450 455-3877

Website: ville.saint-lazare.qc.ca/en/bienvenue/

Email: info@ville.saint-lazare.qc.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Community gardens. * Subsidies for the purchase of hygiene products: washable diapers, sustainable menstrual products. * Dog licences. * Recreation Department. * Municipal library.

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

Parenting Education

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - INSTALLATION VAUDREUIL-DORION

486 Chicoine Street, Suite 100, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-2625

Website: www.santemonteregie.qc.ca/services-specialises-dadaptation-et-de-readaptation-en-deficience-physique-dp-deficience-motrice-dm

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socioprofessional environment for adults. * Family support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Hearing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing loss: children and adolescents living with significant and persistent disabilities due to trauma, disease or condition of a congenital nature (deafness, hearing impaired, tinnitus, etc.), language impairment: youth 0 to 18 years old living with significant and persistent speech and language impairments resulting from language deficiency, motor impairment: children and adolescents living with significant and persistent disabilities as a result of an illness or condition of congenital or acquired nature

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - UNITÉ DE RÉADAPTATION FONCTIONNELLE INTENSIVE DE VAUDREUIL-DORION

408 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 7M9

450 510-1743

Website: santemonteregie.qc.ca/en/installations/centre-de-readaptation-en-deficience-physique-unite-de-readaptation-fonctionnelle

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults. * Family Support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Earing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE SAINT-ZOTIQUE

1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa et moi: fun activities, outings or informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Tuesday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE VAUDREUIL-DORION

15 Louise-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6Y9

450 218-0561

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa, pas à pas: fun activities, informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Monday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00 and Sunday 13h30 à 19h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

PRENATAL AND YOUNG FAMILY CENTRE

640A Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4

450 424-7867

Website: centrepjf.org/en/home

Email: info@centrepjf.org

Services: Support for future parents and families. * Birth support, pediatric and family osteopathy. * Workshops and conferences: babywearing, perinatal care, co-parenting, etc. * Preschool and parent-child workshops. * Musical, reading and writing workshops. * Prenatal and postnatal yoga. * Prenatal meetings. * Prenatal classes. * Drop-in center: 3-hour block. * Support groups. * Breastfeeding support with Nourri-Source. * Training: CPR/AED. * Les Relevailles service: home visits by a perinatal assistant.

Eligibility: parents of children 0 to 5 years old, future parents, families, Les Relevailles service: new parents with a baby under 12 months of age, Drop-in service: children 0 to 18 months of age

Capacity: 16 people

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h00 to 15h30

Fees: none

Financing: self-financing

Legal status: non-profit organization

Recreational Activities

CENTRE NOTRE-DAME DE FATIMA

2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7W 2Y9

514 453-7600 ext. 234 Fax: 514 453-7601

Website: www.mon-camp.ca/en

Email: info@mon-camp.ca

Services: * Arc-en-ciel program: day camp shadowing for kids with special needs. * Summer camp for kids and adults with special needs. * Respite program for children, teenagers and adults with special needs. * Specialized group accommodation for children, teenagers and adults with special needs.

Eligibility: general public, summer camp: children 4 to 14 years old, Arc-en-ciel day camp: children 4 to 14 years old with a hearing, language, intellectual or multi-disability, respite: youth 4 to 21 years old and adults 18 years old and over

Capacity: up to 60 campers in accommodations

Coverage area: Province of Québec, Ontario

Hours: administration: Monday to Friday 8h00 to 17h00

Fees: variable, financial aid available

Financing: federal, provincial, municipal, donations, self-financing, grants

Legal status: non-profit organization

GABY-FARMER-DENIS LIBRARY

141 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-4250 ext. 221 Fax: 450 452-2860

Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b19/bibliotheque-des-cedres-gaby-farmer-denis

Email: bibliogabyfarmerdenis@ville.lescedres.qc.ca

Services: Loan and consultation of books. * Computers and Internet access. * Board games. * Story time. * Exhibitions and workshops.

Coverage area: Les Cèdres

Hours: Monday and Friday 10h00 to 16h00, Tuesday and Thursday 10h00 to 20h00, Wednesday 15h00 to 20h00, Saturday 9h00 to 12h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

L'ÎLE-PERROT PUBLIC LIBRARY

120 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 ext. 230

Website: www.ile-perrot.qc.ca/culture-et-loisirs/bibliotheque

Email: info.biblio@ile-perrot.qc.ca

Services: Public library: loans and access to printed, digital and audio-visual materials. * Computers and Internet access. * Research databases. * Printing and photocopying. * Story time. * Une naissance, un livre an introductory reading kit for children from 0 to 12 months. * Cultural activities and events.

Coverage area: L'Île-Perrot

Hours: Tuesday to Friday 13h00 to 20h30, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00, summer schedule: Monday to Thursday 13h00 to 20h30, Friday 13h00 to 17h00, Saturday 10h00 to 17h00

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE SAINT-ZOTIQUE

1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa et moi: fun activities, outings or informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Tuesday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE VAUDREUIL-DORION

15 Louise-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6Y9

450 218-0561

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa, pas à pas: fun activities, informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Monday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00 and Sunday 13h30 à 19h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MUSÉE RÉGIONAL DE VAUDREUIL-SOULANGES

431 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N3

450 455-2092

Website: www.mrvs.qc.ca

Email: info@mrvs.qc.ca

Services: * Temporary and permanent exhibitions: ethnological and artistic collections. * Various lectures on art and heritage. * Public-artist meetings. * Les Seigneuries: annual historic celebration. * Family activities. * Educational services: workshops, day camp.

Eligibility: general public

Capacity: 2 classes of students at a time

Coverage area: MRC Vaudreuil-Soulanges

Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Saturday and Sunday 13h00 to 16h30, summer: Tuesday to Friday 9h00 to 16h30, Saturday and Sunday 13h00 to 16h30

Fees: yearly membership card: \$25 for a single person, \$30 for a couple, \$35 for families

Financing: fundraising campaigns, contributions

Legal status: non-profit organization

NOTRE-DAME-DE-L'ÎLE-PERROT PUBLIC LIBRARY

1300 Don-Quichotte Boulevard, Notre-Dame-de-l'Île-Perrot, Montérégie, QC, J7V 9E2

514 453-0013

Website: www.ndip.org/en/leisure-culture/library

Email: biblio@ndip.org

Services: * Loan and consultation of books and audiovisual documents. * Home delivery for people with reduced mobility. * Computers, Internet access, printing devices. * Story time. * Book club for adults. * Book club for children. * Intergenerational reading activity. * Exhibitions.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday and Friday 8h30 to 18h00, Tuesday to Thursday 8h30 to 20h30, Saturday and Sunday 10h00 to 16h00, summer: Monday and Friday 8h00 to 18h00, Tuesday to Thursday 8h00 to 20h30, Saturday 10h00 to 16h00

Fees: subscription: free for residents, \$50 for non-residents

Financing: municipal

Legal status: municipal agency

PINCOURT PUBLIC LIBRARY

225 Pincourt Boulevard, Pincourt, Montérégie, QC, J7V 9T2

514 453-8981 ext. 214 Fax: 514 453-1839

Website: villepincourt.qc.ca/en/recreation-and-culture/library

Email: bibliotheque@villepincourt.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Library-to-Go: mobile library and delivery for people with reduced mobility. * Story time. * Biblio-aidants. * Book club for adults. * Conferences, exhibitions and workshops.

Coverage area: Pincourt

Hours: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 17h00, Saturday 10h00 to 16h00, summer: closed on Saturday

Fees: residents: free, non-residents: \$60 per child, \$90 per family or adult

Financing: municipal

Legal status: municipal agency

PRENATAL AND YOUNG FAMILY CENTRE

640A Chicoin Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4

450 424-7867

Website: centrepjf.org/en/home

Email: info@centrepjf.org

Services: Support for future parents and families. * Birth support, pediatric and family osteopathy. * Workshops and conferences: babywearing, perinatal care, co-parenting, etc. * Preschool and parent-child workshops. * Musical, reading and writing workshops. * Prenatal and postnatal yoga. * Prenatal meetings. * Prenatal classes. * Drop-in center: 3-hour block. * Support groups. * Breastfeeding support with Nourri-Source. * Training: CPR/AED. * Les Relevailles service: home visits by a perinatal assistant.

Eligibility: parents of children 0 to 5 years old, future parents, families, Les Relevailles service: new parents with a baby under 12 months of age, Drop-in service: children 0 to 18 months of age

Capacity: 16 people

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h00 to 15h30

Fees: none

Financing: self-financing

Legal status: non-profit organization

RIGAUD PUBLIC LIBRARY

102 Saint-Pierre Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 260

Website: www.ville.rigaud.qc.ca

Email: biblio@ville.rigaud.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Story time. * Home loan for people with reduced mobility. * Exhibitions.

Coverage area: Rigaud

Hours: Tuesday and Wednesday 11h00 to 19h00, Thursday and Friday 12h00 to 18h00, Saturday 11h00 à 15h00

Fees: free

Financing: municipal

Legal status: municipal agency

RIVIÈRE-BEAUDETTE PUBLIC LIBRARY

663 Frontière Road, Rivière-Beaudette, Montérégie, QC, J0P 1R0

450 269-2931 ext. 1014

Website: riviere-beaudette.com/bib2

Email: bibliotheque@riviere-beaudette.com

Services: * Loan and consultation of books and audiovisual documents. * Multimedia space. * Computers. * Story time.

Coverage area: Rivière-Beaudette

Hours: Tuesday 9h00 to 12h00 and 13h00 to 15h00, Thursday 16h30 to 19h30, Friday 9h00 to 12h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SAINT-CLET PUBLIC LIBRARY

25 Piché Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3175

Website: st-clet.com/fr/bibliotheque

Email: biblio@st-clet.com

Services: * Loan and consultation of books and audiovisual documents. * Story time. * Book club for children.

Coverage area: Saint-Clet

Hours: Tuesday 13h00 to 16h00 and 19h00 to 20h30, Wednesday 19h00 to 20h30, Saturday 10h30 to 12h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE PUBLIC LIBRARY

1275 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 260 Fax: 450 424-4068

Website: ville.saint-lazare.qc.ca/en/biblio

Email: comptoirbiblio@ville.saint-lazare.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Biblio-aidants. * Exhibitions, book launches and workshops. * Loan of seeds.

Coverage area: Saint-Lazare

Hours: Tuesday to Friday 10h30 to 20h30, Saturday and Sunday 10h00 to 15h00, summer: Tuesday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-POLYCARPE MUNICIPAL LIBRARY

7 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3444

Website: stpolycarpe.ca/bibliotheque

Email: biblio@stpolycarpe.ca

Services: * Loan and consultation of books and documents. * Computers. * Story time. * Book club for children. * Seeds library.

Coverage area: Saint-Polycarpe

Hours: Tuesday and Friday 18h30 to 20h30, Wednesday 14h00 to 16h00, Saturday 10h00 to 14h00

Fees: residents: none, non-residents: \$20

Financing: municipal

Legal status: municipal agency

SAINT-ZOTIQUE MUNICIPAL LIBRARY

30 des Maîtres Avenue, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 260

Website: st-zotique.com/bibliotheque-renseignements-generaux

Email: biblio@st-zotique.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access. * Biblio-Santé. * Story time. * Book club for children. * Spanish classes. * Home loan for people with reduced mobility. * Events, exhibitions.

Coverage area: Saint-Zotique

Hours: Tuesday and Thursday 10h00 to 18h00, Wednesday and Friday 12h00 to 20h00, Saturday 10h00 to 16h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

TRÈS-SAINT-RÉDEMPTEUR PUBLIC LIBRARY

769 Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1

450 451-5203 ext. 225

Website: tressaintredempteur.ca/loisirs-et-culture/bibliotheque

Email: biblio@tressaintredempteur.ca

Services: * Loan and consultation of books and documents. * Computer, Internet access. * Book club for children.

Coverage area: Très-Saint-Rédempteur

Hours: Wednesday 19h00 to 21h00, Saturday 10h00 to 12h00

Fees: none

Financing: municipal

Legal status: municipal agency

VAUDREUIL-DORION PUBLIC LIBRARY

51 Jeannotte Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6E6

450 455-3371 ext. 6

Website: www.ville.vaudreuil-dorion.qc.ca/en/recreation-and-culture/library

Email: biblio@ville.vaudreuil-dorion.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Computer classes. * Story time. * Book club for children. * Knitting club. * Exhibitions, conferences and workshops.

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for Vaudreuil-Dorion residents, 75\$ for Vaudreuil-sur-le-Lac, 135\$ for non-residents

Financing: municipal

Legal status: municipal agency

Youth Centres and Support**CENTRE NOTRE-DAME DE FATIMA**

2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7W 2Y9

514 453-7600 ext. 234 Fax: 514 453-7601

Website: www.mon-camp.ca/en

Email: info@mon-camp.ca

Services: * Arc-en-ciel program: day camp shadowing for kids with special needs. * Summer camp for kids and adults with special needs. * Respite program for children, teenagers and adults with special needs. * Specialized group accommodation for children, teenagers and adults with special needs.

Eligibility: general public, summer camp: children 4 to 14 years old, Arc-en-ciel day camp: children 4 to 14 years old with a hearing, language, intellectual or multi-disability, respite: youth 4 to 21 years old and adults 18 years old and over

Capacity: up to 60 campers in accommodations

Coverage area: Province of Québec, Ontario

Hours: administration: Monday to Friday 8h00 to 17h00

Fees: variable, financial aid available

Financing: federal, provincial, municipal, donations, self-financing, grants

Legal status: non-profit organization

COMITÉ JEUNESSE LA PRESQU'ÎLE

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6

514 425-1060

Website: cjlpc.co/en

Email: info@cjlpc.co

Services: Services to youth. * Evening animation and activities in parks. * Bike patrols and awareness. * Creative art workshop with recycled materials. * Graffiti workshops and support to young graffiti artists. * Homework assistance for high school students.

Eligibility: youth 12 to 24 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: Centraide of Greater Montréal, municipal, provincial, federal, donations

Legal status: non-profit organization

FONDATION DES ENFANTS DE VAUDREUIL-SOULANGES

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171 ext. 70662

Website: fevs.ca/en

Email: agente_administrative@fevs.ca

Services: Contributes to the educational and social success of children. * Financial assistance for day and vacation camps. * Ton sac d'école comme tout le monde program: distributions of sneakers, snowsuits and school supplies. * Club des dîneurs: distribution of snacks in school. * Financing the OLO service offered by the CLSC.

Eligibility: children in situation of vulnerability

Coverage area: MRC Vaudreuil-Soulanges

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DE L'ÎLE PERROT - MARTIN BERNIER

210C 6th Avenue, L'Île-Perrot, Montérégie, QC, J7V 4V4

514 425-6146

Email: mdj_vip@hotmail.com

Services: Meeting place and referral. * Listening and counselling. * Homework assistance. * Sporting and cultural activities. * Art workshops. * Nutrition workshops. * Prevention workshops. * Summer outings.

Eligibility: youth 12 to 17 years old

Coverage area: L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Sainte-Anne-de-Bellevue, Terrasse-Vaudreuil, Pincourt

Hours: Wednesday to Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 13h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)

96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 451-0422

Email: mdjderigaud@bell.net

Services: Place for meeting, services and referral. * Listening and counselling. * Recreational, sporting, outdoor and cultural activities. * Volunteering. * Music and arts workshops. * Nutrition workshops. * Prevention. * Homework assistance. * Job search assistance. * Political and civic education. * Loan of sports and recreational equipment. * Loan of board games. * Reference books for parents of teenagers. * Youth library.

Eligibility: youth 12 to 18 years old

Capacity: 30

Coverage area: Rigaud and surroundings

Hours: Wednesday to Friday 17h00 to 20h00, pedagogical days: 13h00 to 17h00, phone reception: Tuesday to Thursday 13h00 to 16h00

Fees: none

Financing: provincial, Centraide du Sud-Ouest, municipal, federal, foundations

Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-0215

Email: mdjlcescedres@gmail.com

Services: Meeting and referral place. * Listening and counselling. * Homework assistance. * Job search assistance. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Food assistance. * Prevention, awareness and education workshops. * Book club. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Les Cèdres

Hours: Tuesday to Friday 18h00 to 21h00

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES VAUDREUIL-DORION

1255 Émile-Bouchard street, Vaudreuil-Dorion, Montérégie, QC, J7V 0B7

450 455-6937

Email: mdjvd@msn.com

Services: Place for meeting and referral. * Listening. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Job search assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Vaudreuil-Dorion

Hours: Wednesday, Thursday 16h30 to 21h00, Friday 16h30 à 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Youth Employment**CARREFOUR JEUNESSE-EMPLOI VAUDREUIL-SOULANGES**

400 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 455-3185 Fax: 450 455-2463

Website: www.cjevs.org/en

Email: info@cjevs.org

Services: Employability assistance. * Information, referral and accompaniment. * Back to school assistance. * Career assessment and guidance. * Job search assistance. * Support with development of self-reliance. * Citizen involvement support. * Entrepreneurship awareness. * Special projects aimed at employability development and school retention.

Eligibility: people 16 to 35 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday 8h30 to 16h30 and 18h00 to 20h00, Tuesday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h30

Financing: provincial, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI VAUDREUIL-SOULANGES - POINT DE SERVICE RIGAUD

102 Saint-Pierre Street, Rigaud, Montérégie, QC, J0P 1P0

450 455-3185 Fax: 450 455-2463

Website: www.cjevs.org/en

Email: info@cjevs.org

Services: Employability assistance. * Information and referral, accompaniment. * Support with returning to school. * Career assessment and guidance. * Job search assistance. * Support with development of self-reliance. * Support with citizen involvement. * Entrepreneurship awareness. * Special projects aimed at employability development and school retention.

Eligibility: people 15 to 35 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Thursday afternoon by appointment

Financing: provincial, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI VAUDREUIL-SOULANGES - POINT DE SERVICE SAINT-ZOTIQUE

30 des Maîtres Avenue, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 455-3185 Fax: 450 455-2463

Website: www.cjevs.org/en

Email: info@cjevs.org

Services: Employability assistance. * Information and referral, accompaniment. * Assistance with going back to school. * Career assessment and guidance. * Job search assistance. * Entrepreneurship awareness. * Special projects aimed at employability development and school retention.

Eligibility: people 16 to 35 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Tuesday afternoon by appointment

Financing: provincial, grants

Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)

96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 451-0422

Email: mdjderigaud@bell.net

Services: Place for meeting, services and referral. * Listening and counselling. * Recreational, sporting, outdoor and cultural activities. * Volunteering. * Music and arts workshops. * Nutrition workshops. * Prevention. * Homework assistance. * Job search assistance. * Political and civic education. * Loan of sports and recreational equipment. * Loan of board games. * Reference books for parents of teenagers. * Youth library.

Eligibility: youth 12 to 18 years old

Capacity: 30

Coverage area: Rigaud and surroundings

Hours: Wednesday to Friday 17h00 to 20h00, pedagogical days: 13h00 to 17h00, phone reception: Tuesday to Thursday 13h00 to 16h00

Fees: none

Financing: provincial, Centraide du Sud-Ouest, municipal, federal, foundations

Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-0215

Email: mdjlescedres@gmail.com

Services: Meeting and referral place. * Listening and counselling. * Homework assistance. * Job search assistance. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Food assistance. * Prevention, awareness and education workshops. * Book club. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Les Cèdres

Hours: Tuesday to Friday 18h00 to 21h00

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES VAUDREUIL-DORION

1255 Émile-Bouchard street, Vaudreuil-Dorion, Montérégie, QC, J7V 0B7

450 455-6937

Email: mdjvd@msn.com

Services: Place for meeting and referral. * Listening. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Job search assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Vaudreuil-Dorion

Hours: Wednesday, Thursday 16h30 to 21h00, Friday 16h30 à 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

P.S. JEUNESSE - POINT DE SERVICE VAUDREUIL-DORION

640B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J3

450 218-1088

Website: psjeunesse.org

Email: info@psjeunesse.org

Services: * Job search assistance: evaluation, research techniques, resume writing, interview preparation. * Help with returning to school. * Career guidance: individual meetings, workshops, information sessions. * Assistance with the process of suspending criminal records (pardon application). * Option ressource travail: access program to non-traditional professions for 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.

Eligibility: adults

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Youth Shelters and Support

MAISON DES JEUNES DE L'ÎLE PERROT - MARTIN BERNIER

210C 6th Avenue, L'Île-Perrot, Montérégie, QC, J7V 4V4

514 425-6146

Email: mdj_vip@hotmail.com

Services: Meeting place and referral. * Listening and counselling. * Homework assistance. * Sporting and cultural activities. * Art workshops. * Nutrition workshops. * Prevention workshops. * Summer outings.

Eligibility: youth 12 to 17 years old

Coverage area: L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Sainte-Anne-de-Bellevue, Terrasse-Vaudreuil, Pincourt

Hours: Wednesday to Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 13h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-0215

Email: mdjlescedres@gmail.com

Services: Meeting and referral place. * Listening and counselling. * Homework assistance. * Job search assistance. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Food assistance. * Prevention, awareness and education workshops. * Book club. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Les Cèdres

Hours: Tuesday to Friday 18h00 to 21h00

Financing: provincial

Legal status: non-profit organization

VERSANT (LE) - RÉSEAU D'ENTRAIDE POUR LES PERSONNES SOUFFRANT DE TROUBLES ANXIEUX

63 de l'Eglise Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1W6

450 801-8393

Website: www.leversant.org/en

Email: info@leversant.org

Services: Self-help group. * Workshops and meetings on controlling anxiety disorders, emotion, self-esteem and self-affirmation. * Youth component and primary component. * Activities, conferences.

Eligibility: adults living with anxiety, youth component: youth 12 to 17 years old, primary component: children from grades 3 to 6

Coverage area: MRC Vaudreuil-Soulanges

Hours: variable

Fees: membership: \$10, exercise book: 25 to \$30, services: none

Financing: provincial

Legal status: non-profit organization

Community Action**ADVISORY AND CITIZEN ACTION ORGANIZATIONS****CHARITY ORGANIZATIONS****COMMUNITY DEVELOPMENT****INFORMATION AND REFERRAL****VOLUNTEERING AND VOLUNTEER CENTRES**

Advisory and citizen action organizations

AIGUILLAGE (L')

536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

1 877 373-1072 Fax: 450 218-6419

Website: www.aiguillage.ca

Email: info@aiguillage.ca

Services: * Emergency support and referral. * Helping relationship. * Emergency shelter with meals for a period of 24 hours. * Street work. * Emergency food and clothing. * Intervention for runaways or suicidal youth. * Residential stability: accompaniment and support for permanent housing search and social integration. * Regional consultation on homelessness. * Naloxone kits distribution.

Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages

Capacity: 23 beds

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 9h00 to 16h30, outreach work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days

Fees: none

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE VAUDREUIL-SOULANGES

1255 Émile-Bouchard Street, Suite 207, Vaudreuil-Dorion, Montérégie, QC, J7V 0B7

450 424-3717

Website: www.cdcvs.ca

Email: info@cdcvs.ca

Services: Grouping of community organizations to promote their participation in the socio-economic development of the territory. * Promotion and defense of interests. * Information. * Consultation, representation and partnerships. * Ongoing training. * Support for organizations' activities and local projects. * Support for citizens wishing to implement initiatives with a positive impact on their community.

Eligibility: community organizations, general population

Coverage area: MRC Vaudreuil-Soulanges

Hours: by appointment

Fees: variable contributions

Financing: provincial, contributions

Legal status: non-profit organization

Charity Organizations

CENTRE QUÉBÉCOIS DE PHILANTHROPIE

807, Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1

450 218-7980

Website: fondationsquebec.ca

Email: info@fondationsquebec.ca

Services: * Publication of various directories: Fonds et fondations pour OBNL du Québec, Entreprises donatrices et commanditaires du Québec and other fundraising-themed publications. * Training and advice on fundraising.

Eligibility: leaders of non-profit organizations, fundraisers for charity organizations

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 17h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

FONDATION DES ENFANTS DE VAUDREUIL-SOULANGES

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171 ext. 70662

Website: fevs.ca/en

Email: agente_administrative@fevs.ca

Services: Contributes to the educational and social success of children. * Financial assistance for day and vacation camps. * Ton sac d'école comme tout le monde program: distributions of sneakers, snowsuits and school supplies. * Club des dîneurs: distribution of snacks in school. * Financing the OLO service offered by the CLSC.

Eligibility: children in situation of vulnerability

Coverage area: MRC Vaudreuil-Soulanges

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Community development**CÈDRES (LES) - MUNICIPALITY**

1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-4651 Fax: 450 452-4605

Website: www.ville.lescedres.qc.ca

Email: info@ville.lescedres.qc.ca

Services: Municipal service management. * Payment of municipal taxes. * Waste collection schedule: www.ville.lescedres.qc.ca/sites/default/files/calendrier_collecte_cedres_2023.pdf * Urban-planning department: construction permits. * Public work department: infrastructure maintenance. * Emergency notification system. * Fire department. * Hall rental.

Coverage area: Les Cèdres

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

Financing: municipal

Legal status: municipal agency

CENTRE QUÉBÉCOIS DE PHILANTHROPIE

807, Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1

450 218-7980

Website: fondationsquebec.ca

Email: info@fondationsquebec.ca

Services: * Publication of various directories: Fonds et fondations pour OBNL du Québec, Entreprises donatrices et commanditaires du Québec and other fundraising-themed publications. * Training and advice on fundraising.

Eligibility: leaders of non-profit organizations, fundraisers for charity organizations

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 17h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE VAUDREUIL-SOULANGES

1255 Émile-Bouchard Street, Suite 207, Vaudreuil-Dorion, Montérégie, QC, J7V 0B7

450 424-3717

Website: www.cdcvs.ca

Email: info@cdcvs.ca

Services: Grouping of community organizations to promote their participation in the socio-economic development of the territory. * Promotion and defense of interests. * Information. * Consultation, representation and partnerships. * Ongoing training. * Support for organizations' activities and local projects. * Support for citizens wishing to implement initiatives with a positive impact on their community.

Eligibility: community organizations, general population

Coverage area: MRC Vaudreuil-Soulanges

Hours: by appointment

Fees: variable contributions

Financing: provincial, contributions

Legal status: non-profit organization

COTEAU-DU-LAC - LOISIRS ET CULTURE

342 du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5822 ext. 222 Fax: 450 763-0938

Website: coteau-du-lac.com

Email: loisirs@coteau-du-lac.com

Services: * Recreational, sporting and cultural activities. * Parks, sports fields, community centre, ice rink, swimming pools. * Hall rental. * Summer day camp. * Events.

Coverage area: Coteau-du-Lac

Fees: camp: \$20 per week

Financing: municipal

Legal status: municipal agency

L'ÎLE-PERROT - SERVICE DES LOISIRS

110 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 ext. 227

Website: www.ile-perrot.qc.ca/culture-et-loisirs

Email: s-loisi@ile-perrot.qc.ca

Services: * Community, sociocultural and sporting activities. * Community centre, swimming pool, parks, ice rinks, sports fields. * Alpha 50+: introducing and maintaining knowledge of digital technology. * Coordination with community organizations. * Summer day camp. * Events and celebrations. * Hall and sports facilities rental.

Coverage area: L'Île-Perrot

Hours: Monday 8h30 to 12h00 and 13h00 to 16h30, Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h00, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

LES COTEAUX - LEISURE AND COMMUNITY LIFE

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A1

450 267-3531 Fax: 450 267-3532

Website: les-coteaux.qc.ca/citoyens/loisirs-vie-communautaire

Email: dirloisirs@les-coteaux.qc.ca

Services: * Recreational, cultural and sporting activities. * Parks, playing fields, ice rinks. * Community gardens. * Events. * Day camp. * Hall rental.

Coverage area: Les Coteaux

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

NOTRE-DAME-DE-L'ÎLE-PERROT - COMMUNITY SERVICES

1300 Don-Quichotte Boulevard, Notre-Dame-de-l'Île-Perrot, Montérégie, QC, J7V 9E2

514 453-4128 Fax: 514 453-8961

Website: www.ndip.org/en

Email: loisirs@ndip.org

Services: * Sports and recreational activities. * Swimming pools, arenas, nautical centre, parks and sports fields. * Summer day camp. * Room rental. * Events and parties.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

PINCOURT - RECREATION AND CULTURE

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6

514 453-8981 option 6 Fax: 514 453-1839

Website: villepincourt.qc.ca/en/home

Email: loisirs@villepincourt.qc.ca

Services: * Community, sociocultural and sports activities. * Ice rinks, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer and spring break day camps. * Room rental. * Events.

Coverage area: Pincourt

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

Fees: variable

Financing: municipal

Legal status: municipal agency

POINTE-DES-CASCADES - LEISURE, CULTURE AND CITIZEN LIFE

52 du Fleuve Road, Pointe-des-Cascades, Montérégie, QC, J0P 1M0

450 455-3414 Fax: 450 455-9671

Website: pointe-des-cascades.com

Email: loisirs@pointe-des-cascades.com

Services: * Sports and recreational activities. * Community centre, swimming pool, sports fields, parks. * Room rental. * Parties.

Coverage area: Pointe-des-Cascades

Fees: variable

Financing: municipal

Legal status: municipal agency

RIGAUD - LEISURE, CULTURE AND COMMUNITY LIFE

65 Saint-Pierre Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 238

Website: www.ville.rigaud.qc.ca

Services: * Recreational and sports activities. * Parks, sports fields, ice rink. * Day camp. * Room rental. * Events.

Coverage area: Rigaud

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE - LEISURE AND COMMUNITY LIFE

1301 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 220 Fax: 450 424-3246

Website: ville.saint-lazare.qc.ca/en/bienvenue

Email: loisirs@ville.saint-lazare.qc.ca

Services: * Sporting and recreational activities. * Community centre, parks, sports fields, swimming pool, sports complex and outdoor ice rinks. * Summer day camp. * Adapted leisure: day camp, activities. * Hall rental. * Ado'zone: activities and dances for youth. * Parties, shows and events.

Eligibility: adapted day camp: children 5 to 12 years old living with a psychical or intellectual disability, adapted activities: youth 6 to 17 years old living with a psychical or intellectual disability

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-POLYCARPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

1263 Élie-Auclair Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3777 ext. 223

Website: stpolycarpe.ca/loisir-culture-et-vie-communautaire

Email: loisirs@stpolycarpe.ca

Services: * Recreational and sporting activities. * Playgrounds, ice rink, parks. * Hall rental. * Assistance with sporting fees. * Events.

Coverage area: Saint-Polycarpe

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-ZOTIQUE - LOISIRS

1250 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 4

Website: www.st-zotique.com

Email: loisirs@st-zotique.com

Services: * Recreational and sporting activities. * Sports fields, ice rinks, parks, citizen hall. * Hall rental. * Summer and spring break day camps. * Events.

Coverage area: Saint-Zotique

Financing: municipal

Legal status: municipal agency

SAINTE-MARTHE - MUNICIPALITY

776 des Loisirs Street, Sainte-Marthe, Montérégie, QC, J0P 1W0

450 459-4284

Website: www.sainte-marthe.ca

Email: info@sainte-marthe.ca

Services: Municipal service management. * Payment of municipal taxes. * Information on garbage collection. * Fire department. * Dog licences. * Hall rental. * Construction permits.

Coverage area: Sainte-Marthe

Financing: municipal

Legal status: municipal agency

TERRASSE-VAUDREUIL - RECREATION AND COMMUNITY SERVICES

74 7th Avenue, Terrasse-Vaudreuil, Montérégie, QC, J7V 3M9

514 453-8120 Fax: 514 453-1180

Website: www.terrasse-vaudreuil.ca

Email: info@terrasse-vaudreuil.ca

Services: * Sporting and recreational activities. * Community centre, swimming pool, ice rink, sports fields. * Summer day camp. * Hall rental.

Coverage area: Terrasse-Vaudreuil

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

Fees: variable

Financing: municipal

Legal status: municipal agency

VAUDREUIL-DORION - RECREATION AND CULTURE

3093 de la Gare Boulevard, Suite B-230, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-3371 Fax: 450 424-3270

Website: www.ville.vaudreuil-dorion.qc.ca/en

Email: loisirculture@ville.vaudreuil-dorion.qc.ca

Services: * Community, sociocultural and sporting activities. * Multisports centre, arena, swimming pools, parks, ice rinks and playgrounds. * Library. * Coordination with community organizations. * Summer day camp. * Shows and events. * Hall rental.

Coverage area: Vaudreuil-Dorion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

VAUDREUIL-SUR-LE-LAC - RECREATION AND COMMUNITY SERVICES

44 de l'Église Street, L'Île-Cadieux, Montérégie, QC, J7V 8P3

450 455-1133 ext. 6 Fax: 450 455-8614

Website: www.vsl.ca

Email: loisirs@vsl.ca

Services: * Sporting and recreational activities. * Community centre, parks, sports fields. * Summer day camp. * Hall rental. * Parties and events.

Coverage area: Vaudreuil-sur-le-Lac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

Information and referral**CARREFOUR BIENVEILLANCE 50 +**

418 Saint-Charles Avenue, Suite 303, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 844 424-0111 Fax: 450 218-1971

Website: www.legraves.com

Email: centredereferences@carrefourbienveillance.org

Services: Support and accompaniment for seniors. * Information, referrals and accompaniment in different procedures. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Information and awareness workshops to counter elder abuse. * Promotion of benevolent care for seniors and their families. * Facilitation and co-hosting of meetings related to the issue of abuse. * Informative website on elder abuse: <https://maltraitance.org>. * Free psychosocial intervention service for caregivers of seniors.

Eligibility: people 50 years and over

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 9h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

PINCOURT PUBLIC LIBRARY

225 Pincourt Boulevard, Pincourt, Montérégie, QC, J7V 9T2

514 453-8981 ext. 214 Fax: 514 453-1839

Website: villepincourt.qc.ca/en/recreation-and-culture/library

Email: bibliotheque@villepincourt.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Library-to-Go: mobile library and delivery for people with reduced mobility. * Story time. * Biblio-aidants. * Book club for adults. * Conferences, exhibitions and workshops.

Coverage area: Pincourt

Hours: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 17h00, Saturday 10h00 to 16h00, summer: closed on Saturday

Fees: residents: free, non-residents: \$60 per child, \$90 per family or adult

Financing: municipal

Legal status: municipal agency

REPAS PARTAGÉS - PINCOURT

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7V 9H6 **Fax:** 450 218-1971

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: * Community meals. * Dancing. * Bingo, card games. * Referral centre: support in various procedures and information on the resources and activities of the area. * Monthly distribution of the newsletter Le Carrefour.

Eligibility: people 50 years and over

Coverage area: Pincourt, Terrasse-Vaudreuil

Hours: 3rd Tuesday of the month

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

SAINT-LAZARE PUBLIC LIBRARY

1275 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 260 Fax: 450 424-4068

Website: ville.saint-lazare.qc.ca/en/biblio

Email: comptoirbiblio@ville.saint-lazare.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Biblio-aidants. * Exhibitions, book launches and workshops. * Loan of seeds.

Coverage area: Saint-Lazare

Hours: Tuesday to Friday 10h30 to 20h30, Saturday and Sunday 10h00 to 15h00, summer: Tuesday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-ZOTIQUE MUNICIPAL LIBRARY

30 des Maîtres Avenue, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 260

Website: st-zotique.com/bibliotheque-renseignements-generaux

Email: biblio@st-zotique.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access. * Biblio-Santé. * Story time. * Book club for children. * Spanish classes. * Home loan for people with reduced mobility. * Events, exhibitions.

Coverage area: Saint-Zotique

Hours: Tuesday and Thursday 10h00 to 18h00, Wednesday and Friday 12h00 to 20h00, Saturday 10h00 to 16h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbssc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Volunteering and volunteer centres**ATELIER PAYSAN (L')**

785 De Lotbinière Road, Vaudreuil-Dorion, Montérégie, QC, J7V 8P2

Website: www.latelierpaysan.ca

Email: accueil@latelierpaysan.ca

Services: Urban farm and market garden production site aiming at social integration. * Employability component of apprentice gardeners: development of skills related to semi-skilled trades, to social skills and to active involvement in their community. * Training workshops: cooking, food processing, etc. * Volunteering. * Sale of fresh fruits and vegetables.

Eligibility: general public, people living with a mental problem (intellectual disability, autism, etc.), apprentice gardeners

Coverage area: Province of Québec

Hours: by appointment

Fees: variables

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance with possibility of delivery for seniors 65 years and over. * Baby food assistance. * Collective kitchens. * Clothing bank. * Thrift store: housewares, books and clothing for the whole family. * Assistance with filling out forms. * Friendly visits. * SécuriCAB: automated safety and medication reminder phone calls. * Tax clinic. * Development and promotion of volunteer action.

Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Coverage area: SécuriCAB program: MRC Vaudreuil-Soulanges, other services: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Monday to Friday 8h30 to 16h30, Thrift store: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 18h30, Saturday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food assistance: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Training of volunteers. * Monthly food assistance. * Clothing donations. * Collective cooking classes. * Christmas baskets. * Thrift store. * On-site collection of new and used items: clothing, dishes, toys, books, small electronics, sports equipment, personal hygiene products, various household items. * Friendly visits. * Loan of crutches and wheelchairs. * Assistance with government documents. * Training courses. * Tax clinic.

Eligibility: seniors, people in need, thrift store: general public

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday, Wednesday, and Friday 9h30 to 17h00, Thursday 9h30 to 20h00, Saturday 10h00 to 15h00

Fees: food assistance: 5\$ per adults

Financing: donations, grants, self-financing

Legal status: non-profit organization

SAINT-ZOTIQUE MUNICIPAL LIBRARY

30 des Maîtres Avenue, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 260

Website: st-zotique.com/bibliotheque-renseignements-generaux

Email: biblio@st-zotique.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access. * Biblio-Santé. * Story time. * Book club for children. * Spanish classes. * Home loan for people with reduced mobility. * Events, exhibitions.

Coverage area: Saint-Zotique

Hours: Tuesday and Thursday 10h00 to 18h00, Wednesday and Friday 12h00 to 20h00, Saturday 10h00 to 16h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

DEAF AND HEARING IMPAIRED

LANGUAGE DISORDERS

MOBILITY AIDS

RECREATION AND CAMPS

RESPIRE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

THE BLIND

THERAPY AND REHABILITATION CENTRES

Adapted work and employability support

P.S. JEUNESSE - POINT DE SERVICE VAUDREUIL-DORION

640B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J3

450 218-1088

Website: psjeunesse.org

Email: info@psjeunesse.org

Services: * Job search assistance: evaluation, research techniques, resume writing, interview preparation. * Help with returning to school. * Career guidance: individual meetings, workshops, information sessions. * Assistance with the process of suspending criminal records (pardon application). * Option ressource travail: access program to non-traditional professions for 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.

Eligibility: adults

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - VAUDREUIL-DORION

418 Saint-Charles Avenue, Suite 206, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 800 646-6096 Fax: 450 674-7220

Website: www.sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance. * Vocational guidance for people already registered only.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

ZÈBRE ROUGE (LE)

115 De Lotbinière Road, Vaudreuil-Dorion, Montérégie, QC, J7V 2T7

450 424-2422

Website: www.zebrerouge.org

Email: info@zebrerouge.org

Services: Socio-professional integration enterprise. * Sale and repair of bicycles. * Vélo/Cité: daily bike rental.

Eligibility: socio-professional integration: young adults living with mental health problems or physical or intellectual disabilities

Coverage area: MRC Vaudreuil-Soulanges and surroundings

Hours: winter: Tuesday to Friday 9h00 to 16h00, summer: Tuesday and Wednesday 9h00 to 17h00, Thursday and Friday 10h00 to 19h00, Saturday 10h00 to 16h00

Fees: bike rental: \$10 per day, sale and repair of bicycles: variable

Financing: self-financing, donations, Centraide Sud-Ouest, provincial

Legal status: non-profit organization

Advocacy for people with a physical disability

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

Advocacy for people with an intellectual disability

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

Deaf and hearing impaired

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - INSTALLATION VAUDREUIL-DORION

486 Chicoine Street, Suite 100, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-2625

Website: www.santemonteregie.qc.ca/services-specialises-dadaptation-et-de-readaptation-en-deficiences-physique-dp-deficiences-motrice-dm

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socioprofessional environment for adults. * Family support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Hearing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing loss: children and adolescents living with significant and persistent disabilities due to trauma, disease or condition of a congenital nature (deafness, hearing impaired, tinnitus, etc.), language impairment: youth 0 to 18 years old living with significant and persistent speech and language impairments resulting from language deficiency, motor impairment: children and adolescents living with significant and persistent disabilities as a result of an illness or condition of congenital or acquired nature

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - UNITÉ DE RÉADAPTATION FONCTIONNELLE INTENSIVE DE VAUDREUIL-DORION

408 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 7M9

450 510-1743

Website: santemonteregie.qc.ca/en/installations/centre-de-readaptation-en-deficience-physique-unite-de-readaptation-fonctionnelle

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults. * Family Support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Earing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic organization

CENTRE NOTRE-DAME DE FATIMA

2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7W 2Y9

514 453-7600 ext. 234 Fax: 514 453-7601

Website: www.mon-camp.ca/en

Email: info@mon-camp.ca

Services: * Arc-en-ciel program: day camp shadowing for kids with special needs. * Summer camp for kids and adults with special needs. * Respite program for children, teenagers and adults with special needs. * Specialized group accommodation for children, teenagers and adults with special needs.

Eligibility: general public, summer camp: children 4 to 14 years old, Arc-en-ciel day camp: children 4 to 14 years old with a hearing, language, intellectual or multi-disability, respite: youth 4 to 21 years old and adults 18 years old and over

Capacity: up to 60 campers in accommodations

Coverage area: Province of Québec, Ontario

Hours: administration: Monday to Friday 8h00 to 17h00

Fees: variable, financial aid available

Financing: federal, provincial, municipal, donations, self-financing, grants

Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - VAUDREUIL-DORION

418 Saint-Charles Avenue, Suite 206, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 800 646-6096 Fax: 450 674-7220

Website: www.sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance. * Vocational guidance for people already registered only.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Language disorders**CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - INSTALLATION VAUDREUIL-DORION**

486 Chicoine Street, Suite 100, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-2625

Website: www.santemonteregie.qc.ca/services-specialises-dadaptation-et-de-readaptation-en-deficiences-physique-dp-deficiences-motrice-dm

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socioprofessional environment for adults. * Family support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Hearing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing loss: children and adolescents living with significant and persistent disabilities due to trauma, disease or condition of a congenital nature (deafness, hearing impaired, tinnitus, etc.), language impairment: youth 0 to 18 years old living with significant and persistent speech and language impairments resulting from language deficiency, motor impairment: children and adolescents living with significant and persistent disabilities as a result of an illness or condition of congenital or acquired nature

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - UNITÉ DE RÉADAPTATION FONCTIONNELLE INTENSIVE DE VAUDREUIL-DORION

408 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 7M9

450 510-1743

Website: santemonteregie.qc.ca/en/installations/centre-de-readaptation-en-deficiences-physique-unite-de-readaptation-fonctionnelle

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults. * Family Support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Earing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic organization

CENTRE NOTRE-DAME DE FATIMA

2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7W 2Y9

514 453-7600 ext. 234 Fax: 514 453-7601

Website: www.mon-camp.ca/en

Email: info@mon-camp.ca

Services: * Arc-en-ciel program: day camp shadowing for kids with special needs. * Summer camp for kids and adults with special needs. * Respite program for children, teenagers and adults with special needs. *

Specialized group accommodation for children, teenagers and adults with special needs.

Eligibility: general public, summer camp: children 4 to 14 years old, Arc-en-ciel day camp: children 4 to 14 years old with a hearing, language, intellectual or multi-disability, respite: youth 4 to 21 years old and adults 18 years old and over

Capacity: up to 60 campers in accommodations

Coverage area: Province of Québec, Ontario

Hours: administration: Monday to Friday 8h00 to 17h00

Fees: variable, financial aid available

Financing: federal, provincial, municipal, donations, self-financing, grants

Legal status: non-profit organization

Mobility aids

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - INSTALLATION VAUDREUIL-DORION

486 Chicoine Street, Suite 100, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-2625

Website: www.santemonteregie.qc.ca/services-specialises-dadaptation-et-de-readaptation-en-deficience-physique-dp-deficience-motrice-dm

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socioprofessional environment for adults. * Family support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Hearing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing loss: children and adolescents living with significant and persistent disabilities due to trauma, disease or condition of a congenital nature (deafness, hearing impaired, tinnitus, etc.), language impairment: youth 0 to 18 years old living with significant and persistent speech and language impairments resulting from language deficiency, motor impairment: children and adolescents living with significant and persistent disabilities as a result of an illness or condition of congenital or acquired nature

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - UNITÉ DE RÉADAPTATION FONCTIONNELLE INTENSIVE DE VAUDREUIL-DORION

408 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 7M9

450 510-1743

Website: santemonteregie.qc.ca/en/installations/centre-de-readaptation-en-deficience-physique-unite-de-readaptation-fonctionnelle

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults. * Family Support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Earing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic organization

FONDATION JACQUES HAMELIN

Confidential Address

450 451-0038

Email: jacquelinelapoint@hotmail.com

Services: Loan of medical equipment. * Mobility aids: wheelchairs, canes, crutches, walkers. * Toilet and bath seats.

Coverage area: Rigaud, Pointe-Fortune, Très-Saint-Rédempteur, Sainte-Marthe

Fees: none

Financing: donations

Legal status: non-profit organization

Recreation and camps

CENTRE NOTRE-DAME DE FATIMA

2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7W 2Y9

514 453-7600 ext. 234 Fax: 514 453-7601

Website: www.mon-camp.ca/en

Email: info@mon-camp.ca

Services: * Arc-en-ciel program: day camp shadowing for kids with special needs. * Summer camp for kids and adults with special needs. * Respite program for children, teenagers and adults with special needs. * Specialized group accommodation for children, teenagers and adults with special needs.

Eligibility: general public, summer camp: children 4 to 14 years old, Arc-en-ciel day camp: children 4 to 14 years old with a hearing, language, intellectual or multi-disability, respite: youth 4 to 21 years old and adults 18 years old and over

Capacity: up to 60 campers in accommodations

Coverage area: Province of Québec, Ontario

Hours: administration: Monday to Friday 8h00 to 17h00

Fees: variable, financial aid available

Financing: federal, provincial, municipal, donations, self-financing, grants

Legal status: non-profit organization

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

PARRAINAGE CIVIQUE DE VAUDREUIL-SOULANGES

36-A Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2K5

450 455-8986 Fax: 450 455-1228

Website: parrainageciviquevs.ca

Email: pcvs@pcvs1982.ca

Services: Support for people living with an intellectual disability or autism spectrum disorder. * Civic support: accompaniment in activities of daily living for home support (grocery store, errands, etc.). * Day activity centre and supervision service. * Saturday respite. * Pairing. * Adult ASD club: meetings, outings, board games, etc. * Leisure, socialization and integration activities. * Summer day camp. * Information evenings for parents.

Eligibility: people 4 years and over living with a developmental disability or an autism spectrum disorder, with or without a physical disability, pairing, leisure, club, civic support: people 18 years and over, day centre and supervision: people 21 years and over, respite: parents of young 4 to 21 years old

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: \$15 per year

Financing: provincial, membership fees, donations

Legal status: non-profit organization

SAINT-LAZARE - LEISURE AND COMMUNITY LIFE

1301 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 220 Fax: 450 424-3246

Website: ville.saint-lazare.qc.ca/en/bienvenue

Email: loisirs@ville.saint-lazare.qc.ca

Services: * Sporting and recreational activities. * Community centre, parks, sports fields, swimming pool, sports complex and outdoor ice rinks. * Summer day camp. * Adapted leisure: day camp, activities. * Hall rental. * Ado'zone: activities and dances for youth. * Parties, shows and events.

Eligibility: adapted day camp: children 5 to 12 years old living with a psychical or intellectual disability, adapted activities: youth 6 to 17 years old living with a psychical or intellectual disability

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SOCIÉTÉ ALZHEIMER DU SUROÎT - POINT DE SERVICE DE VAUDREUIL-DORION

100 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1X9

450 455-3373 Fax: 450 373-0388

Website: www.alzheimer.ca/en/suroit

Email: info@alzheimersuroit.com

Services: * Telephone consultations. * Individual and family consultations. * Post-diagnosis reception and support. * Information and support groups and training for caregivers * Information and support groups and training for people affected. * Brunch meetings for couples and families. * Music and artistic activities. * Respite care at home. * Group respite at the Myosotis activity centres. * Documentation centre. * Information sessions, public conferences, kiosks * Training for health care professionals and workers. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: services to individuals and families: free, services to professionals and practitioners: variable

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

Respite services and housing

CENTRE NOTRE-DAME DE FATIMA

2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7W 2Y9

514 453-7600 ext. 234 Fax: 514 453-7601

Website: www.mon-camp.ca/en

Email: info@mon-camp.ca

Services: * Arc-en-ciel program: day camp shadowing for kids with special needs. * Summer camp for kids and adults with special needs. * Respite program for children, teenagers and adults with special needs. * Specialized group accommodation for children, teenagers and adults with special needs.

Eligibility: general public, summer camp: children 4 to 14 years old, Arc-en-ciel day camp: children 4 to 14 years old with a hearing, language, intellectual or multi-disability, respite: youth 4 to 21 years old and adults 18 years old and over

Capacity: up to 60 campers in accommodations

Coverage area: Province of Québec, Ontario

Hours: administration: Monday to Friday 8h00 to 17h00

Fees: variable, financial aid available

Financing: federal, provincial, municipal, donations, self-financing, grants

Legal status: non-profit organization

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

PARRAINAGE CIVIQUE DE VAUDREUIL-SOULANGES

36-A Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2K5

450 455-8986 Fax: 450 455-1228

Website: parrainageciviquevs.ca

Email: pcvs@pcvs1982.ca

Services: Support for people living with an intellectual disability or autism spectrum disorder. * Civic support: accompaniment in activities of daily living for home support (grocery store, errands, etc.). * Day activity centre and supervision service. * Saturday respite. * Pairing. * Adult ASD club: meetings, outings, board games, etc. * Leisure, socialization and integration activities. * Summer day camp. * Information evenings for parents.

Eligibility: people 4 years and over living with a developmental disability or an autism spectrum disorder, with or without a physical disability, pairing, leisure, club, civic support: people 18 years and over, day centre and supervision: people 21 years and over, respite: parents of young 4 to 21 years old

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: \$15 per year

Financing: provincial, membership fees, donations

Legal status: non-profit organization

Support Associations

ASSOCIATION DE FIBROMYALGIE ET DU SYNDROME DE FATIGUE CHRONIQUE DE VAUDREUIL-SOULANGES

Confidential Address

450 218-7722 Fax: 450 218-7722

Website: www.afsfc-vs.org/?lang=en

Email: info@afsfc-vs.org

Services: * Adapted workshops: aqua-fibro, gentle movement, cooking, art. * Various hybrid, virtual and in-person activities. * Support groups in French and English. * Pain management group workshops. * Conferences.

Eligibility: people with fibromyalgia, chronic pain or chronic fatigue syndrome, their relatives

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday

Fees: annual membership: \$25

Financing: provincial, donations, membership fees

Legal status: non-profit organization

ASSOCIATION PANDA VAUDREUIL-SOULANGES

418 Saint-Charles Avenue, Suite 316, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

438 496-2121

Website: pandavstdah.org

Email: info@pandavstdah.org

Services: Help for people with an attention deficit hyperactivity disorder (ADHD). * Help and referrals: telephone and email support. * Conferences offered in person or virtually by experts in the field of ADD/ADHD. * Workshops and other activities that encourage interaction between participants. * Material library: lending of books, educational material and sensory tools.

Eligibility: people with an attention deficit disorder with or without hyperactivity

Coverage area: CSSS Vaudreuil-Soulanges

Fees: fees for conferences

Financing: donations, provincial

Legal status: non-profit organization

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

PARRAINAGE CIVIQUE DE VAUDREUIL-SOULANGES

36-A Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2K5

450 455-8986 Fax: 450 455-1228

Website: parrainageciviquevs.ca

Email: pcvs@pcvs1982.ca

Services: Support for people living with an intellectual disability or autism spectrum disorder. * Civic support: accompaniment in activities of daily living for home support (grocery store, errands, etc.). * Day activity centre and supervision service. * Saturday respite. * Pairing. * Adult ASD club: meetings, outings, board games, etc. * Leisure, socialization and integration activities. * Summer day camp. * Information evenings for parents.

Eligibility: people 4 years and over living with a developmental disability or an autism spectrum disorder, with or without a physical disability, pairing, leisure, club, civic support: people 18 years and over, day centre and supervision: people 21 years and over, respite: parents of young 4 to 21 years old

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: \$15 per year

Financing: provincial, membership fees, donations

Legal status: non-profit organization

RÉSEAUX

430 Harwood Boulevard, Suite 130, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 424-5727 Fax: 450 424-5733

Website: reseauxvs.ca/en

Email: info@reseauxvs.ca

Services: * Individual and group job search assistance. * Job placement. * Business mentoring. * Social and professional integration assistance for immigrants: pairing, job search, community networking. * Conferences.

Eligibility: job seekers, immigrants, employers

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: grants

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER DU SUROÎT - POINT DE SERVICE DE VAUDREUIL-DORION

100 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1X9

450 455-3373 Fax: 450 373-0388

Website: www.alzheimer.ca/en/suroit

Email: info@alzheimersuroit.com

Services: * Telephone consultations. * Individual and family consultations. * Post-diagnosis reception and support. * Information and support groups and training for caregivers * Information and support groups and training for people affected. * Brunch meetings for couples and families. * Music and artistic activities. * Respite care at home. * Group respite at the Myosotis activity centres. * Documentation centre. * Information sessions, public conferences, kiosks * Training for health care professionals and workers. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: services to individuals and families: free, services to professionals and practitioners: variable

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

VAUDREUIL-SOULANGES PALLIATIVE CARE RESIDENCE FOUNDATION

90 Como Gardens Street, Hudson, Montérégie, QC, J0P 1H0

450 202-2202 Fax: 450 202-2205

Website: www.mspvs.org/?lang=en

Email: info@mspvs.org

Services: Palliative care residence. * Accompaniment and support. * Medical service. * Possibility for relatives to cohabit with the resident. * End-of-life care.

Eligibility: people of any age living with an incurable terminal illness and with a prognosis of less than three months, their close ones

Capacity: 12 patients

Coverage area: MRC Vaudreuil-Soulanges

Fees: none

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

Legal status: non-profit organization

Support and integration organizations

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

PARRAINAGE CIVIQUE DE VAUDREUIL-SOULANGES

36-A Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2K5

450 455-8986 Fax: 450 455-1228

Website: parrainageciviquevs.ca

Email: pcvs@pcvs1982.ca

Services: Support for people living with an intellectual disability or autism spectrum disorder. * Civic support: accompaniment in activities of daily living for home support (grocery store, errands, etc.). * Day activity centre and supervision service. * Saturday respite. * Pairing. * Adult ASD club: meetings, outings, board games, etc. * Leisure, socialization and integration activities. * Summer day camp. * Information evenings for parents.

Eligibility: people 4 years and over living with a developmental disability or an autism spectrum disorder, with or without a physical disability, pairing, leisure, club, civic support: people 18 years and over, day centre and supervision: people 21 years and over, respite: parents of young 4 to 21 years old

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: \$15 per year

Financing: provincial, membership fees, donations

Legal status: non-profit organization

The Blind

COMQUAT

25 Don Quichotte Boulevard, Suite 132A, L'Île-Perrot, Montérégie, QC, J7V 7X4

514 453-3632

Website: www.comquat.ca/en/

Email: info@comquat.ca

Services: Literacy and French as a second language services. * Literacy classes: French writing, reading, arithmetic, digital literacy, conversation, high school equivalency test preparation, individual tutoring. * French as a second language training: conversation sessions, beginner and intermediate courses. * Writer service.

Eligibility: people 16 years old and over

Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Ouest-de-l'Île (Beaconsfield, Kirkland, Pointe-Claire), Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: office: Monday to Thursday 9h00 to 16h30, classes: Monday to Thursday, mornings, afternoons and evenings

Fees: public writer and one-on-one literacy tutoring: free, French conversation and writing courses and TENS/TDG preparation courses: annual registration fee of \$30, group and private courses in French as a second language: variable additional fees

Financing: provincial

Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - VAUDREUIL-DORION

418 Saint-Charles Avenue, Suite 206, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 800 646-6096 Fax: 450 674-7220

Website: www.sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance. * Vocational guidance for people already registered only.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Therapy and rehabilitation centres

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - INSTALLATION VAUDREUIL-DORION

486 Chicoine Street, Suite 100, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-2625

Website: www.santemonteregie.qc.ca/services-specialises-dadaptation-et-de-readaptation-en-deficience-physique-dp-deficience-motrice-dm

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socioprofessional environment for adults. * Family support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Hearing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing loss: children and adolescents living with significant and persistent disabilities due to trauma, disease or condition of a congenital nature (deafness, hearing impaired, tinnitus, etc.), language impairment: youth 0 to 18 years old living with significant and persistent speech and language impairments resulting from language deficiency, motor impairment: children and adolescents living with significant and persistent disabilities as a result of an illness or condition of congenital or acquired nature

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - UNITÉ DE RÉADAPTATION FONCTIONNELLE INTENSIVE DE VAUDREUIL-DORION

408 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 7M9

450 510-1743

Website: santemonteregie.qc.ca/en/installations/centre-de-readaptation-en-deficience-physique-unite-de-readaptation-fonctionnelle

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults. * Family Support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Earing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic 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

Academic and vocational guidance

P.S. JEUNESSE - POINT DE SERVICE VAUDREUIL-DORION

640B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J3

450 218-1088

Website: psjeunesse.org

Email: info@psjeunesse.org

Services: * Job search assistance: evaluation, research techniques, resume writing, interview preparation. * Help with returning to school. * Career guidance: individual meetings, workshops, information sessions. * Assistance with the process of suspending criminal records (pardon application). * Option ressource travail: access program to non-traditional professions for 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.

Eligibility: adults

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Computer workshops

COMQUAT

25 Don Quichotte Boulevard, Suite 132A, L'Île-Perrot, Montérégie, QC, J7V 7X4

514 453-3632

Website: www.comquat.ca/en/

Email: info@comquat.ca

Services: Literacy and French as a second language services. * Literacy classes: French writing, reading, arithmetic, digital literacy, conversation, high school equivalency test preparation, individual tutoring. * French as a second language training: conversation sessions, beginner and intermediate courses. * Writer service.

Eligibility: people 16 years old and over

Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Ouest-de-l'Île (Beaconsfield, Kirkland, Pointe-Claire), Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: office: Monday to Thursday 9h00 to 16h30, classes: Monday to Thursday, mornings, afternoons and evenings

Fees: public writer and one-on-one literacy tutoring: free, French conversation and writing courses and TENS/TDG preparation courses: annual registration fee of \$30, group and private courses in French as a second language: variable additional fees

Financing: provincial

Legal status: non-profit organization

MAGIE DES MOTS (LA)

340-E du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-1331

Website: www.lamagiedesmots.com

Email: communication@lamagiedesmots.com

Services: * French classes in small groups of 2 to 6 people. * French improvement classes in mentoring form. * Test preparation support: General Development Test (GDT), Secondary School Equivalency Test (SSET), Ministerial Examination of College French (EUF). * Help with homework. * French as a second language classes: beginner, intermediate or advanced. * Digital literacy, food literacy, health literacy and financial literacy.

Eligibility: people 16 years old and over

Coverage area: Coteau-du-Lac, Les Cèdres, Les Coteaux, Pointe-des-Cascades, Pointe-Fortune, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, Sainte-Justine-de-Newton, Très-Saint-Rédempteur

Hours: Monday to Thursday day or evening, Friday to Sunday: on request

Fees: registration and purchase of textbooks: \$30

Financing: provincial

Legal status: non-profit organization

VAUDREUIL-DORION PUBLIC LIBRARY

51 Jeannotte Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6E6

450 455-3371 ext. 6

Website: www.ville.vaudreuil-dorion.qc.ca/en/recreation-and-culture/library

Email: biblio@ville.vaudreuil-dorion.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Computer classes. * Story time. * Book club for children. * Knitting club. * Exhibitions, conferences and workshops.

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for Vaudreuil-Dorion residents, 75\$ for Vaudreuil-sur-le-Lac, 135\$ for non-residents

Financing: municipal

Legal status: municipal agency

Difficulties and learning disabilities

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE SAINT-ZOTIQUE

1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa et moi: fun activities, outings or informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Tuesday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE VAUDREUIL-DORION

15 Louise-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6Y9

450 218-0561

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa, pas à pas: fun activities, informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Monday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00 and Sunday 13h30 à 19h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - VAUDREUIL-DORION

418 Saint-Charles Avenue, Suite 206, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 800 646-6096 Fax: 450 674-7220

Website: www.sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance. * Vocational guidance for people already registered only.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Homework assistance and tutoring

COMITÉ JEUNESSE LA PRESQU'ÎLE

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6

514 425-1060

Website: cjlpc.co/en

Email: info@cjlpc.co

Services: Services to youth. * Evening animation and activities in parks. * Bike patrols and awareness. * Creative art workshop with recycled materials. * Graffiti workshops and support to young graffiti artists. *

Homework assistance for high school students.

Eligibility: youth 12 to 24 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: Centraide of Greater Montréal, municipal, provincial, federal, donations

Legal status: non-profit organization

COMQUAT

25 Don Quichotte Boulevard, Suite 132A, L'Île-Perrot, Montérégie, QC, J7V 7X4

514 453-3632

Website: www.comquat.ca/en/

Email: info@comquat.ca

Services: Literacy and French as a second language services. * Literacy classes: French writing, reading, arithmetic, digital literacy, conversation, high school equivalency test preparation, individual tutoring. * French as a second language training: conversation sessions, beginner and intermediate courses. * Writer service.

Eligibility: people 16 years old and over

Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Ouest-de-l'Île (Beaconsfield, Kirkland, Pointe-Claire), Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: office: Monday to Thursday 9h00 to 16h30, classes: Monday to Thursday, mornings, afternoons and evenings

Fees: public writer and one-on-one literacy tutoring: free, French conversation and writing courses and TENS/TDG preparation courses: annual registration fee of \$30, group and private courses in French as a second language: variable additional fees

Financing: provincial

Legal status: non-profit organization

MAGIE DES MOTS (LA)

340-E du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-1331

Website: www.lamagiedesmots.com

Email: communication@lamagiedesmots.com

Services: * French classes in small groups of 2 to 6 people. * French improvement classes in mentoring form. * Test preparation support: General Development Test (GDT), Secondary School Equivalency Test (SSET), Ministerial Examination of College French (EUF). * Help with homework. * French as a second language classes: beginner, intermediate or advanced. * Digital literacy, food literacy, health literacy and financial literacy.

Eligibility: people 16 years old and over

Coverage area: Coteau-du-Lac, Les Cèdres, Les Coteaux, Pointe-des-Cascades, Pointe-Fortune, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, Sainte-Justine-de-Newton, Très-Saint-Rédempteur

Hours: Monday to Thursday day or evening, Friday to Sunday: on request

Fees: registration and purchase of textbooks: \$30

Financing: provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE SAINT-ZOTIQUE

1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa et moi: fun activities, outings or informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Tuesday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE VAUDREUIL-DORION

15 Louise-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6Y9

450 218-0561

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa, pas à pas: fun activities, informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Monday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00 and Sunday 13h30 à 19h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DES JEUNES DE L'ÎLE PERROT - MARTIN BERNIER

210C 6th Avenue, L'Île-Perrot, Montérégie, QC, J7V 4V4

514 425-6146

Email: mdj_vip@hotmail.com

Services: Meeting place and referral. * Listening and counselling. * Homework assistance. * Sporting and cultural activities. * Art workshops. * Nutrition workshops. * Prevention workshops. * Summer outings.

Eligibility: youth 12 to 17 years old

Coverage area: L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Sainte-Anne-de-Bellevue, Terrasse-Vaudreuil, Pincourt

Hours: Wednesday to Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 13h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)

96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 451-0422

Email: mdjderigaud@bell.net

Services: Place for meeting, services and referral. * Listening and counselling. * Recreational, sporting, outdoor and cultural activities. * Volunteering. * Music and arts workshops. * Nutrition workshops. * Prevention. * Homework assistance. * Job search assistance. * Political and civic education. * Loan of sports and recreational equipment. * Loan of board games. * Reference books for parents of teenagers. * Youth library.

Eligibility: youth 12 to 18 years old

Capacity: 30

Coverage area: Rigaud and surroundings

Hours: Wednesday to Friday 17h00 to 20h00, pedagogical days: 13h00 to 17h00, phone reception: Tuesday to Thursday 13h00 to 16h00

Fees: none

Financing: provincial, Centraide du Sud-Ouest, municipal, federal, foundations

Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-0215

Email: mdjlescedres@gmail.com

Services: Meeting and referral place. * Listening and counselling. * Homework assistance. * Job search assistance. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Food assistance. * Prevention, awareness and education workshops. * Book club. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Les Cèdres

Hours: Tuesday to Friday 18h00 to 21h00

Financing: provincial

Legal status: non-profit organization

Language courses

COMQUAT

25 Don Quichotte Boulevard, Suite 132A, L'Île-Perrot, Montérégie, QC, J7V 7X4

514 453-3632

Website: www.comquat.ca/en/

Email: info@comquat.ca

Services: Literacy and French as a second language services. * Literacy classes: French writing, reading, arithmetic, digital literacy, conversation, high school equivalency test preparation, individual tutoring. * French as a second language training: conversation sessions, beginner and intermediate courses. * Writer service.

Eligibility: people 16 years old and over

Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Ouest-de-l'Île (Beaconsfield, Kirkland, Pointe-Claire), Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: office: Monday to Thursday 9h00 to 16h30, classes: Monday to Thursday, mornings, afternoons and evenings

Fees: public writer and one-on-one literacy tutoring: free, French conversation and writing courses and TENS/TDG preparation courses: annual registration fee of \$30, group and private courses in French as a second language: variable additional fees

Financing: provincial

Legal status: non-profit organization

MAGIE DES MOTS (LA)

340-E du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-1331

Website: www.lamagiedesmots.com

Email: communication@lamagiedesmots.com

Services: * French classes in small groups of 2 to 6 people. * French improvement classes in mentoring form. * Test preparation support: General Development Test (GDT), Secondary School Equivalency Test (SSET), Ministerial Examination of College French (EUF). * Help with homework. * French as a second language classes: beginner, intermediate or advanced. * Digital literacy, food literacy, health literacy and financial literacy.

Eligibility: people 16 years old and over

Coverage area: Coteau-du-Lac, Les Cèdres, Les Coteaux, Pointe-des-Cascades, Pointe-Fortune, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, Sainte-Justine-de-Newton, Très-Saint-Rédempteur

Hours: Monday to Thursday day or evening, Friday to Sunday: on request

Fees: registration and purchase of textbooks: \$30

Financing: provincial

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES

117 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8

514 425-0399

Website: mwcn.ca

Email: lorie@mwcn.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Educational bursaries. * 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, educational bursaries: full-time students in health and social services majors who plan on working at least 2 years in Québec after graduation

Capacity: 10

Coverage area: 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-ZOTIQUE MUNICIPAL LIBRARY

30 des Maîtres Avenue, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 260

Website: st-zotique.com/bibliotheque-renseignements-generaux

Email: biblio@st-zotique.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access. * Biblio-Santé. * Story time. * Book club for children. * Spanish classes. * Home loan for people with reduced mobility. * Events, exhibitions.

Coverage area: Saint-Zotique

Hours: Tuesday and Thursday 10h00 to 18h00, Wednesday and Friday 12h00 to 20h00, Saturday 10h00 to 16h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

Literacy

COMQUAT

25 Don Quichotte Boulevard, Suite 132A, L'Île-Perrot, Montérégie, QC, J7V 7X4

514 453-3632

Website: www.comquat.ca/en/

Email: info@comquat.ca

Services: Literacy and French as a second language services. * Literacy classes: French writing, reading, arithmetic, digital literacy, conversation, high school equivalency test preparation, individual tutoring. * French as a second language training: conversation sessions, beginner and intermediate courses. * Writer service.

Eligibility: people 16 years old and over

Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Ouest-de-l'Île (Beaconsfield, Kirkland, Pointe-Claire), Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: office: Monday to Thursday 9h00 to 16h30, classes: Monday to Thursday, mornings, afternoons and evenings

Fees: public writer and one-on-one literacy tutoring: free, French conversation and writing courses and TENS/TDG preparation courses: annual registration fee of \$30, group and private courses in French as a second language: variable additional fees

Financing: provincial

Legal status: non-profit organization

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE SAINT-ZOTIQUE

1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa et moi: fun activities, outings or informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Tuesday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE VAUDREUIL-DORION

15 Louise-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6Y9

450 218-0561

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa, pas à pas: fun activities, informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Monday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00 and Sunday 13h30 à 19h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

Public education

CENTRE DE SERVICES SCOLAIRE DES TROIS-LACS

400 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 6B1

514 477-7000 Fax: 514 477-7022

Website: www.cstois-lacs.qc.ca

Email: dgenerale@cstois-lacs.qc.ca

Services: French 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. * Services to companies. * School transportation coordination.

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: self-financing, provincial

Legal status: parapublic organization

COMQUAT

25 Don Quichotte Boulevard, Suite 132A, L'Île-Perrot, Montérégie, QC, J7V 7X4

514 453-3632

Website: www.comquat.ca/en/

Email: info@comquat.ca

Services: Literacy and French as a second language services. * Literacy classes: French writing, reading, arithmetic, digital literacy, conversation, high school equivalency test preparation, individual tutoring. * French as a second language training: conversation sessions, beginner and intermediate courses. * Writer service.

Eligibility: people 16 years old and over

Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Ouest-de-l'Île (Beaconsfield, Kirkland, Pointe-Claire), Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: office: Monday to Thursday 9h00 to 16h30, classes: Monday to Thursday, mornings, afternoons and evenings

Fees: public writer and one-on-one literacy tutoring: free, French conversation and writing courses and TENS/TDG preparation courses: annual registration fee of \$30, group and private courses in French as a second language: variable additional fees

Financing: provincial

Legal status: non-profit organization

MAGIE DES MOTS (LA)

340-E du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-1331

Website: www.lamagiedesmots.com

Email: communication@lamagiedesmots.com

Services: * French classes in small groups of 2 to 6 people. * French improvement classes in mentoring form. * Test preparation support: General Development Test (GDT), Secondary School Equivalency Test (SSET), Ministerial Examination of College French (EUF). * Help with homework. * French as a second language classes: beginner, intermediate or advanced. * Digital literacy, food literacy, health literacy and financial literacy.

Eligibility: people 16 years old and over

Coverage area: Coteau-du-Lac, Les Cèdres, Les Coteaux, Pointe-des-Cascades, Pointe-Fortune, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, Sainte-Justine-de-Newton, Très-Saint-Rédempteur

Hours: Monday to Thursday day or evening, Friday to Sunday: on request

Fees: registration and purchase of textbooks: \$30

Financing: provincial

Legal status: non-profit organization

School perseverance

P.S. JEUNESSE - POINT DE SERVICE VAUDREUIL-DORION

640B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J3

450 218-1088

Website: psjeunesse.org

Email: info@psjeunesse.org

Services: * Job search assistance: evaluation, research techniques, resume writing, interview preparation. * Help with returning to school. * Career guidance: individual meetings, workshops, information sessions. * Assistance with the process of suspending criminal records (pardon application). * Option ressource travail: access program to non-traditional professions for 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.

Eligibility: adults

Coverage area: MRC Vaudreuil-Soulanges

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 TROIS-LACS

400 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 6B1

514 477-7000 Fax: 514 477-7022

Website: www.cstois-lacs.qc.ca

Email: dgenerale@cstois-lacs.qc.ca

Services: French 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. * Services to companies. * School transportation coordination.

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: self-financing, provincial

Legal status: parapublic organization

Employment and Income Support

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR SENIORS

EMPLOYMENT SUPPORT FOR WOMEN

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Budget management and consumption

AIDE MOMENTANÉE POUR LES URGENCES RIGAUDIENNES

Confidential Address

514 771-4746

Email: amurrigaud@gmail.com

Services: * Food assistance: vouchers. * Financial assistance. * Medical accompaniment and transportation by volunteers.

Eligibility: people on a low income

Coverage area: Pointe-Fortune, Rigaud, Très-Saint-Rédempteur

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

FONDATION DES ENFANTS DE VAUDREUIL-SOULANGES

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171 ext. 70662

Website: fevs.ca/en

Email: agente_administrative@fevs.ca

Services: Contributes to the educational and social success of children. * Financial assistance for day and vacation camps. * Ton sac d'école comme tout le monde program: distributions of sneakers, snowsuits and school supplies. * Club des dîneurs: distribution of snacks in school. * Financing the OLO service offered by the CLSC.

Eligibility: children in situation of vulnerability

Coverage area: MRC Vaudreuil-Soulanges

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

MAGIE DES MOTS (LA)

340-E du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-1331

Website: www.lamagiedesmots.com

Email: communication@lamagiedesmots.com

Services: * French classes in small groups of 2 to 6 people. * French improvement classes in mentoring form. * Test preparation support: General Development Test (GDT), Secondary School Equivalency Test (SSET), Ministerial Examination of College French (EUF). * Help with homework. * French as a second language classes: beginner, intermediate or advanced. * Digital literacy, food literacy, health literacy and financial literacy.

Eligibility: people 16 years old and over

Coverage area: Coteau-du-Lac, Les Cèdres, Les Coteaux, Pointe-des-Cascades, Pointe-Fortune, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, Sainte-Justine-de-Newton, Très-Saint-Rédempteur

Hours: Monday to Thursday day or evening, Friday to Sunday: on request

Fees: registration and purchase of textbooks: \$30

Financing: provincial

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES

117 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8

514 425-0399

Website: mwcnc.ca

Email: lorie@mwcnc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Educational bursaries. * 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, educational bursaries: full-time students in health and social services majors who plan on working at least 2 years in Québec after graduation

Capacity: 10

Coverage area: 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-POLYCARPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

1263 Élie-Auclair Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3777 ext. 223

Website: stpolycarpe.ca/loisir-culture-et-vie-communautaire

Email: loisirs@stpolycarpe.ca

Services: * Recreational and sporting activities. * Playgrounds, ice rink, parks. * Hall rental. * Assistance with sporting fees. * Events.

Coverage area: Saint-Polycarpe

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Business development

DÉVELOPPEMENT VAUDREUIL-SOULANGES

280 Harwood Boulevard, 3rd floor, Vaudreuil-Dorion, Montérégie, QC, J7V 1Y5

450 424-2262 Fax: 450 424-1901

Website: www.developpementvs.com

Email: info@developpementvs.com

Services: Stimulates and supports economic development. * Helps with starting and expanding businesses: consulting, technical support and financial assistance. * Support program for young entrepreneurs. * Support program for the self-employed.

Eligibility: businesses, entrepreneurs

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: provincial

Legal status: non-profit organization

RÉSEAUX

430 Harwood Boulevard, Suite 130, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 424-5727 Fax: 450 424-5733

Website: reseauxvs.ca/en

Email: info@reseauxvs.ca

Services: * Individual and group job search assistance. * Job placement. * Business mentoring. * Social and professional integration assistance for immigrants: pairing, job search, community networking. * Conferences.

Eligibility: job seekers, immigrants, employers

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: grants

Legal status: non-profit organization

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Employment support and training

ATELIER PAYSAN (L')

785 De Lotbinière Road, Vaudreuil-Dorion, Montérégie, QC, J7V 8P2

Website: www.latelierpaysan.ca

Email: accueil@latelierpaysan.ca

Services: Urban farm and market garden production site aiming at social integration. * Employability component of apprentice gardeners: development of skills related to semi-skilled trades, to social skills and to active involvement in their community. * Training workshops: cooking, food processing, etc. * Volunteering. * Sale of fresh fruits and vegetables.

Eligibility: general public, people living with a mental problem (intellectual disability, autism, etc.), apprentice gardeners

Coverage area: Province of Québec

Hours: by appointment

Fees: variables

Financing: donations, grants

Legal status: non-profit organization

P.S. JEUNESSE - POINT DE SERVICE VAUDREUIL-DORION

640B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J3

450 218-1088

Website: psjeunesse.org

Email: info@psjeunesse.org

Services: * Job search assistance: evaluation, research techniques, resume writing, interview preparation. * Help with returning to school. * Career guidance: individual meetings, workshops, information sessions. * Assistance with the process of suspending criminal records (pardon application). * Option ressource travail: access program to non-traditional professions for 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.

Eligibility: adults

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAUX

430 Harwood Boulevard, Suite 130, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 424-5727 Fax: 450 424-5733

Website: reseauxvs.ca/en

Email: info@reseauxvs.ca

Services: * Individual and group job search assistance. * Job placement. * Business mentoring. * Social and professional integration assistance for immigrants: pairing, job search, community networking. * Conferences.

Eligibility: job seekers, immigrants, employers

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: grants

Legal status: non-profit organization

VISION TRAVAIL - VAUDREUIL

418 Saint-Charles Avenue, Suite 209, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

450 455-5150 Fax: 450 455-5546

Website: www.visiontravail.ca

Email: vaudreuil@visiontravail.ca

Services: * Job search assistance: skills assessment, search techniques, interview preparation. * Group workshops and individual meetings.

Eligibility: people 40 years old and over searching for a job

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 16h30, summer schedule: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for immigrants

RÉSEAUX

430 Harwood Boulevard, Suite 130, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 424-5727 Fax: 450 424-5733

Website: reseauxvs.ca/en

Email: info@reseauxvs.ca

Services: * Individual and group job search assistance. * Job placement. * Business mentoring. * Social and professional integration assistance for immigrants: pairing, job search, community networking. * Conferences.

Eligibility: job seekers, immigrants, employers

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: grants

Legal status: non-profit organization

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Employment support for seniors

VISION TRAVAIL - VAUDREUIL

418 Saint-Charles Avenue, Suite 209, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

450 455-5150 Fax: 450 455-5546

Website: www.visiontravail.ca

Email: vaudreuil@visiontravail.ca

Services: * Job search assistance: skills assessment, search techniques, interview preparation. * Group workshops and individual meetings.

Eligibility: people 40 years old and over searching for a job

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 16h30, summer schedule: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for women

P.S. JEUNESSE - POINT DE SERVICE VAUDREUIL-DORION

640B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J3

450 218-1088

Website: psjeunesse.org

Email: info@psjeunesse.org

Services: * Job search assistance: evaluation, research techniques, resume writing, interview preparation. * Help with returning to school. * Career guidance: individual meetings, workshops, information sessions. * Assistance with the process of suspending criminal records (pardon application). * Option ressource travail: access program to non-traditional professions for 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.

Eligibility: adults

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI VAUDREUIL-SOULANGES

400 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 455-3185 Fax: 450 455-2463

Website: www.cjevs.org/en

Email: info@cjevs.org

Services: Employability assistance. * Information, referral and accompaniment. * Back to school assistance. * Career assessment and guidance. * Job search assistance. * Support with development of self-reliance. * Citizen involvement support. * Entrepreneurship awareness. * Special projects aimed at employability development and school retention.

Eligibility: people 16 to 35 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday 8h30 to 16h30 and 18h00 to 20h00, Tuesday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h30

Financing: provincial, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI VAUDREUIL-SOULANGES - POINT DE SERVICE RIGAUD

102 Saint-Pierre Street, Rigaud, Montérégie, QC, J0P 1P0

450 455-3185 Fax: 450 455-2463

Website: www.cjevs.org/en

Email: info@cjevs.org

Services: Employability assistance. * Information and referral, accompaniment. * Support with returning to school. * Career assessment and guidance. * Job search assistance. * Support with development of self-reliance. * Support with citizen involvement. * Entrepreneurship awareness. * Special projects aimed at employability development and school retention.

Eligibility: people 15 to 35 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Thursday afternoon by appointment

Financing: provincial, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI VAUDREUIL-SOULANGES - POINT DE SERVICE SAINT-ZOTIQUE

30 des Maîtres Avenue, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 455-3185 Fax: 450 455-2463

Website: www.cjevs.org/en

Email: info@cjevs.org

Services: Employability assistance. * Information and referral, accompaniment. * Assistance with going back to school. * Career assessment and guidance. * Job search assistance. * Entrepreneurship awareness. * Special projects aimed at employability development and school retention.

Eligibility: people 16 to 35 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Tuesday afternoon by appointment

Financing: provincial, grants

Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)

96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 451-0422

Email: mdjderigaud@bell.net

Services: Place for meeting, services and referral. * Listening and counselling. * Recreational, sporting, outdoor and cultural activities. * Volunteering. * Music and arts workshops. * Nutrition workshops. * Prevention. * Homework assistance. * Job search assistance. * Political and civic education. * Loan of sports and recreational equipment. * Loan of board games. * Reference books for parents of teenagers. * Youth library.

Eligibility: youth 12 to 18 years old

Capacity: 30

Coverage area: Rigaud and surroundings

Hours: Wednesday to Friday 17h00 to 20h00, pedagogical days: 13h00 to 17h00, phone reception: Tuesday to Thursday 13h00 to 16h00

Fees: none

Financing: provincial, Centraide du Sud-Ouest, municipal, federal, foundations

Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-0215

Email: mdjlscedres@gmail.com

Services: Meeting and referral place. * Listening and counselling. * Homework assistance. * Job search assistance. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Food assistance. * Prevention, awareness and education workshops. * Book club. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Les Cèdres

Hours: Tuesday to Friday 18h00 to 21h00

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES VAUDREUIL-DORION

1255 Émile-Bouchard street, Vaudreuil-Dorion, Montérégie, QC, J7V 0B7

450 455-6937

Email: mdjvd@msn.com

Services: Place for meeting and referral. * Listening. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Job search assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Vaudreuil-Dorion

Hours: Wednesday, Thursday 16h30 to 21h00, Friday 16h30 à 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

P.S. JEUNESSE - POINT DE SERVICE VAUDREUIL-DORION

640B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J3

450 218-1088

Website: psjeunesse.org

Email: info@psjeunesse.org

Services: * Job search assistance: evaluation, research techniques, resume writing, interview preparation. * Help with returning to school. * Career guidance: individual meetings, workshops, information sessions. * Assistance with the process of suspending criminal records (pardon application). * Option ressource travail: access program to non-traditional professions for 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.

Eligibility: adults

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Tax clinics**CENTRE D'ACTION BÉNÉVOLE L'ACTUEL - TAX CLINIC**

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org/en

Email: info@lactuel.org

Services: Year-round tax clinic by appointment.

Eligibility: people on a low income, seniors, with simple tax cases

Coverage area: Vaudreuil-Dorion, Les Cèdres, Saint-Lazare, L'Île-Perrot, Pincourt, Terrasse-Vaudreuil, Hudson, Vaudreuil-sur-le-Lac, Pointe-des-Cascades, L'Île-Cadieux, Notre-Dame-de-l'Île-Perrot

Fees: \$5 per person

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES - TAX CLINIC

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: Year-round tax clinic by appointment.

Eligibility: people on an income under \$25,000 for a single person and \$30,000 for a couple

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Sainte-Justine-de-Newton, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe

Hours: by appointment

Fees: \$10 per person

Financing: donations, grants, self-financing

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

ATELIER PAYSAN (L')

785 De Lotbinière Road, Vaudreuil-Dorion, Montérégie, QC, J7V 8P2

Website: www.latelierpaysan.ca

Email: accueil@latelierpaysan.ca

Services: Urban farm and market garden production site aiming at social integration. * Employability component of apprentice gardeners: development of skills related to semi-skilled trades, to social skills and to active involvement in their community. * Training workshops: cooking, food processing, etc. * Volunteering. * Sale of fresh fruits and vegetables.

Eligibility: general public, people living with a mental problem (intellectual disability, autism, etc.), apprentice gardeners

Coverage area: Province of Québec

Hours: by appointment

Fees: variables

Financing: donations, grants

Legal status: non-profit organization

P.S. JEUNESSE - POINT DE SERVICE VAUDREUIL-DORION

640B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J3

450 218-1088

Website: psjeunesse.org

Email: info@psjeunesse.org

Services: * Job search assistance: evaluation, research techniques, resume writing, interview preparation. * Help with returning to school. * Career guidance: individual meetings, workshops, information sessions. * Assistance with the process of suspending criminal records (pardon application). * Option ressource travail: access program to non-traditional professions for 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.

Eligibility: adults

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - VAUDREUIL-DORION

418 Saint-Charles Avenue, Suite 206, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 800 646-6096 Fax: 450 674-7220

Website: www.sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance. * Vocational guidance for people already registered only.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

ZÈBRE ROUGE (LE)

115 De Lotbinière Road, Vaudreuil-Dorion, Montérégie, QC, J7V 2T7

450 424-2422

Website: www.zebrerouge.org

Email: info@zebrerouge.org

Services: Socio-professional integration enterprise. * Sale and repair of bicycles. * Vélo/Cité: daily bike rental.

Eligibility: socio-professional integration: young adults living with mental health problems or physical or intellectual disabilities

Coverage area: MRC Vaudreuil-Soulanges and surroundings

Hours: winter: Tuesday to Friday 9h00 to 16h00, summer: Tuesday and Wednesday 9h00 to 17h00, Thursday and Friday 10h00 to 19h00, Saturday 10h00 to 16h00

Fees: bike rental: \$10 per day, sale and repair of bicycles: variable

Financing: self-financing, donations, Centraide Sud-Ouest, provincial

Legal status: non-profit organization

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

Christmas basket

CENTRE D'ACTION BÉNÉVOLE SOULANGES

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Training of volunteers. * Monthly food assistance. * Clothing donations. * Collective cooking classes. * Christmas baskets. * Thrift store. * On-site collection of new and used items: clothing, dishes, toys, books, small electronics, sports equipment, personal hygiene products, various household items. * Friendly visits. * Loan of crutches and wheelchairs. * Assistance with government documents. * Training courses. * Tax clinic.

Eligibility: seniors, people in need, thrift store: general public

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday, Wednesday, and Friday 9h30 to 17h00, Thursday 9h30 to 20h00, Saturday 10h00 to 15h00

Fees: food assistance: 5\$ per adults

Financing: donations, grants, self-financing

Legal status: non-profit organization

COMPTOIR NOTRE-DAME-DE-LORETTE

33 Lussier Avenue, Pincourt, Montérégie, QC, J7V 5B1

514 453-5662 ext. 223

Email: info@ndlorette.ca

Services: * Food bank. * Thrift shop: general clothing, baby clothing, kitchens, small items, etc. * Christmas hampers.

Eligibility: people on a low income

Coverage area: Pincourt, Notre-Dame-de-l'Île-Perrot, L'Île-Perrot

Hours: Wednesday 12h30 to 16h30

Fees: variable according to the items, food bank: free

Financing: donations, self-financing

Legal status: non-profit organization

COMPTOIR SAINTE-ROSE-DE-LIMA

300 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-5662 Fax: 514 453-7919

Website: www.paroissesjc.org

Email: eglisesrl@paroissesjc.org

Services: * Recovery and sale of used items: clothing, toys, small household items, books. * Food assistance. * Christmas baskets.

Eligibility: people in need

Capacity: food assistance: 30

Coverage area: Île-Perrot, Notre-Dame-de-l'Île-Perrot

Hours: sale of used items: Wednesday and Saturday 8h00 to 15h00, food assistance: 3rd Wednesday of the month

Fees: free, sale of used items: variable

Financing: donations, self-financing

Legal status: non-profit organization

DORION DREAM CENTER

490 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-4532

Website: www.doriondreamcenter.com

Services: * Food bank. * Community suppers. * Clothing, school supplies and furniture donations. * Diapers, strollers and maternity clothing donations. * Summer camp. * Recovery of non-perishable food items and diapers. * Christmas baskets.

Eligibility: children, families, clothing and furniture donations: newly arrived immigrants, diapers, strollers and maternity clothing donations: pregnant women

Capacity: 75 à 90 familles par semaine

Coverage area: L'Île-Perrot, Vaudreuil-Dorion, Les Cèdres, Coteau-du-Lac, Les Coteaux, Rivière-Beaudette

Hours: food distribution: Thursday 12h30 to 14h30, community supper: Thursday, donations recovery: by appointment

Fees: food baskets: \$2 per week, summer camp: variable

Financing: donations, provincial, federal

Legal status: non-profit organization

PAROISSE SAINT-MICHEL DE VAUDREUIL

414 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2M6

450 455-4282

Email: paroissestmichel@videotron.ca

Services: * Food bank. * Food vouchers. * Christmas baskets.

Eligibility: people in need

Coverage area: Vaudreuil-Dorion, Vaudreuil-sur-le-Lac, L'Île-Cadieaux, Pointe-des-Cascades

Hours: by appointment, food bank: Monday by appointment

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

PRESBYTERIAN CHURCH OF ILE PERROT

242 5th Avenue, Pin court, Montérégie, QC, J7V 5L3

514 453-1441

Email: nivmark1230@gmail.com

Services: * On call food assistance. * On call Christmas baskets.

Eligibility: individuals and families on a low income

Coverage area: L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Pin court, Terrasse-Vaudreuil

Hours: by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

SOURCE D'ENTRAIDE INC. (LA)

2252 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 2H5

450 455-8000

Website: sourcedentraide.org

Email: info@sourcedentraide.org

Services: * Thrift store: used clothing and household items. * Food aid. * Community food pantry. * Emergency meals in schools and day camps. * Sewing workshop. * Christmas baskets.

Eligibility: boutique: general population, community services: vulnerable people

Coverage area: Saint-Lazare

Hours: Tuesday 9h00 to 15h00, Thursday 9h00 to 15h00 and 19h00 to 20h30, Saturday 9h00 to 12h00, food assistance: by appointment

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

Collective kitchens and cooking workshops

CAFÉ DE LA DÉBROUILLE (LE)

19 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 206-1008

Website: www.lecafedeladebrouille.org

Email: lecafedeladebrouille@videotron.ca

Services: Food assistance. * Food baskets. * Collective and educational kitchens. * Tax clinic. * Compensatory works.

Eligibility: people or families on a low income

Coverage area: Rigaud, Pointe-Fortune, Très-Saint-Rédempteur

Hours: Monday to Thursday 10h00 to 15h00

Fees: food baskets: free

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance with possibility of delivery for seniors 65 years and over. * Baby food assistance. * Collective kitchens. * Clothing bank. * Thrift store: housewares, books and clothing for the whole family. * Assistance with filling out forms. * Friendly visits. * SécuriCAB: automated safety and medication reminder phone calls. * Tax clinic. * Development and promotion of volunteer action.

Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Coverage area: SécuriCAB program: MRC Vaudreuil-Soulanges, other services: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Monday to Friday 8h30 to 16h30, Thrift store: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 18h30, Saturday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food assistance: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Training of volunteers. * Monthly food assistance. * Clothing donations. * Collective cooking classes. * Christmas baskets. * Thrift store. * On-site collection of new and used items: clothing, dishes, toys, books, small electronics, sports equipment, personal hygiene products, various household items. * Friendly visits. * Loan of crutches and wheelchairs. * Assistance with government documents. * Training courses. * Tax clinic.

Eligibility: seniors, people in need, thrift store: general public

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday, Wednesday, and Friday 9h30 to 17h00, Thursday 9h30 to 20h00, Saturday 10h00 to 15h00

Fees: food assistance: 5\$ per adults

Financing: donations, grants, self-financing

Legal status: non-profit organization

Community gardens and markets

ATELIER PAYSAN (L')

785 De Lotbinière Road, Vaudreuil-Dorion, Montérégie, QC, J7V 8P2

Website: www.latelierpaysan.ca

Email: accueil@latelierpaysan.ca

Services: Urban farm and market garden production site aiming at social integration. * Employability component of apprentice gardeners: development of skills related to semi-skilled trades, to social skills and to active involvement in their community. * Training workshops: cooking, food processing, etc. * Volunteering. * Sale of fresh fruits and vegetables.

Eligibility: general public, people living with a mental problem (intellectual disability, autism, etc.), apprentice gardeners

Coverage area: Province of Québec

Hours: by appointment

Fees: variables

Financing: donations, grants

Legal status: non-profit organization

LES COTEAUX - LEISURE AND COMMUNITY LIFE

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A1

450 267-3531 Fax: 450 267-3532

Website: les-coteaux.qc.ca/citoyens/loisirs-vie-communautaire

Email: dirloisirs@les-coteaux.qc.ca

Services: * Recreational, cultural and sporting activities. * Parks, playing fields, ice rinks. * Community gardens. * Events. * Day camp. * Hall rental.

Coverage area: Les Coteaux

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE SAINT-ZOTIQUE

1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa et moi: fun activities, outings or informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Tuesday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE VAUDREUIL-DORION

15 Louise-Josephte Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6Y9

450 218-0561

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa, pas à pas: fun activities, informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Monday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00 and Sunday 13h30 à 19h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

SAINT-LAZARE - CITY

1960 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 3A3

450 424-8000 Fax: 450 455-3877

Website: ville.saint-lazare.qc.ca/en/bienvenue/

Email: info@ville.saint-lazare.qc.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Community gardens. * Subsidies for the purchase of hygiene products: washable diapers, sustainable menstrual products. * Dog licences. * Recreation Department. * Municipal library.

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

Food Assistance

AIDE MOMENTANÉE POUR LES URGENCES RIGAUDIENNES

Confidential Address

514 771-4746

Email: amurrigaud@gmail.com

Services: * Food assistance: vouchers. * Financial assistance. * Medical accompaniment and transportation by volunteers.

Eligibility: people on a low income

Coverage area: Pointe-Fortune, Rigaud, Très-Saint-Rédempteur

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

CAFÉ DE LA DÉBROUILLE (LE)

19 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 206-1008

Website: www.lecafedeladebrouille.org

Email: lecafedeladebrouille@videotron.ca

Services: Food assistance. * Food baskets. * Collective and educational kitchens. * Tax clinic. * Compensatory works.

Eligibility: people or families on a low income

Coverage area: Rigaud, Pointe-Fortune, Très-Saint-Rédempteur

Hours: Monday to Thursday 10h00 to 15h00

Fees: food baskets: free

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance with possibility of delivery for seniors 65 years and over. * Baby food assistance. * Collective kitchens. * Clothing bank. * Thrift store: housewares, books and clothing for the whole family. * Assistance with filling out forms. * Friendly visits. * SécuriCAB: automated safety and medication reminder phone calls. * Tax clinic. * Development and promotion of volunteer action.

Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Coverage area: SécuriCAB program: MRC Vaudreuil-Soulanges, other services: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Monday to Friday 8h30 to 16h30, Thrift store: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 18h30, Saturday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food assistance: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Training of volunteers. * Monthly food assistance. * Clothing donations. * Collective cooking classes. * Christmas baskets. * Thrift store. * On-site collection of new and used items: clothing, dishes, toys, books, small electronics, sports equipment, personal hygiene products, various household items. * Friendly visits. * Loan of crutches and wheelchairs. * Assistance with government documents. * Training courses. * Tax clinic.

Eligibility: seniors, people in need, thrift store: general public

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday, Wednesday, and Friday 9h30 to 17h00, Thursday 9h30 to 20h00, Saturday 10h00 to 15h00

Fees: food assistance: 5\$ per adults

Financing: donations, grants, self-financing

Legal status: non-profit organization

COMPTOIR NOTRE-DAME-DE-LORETTE

33 Lussier Avenue, Pincourt, Montérégie, QC, J7V 5B1

514 453-5662 ext. 223

Email: info@ndlorette.ca

Services: * Food bank. * Thrift shop: general clothing, baby clothing, kitchens, small items, etc. * Christmas hampers.

Eligibility: people on a low income

Coverage area: Pincourt, Notre-Dame-de-l'Île-Perrot, L'Île-Perrot

Hours: Wednesday 12h30 to 16h30

Fees: variable according to the items, food bank: free

Financing: donations, self-financing

Legal status: non-profit organization

COMPTOIR SAINTE-ROSE-DE-LIMA

300 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-5662 Fax: 514 453-7919

Website: www.paroissesjc.org

Email: eglisesrl@paroissesjc.org

Services: * Recovery and sale of used items: clothing, toys, small household items, books. * Food assistance. * Christmas baskets.

Eligibility: people in need

Capacity: food assistance: 30

Coverage area: Île-Perrot, Notre-Dame-de-l'Île-Perrot

Hours: sale of used items: Wednesday and Saturday 8h00 to 15h00, food assistance: 3rd Wednesday of the month

Fees: free, sale of used items: variable

Financing: donations, self-financing

Legal status: non-profit organization

DORION DREAM CENTER

490 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-4532

Website: www.doriondreamcenter.com

Services: * Food bank. * Community suppers. * Clothing, school supplies and furniture donations. * Diapers, strollers and maternity clothing donations. * Summer camp. * Recovery of non-perishable food items and diapers. * Christmas baskets.

Eligibility: children, families, clothing and furniture donations: newly arrived immigrants, diapers, strollers and maternity clothing donations: pregnant women

Capacity: 75 à 90 familles par semaine

Coverage area: L'Île-Perrot, Vaudreuil-Dorion, Les Cèdres, Coteau-du-Lac, Les Coteaux, Rivière-Beaudette

Hours: food distribution: Thursday 12h30 to 14h30, community supper: Thursday, donations recovery: by appointment

Fees: food baskets: \$2 per week, summer camp: variable

Financing: donations, provincial, federal

Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-0215

Email: mdjlescedres@gmail.com

Services: Meeting and referral place. * Listening and counselling. * Homework assistance. * Job search assistance. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Food assistance. * Prevention, awareness and education workshops. * Book club. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Les Cèdres

Hours: Tuesday to Friday 18h00 to 21h00

Financing: provincial

Legal status: non-profit organization

PAROISSE SAINT-MICHEL DE VAUDREUIL

414 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2M6

450 455-4282

Email: paroissestmichel@videotron.ca

Services: * Food bank. * Food vouchers. * Christmas baskets.

Eligibility: people in need

Coverage area: Vaudreuil-Dorion, Vaudreuil-sur-le-Lac, L'Île-Cadieux, Pointe-des-Cascades

Hours: by appointment, food bank: Monday by appointment

Fees: none

Financing: self-financing, donations

Legal status: non-profit organization

PRESBYTERIAN CHURCH OF ILE PERROT

242 5th Avenue, Pincourt, Montérégie, QC, J7V 5L3

514 453-1441

Email: nivmark1230@gmail.com

Services: * On call food assistance. * On call Christmas baskets.

Eligibility: individuals and families on a low income

Coverage area: L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Pincourt, Terrasse-Vaudreuil

Hours: by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

SOURCE D'ENTRAIDE INC. (LA)

2252 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 2H5

450 455-8000

Website: sourcedentraide.org

Email: info@sourcedentraide.org

Services: * Thrift store: used clothing and household items. * Food aid. * Community food pantry. * Emergency meals in schools and day camps. * Sewing workshop. * Christmas baskets.

Eligibility: boutique: general population, community services: vulnerable people

Coverage area: Saint-Lazare

Hours: Tuesday 9h00 to 15h00, Thursday 9h00 to 15h00 and 19h00 to 20h30, Saturday 9h00 to 12h00, food assistance: by appointment

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

Food aid for pregnant women and children

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance with possibility of delivery for seniors 65 years and over. * Baby food assistance. * Collective kitchens. * Clothing bank. * Thrift store: housewares, books and clothing for the whole family. * Assistance with filling out forms. * Friendly visits. * SécuriCAB: automated safety and medication reminder phone calls. * Tax clinic. * Development and promotion of volunteer action.

Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Coverage area: SécuriCAB program: MRC Vaudreuil-Soulanges, other services: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Monday to Friday 8h30 to 16h30, Thrift store: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 18h30, Saturday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food assistance: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Food assistance coordination

ARC-EN-CIEL VAUDREUIL-SOULANGES

60 de l'Église Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1W4

450 424-7006 Fax: 450 424-9684

Email: arcenciels@gmail.com

Services: Mutual aid in mental health. * Short and long-term housing. * Social insertion program. * Support relationship. * Individual and group intervention. * Accompaniment. * Support to hospitalized members and members of the « Mi-Chemin » residence. * Personal growth workshops. * Art classes. * Sports and recreational activities. * Annual social activities.

Eligibility: people on a low income, people living with mental health issues, people in the process of social reintegration

Capacity: 5 residences with 5 to 9 apartments each

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: annual membership: \$5

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance with possibility of delivery for seniors 65 years and over. * Baby food assistance. * Collective kitchens. * Clothing bank. * Thrift store: housewares, books and clothing for the whole family. * Assistance with filling out forms. * Friendly visits. * SécuriCAB: automated safety and medication reminder phone calls. * Tax clinic. * Development and promotion of volunteer action.

Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Coverage area: SécuriCAB program: MRC Vaudreuil-Soulanges, other services: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Monday to Friday 8h30 to 16h30, Thrift store: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 18h30, Saturday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food assistance: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Training of volunteers. * Monthly food assistance. * Clothing donations. * Collective cooking classes. * Christmas baskets. * Thrift store. * On-site collection of new and used items: clothing, dishes, toys, books, small electronics, sports equipment, personal hygiene products, various household items. * Friendly visits. * Loan of crutches and wheelchairs. * Assistance with government documents. * Training courses. * Tax clinic.

Eligibility: seniors, people in need, thrift store: general public

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday, Wednesday, and Friday 9h30 to 17h00, Thursday 9h30 to 20h00, Saturday 10h00 to 15h00

Fees: food assistance: 5\$ per adults

Financing: donations, grants, self-financing

Legal status: non-profit organization

COMPTOIR NOTRE-DAME-DE-LORETTE

33 Lussier Avenue, Pincourt, Montérégie, QC, J7V 5B1

514 453-5662 ext. 223

Email: info@ndlorette.ca

Services: * Food bank. * Thrift shop: general clothing, baby clothing, kitchens, small items, etc. * Christmas hampers.

Eligibility: people on a low income

Coverage area: Pincourt, Notre-Dame-de-l'Île-Perrot, L'Île-Perrot

Hours: Wednesday 12h30 to 16h30

Fees: variable according to the items, food bank: free

Financing: donations, self-financing

Legal status: non-profit organization

COMPTOIR SAINTE-ROSE-DE-LIMA

300 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-5662 Fax: 514 453-7919

Website: www.paroissesjc.org

Email: eglisesrl@paroissesjc.org

Services: * Recovery and sale of used items: clothing, toys, small household items, books. * Food assistance. * Christmas baskets.

Eligibility: people in need

Capacity: food assistance: 30

Coverage area: Île-Perrot, Notre-Dame-de-l'Île-Perrot

Hours: sale of used items: Wednesday and Saturday 8h00 to 15h00, food assistance: 3rd Wednesday of the month

Fees: free, sale of used items: variable

Financing: donations, self-financing

Legal status: non-profit organization

DORION DREAM CENTER

490 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-4532

Website: www.doriondreamcenter.com

Services: * Food bank. * Community suppers. * Clothing, school supplies and furniture donations. * Diapers, strollers and maternity clothing donations. * Summer camp. * Recovery of non-perishable food items and diapers. * Christmas baskets.

Eligibility: children, families, clothing and furniture donations: newly arrived immigrants, diapers, strollers and maternity clothing donations: pregnant women

Capacity: 75 à 90 familles par semaine

Coverage area: L'Île-Perrot, Vaudreuil-Dorion, Les Cèdres, Coteau-du-Lac, Les Coteaux, Rivière-Beaudette

Hours: food distribution: Thursday 12h30 to 14h30, community supper: Thursday, donations recovery: by appointment

Fees: food baskets: \$2 per week, summer camp: variable

Financing: donations, provincial, federal

Legal status: non-profit organization

PRESBYTERIAN CHURCH OF ILE PERROT

242 5th Avenue, Pincourt, Montérégie, QC, J7V 5L3

514 453-1441

Email: nivmark1230@gmail.com

Services: * On call food assistance. * On call Christmas baskets.

Eligibility: individuals and families on a low income

Coverage area: L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Pincourt, Terrasse-Vaudreuil

Hours: by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

SOURCE D'ENTRAIDE INC. (LA)

2252 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 2H5

450 455-8000

Website: sourcedentraide.org

Email: info@sourcedentraide.org

Services: * Thrift store: used clothing and household items. * Food aid. * Community food pantry. * Emergency meals in schools and day camps. * Sewing workshop. * Christmas baskets.

Eligibility: boutique: general population, community services: vulnerable people

Coverage area: Saint-Lazare

Hours: Tuesday 9h00 to 15h00, Thursday 9h00 to 15h00 and 19h00 to 20h30, Saturday 9h00 to 12h00, food assistance: by appointment

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

VAUDREUIL-SOULANGES PALLIATIVE CARE RESIDENCE FOUNDATION

90 Como Gardens Street, Hudson, Montérégie, QC, J0P 1H0

450 202-2202 Fax: 450 202-2205

Website: www.mspvs.org/?lang=en

Email: info@mspvs.org

Services: Palliative care residence. * Accompaniment and support. * Medical service. * Possibility for relatives to cohabit with the resident. * End-of-life care.

Eligibility: people of any age living with an incurable terminal illness and with a prognosis of less than three months, their close ones

Capacity: 12 patients

Coverage area: MRC Vaudreuil-Soulanges

Fees: none

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

Legal status: non-profit organization

Food assistance in schools**SOURCE D'ENTRAIDE INC. (LA)**

2252 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 2H5

450 455-8000

Website: sourcedentraide.org

Email: info@sourcedentraide.org

Services: * Thrift store: used clothing and household items. * Food aid. * Community food pantry. * Emergency meals in schools and day camps. * Sewing workshop. * Christmas baskets.

Eligibility: boutique: general population, community services: vulnerable people

Coverage area: Saint-Lazare

Hours: Tuesday 9h00 to 15h00, Thursday 9h00 to 15h00 and 19h00 to 20h30, Saturday 9h00 to 12h00, food assistance: by appointment

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

Low cost or free meals**AIGUILLAGE (L')**

536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

1 877 373-1072 Fax: 450 218-6419

Website: www.aiguillage.ca

Email: info@aiguillage.ca

Services: * Emergency support and referral. * Helping relationship. * Emergency shelter with meals for a period of 24 hours. * Street work. * Emergency food and clothing. * Intervention for runaways or suicidal youth. *

Residential stability: accompaniment and support for permanent housing search and social integration. *

Regional consultation on homelessness. * Naloxone kits distribution.

Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages

Capacity: 23 beds

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 9h00 to 16h30, outreach work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days

Fees: none

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES AÎNÉS VAUDREUIL-SOULANGES

12 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

1 855 510-3548

Website: www.centredesainesvs.com

Email: direction@ccavs.ca

Services: * Food assistance: meals on wheels, sale of frozen meals and community meals. * Activity days. * Trainings and conferences on various senior-related matters.

Eligibility: seniors 50 years old and over, people with a loss of autonomy or physical disabilities

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CLUB ÂGE D'OR VILLE ÎLE-PERROT

150 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 668-9095

Email: dianeddube@hotmail.com

Services: * Dancing dinners, crafts, painting workshops, bean bag toss, trips, outings.

Eligibility: people 50 years old and over

Coverage area: L'Île-Perrot

Hours: variable

Fees: annual membership: \$10

Financing: self-financing

Legal status: non-profit organization

CLUB D'ÂGE D'OR DES AÎNÉS DU LAC SAINT-FRANÇOIS

21 Prieur Street, Les Coteaux, Montérégie, QC, J7X 1L3

450 217-7793

Services: * Social and recreational activities: darts, petanque, etc. * Community meals. * Dance evenings. * Outings, theatre.

Eligibility: people 50 years old and over

Coverage area: Les Coteaux and the surroundings

Hours: variable

Fees: annual membership: \$10, outings: variable

Financing: self-financing

Legal status: non-profit organization

CLUB D'ÂGE D'OR LES CÈDRES

1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-4967 Fax: 450 452-4605

Email: agedorlescedres@gmail.com

Services: * Monthly dancing dinner. * Recreational activities: line dancing, bean bags, shuffleboard, pickleball, walking group, card and board games, bocce. * Outings. * Charitable activities.

Eligibility: seniors 50 years and over

Coverage area: Les Cèdres and surroundings

Hours: dinner: 3rd Friday of the month, card and board games, line dancing, bean bags: Wednesday

Fees: membership: \$20 per year, dancing dinners: \$25 for members, \$30 for non-members

Financing: contributions

Legal status: non-profit organization

DORION DREAM CENTER

490 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-4532

Website: www.doriondreamcenter.com

Services: * Food bank. * Community suppers. * Clothing, school supplies and furniture donations. * Diapers, strollers and maternity clothing donations. * Summer camp. * Recovery of non-perishable food items and diapers. * Christmas baskets.

Eligibility: children, families, clothing and furniture donations: newly arrived immigrants, diapers, strollers and maternity clothing donations: pregnant women

Capacity: 75 à 90 familles par semaine

Coverage area: L'Île-Perrot, Vaudreuil-Dorion, Les Cèdres, Coteau-du-Lac, Les Coteaux, Rivière-Beaudette

Hours: food distribution: Thursday 12h30 to 14h30, community supper: Thursday, donations recovery: by appointment

Fees: food baskets: \$2 per week, summer camp: variable

Financing: donations, provincial, federal

Legal status: non-profit organization

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

REPAS PARTAGÉS - ÎLE-PERROT

150 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

450 424-0111

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: Community meals. * Line dancing. * Bingo.

Eligibility: people 50 years and over

Coverage area: L'Île-Perrot

Hours: 4th Wednesday of the month

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 424-0111

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: Community meals. * Line dancing.

Eligibility: people 50 years and over

Coverage area: Les Cèdres

Hours: 1st Tuesday of the month

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - NOTRE-DAME-DE-L'ÎLE-PERROT

Confidential Address

450 424-0111

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: * Community meals.

Eligibility: people 50 years and over

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: 2nd Wednesday of the month

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - PINCOURT

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7V 9H6 **Fax:** 450 218-1971

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: * Community meals. * Dancing. * Bingo, card games. * Referral centre: support in various procedures and information on the resources and activities of the area. * Monthly distribution of the newsletter Le Carrefour.

Eligibility: people 50 years and over

Coverage area: Pincourt, Terrasse-Vaudreuil

Hours: 3rd Tuesday of the month

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - RIGAUD

Confidential Address

450 451-5130

Website: www.legraves.com

Services: * Community meals.

Eligibility: people 50 years and over

Coverage area: Rigaud

Hours: 3rd Thursday of the month

Fees: \$12

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-CLET

4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3455

Website: www.centredesainesvs.com/activites/repas-partages

Email: direction@ccavs.ca

Services: * Community meals.

Eligibility: people who live in Saint-Clet or are originally from Saint-Clet, people that are seniors: 50 years and older

Capacity: 70 to 80

Coverage area: Saint-Clet

Hours: 2nd Wednesday of each month

Fees: \$13 per person

Financing: donations, self-financing, municipal

Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-LAZARE

1301 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6 **Fax:** 450 218-1971

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: Community meals. * Card games, bingo.

Eligibility: people 50 years and over

Coverage area: Saint-Lazare

Hours: 2nd Tuesday of the month 11h00 to 14h00

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-TÉLESPHORE

1425 340 Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 269-3272

Website: www.centredeainesvs.com/activites/repas-partages

Email: direction@ccavs.ca

Services: * Community meals. * Social and recreational activities. * Bingo.

Eligibility: seniors, general public

Capacity: 150

Coverage area: Saint-Télesphore

Hours: 2nd Wednesday of each month 12h00

Fees: \$15 per person, bingo cards: \$0.50 each

Financing: donations, self-financing

Legal status: non-profit organization

REPAS PARTAGÉS - SAINTE-JUSTINE-DE-NEWTON

2842 Principale Street, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0

514 250-1528

Website: www.centredeainesvs.com/activites/repas-partages

Email: direction@ccavs.ca

Services: * Community meals. * Social and recreational activities.

Eligibility: general public

Capacity: 200

Coverage area: Sainte-Justine-de-Newton

Hours: 1st Wednesday of each month, September to April

Fees: \$15 per person

Financing: donations, self-financing

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

CENTRE COMMUNAUTAIRE DES AÎNÉS VAUDREUIL-SOULANGES

12 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

1 855 510-3548

Website: www.centredeainesvs.com

Email: direction@ccavs.ca

Services: * Food assistance: meals on wheels, sale of frozen meals and community meals. * Activity days. * Trainings and conferences on various senior-related matters.
Eligibility: seniors 50 years old and over, people with a loss of autonomy or physical disabilities
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 9h00 to 16h00
Fees: variable
Financing: provincial, self-financing
Legal status: non-profit organization

HUDSON MEALS ON WHEELS

394 Main Street, Hudson, Montérégie, QC, J0P 1H0

514 781-1194

Website: mealsonwheelsmenus.blogspot.com

Email: sfl4784@gmail.com

Services: * Home delivery of hot meals.
Eligibility: seniors, people with a loss of autonomy, with a physical disability or recovering from surgery
Capacity: about 30 meals
Coverage area: Hudson
Hours: Tuesday and Friday 8h30 to 12h00
Fees: \$6 per meal
Financing: self-financing
Legal status: non-profit organization

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

Federal services

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Income statements

CÈDRES (LES) - MUNICIPALITY

1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-4651 Fax: 450 452-4605

Website: www.ville.lescedres.qc.ca

Email: info@ville.lescedres.qc.ca

Services: Municipal service management. * Payment of municipal taxes. * Waste collection schedule: www.ville.lescedres.qc.ca/sites/default/files/calendrier_collecte_cedres_2023.pdf * Urban-planning department: construction permits. * Public work department: infrastructure maintenance. * Emergency notification system. * Fire department. * Hall rental.

Coverage area: Les Cèdres

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

Financing: municipal

Legal status: municipal agency

COTEAU-DU-LAC - CITY

342 du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5822 Fax: 450 763-0938

Website: coteau-du-lac.com

Email: reception@coteau-du-lac.com

Services: Management of municipal services. * Payment of municipal taxes. * Administration of oath. * Construction permits. * Collection of recyclable materials and garbage. * Fire department.

Coverage area: Coteau-du-Lac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

HUDSON - CITY

481 Main Street, Hudson, Montérégie, QC, J0P 1H0

450 458-5347 Fax: 450 458-4922

Website: hudson.quebec/en

Email: info@ville.hudson.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Fire department. * Garbage collection. * Construction permits. * Pet licenses. * Automated emergency call system.

Coverage area: Hudson

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

Financing: municipal

Legal status: municipal agency

L'ÎLE-CADIEUX - CITY

50 de l'Île Road, L'Île-Cadieux, Montérégie, QC, J7V 8P3

450 424-4273 Fax: 450 424-6327

Website: www.ilecadieux.ca

Email: dg.ilecadieux@videotron.ca

Services: Municipal service management. * Payment of municipal taxes. * Construction permits. * Garbage collection. * Emergency notification system.

Coverage area: L'Île-Cadieux

Hours: general administration: Tuesday 9h00 to 17h00 and Thursday 18h00 to 21h00, appointments possible outside of these hours, town planning, permits, certificates: Tuesday 9h00 to 15h00

Financing: municipal

Legal status: municipal agency

L'ÎLE-PERROT - CITY

110 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 Fax: 514 453-2432

Website: www.ile-perrot.qc.ca

Email: info@ile-perrot.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Construction permits. * Garbage collection calendar: www.ile-perrot.qc.ca/wp-content/uploads/2021/12/Calendrier-collectes.jpg * Emergency notification system.

Coverage area: L'Île-Perrot

Hours: Monday 8h30 to 12h00 and 13h00 to 16h30, Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h00, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

LES COTEAUX - MUNICIPALITY

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A2

450 267-3531 Fax: 450 267-3532

Website: les-coteaux.qc.ca

Email: reception@les-coteaux.qc.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Pet licenses. * Alertes citoyennes, alert system by email, text or phone for boil water notices, road work, breakage or other emergency measures: les-coteaux.omnivigil.com/5/3/?action_5=PersonCreateEdit * Grant for cloth diapers. * Grant for rain barrels. * Fire department.

Coverage area: Les Coteaux

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

NOTRE-DAME-DE-L'ÎLE-PERROT - CITY

21 de l'Église Street, Vaudreuil-Dorion, Montérégie, QC, J7V 8P4

514 453-4128 Fax: 514 453-8961

Website: www.ndip.org/en

Email: guichetunique@ndip.org

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Public work department: infrastructure maintenance. * Urban-planning department: construction permits.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

PINCOURT - CITY

919 Duhamel Road, Pincourt, Montérégie, QC, J7V 4G8

514 453-8981 Fax: 514 453-0934

Website: villepincourt.qc.ca/en/home

Email: reception@villepincourt.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance.

Coverage area: Pincourt

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

Financing: municipal

Legal status: municipal agency

POINTE-DES-CASCADES - MUNICIPALITY

105 du Fleuve Road, Pointe-des-Cascades, Montérégie, QC, J0P 1M0

450 455-3414 Fax: 450 455-9671

Website: pointe-des-cascades.com

Email: reception@pointe-des-cascades.com

Services: Municipal service management. * Municipal tax payment. * Fire department. * Construction permits. * Collection of residual materials. * Com'Alerte Program: automated alert system by email, phone or SMS in case of boil water advisories, street closures, emergency situations, water main break, flooding and other emergency measures. * Recreation Department. * Municipal library.

Coverage area: Pointe-des-Cascades

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

POINTE-FORTUNE - MUNICIPALITY

694 Tisseur Street, Pointe-Fortune, Montérégie, QC, J0P 1N0

450 451-5178 Fax: 450 451-4649

Website: pointefortune.ca

Email: info@pointefortune.ca

Services: Management of municipal services. * Payment of municipal taxes. * Construction permits. * Waste collection calendar: pointefortune.ca/app/uploads/2022/12/Calendrier-Pointe-Fortune-2023.pdf

Coverage area: Pointe-Fortune

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

Financing: municipal

Legal status: municipal agency

RIGAUD - CITY

106 Saint-Viateur Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 235 Fax: 450 451-4227

Website: www.ville.rigaud.qc.ca

Email: rigaud@ville.rigaud.qc.ca

Services: Municipal service management. * Municipal tax payment. * Administration of oath. * Construction permits. * Garbage collection. * Fire department. * Emergency notification system.

Coverage area: Rigaud

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

Financing: municipal

Legal status: municipal agency

RIVIÈRE-BEAUDETTE - MUNICIPALITY

663 Frontière Road, Rivière-Beaudette, Montérégie, QC, J0P 1R0

450 269-2931

Website: riviere-beaudette.com

Email: administration@riviere-beaudette.com

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Comalerte Program: automated alert system by email, phone or SMS in case of boil water advisories, street closures, emergency situations, water main break, flooding and other emergency measures. * Recreation Department. * Municipal library.

Coverage area: Rivière-Beaudette

Hours: Monday to Thursday 8h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-CLET - MUNICIPALITY

4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3363 Fax: 450 456-3879

Website: st-clet.com

Email: st-clet@videotron.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Comalerte Program: automated alert system by email, phone or SMS in case of boil water advisories, street closures, emergency situations, water main break, flooding and other emergency measures. * Recreation Department. * Municipal library.

Coverage area: Saint-Clet

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

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE - CITY

1960 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 3A3

450 424-8000 Fax: 450 455-3877

Website: ville.saint-lazare.qc.ca/en/bienvenue/

Email: info@ville.saint-lazare.qc.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Community gardens. * Subsidies for the purchase of hygiene products: washable diapers, sustainable menstrual products. * Dog licences. * Recreation Department. * Municipal library.

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-POLYCARPE - MUNICIPALITY

1263 Élie-Auclair Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3777 Fax: 450 265-3010

Website: stpolycarpe.ca

Email: jparadis@stpolycarpe.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Dog licences. * Recreation department. * Municipal library.

Coverage area: Saint-Polycarpe

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-TÉLESPHORE - MUNICIPALITY

1425 340 Road, Saint-Télesphore, Montérégie, QC, J0P 1Y0

450 269-2999 Fax: 450 269-2257

Website: saint-telesphore.com

Email: info@st-telesphore.ca

Services: Municipal service management. * Municipal tax payment. * Information on garbage collection. * Construction permits. * Fire department. * Dog licences. * Stray animal management. * Recreation Department.

Coverage area: Saint-Télesphore

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

Financing: municipal

Legal status: municipal agency

SAINT-ZOTIQUE - MUNICIPALITY

1250 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 Fax: 450 267-0907

Website: st-zotique.com

Email: infost-zo@st-zotique.com

Services: Municipal service management. * Municipal tax payment. * Waste collection. * Construction permits. * Pet licences.

Coverage area: Saint-Zotique

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

Financing: municipal

Legal status: municipal agency

SAINTE-JUSTINE-DE-NEWTON - MUNICIPALITY

2627 Principale Street, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0

450 764-3573 Fax: 450 764-3180

Website: www.sainte-justine-de-newton.ca

Email: administration@sainte-justine-de-newton.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Dog licences.

Coverage area: Sainte-Justine-de-Newton

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

Financing: municipal

Legal status: municipal agency

SAINTE-MARTHE - MUNICIPALITY

776 des Loisirs Street, Sainte-Marthe, Montérégie, QC, J0P 1W0

450 459-4284

Website: www.sainte-marthe.ca

Email: info@sainte-marthe.ca

Services: Municipal service management. * Payment of municipal taxes. * Information on garbage collection. * Fire department. * Dog licences. * Hall rental. * Construction permits.

Coverage area: Sainte-Marthe

Financing: municipal

Legal status: municipal agency

TERRASSE-VAUDREUIL - MUNICIPALITY

74 7th Avenue, Terrasse-Vaudreuil, Montérégie, QC, J7V 3M9

514 453-8120 Fax: 514 453-1180

Website: www.terrasse-vaudreuil.ca

Email: info@terrasse-vaudreuil.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Dog and cat licences.

Coverage area: Terrasse-Vaudreuil

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

Financing: municipal

Legal status: municipal agency

TRÈS-SAINT-RÉDEMPTEUR - MUNICIPALITY

769 Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1

450 451-5203

Website: tressaintredempteur.ca

Email: recep@tressaintredempteur.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection calendar: [click here](#)

Coverage area: Très-Saint-Rédempteur

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

Financing: municipal

Legal status: municipal agency

VAUDREUIL-DORION - CITY

2555 Dutrisac Street, Suite 200, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

450 455-3371 Fax: 450 424-8540

Website: www.ville.vaudreuil-dorion.qc.ca/en

Email: courriel@ville.vaudreuil-dorion.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Emergency notification system. * Dog and cat licences.

Coverage area: Vaudreuil-Dorion

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

Financing: municipal

Legal status: municipal agency

VAUDREUIL-SUR-LE-LAC - MUNICIPALITY

44 de l'Église Street, L'Île-Cadieux, Montérégie, QC, J7V 8P3

450 455-1133 Fax: 450 455-8614

Website: www.vsl.ca

Email: communications@vsl.ca

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

Coverage area: Vaudreuil-sur-le-Lac

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

Financing: municipal

Legal status: municipal agency

Municipal services**CARREFOUR DE L'ESPOIR SAINT-MICHEL**

235 Saint-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1Z9

450 218-3100

Website: carrefourdelespoir.typepad.com

Email: lecarrefourdelespoir@videotron.ca

Services: Thrift shop. * Furniture, appliances, household items, computer equipment, office furniture, mattresses, books and bicycles. * On-site and at-home collection.

Coverage area: MRC Vaudreuil-Soulanges

Hours: Tuesday to Saturday 8h00 to 15h00

Fees: recovery: free, delivery: variable

Financing: donations, self-financing

Legal status: non-profit organization

CÈDRES (LES) - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-4651 ext. 224

Website: www.ville.lescedres.qc.ca/fr/services-aux-citoyens/loisirs-culture-et-vie-communautaire

Email: dfecteau@ville.lescedres.qc.ca

Services: * Sports, cultural and leisure activities. * Parks, sports fields.

Coverage area: Les Cèdres

Fees: variable

Financing: municipal

Legal status: municipal agency

CÈDRES (LES) - MUNICIPALITY

1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-4651 Fax: 450 452-4605

Website: www.ville.lescedres.qc.ca

Email: info@ville.lescedres.qc.ca

Services: Municipal service management. * Payment of municipal taxes. * Waste collection schedule: www.ville.lescedres.qc.ca/sites/default/files/calendrier_collecte_cedres_2023.pdf * Urban-planning department: construction permits. * Public work department: infrastructure maintenance. * Emergency notification system. * Fire department. * Hall rental.

Coverage area: Les Cèdres

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

Financing: municipal

Legal status: municipal agency

COTEAU-DU-LAC - CITY

342 du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5822 Fax: 450 763-0938

Website: coteau-du-lac.com

Email: reception@coteau-du-lac.com

Services: Management of municipal services. * Payment of municipal taxes. * Administration of oath. * Construction permits. * Collection of recyclable materials and garbage. * Fire department.

Coverage area: Coteau-du-Lac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

COTEAU-DU-LAC - LOISIRS ET CULTURE

342 du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5822 ext. 222 Fax: 450 763-0938

Website: coteau-du-lac.com

Email: loisirs@coteau-du-lac.com

Services: * Recreational, sporting and cultural activities. * Parks, sports fields, community centre, ice rink, swimming pools. * Hall rental. * Summer day camp. * Events.

Coverage area: Coteau-du-Lac

Fees: camp: \$20 per week

Financing: municipal

Legal status: municipal agency

HUDSON - CITY

481 Main Street, Hudson, Montérégie, QC, J0P 1H0

450 458-5347 Fax: 450 458-4922

Website: hudson.quebec/en

Email: info@ville.hudson.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Fire department. * Garbage collection. * Construction permits. * Pet licenses. * Automated emergency call system.

Coverage area: Hudson

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

Financing: municipal

Legal status: municipal agency

HUDSON - PARKS AND RECREATION DEPARTMENT

394 Main Street, Hudson, Montérégie, QC, J0P 1H0

450 458-6699 Fax: 450 458-7764

Website: hudson.quebec/en/parks-and-recreation

Services: * Sporting and recreational activities. * Community centre, youth centre, swimming pool, parks, hiking trails. * Spot55+: activities for people aged 55 and over. * Events.

Coverage area: Hudson

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

Fees: variable

Financing: municipal

Legal status: municipal agency

L'ÎLE-CADIEUX - CITY

50 de l'Île Road, L'Île-Cadieux, Montérégie, QC, J7V 8P3

450 424-4273 Fax: 450 424-6327

Website: www.ilecadieux.ca

Email: dg.ilecadieux@videotron.ca

Services: Municipal service management. * Payment of municipal taxes. * Construction permits. * Garbage collection. * Emergency notification system.

Coverage area: L'Île-Cadieux

Hours: general administration: Tuesday 9h00 to 17h00 and Thursday 18h00 to 21h00, appointments possible outside of these hours, town planning, permits, certificates: Tuesday 9h00 to 15h00

Financing: municipal

Legal status: municipal agency

L'ÎLE-PERROT - CITY

110 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 Fax: 514 453-2432

Website: www.ile-perrot.qc.ca

Email: info@ile-perrot.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Construction permits.

* Garbage collection calendar: www.ile-perrot.qc.ca/wp-content/uploads/2021/12/Calendrier-collectes.jpg *

Emergency notification system.

Coverage area: L'Île-Perrot

Hours: Monday 8h30 to 12h00 and 13h00 to 16h30, Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h00, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

L'ÎLE-PERROT - SERVICE DES LOISIRS

110 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 ext. 227

Website: www.ile-perrot.qc.ca/culture-et-loisirs

Email: s-loisi@ile-perrot.qc.ca

Services: * Community, sociocultural and sporting activities. * Community centre, swimming pool, parks, ice rinks, sports fields. * Alpha 50+: introducing and maintaining knowledge of digital technology. * Coordination with community organizations. * Summer day camp. * Events and celebrations. * Hall and sports facilities rental.

Coverage area: L'Île-Perrot

Hours: Monday 8h30 to 12h00 and 13h00 to 16h30, Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h00, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

LES COTEAUX - LEISURE AND COMMUNITY LIFE

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A1

450 267-3531 Fax: 450 267-3532

Website: les-coteaux.qc.ca/citoyens/loisirs-vie-communautaire

Email: dirloisirs@les-coteaux.qc.ca

Services: * Recreational, cultural and sporting activities. * Parks, playing fields, ice rinks. * Community gardens. * Events. * Day camp. * Hall rental.

Coverage area: Les Coteaux

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

LES COTEAUX - MUNICIPALITY

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A2

450 267-3531 Fax: 450 267-3532

Website: les-coteaux.qc.ca

Email: reception@les-coteaux.qc.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Pet licenses. * Alertes citoyennes, alert system by email, text or phone for boil water notices, road work, breakage or other emergency measures: les-coteaux.omnigil.com/5/3/?action_5=PersonCreateEdit * Grant for cloth diapers. * Grant for rain barrels. * Fire department.

Coverage area: Les Coteaux

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

NOTRE-DAME-DE-L'ÎLE-PERROT - CITY

21 de l'Église Street, Vaudreuil-Dorion, Montérégie, QC, J7V 8P4

514 453-4128 Fax: 514 453-8961

Website: www.ndip.org/en

Email: guichetunique@ndip.org

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Public work department: infrastructure maintenance. * Urban-planning department: construction permits.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

NOTRE-DAME-DE-L'ÎLE-PERROT - COMMUNITY SERVICES

1300 Don-Quichotte Boulevard, Notre-Dame-de-l'Île-Perrot, Montérégie, QC, J7V 9E2

514 453-4128 Fax: 514 453-8961

Website: www.ndip.org/en

Email: loisirs@ndip.org

Services: * Sports and recreational activities. * Swimming pools, arenas, nautical centre, parks and sports fields. * Summer day camp. * Room rental. * Events and parties.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

PINCOURT - CITY

919 Duhamel Road, Pincourt, Montérégie, QC, J7V 4G8

514 453-8981 Fax: 514 453-0934

Website: villepincourt.qc.ca/en/home

Email: reception@villepincourt.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance.

Coverage area: Pincourt

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

Financing: municipal

Legal status: municipal agency

PINCOURT - RECREATION AND CULTURE

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6

514 453-8981 option 6 Fax: 514 453-1839

Website: villepincourt.qc.ca/en/home

Email: loisirs@villepincourt.qc.ca

Services: * Community, sociocultural and sports activities. * Ice rinks, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer and spring break day camps. * Room rental. * Events.

Coverage area: Pincourt

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

Fees: variable

Financing: municipal

Legal status: municipal agency

POINTE-DES-CASCADES - LEISURE, CULTURE AND CITIZEN LIFE

52 du Fleuve Road, Pointe-des-Cascades, Montérégie, QC, J0P 1M0

450 455-3414 Fax: 450 455-9671

Website: pointe-des-cascades.com

Email: loisirs@pointe-des-cascades.com

Services: * Sports and recreational activities. * Community centre, swimming pool, sports fields, parks. * Room rental. * Parties.

Coverage area: Pointe-des-Cascades

Fees: variable

Financing: municipal

Legal status: municipal agency

POINTE-DES-CASCADES - MUNICIPALITY

105 du Fleuve Road, Pointe-des-Cascades, Montérégie, QC, J0P 1M0

450 455-3414 Fax: 450 455-9671

Website: pointe-des-cascades.com

Email: reception@pointe-des-cascades.com

Services: Municipal service management. * Municipal tax payment. * Fire department. * Construction permits. * Collection of residual materials. * Com'Alerte Program: automated alert system by email, phone or SMS in case of boil water advisories, street closures, emergency situations, water main break, flooding and other emergency measures. * Recreation Department. * Municipal library.

Coverage area: Pointe-des-Cascades

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

POINTE-FORTUNE - MUNICIPALITY

694 Tisseur Street, Pointe-Fortune, Montérégie, QC, J0P 1N0

450 451-5178 Fax: 450 451-4649

Website: pointefortune.ca

Email: info@pointefortune.ca

Services: Management of municipal services. * Payment of municipal taxes. * Construction permits. * Waste collection calendar: pointefortune.ca/app/uploads/2022/12/Calendrier-Pointe-Fortune-2023.pdf

Coverage area: Pointe-Fortune

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

Financing: municipal

Legal status: municipal agency

RIGAUD - CITY

106 Saint-Viateur Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 235 Fax: 450 451-4227

Website: www.ville.rigaud.qc.ca

Email: rigaud@ville.rigaud.qc.ca

Services: Municipal service management. * Municipal tax payment. * Administration of oath. * Construction permits. * Garbage collection. * Fire department. * Emergency notification system.

Coverage area: Rigaud

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

Financing: municipal

Legal status: municipal agency

RIGAUD - LEISURE, CULTURE AND COMMUNITY LIFE

65 Saint-Pierre Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 238

Website: www.ville.rigaud.qc.ca

Services: * Recreational and sports activities. * Parks, sports fields, ice rink. * Day camp. * Room rental. * Events.

Coverage area: Rigaud

Financing: municipal

Legal status: municipal agency

RIVIÈRE-BEAUDETTE - LEISURE AND CULTURE

600 Léger Street, Rivière-Beaudette, Montérégie, QC, J0P 1R0

450 269-2931

Website: riviere-beaudette.com

Email: loisirs@riviere-beaudette.com

Services: * Recreational and sporting activities. * Ice rink, parks, sports fields. * Day camp.

Coverage area: Rivière-Beaudette

Financing: municipal

Legal status: municipal agency

RIVIÈRE-BEAUDETTE - MUNICIPALITY

663 Frontière Road, Rivière-Beaudette, Montérégie, QC, J0P 1R0

450 269-2931

Website: riviere-beaudette.com

Email: administration@riviere-beaudette.com

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Comalerte Program: automated alert system by email, phone or SMS in case of boil water advisories, street closures, emergency situations, water main break, flooding and other emergency measures. * Recreation Department. * Municipal library.

Coverage area: Rivière-Beaudette

Hours: Monday to Thursday 8h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-CLET - LEISURE

4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3363 Fax: 450 456-3879

Website: st-clet.com

Email: loisirs@st-clet.com

Services: * Recreational and sports activities. * Ice rink, parks and playgrounds. * Summer day camp. * Events.

Coverage area: Saint-Clet

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-CLET - MUNICIPALITY

4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3363 Fax: 450 456-3879

Website: st-clet.com

Email: st-clet@videotron.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Comalert Program: automated alert system by email, phone or SMS in case of boil water advisories, street closures, emergency situations, water main break, flooding and other emergency measures. * Recreation Department. * Municipal library.

Coverage area: Saint-Clet

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

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE - CITY

1960 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 3A3

450 424-8000 Fax: 450 455-3877

Website: ville.saint-lazare.qc.ca/en/bienvenue/

Email: info@ville.saint-lazare.qc.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Community gardens. * Subsidies for the purchase of hygiene products: washable diapers, sustainable menstrual products. * Dog licences. * Recreation Department. * Municipal library.

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE - LEISURE AND COMMUNITY LIFE

1301 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 220 Fax: 450 424-3246

Website: ville.saint-lazare.qc.ca/en/bienvenue

Email: loisirs@ville.saint-lazare.qc.ca

Services: * Sporting and recreational activities. * Community centre, parks, sports fields, swimming pool, sports complex and outdoor ice rinks. * Summer day camp. * Adapted leisure: day camp, activities. * Hall rental. * Ado'zone: activities and dances for youth. * Parties, shows and events.

Eligibility: adapted day camp: children 5 to 12 years old living with a psychical or intellectual disability, adapted activities: youth 6 to 17 years old living with a psychical or intellectual disability

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-POLYCARPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

1263 Élie-Auclair Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3777 ext. 223

Website: stpolycarpe.ca/loisir-culture-et-vie-communautaire

Email: loisirs@stpolycarpe.ca

Services: * Recreational and sporting activities. * Playgrounds, ice rink, parks. * Hall rental. * Assistance with sporting fees. * Events.

Coverage area: Saint-Polycarpe

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-POLYCARPE - MUNICIPALITY

1263 Élie-Auclair Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3777 Fax: 450 265-3010

Website: stpolycarpe.ca

Email: jparadis@stpolycarpe.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Dog licences. * Recreation department. * Municipal library.

Coverage area: Saint-Polycarpe

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-TÉLESPHORE - LOISIRS

1425 340 Road, Saint-Télesphore, Montérégie, QC, J0P 1Y0

450 269-2999

Website: saint-telesphore.com

Email: loisirs@st-telesphore.ca

Services: * Parks, hiking trails, ice rink, community centre. * Summer day camp.

Coverage area: Saint-Télesphore

Financing: municipal

Legal status: municipal agency

SAINT-TÉLESPHORE - MUNICIPALITY

1425 340 Road, Saint-Télesphore, Montérégie, QC, J0P 1Y0

450 269-2999 Fax: 450 269-2257

Website: saint-telesphore.com

Email: info@st-telesphore.ca

Services: Municipal service management. * Municipal tax payment. * Information on garbage collection. * Construction permits. * Fire department. * Dog licences. * Stray animal management. * Recreation Department.

Coverage area: Saint-Télesphore

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

Financing: municipal

Legal status: municipal agency

SAINT-ZOTIQUE - LOISIRS

1250 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 4

Website: www.st-zotique.com

Email: loisirs@st-zotique.com

Services: * Recreational and sporting activities. * Sports fields, ice rinks, parks, citizen hall. * Hall rental. * Summer and spring break day camps. * Events.

Coverage area: Saint-Zotique

Financing: municipal

Legal status: municipal agency

SAINT-ZOTIQUE - MUNICIPALITY

1250 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 Fax: 450 267-0907

Website: st-zotique.com

Email: infost-zo@st-zotique.com

Services: Municipal service management. * Municipal tax payment. * Waste collection. * Construction permits. * Pet licences.

Coverage area: Saint-Zotique

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

Financing: municipal

Legal status: municipal agency

SAINTE-JUSTINE-DE-NEWTON - LOISIRS ET VIE COMMUNAUTAIRE

2842 Principale Street, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0

450 764-3573 ext. 221

Website: www.sainte-justine-de-newton.ca/loisirs

Email: administration@sainte-justine-de-newton.ca

Services: * Community, socio-cultural and sports activities. * Swimming pool, skating rink and parks. * Coordination with local community organizations. * Summer day camp. * Events and celebrations.

Coverage area: Sainte-Justine-de-Newton

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-JUSTINE-DE-NEWTON - MUNICIPALITY

2627 Principale Street, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0

450 764-3573 Fax: 450 764-3180

Website: www.sainte-justine-de-newton.ca

Email: administration@sainte-justine-de-newton.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Dog licences.

Coverage area: Sainte-Justine-de-Newton

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

Financing: municipal

Legal status: municipal agency

SAINTE-MARTHE - LOISIRS

776 des Loisirs Street, Sainte-Marthe, Montérégie, QC, J0P 1W0

450 459-4284

Website: www.sainte-marthe.ca

Email: loisirs@sainte-marthe.ca

Services: * Recreational and sporting activities. * Parks, ice rink, sports fields. * Events.

Coverage area: Sainte-Marthe

Financing: municipal

Legal status: municipal agency

SAINTE-MARTHE - MUNICIPALITY

776 des Loisirs Street, Sainte-Marthe, Montérégie, QC, J0P 1W0

450 459-4284

Website: www.sainte-marthe.ca

Email: info@sainte-marthe.ca

Services: Municipal service management. * Payment of municipal taxes. * Information on garbage collection. * Fire department. * Dog licences. * Hall rental. * Construction permits.

Coverage area: Sainte-Marthe

Financing: municipal

Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC DE VAUDREUIL-SOULANGES EST

599 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 7W2

450 424-1212 Fax: 450 424-8580

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DE VAUDREUIL-SOULANGES OUEST

551 Road 201, Saint-Clet, Montérégie, QC, J0P 1S0

450 546-3663 Fax: 450 546-3663

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

TERRASSE-VAUDREUIL - MUNICIPALITY

74 7th Avenue, Terrasse-Vaudreuil, Montérégie, QC, J7V 3M9

514 453-8120 Fax: 514 453-1180

Website: www.terrasse-vaudreuil.ca

Email: info@terrasse-vaudreuil.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Dog and cat licences.

Coverage area: Terrasse-Vaudreuil

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

Financing: municipal

Legal status: municipal agency

TERRASSE-VAUDREUIL - RECREATION AND COMMUNITY SERVICES

74 7th Avenue, Terrasse-Vaudreuil, Montérégie, QC, J7V 3M9

514 453-8120 Fax: 514 453-1180

Website: www.terrasse-vaudreuil.ca

Email: info@terrasse-vaudreuil.ca

Services: * Sporting and recreational activities. * Community centre, swimming pool, ice rink, sports fields. * Summer day camp. * Hall rental.

Coverage area: Terrasse-Vaudreuil

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

Fees: variable

Financing: municipal

Legal status: municipal agency

TRÈS-SAINT-RÉDEMPTEUR - LOISIRS

769 Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1

450 451-5203

Website: tressaintredempteur.ca

Email: recep@tressaintredempteur.ca

Services: * Community centre, parks, playgrounds. * Library. * Recreational and sporting activities. * Events.

Coverage area: Très-Saint-Rédempteur

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

Financing: municipal

Legal status: municipal agency

TRÈS-SAINT-RÉDEMPTEUR - MUNICIPALITY

769 Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1

450 451-5203

Website: tressaintredempteur.ca

Email: recep@tressaintredempteur.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection calendar: [click here](#)

Coverage area: Très-Saint-Rédempteur

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

Financing: municipal

Legal status: municipal agency

VAUDREUIL-DORION - CITY

2555 Dutrisac Street, Suite 200, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

450 455-3371 Fax: 450 424-8540

Website: www.ville.vaudreuil-dorion.qc.ca/en

Email: courriel@ville.vaudreuil-dorion.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Emergency notification system. * Dog and cat licences.

Coverage area: Vaudreuil-Dorion

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

Financing: municipal

Legal status: municipal agency

VAUDREUIL-DORION - RECREATION AND CULTURE

3093 de la Gare Boulevard, Suite B-230, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-3371 Fax: 450 424-3270

Website: www.ville.vaudreuil-dorion.qc.ca/en

Email: loisirsulture@ville.vaudreuil-dorion.qc.ca

Services: * Community, sociocultural and sporting activities. * Multisports centre, arena, swimming pools, parks, ice rinks and playgrounds. * Library. * Coordination with community organizations. * Summer day camp. * Shows and events. * Hall rental.

Coverage area: Vaudreuil-Dorion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

VAUDREUIL-SUR-LE-LAC - MUNICIPALITY

44 de l'Église Street, L'Île-Cadieux, Montérégie, QC, J7V 8P3

450 455-1133 Fax: 450 455-8614

Website: www.vsl.ca

Email: communications@vsl.ca

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

Coverage area: Vaudreuil-sur-le-Lac

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

Financing: municipal

Legal status: municipal agency

VAUDREUIL-SUR-LE-LAC - RECREATION AND COMMUNITY SERVICES

44 de l'Église Street, L'Île-Cadieux, Montérégie, QC, J7V 8P3

450 455-1133 ext. 6 Fax: 450 455-8614

Website: www.vsl.ca

Email: loisirs@vsl.ca

Services: * Sporting and recreational activities. * Community centre, parks, sports fields. * Summer day camp. * Hall rental. * Parties and events.

Coverage area: Vaudreuil-sur-le-Lac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

Municipalité régionale de comté (MRC)**MRC DE VAUDREUIL-SOULANGES**

280 Hardwood Boulevard, 2nd floor, Vaudreuil-Dorion, Montérégie, QC, J7V 1Y5

450 455-5753 Fax: 450 455-0145

Website: www.mrcvs.ca

Email: info@mrcvs.ca

Services: Administration of regional services with supra-local character. * Management of land-use planning and development: agricultural areas, watercourses and environmental protection. * Assistance with socioeconomic, social and cultural development. * Fire department and civil security. * Collaboration and consultation between municipalities. * Property assessment. * Residual waste disposal.

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: municipal, self-financing, provincial

Legal status: non-profit organization

Official documents

COTEAU-DU-LAC - CITY

342 du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5822 Fax: 450 763-0938

Website: coteau-du-lac.com

Email: reception@coteau-du-lac.com

Services: Management of municipal services. * Payment of municipal taxes. * Administration of oath. * Construction permits. * Collection of recyclable materials and garbage. * Fire department.

Coverage area: Coteau-du-Lac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

RIGAUD - CITY

106 Saint-Viateur Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 235 Fax: 450 451-4227

Website: www.ville.rigaud.qc.ca

Email: rigaud@ville.rigaud.qc.ca

Services: Municipal service management. * Municipal tax payment. * Administration of oath. * Construction permits. * Garbage collection. * Fire department. * Emergency notification system.

Coverage area: Rigaud

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

Financing: municipal

Legal status: municipal agency

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbssc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DE VAUDREUIL-SOULANGES EST

599 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 7W2

450 424-1212 Fax: 450 424-8580

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DE VAUDREUIL-SOULANGES OUEST

551 Road 201, Saint-Clet, Montérégie, QC, J0P 1S0

450 546-3663 Fax: 450 546-3663

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

Provincial services

SÛRETÉ DU QUÉBEC - POSTE MRC DE VAUDREUIL-SOULANGES EST

599 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 7W2

450 424-1212 Fax: 450 424-8580

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC DE VAUDREUIL-SOULANGES OUEST

551 Road 201, Saint-Clet, Montérégie, QC, J0P 1S0

450 546-3663 Fax: 450 546-3663

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

Health**FAMILY PLANNING****HOME CARE****PALLIATIVE CARE****PATIENT SUPPORT ASSOCIATIONS****PUBLIC HEALTH**

Family planning

CLSC ET CENTRE DE SERVICES AMBULATOIRES DE VAUDREUIL-DORION

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1240&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J7V9R2

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Contraception. * Emergency oral contraception. * Prenatal classes. * Distribution of new injection equipment to drug users (free service). * Recovery of used needles and syringes. * General vaccination. * Vaccination against the flu: portal3.clicsante.ca/

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 8h00 to 21h00, Saturday and Sunday 8h00 to 16h00, tests centre: Monday to Friday 7h00 to 11h30

Financing: provincial

Legal status: parapublic organization

Home care

NOVA HUDSON

465 Main Street, Suite 202, Hudson, Montérégie, QC, J0P 1H0

450 458-5727 Fax: 450 458-5456

Website: novahudson.com/wp/en/home

Email: admin@novahudson.com

Services: In-home oncology and palliative care. * Family support by caregivers. * Foot care. * Adult day centre: respite, social and motor activities.

Eligibility: people in need of in-home nursing care

Coverage area: Hudson, Saint-Lazare and parts of Vaudreuil, Dorion and Rigaud

Hours: nursing care: 24 hours / 7 days, office: Monday to Friday 10h00 to 12h00

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Palliative care

CLSC DE SAINT-POLYCARPE

11 de la Cité des Jeunes Boulevard, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3771 Fax: 450 265-3556

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1688&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0P1X0

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Breast pump rental. * Bandage change and follow-up. * Minor surgery. * Consultation with a nurse. * Distribution of new injection equipment to drug users (free service). * Family health care. * Sampling. * Recovery of used needles and syringes. * Breastfeeding room. * End of life care. * General immunization. * Flu vaccination: portal3.clicsante.ca/

Coverage area: CISSS de la montérégie-Ouest area

Hours: Monday, Tuesday, Thursday, Friday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 20h30, tests centre: Monday to Friday 7h00 to 10h05

Financing: provincial

Legal status: parapublic organization

HOME CARE SERVICES VAUDREUIL-SOULANGES

17 Cité-des-Jeunes Boulevard East, Suite 220, Vaudreuil-Dorion, Montérégie, QC, J7V 0N3

450 424-3919 Fax: 450 424-4810

Website: www.aideadomicilevs.ca

Email: aideadomicilevs@hotmail.ca

Services: Support for senior citizens, home palliative care, personal care. * Presence-surveillance. * Home care after hospitalization, meals preparation, grocery shopping and other errands, laundry and ironing, light housekeeping work, heavy housekeeping work (windows, walls, ceilings, etc.), minor renovations, painting, outdoor work. * Moving assistance: help with packing the boxes.

Eligibility: people aged 65 and over, people with disabilities (referred by a CSSS), their family, general public

Coverage area: MRC Vaudreuil-Soulanges

Hours: office: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h00, services by appointment

Fees: variable depending on the type of service, age, health condition and family income, RAMQ financial assistance program for home care services (FAPDHS), tax credit up to 35%

Financing: self-financing, provincial

Legal status: non-profit organization

NOVA HUDSON

465 Main Street, Suite 202, Hudson, Montérégie, QC, J0P 1H0

450 458-5727 Fax: 450 458-5456

Website: novahudson.com/wp/en/home

Email: admin@novahudson.com

Services: In-home oncology and palliative care. * Family support by caregivers. * Foot care. * Adult day centre: respite, social and motor activities.

Eligibility: people in need of in-home nursing care

Coverage area: Hudson, Saint-Lazare and parts of Vaudreuil, Dorion and Rigaud

Hours: nursing care: 24 hours / 7 days, office: Monday to Friday 10h00 to 12h00

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

VAUDREUIL-SOULANGES PALLIATIVE CARE RESIDENCE FOUNDATION

90 Como Gardens Street, Hudson, Montérégie, QC, J0P 1H0

450 202-2202 Fax: 450 202-2205

Website: www.mspvs.org/?lang=en

Email: info@mspvs.org

Services: Palliative care residence. * Accompaniment and support. * Medical service. * Possibility for relatives to cohabit with the resident. * End-of-life care.

Eligibility: people of any age living with an incurable terminal illness and with a prognosis of less than three months, their close ones

Capacity: 12 patients

Coverage area: MRC Vaudreuil-Soulanges

Fees: none

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

Legal status: non-profit organization

Patient support associations

ASSOCIATION DE FIBROMYALGIE ET DU SYNDROME DE FATIGUE CHRONIQUE DE VAUDREUIL-SOULANGES

Confidential Address

450 218-7722 Fax: 450 218-7722

Website: www.afsfc-vs.org/?lang=en

Email: info@afsfc-vs.org

Services: * Adapted workshops: aqua-fibro, gentle movement, cooking, art. * Various hybrid, virtual and in-person activities. * Support groups in French and English. * Pain management group workshops. * Conferences.

Eligibility: people with fibromyalgia, chronic pain or chronic fatigue syndrome, their relatives

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday

Fees: annual membership: \$25

Financing: provincial, donations, membership fees

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - INSTALLATION VAUDREUIL-DORION

486 Chicoine Street, Suite 100, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-2625

Website: www.santemonteregie.qc.ca/services-specialises-dadaptation-et-de-readaptation-en-deficience-physique-dp-deficience-motrice-dm

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socioprofessional environment for adults. * Family support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Hearing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing loss: children and adolescents living with significant and persistent disabilities due to trauma, disease or condition of a congenital nature (deafness, hearing impaired, tinnitus, etc.), language impairment: youth 0 to 18 years old living with significant and persistent speech and language impairments resulting from language deficiency, motor impairment: children and adolescents living with significant and persistent disabilities as a result of an illness or condition of congenital or acquired nature

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - UNITÉ DE RÉADAPTATION FONCTIONNELLE INTENSIVE DE VAUDREUIL-DORION

408 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 7M9

450 510-1743

Website: santemonteregie.qc.ca/en/installations/centre-de-readaptation-en-deficience-physique-unite-de-readaptation-fonctionnelle

Services: * Outpatient rehabilitation. * Intensive functional rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults. * Family Support. * Training, awareness and consultation with various living environments of the user. * Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage. * Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid. * Earing aids. * Evaluation of driving and vehicle modification.

Eligibility: hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

Coverage area: Vaudreuil-Dorion

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

Financing: provincial

Legal status: parapublic organization

FONDATION JACQUES HAMELIN

Confidential Address

450 451-0038

Email: jacquelinelapoint@hotmail.com

Services: Loan of medical equipment. * Mobility aids: wheelchairs, canes, crutches, walkers. * Toilet and bath seats.

Coverage area: Rigaud, Pointe-Fortune, Très-Saint-Rédempteur, Sainte-Marthe

Fees: none

Financing: donations

Legal status: non-profit organization

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

NOVA HUDSON

465 Main Street, Suite 202, Hudson, Montérégie, QC, J0P 1H0

450 458-5727 Fax: 450 458-5456

Website: novahudson.com/wp/en/home

Email: admin@novahudson.com

Services: In-home oncology and palliative care. * Family support by caregivers. * Foot care. * Adult day centre: respite, social and motor activities.

Eligibility: people in need of in-home nursing care

Coverage area: Hudson, Saint-Lazare and parts of Vaudreuil, Dorion and Rigaud

Hours: nursing care: 24 hours / 7 days, office: Monday to Friday 10h00 to 12h00

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER DU SUROÎT - POINT DE SERVICE DE VAUDREUIL-DORION

100 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1X9

450 455-3373 Fax: 450 373-0388

Website: www.alzheimer.ca/en/suroit

Email: info@alzheimersuroit.com

Services: * Telephone consultations. * Individual and family consultations. * Post-diagnosis reception and support. * Information and support groups and training for caregivers * Information and support groups and training for people affected. * Brunch meetings for couples and families. * Music and artistic activities. * Respite care at home. * Group respite at the Myosotis activity centres. * Documentation centre. * Information sessions, public conferences, kiosks * Training for health care professionals and workers. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: services to individuals and families: free, services to professionals and practitioners: variable

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

VAUDREUIL-SOULANGES PALLIATIVE CARE RESIDENCE FOUNDATION

90 Como Gardens Street, Hudson, Montérégie, QC, J0P 1H0

450 202-2202 Fax: 450 202-2205

Website: www.mspvs.org/?lang=en

Email: info@mspvs.org

Services: Palliative care residence. * Accompaniment and support. * Medical service. * Possibility for relatives to cohabit with the resident. * End-of-life care.

Eligibility: people of any age living with an incurable terminal illness and with a prognosis of less than three months, their close ones

Capacity: 12 patients

Coverage area: MRC Vaudreuil-Soulanges

Fees: none

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

Legal status: non-profit organization

Public Health

CLSC DE SAINT-POLYCARPE

11 de la Cité des Jeunes Boulevard, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3771 Fax: 450 265-3556

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1688&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0P1X0

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Breast pump rental. * Bandage change and follow-up. * Minor surgery. * Consultation with a nurse. * Distribution of new injection equipment to drug users (free service). * Family health care. * Sampling. * Recovery of used needles and syringes. * Breastfeeding room. * End of life care. * General immunization. * Flu vaccination: portal3.clicsante.ca/

Coverage area: CISSS de la montérégie-Ouest area

Hours: Monday, Tuesday, Thursday, Friday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 20h30, tests centre: Monday to Friday 7h00 to 10h05

Financing: provincial

Legal status: parapublic organization

CLSC ET CENTRE DE SERVICES AMBULATOIRES DE VAUDREUIL-DORION

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1240&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J7V9R2

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Contraception. * Emergency oral contraception. * Prenatal classes. * Distribution of new injection equipment to drug users (free service). * Recovery of used needles and syringes. * General vaccination. * Vaccination against the flu: portal3.clicsante.ca/

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 8h00 to 21h00, Saturday and Sunday 8h00 to 16h00, tests centre: Monday to Friday 7h00 to 11h30

Financing: provincial

Legal status: parapublic organization

MAGIE DES MOTS (LA)

340-E du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-1331

Website: www.lamagiedesmots.com

Email: communication@lamagiedesmots.com

Services: * French classes in small groups of 2 to 6 people. * French improvement classes in mentoring form. * Test preparation support: General Development Test (GDT), Secondary School Equivalency Test (SSET), Ministerial Examination of College French (EUF). * Help with homework. * French as a second language classes: beginner, intermediate or advanced. * Digital literacy, food literacy, health literacy and financial literacy.

Eligibility: people 16 years old and over

Coverage area: Coteau-du-Lac, Les Cèdres, Les Coteaux, Pointe-des-Cascades, Pointe-Fortune, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, Sainte-Justine-de-Newton, Très-Saint-Rédempteur

Hours: Monday to Thursday day or evening, Friday to Sunday: on request

Fees: registration and purchase of textbooks: \$30

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES DE L'ÎLE PERROT - MARTIN BERNIER

210C 6th Avenue, L'Île-Perrot, Montérégie, QC, J7V 4V4

514 425-6146

Email: mdj_vip@hotmail.com

Services: Meeting place and referral. * Listening and counselling. * Homework assistance. * Sporting and cultural activities. * Art workshops. * Nutrition workshops. * Prevention workshops. * Summer outings.

Eligibility: youth 12 to 17 years old

Coverage area: L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Sainte-Anne-de-Bellevue, Terrasse-Vaudreuil, Pincourt

Hours: Wednesday to Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 13h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)

96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 451-0422

Email: mdjderigaud@bell.net

Services: Place for meeting, services and referral. * Listening and counselling. * Recreational, sporting, outdoor and cultural activities. * Volunteering. * Music and arts workshops. * Nutrition workshops. * Prevention. * Homework assistance. * Job search assistance. * Political and civic education. * Loan of sports and recreational equipment. * Loan of board games. * Reference books for parents of teenagers. * Youth library.

Eligibility: youth 12 to 18 years old

Capacity: 30

Coverage area: Rigaud and surroundings

Hours: Wednesday to Friday 17h00 to 20h00, pedagogical days: 13h00 to 17h00, phone reception: Tuesday to Thursday 13h00 to 16h00

Fees: none

Financing: provincial, Centraide du Sud-Ouest, municipal, federal, foundations

Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-0215

Email: mdjlescedres@gmail.com

Services: Meeting and referral place. * Listening and counselling. * Homework assistance. * Job search assistance. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Food assistance. * Prevention, awareness and education workshops. * Book club. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Les Cèdres

Hours: Tuesday to Friday 18h00 to 21h00

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES VAUDREUIL-DORION

1255 Émile-Bouchard street, Vaudreuil-Dorion, Montérégie, QC, J7V 0B7

450 455-6937

Email: mdjvd@msn.com

Services: Place for meeting and referral. * Listening. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Job search assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Vaudreuil-Dorion

Hours: Wednesday, Thursday 16h30 to 21h00, Friday 16h30 à 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES

117 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8

514 425-0399

Website: mwcn.ca

Email: lorie@mwcn.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Educational bursaries. * 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, educational bursaries: full-time students in health and social services majors who plan on working at least 2 years in Québec after graduation

Capacity: 10

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

Homelessness

DAY AND EVENING CENTRES

MOBILE UNITS AND STREET WORK

SHELTERS

Day and evening centres

AIGUILLAGE (L')

536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

1 877 373-1072 Fax: 450 218-6419

Website: www.aiguillage.ca

Email: info@aiguillage.ca

Services: * Emergency support and referral. * Helping relationship. * Emergency shelter with meals for a period of 24 hours. * Street work. * Emergency food and clothing. * Intervention for runaways or suicidal youth. * Residential stability: accompaniment and support for permanent housing search and social integration. * Regional consultation on homelessness. * Naloxone kits distribution.

Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages

Capacity: 23 beds

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 9h00 to 16h30, outreach work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days

Fees: none

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

Mobile units and street work

AIGUILLAGE (L')

536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

1 877 373-1072 Fax: 450 218-6419

Website: www.aiguillage.ca

Email: info@aiguillage.ca

Services: * Emergency support and referral. * Helping relationship. * Emergency shelter with meals for a period of 24 hours. * Street work. * Emergency food and clothing. * Intervention for runaways or suicidal youth. * Residential stability: accompaniment and support for permanent housing search and social integration. * Regional consultation on homelessness. * Naloxone kits distribution.

Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages

Capacity: 23 beds

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 9h00 to 16h30, outreach work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days

Fees: none

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

COMITÉ JEUNESSE LA PRESQU'ÎLE

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6

514 425-1060

Website: cjlpc.co/en

Email: info@cjlpc.co

Services: Services to youth. * Evening animation and activities in parks. * Bike patrols and awareness. * Creative art workshop with recycled materials. * Graffiti workshops and support to young graffiti artists. * Homework assistance for high school students.

Eligibility: youth 12 to 24 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: Centraide of Greater Montréal, municipal, provincial, federal, donations

Legal status: non-profit organization

Shelters

AIGUILLAGE (L')

536 Chicoin Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

1 877 373-1072 Fax: 450 218-6419

Website: www.aiguillage.ca

Email: info@aiguillage.ca

Services: * Emergency support and referral. * Helping relationship. * Emergency shelter with meals for a period of 24 hours. * Street work. * Emergency food and clothing. * Intervention for runaways or suicidal youth. * Residential stability: accompaniment and support for permanent housing search and social integration. * Regional consultation on homelessness. * Naloxone kits distribution.

Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages

Capacity: 23 beds

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 9h00 to 16h30, outreach work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days

Fees: none

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

OFFICE RÉGIONAL D'HABITATION VAUDREUIL-SOULANGES

420 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

450 218-6994 Fax: 450 218-6996

Email: orhvs@orhvs.ca

Services: Management and administration of following housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program (LAQ). * Referral. * Accès Logis program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low income

Capacity: 376 units

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: provincial, municipal

Legal status: non-profit organization

Emergency

CÈDRES (LES) - MUNICIPALITY

1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-4651 Fax: 450 452-4605

Website: www.ville.lescedres.qc.ca

Email: info@ville.lescedres.qc.ca

Services: Municipal service management. * Payment of municipal taxes. * Waste collection schedule: www.ville.lescedres.qc.ca/sites/default/files/calendrier_collecte_cedres_2023.pdf * Urban-planning department: construction permits. * Public work department: infrastructure maintenance. * Emergency notification system. * Fire department. * Hall rental.

Coverage area: Les Cèdres

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

Financing: municipal

Legal status: municipal agency

COTEAU-DU-LAC - CITY

342 du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5822 Fax: 450 763-0938

Website: coteau-du-lac.com

Email: reception@coteau-du-lac.com

Services: Management of municipal services. * Payment of municipal taxes. * Administration of oath. * Construction permits. * Collection of recyclable materials and garbage. * Fire department.

Coverage area: Coteau-du-Lac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

HUDSON - CITY

481 Main Street, Hudson, Montérégie, QC, J0P 1H0

450 458-5347 Fax: 450 458-4922

Website: hudson.quebec/en

Email: info@ville.hudson.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Fire department. * Garbage collection. * Construction permits. * Pet licenses. * Automated emergency call system.

Coverage area: Hudson

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

Financing: municipal

Legal status: municipal agency

L'ÎLE-CADIEUX - CITY

50 de l'Île Road, L'Île-Cadieux, Montérégie, QC, J7V 8P3

450 424-4273 Fax: 450 424-6327

Website: www.ilecadieux.ca

Email: dg.ilecadieux@videotron.ca

Services: Municipal service management. * Payment of municipal taxes. * Construction permits. * Garbage collection. * Emergency notification system.

Coverage area: L'Île-Cadieux

Hours: general administration: Tuesday 9h00 to 17h00 and Thursday 18h00 to 21h00, appointments possible outside of these hours, town planning, permits, certificates: Tuesday 9h00 to 15h00

Financing: municipal

Legal status: municipal agency

L'ÎLE-PERROT - CITY

110 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 Fax: 514 453-2432

Website: www.ile-perrot.qc.ca

Email: info@ile-perrot.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Construction permits. * Garbage collection calendar: www.ile-perrot.qc.ca/wp-content/uploads/2021/12/Calendrier-collectes.jpg * Emergency notification system.

Coverage area: L'Île-Perrot

Hours: Monday 8h30 to 12h00 and 13h00 to 16h30, Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h00, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

LES COTEAUX - MUNICIPALITY

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A2

450 267-3531 Fax: 450 267-3532

Website: les-coteaux.qc.ca

Email: reception@les-coteaux.qc.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Pet licenses. * Alertes citoyennes, alert system by email, text or phone for boil water notices, road work, breakage or other emergency measures: les-coteaux.omnivigil.com/5/3/?action_5=PersonCreateEdit * Grant for cloth diapers. * Grant for rain barrels. * Fire department.

Coverage area: Les Coteaux

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

NOTRE-DAME-DE-L'ÎLE-PERROT - CITY

21 de l'Église Street, Vaudreuil-Dorion, Montérégie, QC, J7V 8P4

514 453-4128 Fax: 514 453-8961

Website: www.ndip.org/en

Email: guichetunique@ndip.org

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Public work department: infrastructure maintenance. * Urban-planning department: construction permits.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

OFFICE RÉGIONAL D'HABITATION VAUDREUIL-SOULANGES

420 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

450 218-6994 Fax: 450 218-6996

Email: orhvs@orhvs.ca

Services: Management and administration of following housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program (LAQ). * Referral. * Accès Logis program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low income

Capacity: 376 units

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: provincial, municipal

Legal status: non-profit organization

PINCOURT - CITY

919 Duhamel Road, Pincourt, Montérégie, QC, J7V 4G8

514 453-8981 Fax: 514 453-0934

Website: villepincourt.qc.ca/en/home

Email: reception@villepincourt.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Urban-planning department: construction permits. * Public work department: infrastructure maintenance.

Coverage area: Pincourt

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

Financing: municipal

Legal status: municipal agency

POINTE-DES-CASCADES - MUNICIPALITY

105 du Fleuve Road, Pointe-des-Cascades, Montérégie, QC, J0P 1M0

450 455-3414 Fax: 450 455-9671

Website: pointe-des-cascades.com

Email: reception@pointe-des-cascades.com

Services: Municipal service management. * Municipal tax payment. * Fire department. * Construction permits. * Collection of residual materials. * Com'Alerte Program: automated alert system by email, phone or SMS in case of boil water advisories, street closures, emergency situations, water main break, flooding and other emergency measures. * Recreation Department. * Municipal library.

Coverage area: Pointe-des-Cascades

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

RIGAUD - CITY

106 Saint-Viateur Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 235 Fax: 450 451-4227

Website: www.ville.rigaud.qc.ca

Email: rigaud@ville.rigaud.qc.ca

Services: Municipal service management. * Municipal tax payment. * Administration of oath. * Construction permits. * Garbage collection. * Fire department. * Emergency notification system.

Coverage area: Rigaud

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

Financing: municipal

Legal status: municipal agency

RIVIÈRE-BEAUDETTE - MUNICIPALITY

663 Frontière Road, Rivière-Beaudette, Montérégie, QC, J0P 1R0

450 269-2931

Website: riviere-beaudette.com

Email: administration@riviere-beaudette.com

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Comalerte Program: automated alert system by email, phone or SMS in case of boil water advisories, street closures, emergency situations, water main break, flooding and other emergency measures. * Recreation Department. * Municipal library.

Coverage area: Rivière-Beaudette

Hours: Monday to Thursday 8h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-CLET - MUNICIPALITY

4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3363 Fax: 450 456-3879

Website: st-clet.com

Email: st-clet@videotron.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Comalerte Program: automated alert system by email, phone or SMS in case of boil water advisories, street closures, emergency situations, water main break, flooding and other emergency measures. * Recreation Department. * Municipal library.

Coverage area: Saint-Clet

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

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE - CITY

1960 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 3A3

450 424-8000 Fax: 450 455-3877

Website: ville.saint-lazare.qc.ca/en/bienvenue/

Email: info@ville.saint-lazare.qc.ca

Services: Management of municipal services. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Community gardens. * Subsidies for the purchase of hygiene products: washable diapers, sustainable menstrual products. * Dog licences. * Recreation Department. * Municipal library.

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-POLYCARPE - MUNICIPALITY

1263 Élie-Auclair Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3777 Fax: 450 265-3010

Website: stpolycarpe.ca

Email: jparadis@stpolycarpe.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Dog licences. * Recreation department. * Municipal library.

Coverage area: Saint-Polycarpe

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-TÉLESPHORE - MUNICIPALITY

1425 340 Road, Saint-Télesphore, Montérégie, QC, J0P 1Y0

450 269-2999 Fax: 450 269-2257

Website: saint-telesphore.com

Email: info@st-telesphore.ca

Services: Municipal service management. * Municipal tax payment. * Information on garbage collection. * Construction permits. * Fire department. * Dog licences. * Stray animal management. * Recreation Department.

Coverage area: Saint-Télesphore

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

Financing: municipal

Legal status: municipal agency

SAINTE-JUSTINE-DE-NEWTON - MUNICIPALITY

2627 Principale Street, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0

450 764-3573 Fax: 450 764-3180

Website: www.sainte-justine-de-newton.ca

Email: administration@sainte-justine-de-newton.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Fire department. * Dog licences.

Coverage area: Sainte-Justine-de-Newton

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

Financing: municipal

Legal status: municipal agency

SAINTE-MARTHE - MUNICIPALITY

776 des Loisirs Street, Sainte-Marthe, Montérégie, QC, J0P 1W0

450 459-4284

Website: www.sainte-marthe.ca

Email: info@sainte-marthe.ca

Services: Municipal service management. * Payment of municipal taxes. * Information on garbage collection. * Fire department. * Dog licences. * Hall rental. * Construction permits.

Coverage area: Sainte-Marthe

Financing: municipal

Legal status: municipal agency

TERRASSE-VAUDREUIL - MUNICIPALITY

74 7th Avenue, Terrasse-Vaudreuil, Montérégie, QC, J7V 3M9

514 453-8120 Fax: 514 453-1180

Website: www.terrasse-vaudreuil.ca

Email: info@terrasse-vaudreuil.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Dog and cat licences.

Coverage area: Terrasse-Vaudreuil

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

Financing: municipal

Legal status: municipal agency

VAUDREUIL-DORION - CITY

2555 Dutrisac Street, Suite 200, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

450 455-3371 Fax: 450 424-8540

Website: www.ville.vaudreuil-dorion.qc.ca/en

Email: courriel@ville.vaudreuil-dorion.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Garbage collection. * Construction permits. * Emergency notification system. * Dog and cat licences.

Coverage area: Vaudreuil-Dorion

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

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations**OFFICE RÉGIONAL D'HABITATION VAUDREUIL-SOULANGES**

420 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

450 218-6994 Fax: 450 218-6996

Email: orhvs@orhvs.ca

Services: Management and administration of following housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program (LAQ). * Referral. * Accès Logis program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low income

Capacity: 376 units

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: provincial, municipal

Legal status: non-profit organization

Housing search assistance**AIGUILLAGE (L')**

536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

1 877 373-1072 Fax: 450 218-6419

Website: www.aiguillage.ca

Email: info@aiguillage.ca

Services: * Emergency support and referral. * Helping relationship. * Emergency shelter with meals for a period of 24 hours. * Street work. * Emergency food and clothing. * Intervention for runaways or suicidal youth. * Residential stability: accompaniment and support for permanent housing search and social integration. * Regional consultation on homelessness. * Naloxone kits distribution.

Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages

Capacity: 23 beds

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 9h00 to 16h30, outreach work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days

Fees: none

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - L'ÎLE-PERROT

400 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

514 901-0561

Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif

Email: coopdelileanim@gmail.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: services offered to the general public by youth in high school

Coverage area: L'île-Perrot

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: cooperative

HOME CARE SERVICES VAUDREUIL-SOULANGES

17 Cité-des-Jeunes Boulevard East, Suite 220, Vaudreuil-Dorion, Montérégie, QC, J7V 0N3

450 424-3919 Fax: 450 424-4810

Website: www.aideadomicilevs.ca

Email: aideadomicilevs@hotmail.ca

Services: Support for senior citizens, home palliative care, personal care. * Presence-surveillance. * Home care after hospitalization, meals preparation, grocery shopping and other errands, laundry and ironing, light housekeeping work, heavy housekeeping work (windows, walls, ceilings, etc.), minor renovations, painting, outdoor work. * Moving assistance: help with packing the boxes.

Eligibility: people aged 65 and over, people with disabilities (referred by a CSSS), their family, general public

Coverage area: MRC Vaudreuil-Soulanges

Hours: office: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h00, services by appointment

Fees: variable depending on the type of service, age, health condition and family income, RAMQ financial assistance program for home care services (FAPDHS), tax credit up to 35%

Financing: self-financing, provincial

Legal status: non-profit organization

OFFICE RÉGIONAL D'HABITATION VAUDREUIL-SOULANGES

420 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

450 218-6994 Fax: 450 218-6996

Email: orhvs@orhvs.ca

Services: Management and administration of following housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program (LAQ). * Referral. * Accès Logis program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low income

Capacity: 376 units

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: provincial, municipal

Legal status: non-profit organization

Social housing and housing cooperatives

OFFICE RÉGIONAL D'HABITATION VAUDREUIL-SOULANGES

420 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

450 218-6994 Fax: 450 218-6996

Email: orhvs@orhvs.ca

Services: Management and administration of following housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program (LAQ). * Referral. * Accès Logis program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low income

Capacity: 376 units

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: provincial, municipal

Legal status: non-profit organization

Immigration and cultural communities**FRENCH COURSES****IMMIGRATION AND SPONSORSHIP****MULTICULTURAL ORGANIZATIONS****PREVENTION AND FIGHT AGAINST RACISM****RECOGNITION OF PRIOR LEARNING AND DIPLOMAS****SETTLEMENT SERVICES FOR NEWCOMERS**

French courses

COMQUAT

25 Don Quichotte Boulevard, Suite 132A, L'Île-Perrot, Montérégie, QC, J7V 7X4

514 453-3632

Website: www.comquat.ca/en/

Email: info@comquat.ca

Services: Literacy and French as a second language services. * Literacy classes: French writing, reading, arithmetic, digital literacy, conversation, high school equivalency test preparation, individual tutoring. * French as a second language training: conversation sessions, beginner and intermediate courses. * Writer service.

Eligibility: people 16 years old and over

Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Ouest-de-l'Île (Beaconsfield, Kirkland, Pointe-Claire), Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: office: Monday to Thursday 9h00 to 16h30, classes: Monday to Thursday, mornings, afternoons and evenings

Fees: public writer and one-on-one literacy tutoring: free, French conversation and writing courses and TENS/TDG preparation courses: annual registration fee of \$30, group and private courses in French as a second language: variable additional fees

Financing: provincial

Legal status: non-profit organization

MAGIE DES MOTS (LA)

340-E du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-1331

Website: www.lamagiedesmots.com

Email: communication@lamagiedesmots.com

Services: * French classes in small groups of 2 to 6 people. * French improvement classes in mentoring form. * Test preparation support: General Development Test (GDT), Secondary School Equivalency Test (SSET), Ministerial Examination of College French (EUF). * Help with homework. * French as a second language classes: beginner, intermediate or advanced. * Digital literacy, food literacy, health literacy and financial literacy.

Eligibility: people 16 years old and over

Coverage area: Coteau-du-Lac, Les Cèdres, Les Coteaux, Pointe-des-Cascades, Pointe-Fortune, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, Sainte-Justine-de-Newton, Très-Saint-Rédempteur

Hours: Monday to Thursday day or evening, Friday to Sunday: on request

Fees: registration and purchase of textbooks: \$30

Financing: provincial

Legal status: non-profit organization

Immigration and sponsorship

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Multicultural organizations

ASSOCIATION OF PEOPLE OF AFRICAN AND CARIBBEAN ORIGIN

412 Harwood Boulevard, Suite 204, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

438 995-6143

Email: apaoc.asso@gmail.com

Services: * Gathering, support and assistance to people of Afro-Caribbean origin in their living environment. * Sharing Afro-Caribbean cultures.

Eligibility: African and Caribbean community, all people interested in African and Caribbean culture

Coverage area: MRC Vaudreuil-Soulanges, Beauharnois, Salaberry-de-Valleyfield

Hours: Monday to Friday 9h00 à 16h30

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Prevention and fight against racism

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES

117 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8

514 425-0399

Website: mwcn.ca

Email: lorie@mwcn.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Educational bursaries. * 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, educational bursaries: full-time students in health and social services majors who plan on working at least 2 years in Québec after graduation

Capacity: 10

Coverage area: 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 - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsco/fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Settlement services for newcomers

COMQUAT

25 Don Quichotte Boulevard, Suite 132A, L'Île-Perrot, Montérégie, QC, J7V 7X4

514 453-3632

Website: www.comquat.ca/en/

Email: info@comquat.ca

Services: Literacy and French as a second language services. * Literacy classes: French writing, reading, arithmetic, digital literacy, conversation, high school equivalency test preparation, individual tutoring. * French as a second language training: conversation sessions, beginner and intermediate courses. * Writer service.

Eligibility: people 16 years old and over

Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Ouest-de-l'Île (Beaconsfield, Kirkland, Pointe-Claire), Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: office: Monday to Thursday 9h00 to 16h30, classes: Monday to Thursday, mornings, afternoons and evenings

Fees: public writer and one-on-one literacy tutoring: free, French conversation and writing courses and TENS/TDG preparation courses: annual registration fee of \$30, group and private courses in French as a second language: variable additional fees

Financing: provincial

Legal status: non-profit organization

MAGIE DES MOTS (LA)

340-E du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-1331

Website: www.lamagiedesmots.com

Email: communication@lamagiedesmots.com

Services: * French classes in small groups of 2 to 6 people. * French improvement classes in mentoring form. * Test preparation support: General Development Test (GDT), Secondary School Equivalency Test (SSET), Ministerial Examination of College French (EUF). * Help with homework. * French as a second language classes: beginner, intermediate or advanced. * Digital literacy, food literacy, health literacy and financial literacy.

Eligibility: people 16 years old and over

Coverage area: Coteau-du-Lac, Les Cèdres, Les Coteaux, Pointe-des-Cascades, Pointe-Fortune, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, Sainte-Justine-de-Newton, Très-Saint-Rédempteur

Hours: Monday to Thursday day or evening, Friday to Sunday: on request

Fees: registration and purchase of textbooks: \$30

Financing: provincial

Legal status: non-profit organization

RÉSEAUX

430 Harwood Boulevard, Suite 130, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 424-5727 Fax: 450 424-5733

Website: reseauxvs.ca/en

Email: info@reseauxvs.ca

Services: * Individual and group job search assistance. * Job placement. * Business mentoring. * Social and professional integration assistance for immigrants: pairing, job search, community networking. * Conferences.

Eligibility: job seekers, immigrants, employers

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: grants

Legal status: non-profit organization

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Indigenous Peoples

EMPLOYMENT

GOVERNMENT SERVICES

Employment

P.S. JEUNESSE - POINT DE SERVICE VAUDREUIL-DORION

640B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J3

450 218-1088

Website: psjeunesse.org

Email: info@psjeunesse.org

Services: * Job search assistance: evaluation, research techniques, resume writing, interview preparation. * Help with returning to school. * Career guidance: individual meetings, workshops, information sessions. * Assistance with the process of suspending criminal records (pardon application). * Option ressource travail: access program to non-traditional professions for 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.

Eligibility: adults

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Government services

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

SUPPORT FOR OFFENDERS

Advocacy groups

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES

117 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8

514 425-0399

Website: mwcnc.ca

Email: lorie@mwcnc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Educational bursaries. * 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, educational bursaries: full-time students in health and social services majors who plan on working at least 2 years in Québec after graduation

Capacity: 10

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

Consumer protection and complaints

OFFICE RÉGIONAL D'HABITATION VAUDREUIL-SOULANGES

420 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

450 218-6994 Fax: 450 218-6996

Email: orhvs@orhvs.ca

Services: Management and administration of following housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program (LAQ). * Referral. * Accès Logis program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low income

Capacity: 376 units

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: provincial, municipal

Legal status: non-profit organization

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tb-sc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Courthouses and tribunals**MRC DE VAUDREUIL-SOULANGES - COUR MUNICIPALE RÉGIONALE**

280 Hardwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1Y5

450 455-9480 Fax: 450 455-8856

Website: mrcvs.ca/en/citizens/regional-municipal-court

Email: cmrvs@mrcvs.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: municipal

Legal status: municipal agency

Legal assistance and information**MRC DE VAUDREUIL-SOULANGES - COUR MUNICIPALE RÉGIONALE**

280 Hardwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1Y5

450 455-9480 Fax: 450 455-8856

Website: mrcvs.ca/en/citizens/regional-municipal-court

Email: cmrvs@mrcvs.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: municipal

Legal status: municipal agency

P.S. JEUNESSE - POINT DE SERVICE VAUDREUIL-DORION

640B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J3

450 218-1088

Website: psjeunesse.org

Email: info@psjeunesse.org

Services: * Job search assistance: evaluation, research techniques, resume writing, interview preparation. * Help with returning to school. * Career guidance: individual meetings, workshops, information sessions. * Assistance with the process of suspending criminal records (pardon application). * Option ressource travail: access program to non-traditional professions for 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.

Eligibility: adults

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Support for offenders

CAFÉ DE LA DÉBROUILLE (LE)

19 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 206-1008

Website: www.lecafedeladebrouille.org

Email: lecafedeladebrouille@videotron.ca

Services: Food assistance. * Food baskets. * Collective and educational kitchens. * Tax clinic. * Compensatory works.

Eligibility: people or families on a low income

Coverage area: Rigaud, Pointe-Fortune, Très-Saint-Rédempteur

Hours: Monday to Thursday 10h00 to 15h00

Fees: food baskets: free

Financing: self-financing

Legal status: non-profit organization

MRC DE VAUDREUIL-SOULANGES - COUR MUNICIPALE RÉGIONALE

280 Hardwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1Y5

450 455-9480 Fax: 450 455-8856

Website: mrcvs.ca/en/citizens/regional-municipal-court

Email: cmrvs@mrcvs.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: municipal

Legal status: municipal agency

P.S. JEUNESSE - POINT DE SERVICE VAUDREUIL-DORION

640B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J3

450 218-1088

Website: psjeunesse.org

Email: info@psjeunesse.org

Services: * Job search assistance: evaluation, research techniques, resume writing, interview preparation. * Help with returning to school. * Career guidance: individual meetings, workshops, information sessions. * Assistance with the process of suspending criminal records (pardon application). * Option ressource travail: access program to non-traditional professions for 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.

Eligibility: adults

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

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

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction prevention

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR VAUDREUIL

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 8P2

450 455-6171 ext. 70049

Website: <https://santemonteregie.qc.ca/services/dependances>

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-Ouest: Secteur Vaudreuil: Coteau-du-Lac, Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Les Coteaux, Notre-Dame-de-L'Île-Perrot, Pincourt, Point-des-Cascades, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télésphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe, Terrasse-Vaudreuil, Très-Saint-Rédempteur, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Legal status: parapublic organization

Addiction treatment

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR VAUDREUIL

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 8P2

450 455-6171 ext. 70049

Website: <https://santemonteregie.qc.ca/services/dependances>

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-Ouest: Secteur Vaudreuil: Coteau-du-Lac, Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Les Coteaux, Notre-Dame-de-L'Île-Perrot, Pincourt, Point-des-Cascades, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télésphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe, Terrasse-Vaudreuil, Très-Saint-Rédempteur, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Legal status: parapublic organization

Community support in mental health

ARC-EN-CIEL VAUDREUIL-SOULANGES

60 de l'Église Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1W4

450 424-7006 Fax: 450 424-9684

Email: arcenciels@gmail.com

Services: Mutual aid in mental health. * Short and long-term housing. * Social insertion program. * Support relationship. * Individual and group intervention. * Accompaniment. * Support to hospitalized members and members of the « Mi-Chemin » residence. * Personal growth workshops. * Art classes. * Sports and recreational activities. * Annual social activities.

Eligibility: people on a low income, people living with mental health issues, people in the process of social reintegration

Capacity: 5 residences with 5 to 9 apartments each

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: annual membership: \$5

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

VERSANT (LE) - RÉSEAU D'ENTRAIDE POUR LES PERSONNES SOUFFRANT DE TROUBLES ANXIEUX

63 de l'Eglise Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1W6

450 801-8393

Website: www.leversant.org/en

Email: info@leversant.org

Services: Self-help group. * Workshops and meetings on controlling anxiety disorders, emotion, self-esteem and self-affirmation. * Youth component and primary component. * Activities, conferences.

Eligibility: adults living with anxiety, youth component: youth 12 to 17 years old, primary component: children from grades 3 to 6

Coverage area: MRC Vaudreuil-Soulanges

Hours: variable

Fees: membership: \$10, exercise book: 25 to \$30, services: none

Financing: provincial

Legal status: non-profit organization

Crisis centres and suicide prevention**RESSOURCE DE TRANSITION LE TOURNANT - POINT DE SERVICE VAUDREUIL**

418 Saint-Charles Avenue, Suite 218, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 866 277-3553

Website: www.letournant.org

Email: vaudreuil@letournant.qc.ca

Services: Crisis centre. * Crisis intervention and suicide prevention helpline 24/7. * Temporary accommodations, close monitoring, rehabilitation, telephone follow-up and crisis intervention within the community. * Bereavement support: postvention measures, support groups for people bereaved by suicide. * Variable intensity monitoring (SIV): medium term psychosocial rehabilitation service to increase the independence of people with serious mental disorders. * Training.

Eligibility: people whose mental health is disturbed and who suffer from emotional distress, their relatives, counsellors

Coverage area: MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

Hours: 24 hours / 7 days

Financing: provincial

Legal status: non-profit organization

Helplines

RESSOURCE DE TRANSITION LE TOURNANT - POINT DE SERVICE VAUDREUIL

418 Saint-Charles Avenue, Suite 218, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 866 277-3553

Website: www.letournant.org

Email: vaudreuil@letournant.qc.ca

Services: Crisis centre. * Crisis intervention and suicide prevention helpline 24/7. * Temporary accommodations, close monitoring, rehabilitation, telephone follow-up and crisis intervention within the community. * Bereavement support: postvention measures, support groups for people bereaved by suicide. * Variable intensity monitoring (SIV): medium term psychosocial rehabilitation service to increase the independence of people with serious mental disorders. * Training.

Eligibility: people whose mental health is disturbed and who suffer from emotional distress, their relatives, counsellors

Coverage area: MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

Hours: 24 hours / 7 days

Financing: provincial

Legal status: non-profit organization

Mental health advocacy groups

VERSANT (LE) - RÉSEAU D'ENTRAIDE POUR LES PERSONNES SOUFFRANT DE TROUBLES ANXIEUX

63 de l'Eglise Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1W6

450 801-8393

Website: www.leversant.org/en

Email: info@leversant.org

Services: Self-help group. * Workshops and meetings on controlling anxiety disorders, emotion, self-esteem and self-affirmation. * Youth component and primary component. * Activities, conferences.

Eligibility: adults living with anxiety, youth component: youth 12 to 17 years old, primary component: children from grades 3 to 6

Coverage area: MRC Vaudreuil-Soulanges

Hours: variable

Fees: membership: \$10, exercise book: 25 to \$30, services: none

Financing: provincial

Legal status: non-profit organization

Mental health housing

ARC-EN-CIEL VAUDREUIL-SOULANGES

60 de l'Église Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1W4

450 424-7006 Fax: 450 424-9684

Email: arcencielvs@gmail.com

Services: Mutual aid in mental health. * Short and long-term housing. * Social insertion program. * Support relationship. * Individual and group intervention. * Accompaniment. * Support to hospitalized members and members of the « Mi-Chemin » residence. * Personal growth workshops. * Art classes. * Sports and recreational activities. * Annual social activities.

Eligibility: people on a low income, people living with mental health issues, people in the process of social reintegration

Capacity: 5 residences with 5 to 9 apartments each

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: annual membership: \$5

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

Self-help groups for addiction issues

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR VAUDREUIL

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 8P2

450 455-6171 ext. 70049

Website: <https://santemonteregie.qc.ca/services/dependances>

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-Ouest: Secteur Vaudreuil: Coteau-du-Lac, Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Les Coteaux, Notre-Dame-de-L'Île-Perrot, Pincourt, Point-des-Cascades, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télésphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe, Terrasse-Vaudreuil, Très-Saint-Rédempteur, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Legal status: parapublic organization

Self-help groups for mental health issues

CLSC DE VAUDREUIL-DORION - PAROLES AUX ANGES

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171 ext. 70345 Fax: 450 424-8218

Services: * Bi-monthly support groups for bereaved parents by an incomplete pregnancy or post-natal mortality. * Possibility of individual follow-up.

Eligibility: parents who have experienced a miscarriage, termination of pregnancy after the discovery of an abnormality, ectopic pregnancy, stillbirth or death of the child in the days or weeks after birth

Coverage area: Greater Montréal, individual follow-up: CISSS Montérégie-Ouest

Hours: support groups: 4th Thursday of the month 19h00 to 21h30, 2nd Wednesday of the month 19h00 to 21h30 at CLSC Kateri

Fees: none

Financing: provincial

Legal status: parapublic organization

RESSOURCE DE TRANSITION LE TOURNANT - POINT DE SERVICE VAUDREUIL

418 Saint-Charles Avenue, Suite 218, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 866 277-3553

Website: www.letournant.org

Email: vaudreuil@letournant.qc.ca

Services: Crisis centre. * Crisis intervention and suicide prevention helpline 24/7. * Temporary accommodations, close monitoring, rehabilitation, telephone follow-up and crisis intervention within the community. * Bereavement support: postvention measures, support groups for people bereaved by suicide. * Variable intensity monitoring (SIV): medium term psychosocial rehabilitation service to increase the independence of people with serious mental disorders. * Training.

Eligibility: people whose mental health is disturbed and who suffer from emotional distress, their relatives, counsellors

Coverage area: MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

Hours: 24 hours / 7 days

Financing: provincial

Legal status: non-profit organization

VERSANT (LE) - RÉSEAU D'ENTRAIDE POUR LES PERSONNES SOUFFRANT DE TROUBLES ANXIEUX

63 de l'Eglise Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1W6

450 801-8393

Website: www.leversant.org/en

Email: info@leversant.org

Services: Self-help group. * Workshops and meetings on controlling anxiety disorders, emotion, self-esteem and self-affirmation. * Youth component and primary component. * Activities, conferences.

Eligibility: adults living with anxiety, youth component: youth 12 to 17 years old, primary component: children from grades 3 to 6

Coverage area: MRC Vaudreuil-Soulanges

Hours: variable

Fees: membership: \$10, exercise book: 25 to \$30, services: none

Financing: provincial

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****INTERVENTION WITH SENIORS SUBJECTED TO ABUSE****MEALS ON WHEELS****VOLUNTEER TRANSPORTATION**

Caregivers

CARREFOUR BIENVEILLANCE 50 +

418 Saint-Charles Avenue, Suite 303, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 844 424-0111 Fax: 450 218-1971

Website: www.legraves.com

Email: centredereferences@carrefourbienveillance.org

Services: Support and accompaniment for seniors. * Information, referrals and accompaniment in different procedures. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Information and awareness workshops to counter elder abuse. * Promotion of benevolent care for seniors and their families. * Facilitation and co-hosting of meetings related to the issue of abuse. * Informative website on elder abuse: <https://maltraitance.org>. * Free psychosocial intervention service for caregivers of seniors.

Eligibility: people 50 years and over

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 9h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

HOME CARE SERVICES VAUDREUIL-SOULANGES

17 Cité-des-Jeunes Boulevard East, Suite 220, Vaudreuil-Dorion, Montérégie, QC, J7V 0N3

450 424-3919 Fax: 450 424-4810

Website: www.aideadomicilevs.ca

Email: aideadomicilevs@hotmail.ca

Services: Support for senior citizens, home palliative care, personal care. * Presence-surveillance. * Home care after hospitalization, meals preparation, grocery shopping and other errands, laundry and ironing, light housekeeping work, heavy housekeeping work (windows, walls, ceilings, etc.), minor renovations, painting, outdoor work. * Moving assistance: help with packing the boxes.

Eligibility: people aged 65 and over, people with disabilities (referred by a CSSS), their family, general public

Coverage area: MRC Vaudreuil-Soulanges

Hours: office: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h00, services by appointment

Fees: variable depending on the type of service, age, health condition and family income, RAMQ financial assistance program for home care services (FAPDHS), tax credit up to 35%

Financing: self-financing, provincial

Legal status: non-profit organization

PINCOURT PUBLIC LIBRARY

225 Pincourt Boulevard, Pincourt, Montérégie, QC, J7V 9T2

514 453-8981 ext. 214 Fax: 514 453-1839

Website: villepincourt.qc.ca/en/recreation-and-culture/library

Email: bibliotheque@villepincourt.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Library-to-Go: mobile library and delivery for people with reduced mobility. * Story time. * Biblio-aidants. * Book club for adults. * Conferences, exhibitions and workshops.

Coverage area: Pincourt

Hours: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 17h00, Saturday 10h00 to 16h00, summer: closed on Saturday

Fees: residents: free, non-residents: \$60 per child, \$90 per family or adult

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE PUBLIC LIBRARY

1275 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 260 Fax: 450 424-4068

Website: ville.saint-lazare.qc.ca/en/biblio

Email: comptoirbiblio@ville.saint-lazare.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Biblio-aidants. * Exhibitions, book launches and workshops. * Loan of seeds.

Coverage area: Saint-Lazare

Hours: Tuesday to Friday 10h30 to 20h30, Saturday and Sunday 10h00 to 15h00, summer: Tuesday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-ZOTIQUE MUNICIPAL LIBRARY

30 des Maîtres Avenue, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 260

Website: st-zotique.com/bibliotheque-renseignements-generaux

Email: biblio@st-zotique.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access. * Biblio-Santé. * Story time. * Book club for children. * Spanish classes. * Home loan for people with reduced mobility. * Events, exhibitions.

Coverage area: Saint-Zotique

Hours: Tuesday and Thursday 10h00 to 18h00, Wednesday and Friday 12h00 to 20h00, Saturday 10h00 to 16h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SOCIÉTÉ ALZHEIMER DU SUROÎT - POINT DE SERVICE DE VAUDREUIL-DORION

100 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1X9

450 455-3373 Fax: 450 373-0388

Website: www.alzheimer.ca/en/suroit

Email: info@alzheimersuroit.com

Services: * Telephone consultations. * Individual and family consultations. * Post-diagnosis reception and support. * Information and support groups and training for caregivers. * Information and support groups and training for people affected. * Brunch meetings for couples and families. * Music and artistic activities. * Respite care at home. * Group respite at the Myosotis activity centres. * Documentation centre. * Information sessions, public conferences, kiosks. * Training for health care professionals and workers. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: services to individuals and families: free, services to professionals and practitioners: variable

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

Community and Recreation Centres

CENTRE COMMUNAUTAIRE DES AÎNÉS VAUDREUIL-SOULANGES

12 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

1 855 510-3548

Website: www.centredesainesvs.com

Email: direction@ccavs.ca

Services: * Food assistance: meals on wheels, sale of frozen meals and community meals. * Activity days. * Trainings and conferences on various senior-related matters.

Eligibility: seniors 50 years old and over, people with a loss of autonomy or physical disabilities

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CLUB ÂGE D'OR VILLE ÎLE-PERROT

150 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 668-9095

Email: dianeddube@hotmail.com

Services: * Dancing dinners, crafts, painting workshops, bean bag toss, trips, outings.

Eligibility: people 50 years old and over

Coverage area: L'Île-Perrot

Hours: variable

Fees: annual membership: \$10

Financing: self-financing

Legal status: non-profit organization

CLUB D'ÂGE D'OR DES AÎNÉS DU LAC SAINT-FRANÇOIS

21 Prieur Street, Les Coteaux, Montérégie, QC, J7X 1L3

450 217-7793

Services: * Social and recreational activities: darts, petanque, etc. * Community meals. * Dance evenings. * Outings, theatre.

Eligibility: people 50 years old and over

Coverage area: Les Coteaux and the surroundings

Hours: variable

Fees: annual membership: \$10, outings: variable

Financing: self-financing

Legal status: non-profit organization

CLUB D'ÂGE D'OR LES CÈDRES

1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-4967 Fax: 450 452-4605

Email: agedorlescedres@gmail.com

Services: * Monthly dancing dinner. * Recreational activities: line dancing, bean bags, shuffleboard, pickleball, walking group, card and board games, bocce. * Outings. * Charitable activities.

Eligibility: seniors 50 years and over

Coverage area: Les Cèdres and surroundings

Hours: dinner: 3rd Friday of the month, card and board games, line dancing, bean bags: Wednesday

Fees: membership: \$20 per year, dancing dinners: \$25 for members, \$30 for non-members

Financing: contributions

Legal status: non-profit organization

REPAS PARTAGÉS - ÎLE-PERROT

150 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

450 424-0111

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: Community meals. * Line dancing. * Bingo.

Eligibility: people 50 years and over

Coverage area: L'Île-Perrot

Hours: 4th Wednesday of the month

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 424-0111

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: Community meals. * Line dancing.

Eligibility: people 50 years and over

Coverage area: Les Cèdres

Hours: 1st Tuesday of the month

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - PINCOURT

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7V 9H6 **Fax:** 450 218-1971

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: * Community meals. * Dancing. * Bingo, card games. * Referral centre: support in various procedures and information on the resources and activities of the area. * Monthly distribution of the newsletter Le Carrefour.

Eligibility: people 50 years and over

Coverage area: Pincourt, Terrasse-Vaudreuil

Hours: 3rd Tuesday of the month

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-CLET

4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3455

Website: www.centredesainesvs.com/activites/repas-partages

Email: direction@ccavs.ca

Services: * Community meals.

Eligibility: people who live in Saint-Clet or are originally from Saint-Clet, people that are seniors: 50 years and older

Capacity: 70 to 80

Coverage area: Saint-Clet

Hours: 2nd Wednesday of each month

Fees: \$13 per person

Financing: donations, self-financing, municipal

Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-LAZARE

1301 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6 **Fax:** 450 218-1971

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: Community meals. * Card games, bingo.

Eligibility: people 50 years and over

Coverage area: Saint-Lazare

Hours: 2nd Tuesday of the month 11h00 to 14h00

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-TÉLESPHORE

1425 340 Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 269-3272

Website: www.centredesainesvs.com/activites/repas-partages

Email: direction@ccavs.ca

Services: * Community meals. * Social and recreational activities. * Bingo.

Eligibility: seniors, general public

Capacity: 150

Coverage area: Saint-Télesphore

Hours: 2nd Wednesday of each month 12h00

Fees: \$15 per person, bingo cards: \$0.50 each

Financing: donations, self-financing

Legal status: non-profit organization

REPAS PARTAGÉS - SAINTE-JUSTINE-DE-NEWTON

2842 Principale Street, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0

514 250-1528

Website: www.centredesainesvs.com/activites/repas-partages

Email: direction@ccavs.ca

Services: * Community meals. * Social and recreational activities.

Eligibility: general public

Capacity: 200

Coverage area: Sainte-Justine-de-Newton

Hours: 1st Wednesday of each month, September to April

Fees: \$15 per person

Financing: donations, self-financing

Legal status: non-profit organization

Day centres and respite**CHSLD ET CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE VAUDREUIL-DORION**

408 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 7M9

450 455-6177

Website: <https://www.santemonteregie.qc.ca/en/installations/chsld-et-centre-de-readaptation-en-deficiences-physique-de-vaudreuil-dorion>

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, people with a loss of autonomy

Coverage area: MRC Vaudreuil-Soulanges

Hours: day centre: Tuesday and Thursday 8h30 to 16h00

Financing: provincial

Legal status: parapublic organization

HOME CARE SERVICES VAUDREUIL-SOULANGES

17 Cité-des-Jeunes Boulevard East, Suite 220, Vaudreuil-Dorion, Montérégie, QC, J7V 0N3

450 424-3919 Fax: 450 424-4810

Website: www.aideadomicilevs.ca

Email: aideadomicilevs@hotmail.ca

Services: Support for senior citizens, home palliative care, personal care. * Presence-surveillance. * Home care after hospitalization, meals preparation, grocery shopping and other errands, laundry and ironing, light housekeeping work, heavy housekeeping work (windows, walls, ceilings, etc.), minor renovations, painting, outdoor work. * Moving assistance: help with packing the boxes.

Eligibility: people aged 65 and over, people with disabilities (referred by a CSSS), their family, general public

Coverage area: MRC Vaudreuil-Soulanges

Hours: office: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h00, services by appointment

Fees: variable depending on the type of service, age, health condition and family income, RAMQ financial assistance program for home care services (FAPDHS), tax credit up to 35%

Financing: self-financing, provincial

Legal status: non-profit organization

Friendly visits and safety calls

CARREFOUR BIENVEILLANCE 50 +

418 Saint-Charles Avenue, Suite 303, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 844 424-0111 Fax: 450 218-1971

Website: www.legraves.com

Email: centredereferences@carrefourbienveillance.org

Services: Support and accompaniment for seniors. * Information, referrals and accompaniment in different procedures. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Information and awareness workshops to counter elder abuse. * Promotion of benevolent care for seniors and their families. * Facilitation and co-hosting of meetings related to the issue of abuse. * Informative website on elder abuse: <https://maltraitance.org>. * Free psychosocial intervention service for caregivers of seniors.

Eligibility: people 50 years and over

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 9h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance with possibility of delivery for seniors 65 years and over. * Baby food assistance. * Collective kitchens. * Clothing bank. * Thrift store: housewares, books and clothing for the whole family. * Assistance with filling out forms. * Friendly visits. * SécuriCAB: automated safety and medication reminder phone calls. * Tax clinic. * Development and promotion of volunteer action.

Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Coverage area: SécuriCAB program: MRC Vaudreuil-Soulanges, other services: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Monday to Friday 8h30 to 16h30, Thrift store: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 18h30, Saturday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food assistance: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Training of volunteers. * Monthly food assistance. * Clothing donations. * Collective cooking classes. * Christmas baskets. * Thrift store. * On-site collection of new and used items: clothing, dishes, toys, books, small electronics, sports equipment, personal hygiene products, various household items. * Friendly visits. * Loan of crutches and wheelchairs. * Assistance with government documents. * Training courses. * Tax clinic.

Eligibility: seniors, people in need, thrift store: general public

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday, Wednesday, and Friday 9h30 to 17h00, Thursday 9h30 to 20h00, Saturday 10h00 to 15h00

Fees: food assistance: 5\$ per adults

Financing: donations, grants, self-financing

Legal status: non-profit organization

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

Home support

CENTRE COMMUNAUTAIRE DES ÂÎNÉS VAUDREUIL-SOULANGES

12 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

1 855 510-3548

Website: www.centredesainesvs.com

Email: direction@ccavs.ca

Services: * Food assistance: meals on wheels, sale of frozen meals and community meals. * Activity days. * Trainings and conferences on various senior-related matters.

Eligibility: seniors 50 years old and over, people with a loss of autonomy or physical disabilities

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance with possibility of delivery for seniors 65 years and over. * Baby food assistance. * Collective kitchens. * Clothing bank. * Thrift store: housewares, books and clothing for the whole family. * Assistance with filling out forms. * Friendly visits. * SécuriCAB: automated safety and medication reminder phone calls. * Tax clinic. * Development and promotion of volunteer action.

Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Coverage area: SécuriCAB program: MRC Vaudreuil-Soulanges, other services: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Monday to Friday 8h30 to 16h30, Thrift store: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 18h30, Saturday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food assistance: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - L'ÎLE-PERROT

400 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

514 901-0561

Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif

Email: coopdelileanim@gmail.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: services offered to the general public by youth in high school

Coverage area: L'Île-Perrot

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: cooperative

HOME CARE SERVICES VAUDREUIL-SOULANGES

17 Cité-des-Jeunes Boulevard East, Suite 220, Vaudreuil-Dorion, Montérégie, QC, J7V 0N3

450 424-3919 Fax: 450 424-4810

Website: www.aideadomicilevs.ca

Email: aideadomicilevs@hotmail.ca

Services: Support for senior citizens, home palliative care, personal care. * Presence-surveillance. * Home care after hospitalization, meals preparation, grocery shopping and other errands, laundry and ironing, light housekeeping work, heavy housekeeping work (windows, walls, ceilings, etc.), minor renovations, painting, outdoor work. * Moving assistance: help with packing the boxes.

Eligibility: people aged 65 and over, people with disabilities (referred by a CSSS), their family, general public

Coverage area: MRC Vaudreuil-Soulanges

Hours: office: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h00, services by appointment

Fees: variable depending on the type of service, age, health condition and family income, RAMQ financial assistance program for home care services (FAPDHS), tax credit up to 35%

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

HUDSON MEALS ON WHEELS

394 Main Street, Hudson, Montérégie, QC, J0P 1H0

514 781-1194

Website: mealsonwheelsmenus.blogspot.com

Email: sfl4784@gmail.com

Services: * Home delivery of hot meals.

Eligibility: seniors, people with a loss of autonomy, with a physical disability or recovering from surgery

Capacity: about 30 meals

Coverage area: Hudson

Hours: Tuesday and Friday 8h30 to 12h00

Fees: \$6 per meal

Financing: self-financing

Legal status: non-profit organization

NOVA HUDSON

465 Main Street, Suite 202, Hudson, Montérégie, QC, J0P 1H0

450 458-5727 Fax: 450 458-5456

Website: novahudson.com/wp/en/home

Email: admin@novahudson.com

Services: In-home oncology and palliative care. * Family support by caregivers. * Foot care. * Adult day centre: respite, social and motor activities.

Eligibility: people in need of in-home nursing care

Coverage area: Hudson, Saint-Lazare and parts of Vaudreuil, Dorion and Rigaud

Hours: nursing care: 24 hours / 7 days, office: Monday to Friday 10h00 to 12h00

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Housing for seniors

CENTRE D'HÉBERGEMENT DE COTEAU-DU-LAC

341 du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5951

Website: santemonteregie.qc.ca/en/installations/chsld-et-clsc-de-coteau-du-lac

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

Eligibility: seniors, people with a loss of autonomy

Coverage area: Coteau-du-Lac

Financing: provincial

Legal status: parapublic organization

CHSLD DE RIGAUD

5 d'Amour Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-5329

Website: www.santemonteregie.qc.ca/en/installations/chsld-de-rigaud

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

Eligibility: seniors, people with a loss of autonomy

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

CHSLD ET CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE VAUDREUIL-DORION

408 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 7M9

450 455-6177

Website: <https://www.santemonteregie.qc.ca/en/installations/chsld-et-centre-de-readaptation-en-deficience-physique-de-vaudreuil-dorion>

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, people with a loss of autonomy

Coverage area: MRC Vaudreuil-Soulanges

Hours: day centre: Tuesday and Thursday 8h30 to 16h00

Financing: provincial

Legal status: parapublic organization

CHSLD LAURENT-BERGEVIN

200 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 7M7

514 453-5860

Website: [santemonteregie.qc.ca/en/installations/chsld-laurent-bergevin](https://www.santemonteregie.qc.ca/en/installations/chsld-laurent-bergevin)

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

Eligibility: seniors, people with a loss of autonomy

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

CORPORATION D'HABITATION DES DEUX COTEAUX (LA)

44 Rémillard Street, Les Coteaux, Montérégie, QC, J7X 1B1

Email: corphab2coteaux@videotron.ca

Services: Subsidized housing for seniors.

Eligibility: seniors 50 years old and over, autonomous or with a slight loss of autonomy

Capacity: subsidized apartments: 10

Coverage area: Les Coteaux

Financing: provincial

Legal status: non-profit organization

LAKESHORE LEGION HOUSING ASSOCIATION

404 Main Street, Hudson, Montérégie, QC, J0P 1H0

450 458-4810

Email: mcavagnal@videotron.ca

Services: Affordable housing for seniors. * Studio, 3½ and 4½.

Eligibility: people 55 years and over, autonomous or with a slight loss of autonomy, on a low or modest income

Capacity: 87 apartments

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 14h30

Financing: self-financing

Legal status: non-profit organization

OFFICE RÉGIONAL D'HABITATION VAUDREUIL-SOULANGES

420 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

450 218-6994 Fax: 450 218-6996

Email: orhvs@orhvs.ca

Services: Management and administration of following housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program (LAQ). * Referral. * Accès Logis program. * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low income

Capacity: 376 units

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: provincial, municipal

Legal status: non-profit organization

SOCIÉTÉ D'HABITATION DE COTEAU-DU-LAC

317 du Fleuve Road, Suite 100, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5557

Email: shcdl@videotron.ca

Services: Administration of subsidized housing for seniors. * Accès Logis program.

Eligibility: people 60 years old and over, autonomous or with a slight loss of autonomy

Capacity: 72 housing units

Coverage area: Coteau-du-Lac

Hours: Monday to Wednesday 9h00 to 16h00, Thursday 9h00 to 12h00

Financing: provincial

Legal status: non-profit organization

Intergenerational activities

NOTRE-DAME-DE-L'ÎLE-PERROT PUBLIC LIBRARY

1300 Don-Quichotte Boulevard, Notre-Dame-de-l'Île-Perrot, Montérégie, QC, J7V 9E2

514 453-0013

Website: www.ndip.org/en/leisure-culture/library

Email: biblio@ndip.org

Services: * Loan and consultation of books and audiovisual documents. * Home delivery for people with reduced mobility. * Computers, Internet access, printing devices. * Story time. * Book club for adults. * Book club for children. * Intergenerational reading activity. * Exhibitions.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday and Friday 8h30 to 18h00, Tuesday to Thursday 8h30 to 20h30, Saturday and Sunday 10h00 to 16h00, summer: Monday and Friday 8h00 to 18h00, Tuesday to Thursday 8h00 to 20h30, Saturday 10h00 to 16h00

Fees: subscription: free for residents, \$50 for non-residents

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE PUBLIC LIBRARY

1275 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 260 **Fax:** 450 424-4068

Website: ville.saint-lazare.qc.ca/en/biblio

Email: comptoirbiblio@ville.saint-lazare.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Biblio-aidants. * Exhibitions, book launches and workshops. * Loan of seeds.

Coverage area: Saint-Lazare

Hours: Tuesday to Friday 10h30 to 20h30, Saturday and Sunday 10h00 to 15h00, summer: Tuesday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

Intervention with seniors subjected to abuse

CARREFOUR BIENVEILLANCE 50 +

418 Saint-Charles Avenue, Suite 303, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 844 424-0111 Fax: 450 218-1971

Website: www.legraves.com

Email: centredereferences@carrefourbienveillance.org

Services: Support and accompaniment for seniors. * Information, referrals and accompaniment in different procedures. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Information and awareness workshops to counter elder abuse. * Promotion of benevolent care for seniors and their families. * Facilitation and co-hosting of meetings related to the issue of abuse. * Informative website on elder abuse: <https://maltraitance.org>. * Free psychosocial intervention service for caregivers of seniors.

Eligibility: people 50 years and over

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 9h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Meals on Wheels

CENTRE COMMUNAUTAIRE DES ÂÎNÉS VAUDREUIL-SOULANGES

12 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

1 855 510-3548

Website: www.centredesainesvs.com

Email: direction@ccavs.ca

Services: * Food assistance: meals on wheels, sale of frozen meals and community meals. * Activity days. * Trainings and conferences on various senior-related matters.

Eligibility: seniors 50 years old and over, people with a loss of autonomy or physical disabilities

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

HUDSON MEALS ON WHEELS

394 Main Street, Hudson, Montérégie, QC, J0P 1H0

514 781-1194

Website: mealsonwheelsmenus.blogspot.com

Email: sfl4784@gmail.com

Services: * Home delivery of hot meals.

Eligibility: seniors, people with a loss of autonomy, with a physical disability or recovering from surgery

Capacity: about 30 meals

Coverage area: Hudson

Hours: Tuesday and Friday 8h30 to 12h00

Fees: \$6 per meal

Financing: self-financing

Legal status: non-profit organization

Volunteer Transportation

AIDE MOMENTANÉE POUR LES URGENCES RIGAUDIENNES - ACCOMPANIMENT-TRANSPORTATION

Confidential Address

514 771-4746

Email: amurrigaud@gmail.com

Services: * Medical accompaniment and transportation by volunteers.

Eligibility: autonomous people on a low income, autonomous seniors

Coverage area: Pointe-Fortune, Rigaud, Très-Saint-Rédempteur

Hours: Monday to Friday 9h00 to 18h00

Fees: \$0.47 per km

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL - ACCOMPANIMENT-TRANSPORTATION

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Medical accompaniment and transportation by volunteers.

Eligibility: people 65 years and over, with a loss of autonomy or convalescent

Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac, appointments: neighbouring regions (Montréal, South Shore) according to needs

Hours: day, evening and weekend according to availabilities

Fees: from \$8 to \$60 according to the destination

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES - ACCOMPANIMENT-TRANSPORTATION

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Accompaniment for errands and medical transportation by volunteers.

Eligibility: seniors over 65 years old, people in need

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Sainte-Justine-de-Newton, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, appointments: surrounding regions (Longueuil, Montréal) according to needs

Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities

Fees: welfare recipients: minimum \$5, \$0.50 per km

Financing: donations, grants, self-financing

Legal status: non-profit organization

Sex and gender**WOMEN'S CENTRES****WOMEN'S ASSOCIATIONS**

Women's centres

CENTRE DES FEMMES LA MOISSON

321 Grand Boulevard, L'Île-Perrot, Montérégie, QC, J7V 4X3

514 453-8720

Website: www.centredefemmeslamoisson.com/en

Email: info@centredefemmeslamoisson.com

Services: * One-to-one helping relationship. * Growth and mutual aid groups. * Coffee-chats and conferences.

Eligibility: women 18 years old and over

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Women's associations

CENTRE DES FEMMES LA MOISSON

321 Grand Boulevard, L'Île-Perrot, Montérégie, QC, J7V 4X3

514 453-8720

Website: www.centredefemmeslamoisson.com/en

Email: info@centredefemmeslamoisson.com

Services: * One-to-one helping relationship. * Growth and mutual aid groups. * Coffee-chats and conferences.

Eligibility: women 18 years old and over

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

DAY CAMPS AND SPECIALIZED CAMPS

HOBBIES

LIBRARIES

MUNICIPAL SPORTS AND RECREATION SERVICES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

COTEAU-DU-LAC - JULES-FOURNIER LIBRARY

3 du Parc Street, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-2763 Fax: 450 763-2495

Email: bibliotheque@coteau-du-lac.com

Services: * Loan of documents. * Reading Club. * Activities and conferences.

Hours: Monday to Wednesday 10h00 to 20h00, Thursday 10h00 to 15h00, Friday 10h00 to 17h00, Saturday 10h00 to 13h00, closed on Saturdays during Summer

Legal status: municipal agency

GABY-FARMER-DENIS LIBRARY

141 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-4250 ext. 221 Fax: 450 452-2860

Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b19/bibliotheque-des-cedres-gaby-farmer-denis

Email: bibliogabyfarmerdenis@ville.lescedres.qc.ca

Services: Loan and consultation of books. * Computers and Internet access. * Board games. * Story time. * Exhibitions and workshops.

Coverage area: Les Cèdres

Hours: Monday and Friday 10h00 to 16h00, Tuesday and Thursday 10h00 to 20h00, Wednesday 15h00 to 20h00, Saturday 9h00 to 12h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

LES COTEAUX - LIBRARY

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A2

450 267-1414 Fax: 450 267-3532

Website: les-coteaux.qc.ca/citoyens/loisirs-vie-communautaire/bibliotheque

Email: bibliodescoteaux@videotron.ca

Services: * Loan and consultation of printed and audiovisual documents. * Computers. * Exhibitions and conferences.

Coverage area: Les Coteaux

Hours: Monday and Tuesday 13h00 to 19h00, Wednesday 12h00 to 19h00, Thursday to Saturday 9h00 to 13h00

Financing: municipal

Legal status: municipal agency

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES

117 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8

514 425-0399

Website: mwcnc.ca

Email: lorie@mwcnc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Educational bursaries. * 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, educational bursaries: full-time students in health and social services majors who plan on working at least 2 years in Québec after graduation

Capacity: 10

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

MUSÉE RÉGIONAL DE VAUDREUIL-SOULANGES

431 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N3

450 455-2092

Website: www.mrvs.qc.ca

Email: info@mrvs.qc.ca

Services: * Temporary and permanent exhibitions: ethnological and artistic collections. * Various lectures on art and heritage. * Public-artist meetings. * Les Seigneuries: annual historic celebration. * Family activities. *

Educational services: workshops, day camp.

Eligibility: general public

Capacity: 2 classes of students at a time

Coverage area: MRC Vaudreuil-Soulanges

Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Saturday and Sunday 13h00 to 16h30, summer: Tuesday to Friday 9h00 to 16h30, Saturday and Sunday 13h00 to 16h30

Fees: yearly membership card: \$25 for a single person, \$30 for a couple, \$35 for families

Financing: fundraising campaigns, contributions

Legal status: non-profit organization

NOTRE-DAME-DE-L'ÎLE-PERROT PUBLIC LIBRARY

1300 Don-Quichotte Boulevard, Notre-Dame-de-l'Île-Perrot, Montérégie, QC, J7V 9E2

514 453-0013

Website: www.ndip.org/en/leisure-culture/library

Email: biblio@ndip.org

Services: * Loan and consultation of books and audiovisual documents. * Home delivery for people with reduced mobility. * Computers, Internet access, printing devices. * Story time. * Book club for adults. * Book club for children. * Intergenerational reading activity. * Exhibitions.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday and Friday 8h30 to 18h00, Tuesday to Thursday 8h30 to 20h30, Saturday and Sunday 10h00 to 16h00, summer: Monday and Friday 8h00 to 18h00, Tuesday to Thursday 8h00 to 20h30, Saturday 10h00 to 16h00

Fees: subscription: free for residents, \$50 for non-residents

Financing: municipal

Legal status: municipal agency

PINCOURT PUBLIC LIBRARY

225 Pincourt Boulevard, Pincourt, Montérégie, QC, J7V 9T2

514 453-8981 ext. 214 Fax: 514 453-1839

Website: villepincourt.qc.ca/en/recreation-and-culture/library

Email: bibliotheque@villepincourt.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Library-to-Go: mobile library and delivery for people with reduced mobility. * Story time. * Biblio-aidants. * Book club for adults. * Conferences, exhibitions and workshops.

Coverage area: Pincourt

Hours: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 17h00, Saturday 10h00 to 16h00, summer: closed on Saturday

Fees: residents: free, non-residents: \$60 per child, \$90 per family or adult

Financing: municipal

Legal status: municipal agency

RIGAUD PUBLIC LIBRARY

102 Saint-Pierre Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 260

Website: www.ville.rigaud.qc.ca

Email: biblio@ville.rigaud.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Story time. * Home loan for people with reduced mobility. * Exhibitions.

Coverage area: Rigaud

Hours: Tuesday and Wednesday 11h00 to 19h00, Thursday and Friday 12h00 to 18h00, Saturday 11h00 à 15h00

Fees: free

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE PUBLIC LIBRARY

1275 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 260 **Fax:** 450 424-4068

Website: ville.saint-lazare.qc.ca/en/biblio

Email: comptoirbiblio@ville.saint-lazare.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Biblio-aidants. * Exhibitions, book launches and workshops. * Loan of seeds.

Coverage area: Saint-Lazare

Hours: Tuesday to Friday 10h30 to 20h30, Saturday and Sunday 10h00 to 15h00, summer: Tuesday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-ZOTIQUE MUNICIPAL LIBRARY

30 des Maîtres Avenue, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 260

Website: st-zotique.com/bibliotheque-renseignements-generaux

Email: biblio@st-zotique.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access. * Biblio-Santé. * Story time. * Book club for children. * Spanish classes. * Home loan for people with reduced mobility. * Events, exhibitions.

Coverage area: Saint-Zotique

Hours: Tuesday and Thursday 10h00 to 18h00, Wednesday and Friday 12h00 to 20h00, Saturday 10h00 to 16h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

VAUDREUIL-DORION PUBLIC LIBRARY

51 Jeannotte Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6E6

450 455-3371 ext. 6

Website: www.ville.vaudreuil-dorion.qc.ca/en/recreation-and-culture/library

Email: biblio@ville.vaudreuil-dorion.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Computer classes. * Story time. * Book club for children. * Knitting club. * Exhibitions, conferences and workshops.

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for Vaudreuil-Dorion residents, 75\$ for Vaudreuil-sur-le-Lac, 135\$ for non-residents

Financing: municipal

Legal status: municipal agency

Clubs and social events

ASSOCIATION OF PEOPLE OF AFRICAN AND CARIBBEAN ORIGIN

412 Harwood Boulevard, Suite 204, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

438 995-6143

Email: apaoc.asso@gmail.com

Services: * Gathering, support and assistance to people of Afro-Caribbean origin in their living environment. * Sharing Afro-Caribbean cultures.

Eligibility: African and Caribbean community, all people interested in African and Caribbean culture

Coverage area: MRC Vaudreuil-Soulanges, Beauharnois, Salaberry-de-Valleyfield

Hours: Monday to Friday 9h00 à 16h30

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

CLUB ÂGE D'OR VILLE ÎLE-PERROT

150 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 668-9095

Email: dianeddube@hotmail.com

Services: * Dancing dinners, crafts, painting workshops, bean bag toss, trips, outings.

Eligibility: people 50 years old and over

Coverage area: L'Île-Perrot

Hours: variable

Fees: annual membership: \$10

Financing: self-financing

Legal status: non-profit organization

CLUB D'ÂGE D'OR LES CÈDRES

1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-4967 Fax: 450 452-4605

Email: agedorlescedres@gmail.com

Services: * Monthly dancing dinner. * Recreational activities: line dancing, bean bags, shuffleboard, pickleball, walking group, card and board games, bocce. * Outings. * Charitable activities.

Eligibility: seniors 50 years and over

Coverage area: Les Cèdres and surroundings

Hours: dinner: 3rd Friday of the month, card and board games, line dancing, bean bags: Wednesday

Fees: membership: \$20 per year, dancing dinners: \$25 for members, \$30 for non-members

Financing: contributions

Legal status: non-profit organization

REPAS PARTAGÉS - ÎLE-PERROT

150 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

450 424-0111

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: Community meals. * Line dancing. * Bingo.

Eligibility: people 50 years and over

Coverage area: L'Île-Perrot

Hours: 4th Wednesday of the month

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 424-0111

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: Community meals. * Line dancing.

Eligibility: people 50 years and over

Coverage area: Les Cèdres

Hours: 1st Tuesday of the month

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - PINCOURT

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7V 9H6 **Fax:** 450 218-1971

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: * Community meals. * Dancing. * Bingo, card games. * Referral centre: support in various procedures and information on the resources and activities of the area. * Monthly distribution of the newsletter Le Carrefour.

Eligibility: people 50 years and over

Coverage area: Pincourt, Terrasse-Vaudreuil

Hours: 3rd Tuesday of the month

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-CLET

4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3455

Website: www.centredesainesvs.com/activites/repas-partages

Email: direction@ccavs.ca

Services: * Community meals.

Eligibility: people who live in Saint-Clet or are originally from Saint-Clet, people that are seniors: 50 years and older

Capacity: 70 to 80

Coverage area: Saint-Clet

Hours: 2nd Wednesday of each month

Fees: \$13 per person

Financing: donations, self-financing, municipal

Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-LAZARE

1301 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6 **Fax:** 450 218-1971

Website: www.legraves.com

Email: mariechristinefloch@legraves.com

Services: Community meals. * Card games, bingo.

Eligibility: people 50 years and over

Coverage area: Saint-Lazare

Hours: 2nd Tuesday of the month 11h00 to 14h00

Fees: membership: \$18

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-TÉLESPHORE

1425 340 Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 269-3272

Website: www.centredesainesvs.com/activites/repas-partages

Email: direction@ccavs.ca

Services: * Community meals. * Social and recreational activities. * Bingo.

Eligibility: seniors, general public

Capacity: 150

Coverage area: Saint-Télesphore

Hours: 2nd Wednesday of each month 12h00

Fees: \$15 per person, bingo cards: \$0.50 each

Financing: donations, self-financing

Legal status: non-profit organization

REPAS PARTAGÉS - SAINTE-JUSTINE-DE-NEWTON

2842 Principale Street, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0

514 250-1528

Website: www.centredesainesvs.com/activites/repas-partages

Email: direction@ccavs.ca

Services: * Community meals. * Social and recreational activities.

Eligibility: general public

Capacity: 200

Coverage area: Sainte-Justine-de-Newton

Hours: 1st Wednesday of each month, September to April

Fees: \$15 per person

Financing: donations, self-financing

Legal status: non-profit organization

Community recreation centres

CENTRE NOTRE-DAME DE FATIMA

2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7W 2Y9

514 453-7600 ext. 234 **Fax:** 514 453-7601

Website: www.mon-camp.ca/en

Email: info@mon-camp.ca

Services: * Arc-en-ciel program: day camp shadowing for kids with special needs. * Summer camp for kids and adults with special needs. * Respite program for children, teenagers and adults with special needs. * Specialized group accommodation for children, teenagers and adults with special needs.

Eligibility: general public, summer camp: children 4 to 14 years old, Arc-en-ciel day camp: children 4 to 14 years old with a hearing, language, intellectual or multi-disability, respite: youth 4 to 21 years old and adults 18 years old and over

Capacity: up to 60 campers in accommodations

Coverage area: Province of Québec, Ontario

Hours: administration: Monday to Friday 8h00 to 17h00

Fees: variable, financial aid available

Financing: federal, provincial, municipal, donations, self-financing, grants

Legal status: non-profit organization

CLUB D'ÂGE D'OR DES ÂÎNÉS DU LAC SAINT-FRANÇOIS

21 Prieur Street, Les Coteaux, Montérégie, QC, J7X 1L3

450 217-7793

Services: * Social and recreational activities: darts, petanque, etc. * Community meals. * Dance evenings. * Outings, theatre.

Eligibility: people 50 years old and over

Coverage area: Les Coteaux and the surroundings

Hours: variable

Fees: annual membership: \$10, outings: variable

Financing: self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE L'ÎLE PERROT - MARTIN BERNIER

210C 6th Avenue, L'Île-Perrot, Montérégie, QC, J7V 4V4

514 425-6146

Email: mdj_vip@hotmail.com

Services: Meeting place and referral. * Listening and counselling. * Homework assistance. * Sporting and cultural activities. * Art workshops. * Nutrition workshops. * Prevention workshops. * Summer outings.

Eligibility: youth 12 to 17 years old

Coverage area: L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Sainte-Anne-de-Bellevue, Terrasse-Vaudreuil, Pincourt

Hours: Wednesday to Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 13h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)

96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 451-0422

Email: mdjderigaud@bell.net

Services: Place for meeting, services and referral. * Listening and counselling. * Recreational, sporting, outdoor and cultural activities. * Volunteering. * Music and arts workshops. * Nutrition workshops. * Prevention. * Homework assistance. * Job search assistance. * Political and civic education. * Loan of sports and recreational equipment. * Loan of board games. * Reference books for parents of teenagers. * Youth library.

Eligibility: youth 12 to 18 years old

Capacity: 30

Coverage area: Rigaud and surroundings

Hours: Wednesday to Friday 17h00 to 20h00, pedagogical days: 13h00 to 17h00, phone reception: Tuesday to Thursday 13h00 to 16h00

Fees: none

Financing: provincial, Centraide du Sud-Ouest, municipal, federal, foundations

Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-0215

Email: mdjlscedres@gmail.com

Services: Meeting and referral place. * Listening and counselling. * Homework assistance. * Job search assistance. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Food assistance. * Prevention, awareness and education workshops. * Book club. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Les Cèdres

Hours: Tuesday to Friday 18h00 to 21h00

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES VAUDREUIL-DORION

1255 Émile-Bouchard street, Vaudreuil-Dorion, Montérégie, QC, J7V 0B7

450 455-6937

Email: mdjvd@msn.com

Services: Place for meeting and referral. * Listening. * Sporting and cultural activities. * Volunteering. * Music and art workshops. * Nutrition workshops. * Job search assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: Vaudreuil-Dorion

Hours: Wednesday, Thursday 16h30 to 21h00, Friday 16h30 à 22h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MUSÉE RÉGIONAL DE VAUDREUIL-SOULANGES

431 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N3

450 455-2092

Website: www.mrvs.qc.ca

Email: info@mrvs.qc.ca

Services: * Temporary and permanent exhibitions: ethnological and artistic collections. * Various lectures on art and heritage. * Public-artist meetings. * Les Seigneuries: annual historic celebration. * Family activities. *

Educational services: workshops, day camp.

Eligibility: general public

Capacity: 2 classes of students at a time

Coverage area: MRC Vaudreuil-Soulanges

Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Saturday and Sunday 13h00 to 16h30, summer: Tuesday to Friday 9h00 to 16h30, Saturday and Sunday 13h00 to 16h30

Fees: yearly membership card: \$25 for a single person, \$30 for a couple, \$35 for families

Financing: fundraising campaigns, contributions

Legal status: non-profit organization

Day camps and specialized camps

COTEAU-DU-LAC - LOISIRS ET CULTURE

342 du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5822 ext. 222 Fax: 450 763-0938

Website: coteau-du-lac.com

Email: loisirs@coteau-du-lac.com

Services: * Recreational, sporting and cultural activities. * Parks, sports fields, community centre, ice rink, swimming pools. * Hall rental. * Summer day camp. * Events.

Coverage area: Coteau-du-Lac

Fees: camp: \$20 per week

Financing: municipal

Legal status: municipal agency

DORION DREAM CENTER

490 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-4532

Website: www.doriondreamcenter.com

Services: * Food bank. * Community suppers. * Clothing, school supplies and furniture donations. * Diapers, strollers and maternity clothing donations. * Summer camp. * Recovery of non-perishable food items and diapers. * Christmas baskets.

Eligibility: children, families, clothing and furniture donations: newly arrived immigrants, diapers, strollers and maternity clothing donations: pregnant women

Capacity: 75 à 90 familles par semaine

Coverage area: L'Île-Perrot, Vaudreuil-Dorion, Les Cèdres, Coteau-du-Lac, Les Coteaux, Rivière-Beaudette

Hours: food distribution: Thursday 12h30 to 14h30, community supper: Thursday, donations recovery: by appointment

Fees: food baskets: \$2 per week, summer camp: variable

Financing: donations, provincial, federal

Legal status: non-profit organization

HUDSON - PARKS AND RECREATION DEPARTMENT

394 Main Street, Hudson, Montérégie, QC, J0P 1H0

450 458-6699 Fax: 450 458-7764

Website: hudson.quebec/en/parks-and-recreation

Services: * Sporting and recreational activities. * Community centre, youth centre, swimming pool, parks, hiking trails. * Spot55+: activities for people aged 55 and over. * Events.

Coverage area: Hudson

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

Fees: variable

Financing: municipal

Legal status: municipal agency

L'ÎLE-PERROT - SERVICE DES LOISIRS

110 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 ext. 227

Website: www.ile-perrot.qc.ca/culture-et-loisirs

Email: s-loisi@ile-perrot.qc.ca

Services: * Community, sociocultural and sporting activities. * Community centre, swimming pool, parks, ice rinks, sports fields. * Alpha 50+: introducing and maintaining knowledge of digital technology. * Coordination with community organizations. * Summer day camp. * Events and celebrations. * Hall and sports facilities rental.

Coverage area: L'Île-Perrot

Hours: Monday 8h30 to 12h00 and 13h00 to 16h30, Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h00, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

LES COTEAUX - LEISURE AND COMMUNITY LIFE

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A1

450 267-3531 Fax: 450 267-3532

Website: les-coteaux.qc.ca/citoyens/loisirs-vie-communautaire

Email: dirloisirs@les-coteaux.qc.ca

Services: * Recreational, cultural and sporting activities. * Parks, playing fields, ice rinks. * Community gardens. * Events. * Day camp. * Hall rental.

Coverage area: Les Coteaux

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE SAINT-ZOTIQUE

1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa et moi: fun activities, outings or informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Tuesday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES - MAISON DE VAUDREUIL-DORION

15 Louise-Josephite Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6Y9

450 218-0561

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family services. * Help with homework. * Educational camp. * Spring break day camp. * Birth club: social exchange between parents of children 0 to 5 years old on various topics to break isolation and create a network. * Daycare for children 0 to 5 years old. * Je tisse des liens gagnants program: services and activities adapted to develop responsible behaviours to meet the needs of the child. * Les Aventuriers : structured motor activities and story reading for parents and children 0 to 5 years old. * Language stimulation workshops. * Early stimulation workshops. * Pères présents, enfants gagnants: workshops open to fathers of children of all ages. * Papa, pas à pas: fun activities, informative workshops and discussions. * Tutoring and orthopedagogy. * Access Rights Supervision (ADS): supervised custody exchange and supervised visit. * Community gardens for families. * Perinatal component: support and accompaniment to future and new parents through various workshops.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision: Monday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00 and Sunday 13h30 à 19h00

Fees: free activities, fees for the daycare

Financing: donations, contributions, financing campaigns

Legal status: non-profit organization

MUSÉE RÉGIONAL DE VAUDREUIL-SOULANGES

431 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N3

450 455-2092

Website: www.mrvs.qc.ca

Email: info@mrvs.qc.ca

Services: * Temporary and permanent exhibitions: ethnological and artistic collections. * Various lectures on art and heritage. * Public-artist meetings. * Les Seigneursiales: annual historic celebration. * Family activities. * Educational services: workshops, day camp.

Eligibility: general public

Capacity: 2 classes of students at a time

Coverage area: MRC Vaudreuil-Soulanges

Hours: Tuesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Saturday and Sunday 13h00 to 16h30, summer: Tuesday to Friday 9h00 to 16h30, Saturday and Sunday 13h00 to 16h30

Fees: yearly membership card: \$25 for a single person, \$30 for a couple, \$35 for families

Financing: fundraising campaigns, contributions

Legal status: non-profit organization

NOTRE-DAME-DE-L'ÎLE-PERROT - COMMUNITY SERVICES

1300 Don-Quichotte Boulevard, Notre-Dame-de-l'Île-Perrot, Montérégie, QC, J7V 9E2

514 453-4128 Fax: 514 453-8961

Website: www.ndip.org/en

Email: loisirs@ndip.org

Services: * Sports and recreational activities. * Swimming pools, arenas, nautical centre, parks and sports fields. * Summer day camp. * Room rental. * Events and parties.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

PINCOURT - RECREATION AND CULTURE

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6

514 453-8981 option 6 Fax: 514 453-1839

Website: villepincourt.qc.ca/en/home

Email: loisirs@villepincourt.qc.ca

Services: * Community, sociocultural and sports activities. * Ice rinks, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer and spring break day camps. * Room rental. * Events.

Coverage area: Pincourt

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

Fees: variable

Financing: municipal

Legal status: municipal agency

RIGAUD - LEISURE, CULTURE AND COMMUNITY LIFE

65 Saint-Pierre Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 238

Website: www.ville.rigaud.qc.ca

Services: * Recreational and sports activities. * Parks, sports fields, ice rink. * Day camp. * Room rental. * Events.

Coverage area: Rigaud

Financing: municipal

Legal status: municipal agency

RIVIÈRE-BEAUDETTE - LEISURE AND CULTURE

600 Léger Street, Rivière-Beaudette, Montérégie, QC, J0P 1R0

450 269-2931

Website: riviere-beaudette.com

Email: loisirs@riviere-beaudette.com

Services: * Recreational and sporting activities. * Ice rink, parks, sports fields. * Day camp.

Coverage area: Rivière-Beaudette

Financing: municipal

Legal status: municipal agency

SAINT-CLET - LEISURE

4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3363 Fax: 450 456-3879

Website: st-clet.com

Email: loisirs@st-clet.com

Services: * Recreational and sports activities. * Ice rink, parks and playgrounds. * Summer day camp. * Events.

Coverage area: Saint-Clet

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE - LEISURE AND COMMUNITY LIFE

1301 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 220 Fax: 450 424-3246

Website: ville.saint-lazare.qc.ca/en/bienvenue

Email: loisirs@ville.saint-lazare.qc.ca

Services: * Sporting and recreational activities. * Community centre, parks, sports fields, swimming pool, sports complex and outdoor ice rinks. * Summer day camp. * Adapted leisure: day camp, activities. * Hall rental. *

Ado'zone: activities and dances for youth. * Parties, shows and events.

Eligibility: adapted day camp: children 5 to 12 years old living with a psychical or intellectual disability, adapted activities: youth 6 to 17 years old living with a psychical or intellectual disability

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-TÉLESPHORE - LOISIRS

1425 340 Road, Saint-Télesphore, Montérégie, QC, J0P 1Y0

450 269-2999

Website: saint-telesphore.com

Email: loisirs@st-telesphore.ca

Services: * Parks, hiking trails, ice rink, community centre. * Summer day camp.

Coverage area: Saint-Télesphore

Financing: municipal

Legal status: municipal agency

SAINT-ZOTIQUE - LOISIRS

1250 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 4

Website: www.st-zotique.com

Email: loisirs@st-zotique.com

Services: * Recreational and sporting activities. * Sports fields, ice rinks, parks, citizen hall. * Hall rental. *

Summer and spring break day camps. * Events.

Coverage area: Saint-Zotique

Financing: municipal

Legal status: municipal agency

SAINTE-JUSTINE-DE-NEWTON - LOISIRS ET VIE COMMUNAUTAIRE

2842 Principale Street, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0

450 764-3573 ext. 221

Website: www.sainte-justine-de-newton.ca/loisirs

Email: administration@sainte-justine-de-newton.ca

Services: * Community, socio-cultural and sports activities. * Swimming pool, skating rink and parks. * Coordination with local community organizations. * Summer day camp. * Events and celebrations.

Coverage area: Sainte-Justine-de-Newton

Fees: variable

Financing: municipal

Legal status: municipal agency

TERRASSE-VAUDREUIL - RECREATION AND COMMUNITY SERVICES

74 7th Avenue, Terrasse-Vaudreuil, Montérégie, QC, J7V 3M9

514 453-8120 Fax: 514 453-1180

Website: www.terrasse-vaudreuil.ca

Email: info@terrasse-vaudreuil.ca

Services: * Sporting and recreational activities. * Community centre, swimming pool, ice rink, sports fields. * Summer day camp. * Hall rental.

Coverage area: Terrasse-Vaudreuil

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

Fees: variable

Financing: municipal

Legal status: municipal agency

VAUDREUIL-DORION - RECREATION AND CULTURE

3093 de la Gare Boulevard, Suite B-230, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-3371 Fax: 450 424-3270

Website: www.ville.vaudreuil-dorion.qc.ca/en

Email: loisirculture@ville.vaudreuil-dorion.qc.ca

Services: * Community, sociocultural and sporting activities. * Multisports centre, arena, swimming pools, parks, ice rinks and playgrounds. * Library. * Coordination with community organizations. * Summer day camp. * Shows and events. * Hall rental.

Coverage area: Vaudreuil-Dorion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

VAUDREUIL-SUR-LE-LAC - RECREATION AND COMMUNITY SERVICES

44 de l'Église Street, L'Île-Cadieux, Montérégie, QC, J7V 8P3

450 455-1133 ext. 6 Fax: 450 455-8614

Website: www.vsl.ca

Email: loisirs@vsl.ca

Services: * Sporting and recreational activities. * Community centre, parks, sports fields. * Summer day camp. * Hall rental. * Parties and events.

Coverage area: Vaudreuil-sur-le-Lac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

Hobbies

ATELIER PAYSAN (L')

785 De Lotbinière Road, Vaudreuil-Dorion, Montérégie, QC, J7V 8P2

Website: www.latelierpaysan.ca

Email: accueil@latelierpaysan.ca

Services: Urban farm and market garden production site aiming at social integration. * Employability component of apprentice gardeners: development of skills related to semi-skilled trades, to social skills and to active involvement in their community. * Training workshops: cooking, food processing, etc. * Volunteering. * Sale of fresh fruits and vegetables.

Eligibility: general public, people living with a mental problem (intellectual disability, autism, etc.), apprentice gardeners

Coverage area: Province of Québec

Hours: by appointment

Fees: variables

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Training of volunteers. * Monthly food assistance. * Clothing donations. * Collective cooking classes. * Christmas baskets. * Thrift store. * On-site collection of new and used items: clothing, dishes, toys, books, small electronics, sports equipment, personal hygiene products, various household items. * Friendly visits. * Loan of crutches and wheelchairs. * Assistance with government documents. * Training courses. * Tax clinic.

Eligibility: seniors, people in need, thrift store: general public

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday, Wednesday, and Friday 9h30 to 17h00, Thursday 9h30 to 20h00, Saturday 10h00 to 15h00

Fees: food assistance: 5\$ per adults

Financing: donations, grants, self-financing

Legal status: non-profit organization

CLUB ÂGE D'OR VILLE ÎLE-PERROT

150 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 668-9095

Email: dianeddube@hotmail.com

Services: * Dancing dinners, crafts, painting workshops, bean bag toss, trips, outings.

Eligibility: people 50 years old and over

Coverage area: L'Île-Perrot

Hours: variable

Fees: annual membership: \$10

Financing: self-financing

Legal status: non-profit organization

COMQUAT

25 Don Quichotte Boulevard, Suite 132A, L'Île-Perrot, Montérégie, QC, J7V 7X4

514 453-3632

Website: www.comquat.ca/en/

Email: info@comquat.ca

Services: Literacy and French as a second language services. * Literacy classes: French writing, reading, arithmetic, digital literacy, conversation, high school equivalency test preparation, individual tutoring. * French as a second language training: conversation sessions, beginner and intermediate courses. * Writer service.

Eligibility: people 16 years old and over

Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Ouest-de-l'Île (Beaconsfield, Kirkland, Pointe-Claire), Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: office: Monday to Thursday 9h00 to 16h30, classes: Monday to Thursday, mornings, afternoons and evenings

Fees: public writer and one-on-one literacy tutoring: free, French conversation and writing courses and TENS/TDG preparation courses: annual registration fee of \$30, group and private courses in French as a second language: variable additional fees

Financing: provincial

Legal status: non-profit organization

GABY-FARMER-DENIS LIBRARY

141 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-4250 ext. 221 Fax: 450 452-2860

Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b19/bibliotheque-des-cedres-gaby-farmer-denis

Email: bibliogabyfarmerdenis@ville.lescedres.qc.ca

Services: Loan and consultation of books. * Computers and Internet access. * Board games. * Story time. * Exhibitions and workshops.

Coverage area: Les Cèdres

Hours: Monday and Friday 10h00 to 16h00, Tuesday and Thursday 10h00 to 20h00, Wednesday 15h00 to 20h00, Saturday 9h00 to 12h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

MAGIE DES MOTS (LA)

340-E du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-1331

Website: www.lamagiedesmots.com

Email: communication@lamagiedesmots.com

Services: * French classes in small groups of 2 to 6 people. * French improvement classes in mentoring form. * Test preparation support: General Development Test (GDT), Secondary School Equivalency Test (SSET), Ministerial Examination of College French (EUF). * Help with homework. * French as a second language classes: beginner, intermediate or advanced. * Digital literacy, food literacy, health literacy and financial literacy.

Eligibility: people 16 years old and over

Coverage area: Coteau-du-Lac, Les Cèdres, Les Coteaux, Pointe-des-Cascades, Pointe-Fortune, Rigaud, Rivière-Beaudette, Saint-Clet, Saint-Lazare, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, Sainte-Justine-de-Newton, Très-Saint-Rédempteur

Hours: Monday to Thursday day or evening, Friday to Sunday: on request

Fees: registration and purchase of textbooks: \$30

Financing: provincial

Legal status: non-profit organization

NICHOIR (LE) - WILD BIRD CONSERVATION CENTRE

637 Main Street, Hudson, Montérégie, QC, J0P 1H0

450 458-2809

Website: lenichoir.org

Email: info@lenichoir.org

Services: Rehabilitation centre for wild birds. * Care and treatment for injured or orphaned wild birds. * Releases into their natural habitat. * Educational programs for school groups. * Annual events open to the public providing advice and information.

Coverage area: Canada

Hours: bird care and store hours: Monday to Sunday 9h00 to 17h00

Fees: wild bird care and treatments: none, educational programs: variable (reduced rates for non-profit organization), events: variable

Financing: self-financing, donations, grants

Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-TÉLESPHORE

1425 340 Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 269-3272

Website: www.centredesainesvs.com/activites/repas-partages

Email: direction@ccavs.ca

Services: * Community meals. * Social and recreational activities. * Bingo.

Eligibility: seniors, general public

Capacity: 150

Coverage area: Saint-Télesphore

Hours: 2nd Wednesday of each month 12h00

Fees: \$15 per person, bingo cards: \$0.50 each

Financing: donations, self-financing

Legal status: non-profit organization

REPAS PARTAGÉS - SAINTE-JUSTINE-DE-NEWTON

2842 Principale Street, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0

514 250-1528

Website: www.centredesainesvs.com/activites/repas-partages

Email: direction@ccavs.ca

Services: * Community meals. * Social and recreational activities.

Eligibility: general public

Capacity: 200

Coverage area: Sainte-Justine-de-Newton

Hours: 1st Wednesday of each month, September to April

Fees: \$15 per person

Financing: donations, self-financing

Legal status: non-profit organization

SOURCE D'ENTRAIDE INC. (LA)

2252 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 2H5

450 455-8000

Website: sourcedentraide.org

Email: info@sourcedentraide.org

Services: * Thrift store: used clothing and household items. * Food aid. * Community food pantry. * Emergency meals in schools and day camps. * Sewing workshop. * Christmas baskets.

Eligibility: boutique: general population, community services: vulnerable people

Coverage area: Saint-Lazare

Hours: Tuesday 9h00 to 15h00, Thursday 9h00 to 15h00 and 19h00 to 20h30, Saturday 9h00 to 12h00, food assistance: by appointment

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

VAUDREUIL-DORION PUBLIC LIBRARY

51 Jeannotte Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6E6

450 455-3371 ext. 6

Website: www.ville.vaudreuil-dorion.qc.ca/en/recreation-and-culture/library

Email: biblio@ville.vaudreuil-dorion.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Computer classes. * Story time. * Book club for children. * Knitting club. * Exhibitions, conferences and workshops.

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for Vaudreuil-Dorion residents, 75\$ for Vaudreuil-sur-le-Lac, 135\$ for non-residents

Financing: municipal

Legal status: municipal agency

Libraries

COTEAU-DU-LAC - JULES-FOURNIER LIBRARY

3 du Parc Street, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-2763 Fax: 450 763-2495

Email: bibliotheque@coteau-du-lac.com

Services: * Loan of documents. * Reading Club. * Activities and conferences.

Hours: Monday to Wednesday 10h00 to 20h00, Thursday 10h00 to 15h00, Friday 10h00 to 17h00, Saturday 10h00 to 13h00, closed on Saturdays during Summer

Legal status: municipal agency

GABY-FARMER-DENIS LIBRARY

141 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-4250 ext. 221 Fax: 450 452-2860

Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b19/bibliotheque-des-cedres-gaby-farmer-denis

Email: bibliogabyfarmerdenis@ville.lescedres.qc.ca

Services: Loan and consultation of books. * Computers and Internet access. * Board games. * Story time. * Exhibitions and workshops.

Coverage area: Les Cèdres

Hours: Monday and Friday 10h00 to 16h00, Tuesday and Thursday 10h00 to 20h00, Wednesday 15h00 to 20h00, Saturday 9h00 to 12h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

L'ÎLE-PERROT PUBLIC LIBRARY

120 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 ext. 230

Website: www.ile-perrot.qc.ca/culture-et-loisirs/bibliotheque

Email: info.biblio@ile-perrot.qc.ca

Services: Public library: loans and access to printed, digital and audio-visual materials. * Computers and Internet access. * Research databases. * Printing and photocopying. * Story time. * Une naissance, un livre an introductory reading kit for children from 0 to 12 months. * Cultural activities and events.

Coverage area: L'Île-Perrot

Hours: Tuesday to Friday 13h00 to 20h30, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00, summer schedule: Monday to Thursday 13h00 to 20h30, Friday 13h00 to 17h00, Saturday 10h00 to 17h00

Financing: municipal

Legal status: municipal agency

LES COTEAUX - LIBRARY

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A2

450 267-1414 Fax: 450 267-3532

Website: les-coteaux.qc.ca/citoyens/loisirs-vie-communautaire/bibliotheque

Email: bibliodescoteaux@videotron.ca

Services: * Loan and consultation of printed and audiovisual documents. * Computers. * Exhibitions and conferences.

Coverage area: Les Coteaux

Hours: Monday and Tuesday 13h00 to 19h00, Wednesday 12h00 to 19h00, Thursday to Saturday 9h00 to 13h00

Financing: municipal

Legal status: municipal agency

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES

117 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8

514 425-0399

Website: mwcnc.ca

Email: lorie@mwcnc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Educational bursaries. * 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, educational bursaries: full-time students in health and social services majors who plan on working at least 2 years in Québec after graduation

Capacity: 10

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

NOTRE-DAME-DE-L'ÎLE-PERROT PUBLIC LIBRARY

1300 Don-Quichotte Boulevard, Notre-Dame-de-l'Île-Perrot, Montérégie, QC, J7V 9E2

514 453-0013

Website: www.ndip.org/en/leisure-culture/library

Email: biblio@ndip.org

Services: * Loan and consultation of books and audiovisual documents. * Home delivery for people with reduced mobility. * Computers, Internet access, printing devices. * Story time. * Book club for adults. * Book club for children. * Intergenerational reading activity. * Exhibitions.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday and Friday 8h30 to 18h00, Tuesday to Thursday 8h30 to 20h30, Saturday and Sunday 10h00 to 16h00, summer: Monday and Friday 8h00 to 18h00, Tuesday to Thursday 8h00 to 20h30, Saturday 10h00 to 16h00

Fees: subscription: free for residents, \$50 for non-residents

Financing: municipal

Legal status: municipal agency

PINCOURT PUBLIC LIBRARY

225 Pincourt Boulevard, Pincourt, Montérégie, QC, J7V 9T2

514 453-8981 ext. 214 Fax: 514 453-1839

Website: villepincourt.qc.ca/en/recreation-and-culture/library

Email: bibliotheque@villepincourt.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Library-to-Go: mobile library and delivery for people with reduced mobility. * Story time. * Biblio-aidants. * Book club for adults. * Conferences, exhibitions and workshops.

Coverage area: Pincourt

Hours: Monday to Thursday 9h00 to 20h30, Friday 9h00 to 17h00, Saturday 10h00 to 16h00, summer: closed on Saturday

Fees: residents: free, non-residents: \$60 per child, \$90 per family or adult

Financing: municipal

Legal status: municipal agency

POINTE-DES-CASCADES PUBLIC LIBRARY

52 du Fleuve Road, Pointe-des-Cascades, Montérégie, QC, J0P 1M0

450 455-3414 ext. 301

Website: pointe-des-cascades.com/bibliotheque

Email: biblio@pointe-des-cascades.com

Services: Loan and consultation of documents. * Computers and Internet access.

Coverage area: Pointe-des-Cascades

Hours: Tuesday and Thursday 18h00 to 20h00, Saturday 9h30 to 11h30

Fees: subscription: free for residents, \$25 for non-residents

Financing: municipal

Legal status: municipal agency

RIGAUD PUBLIC LIBRARY

102 Saint-Pierre Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 260

Website: www.ville.rigaud.qc.ca

Email: biblio@ville.rigaud.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Story time. * Home loan for people with reduced mobility. * Exhibitions.

Coverage area: Rigaud

Hours: Tuesday and Wednesday 11h00 to 19h00, Thursday and Friday 12h00 to 18h00, Saturday 11h00 à 15h00

Fees: free

Financing: municipal

Legal status: municipal agency

RIVIÈRE-BEAUDETTE PUBLIC LIBRARY

663 Frontière Road, Rivière-Beaudette, Montérégie, QC, J0P 1R0

450 269-2931 ext. 1014

Website: riviere-beaudette.com/bib2

Email: bibliotheque@riviere-beaudette.com

Services: * Loan and consultation of books and audiovisual documents. * Multimedia space. * Computers. * Story time.

Coverage area: Rivière-Beaudette

Hours: Tuesday 9h00 to 12h00 and 13h00 to 15h00, Thursday 16h30 to 19h30, Friday 9h00 to 12h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SAINT-CLET PUBLIC LIBRARY

25 Piché Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3175

Website: st-clet.com/fr/bibliotheque

Email: biblio@st-clet.com

Services: * Loan and consultation of books and audiovisual documents. * Story time. * Book club for children.

Coverage area: Saint-Clet

Hours: Tuesday 13h00 to 16h00 and 19h00 to 20h30, Wednesday 19h00 to 20h30, Saturday 10h30 to 12h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE PUBLIC LIBRARY

1275 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 260 **Fax:** 450 424-4068

Website: ville.saint-lazare.qc.ca/en/biblio

Email: comptoirbiblio@ville.saint-lazare.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Book club for children. * Book club for adults. * Intergenerational reading activity. * Biblio-aidants. * Exhibitions, book launches and workshops. * Loan of seeds.

Coverage area: Saint-Lazare

Hours: Tuesday to Friday 10h30 to 20h30, Saturday and Sunday 10h00 to 15h00, summer: Tuesday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-POLYCARPE MUNICIPAL LIBRARY

7 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3444

Website: stpolycarpe.ca/bibliotheque

Email: biblio@stpolycarpe.ca

Services: * Loan and consultation of books and documents. * Computers. * Story time. * Book club for children. * Seeds library.

Coverage area: Saint-Polycarpe

Hours: Tuesday and Friday 18h30 to 20h30, Wednesday 14h00 to 16h00, Saturday 10h00 to 14h00

Fees: residents: none, non-residents: \$20

Financing: municipal

Legal status: municipal agency

SAINT-ZOTIQUE MUNICIPAL LIBRARY

30 des Maîtres Avenue, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 260

Website: st-zotique.com/bibliotheque-renseignements-generaux

Email: biblio@st-zotique.com

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access. * Biblio-Santé. * Story time. * Book club for children. * Spanish classes. * Home loan for people with reduced mobility. * Events, exhibitions.

Coverage area: Saint-Zotique

Hours: Tuesday and Thursday 10h00 to 18h00, Wednesday and Friday 12h00 to 20h00, Saturday 10h00 to 16h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SAINTE-JUSTINE-DE-NEWTON - LIBRARY

2627, rue Principale, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0

450 764-3573 ext. 225

Website: www.sainte-justine-de-newton.ca

Email: bibliotheque@sainte-justine-de-newton.ca

Services: Loan and consultation of books and audiovisual materials.

Coverage area: Sainte-Justine-de-Newton

Hours: Monday 18h30 to 20h00, Saturday 10h00 to 11h30

Financing: municipal

Legal status: municipal agency

TRÈS-SAINT-RÉDEMPTEUR PUBLIC LIBRARY

769 Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1

450 451-5203 ext. 225

Website: tressaintredempteur.ca/loisirs-et-culture/bibliotheque

Email: biblio@tressaintredempteur.ca

Services: * Loan and consultation of books and documents. * Computer, Internet access. * Book club for children.

Coverage area: Très-Saint-Rédempteur

Hours: Wednesday 19h00 to 21h00, Saturday 10h00 to 12h00

Fees: none

Financing: municipal

Legal status: municipal agency

VAUDREUIL-DORION PUBLIC LIBRARY

51 Jeannotte Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6E6

450 455-3371 ext. 6

Website: www.ville.vaudreuil-dorion.qc.ca/en/recreation-and-culture/library

Email: biblio@ville.vaudreuil-dorion.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Computer classes. * Story time. * Book club for children. * Knitting club. * Exhibitions, conferences and workshops.

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: free for Vaudreuil-Dorion residents, 75\$ for Vaudreuil-sur-le-Lac, 135\$ for non-residents

Financing: municipal

Legal status: municipal agency

Municipal sports and recreation services**CÈDRES (LES) - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE**

1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-4651 ext. 224

Website: www.ville.lescedres.qc.ca/fr/services-aux-citoyens/loisirs-culture-et-vie-communautaire

Email: dfecteau@ville.lescedres.qc.ca

Services: * Sports, cultural and leisure activities. * Parks, sports fields.

Coverage area: Les Cèdres

Fees: variable

Financing: municipal

Legal status: municipal agency

COTEAU-DU-LAC - LOISIRS ET CULTURE

342 du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5822 ext. 222 Fax: 450 763-0938

Website: coteau-du-lac.com

Email: loisirs@coteau-du-lac.com

Services: * Recreational, sporting and cultural activities. * Parks, sports fields, community centre, ice rink, swimming pools. * Hall rental. * Summer day camp. * Events.

Coverage area: Coteau-du-Lac

Fees: camp: \$20 per week

Financing: municipal

Legal status: municipal agency

HUDSON - PARKS AND RECREATION DEPARTMENT

394 Main Street, Hudson, Montérégie, QC, J0P 1H0

450 458-6699 Fax: 450 458-7764

Website: hudson.quebec/en/parks-and-recreation

Services: * Sporting and recreational activities. * Community centre, youth centre, swimming pool, parks, hiking trails. * Spot55+: activities for people aged 55 and over. * Events.

Coverage area: Hudson

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

Fees: variable

Financing: municipal

Legal status: municipal agency

L'ÎLE-PERROT - SERVICE DES LOISIRS

110 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 ext. 227

Website: www.ile-perrot.qc.ca/culture-et-loisirs

Email: s-loisi@ile-perrot.qc.ca

Services: * Community, sociocultural and sporting activities. * Community centre, swimming pool, parks, ice rinks, sports fields. * Alpha 50+: introducing and maintaining knowledge of digital technology. * Coordination with community organizations. * Summer day camp. * Events and celebrations. * Hall and sports facilities rental.

Coverage area: L'Île-Perrot

Hours: Monday 8h30 to 12h00 and 13h00 to 16h30, Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h00, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h15, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

LES COTEAUX - LEISURE AND COMMUNITY LIFE

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A1

450 267-3531 Fax: 450 267-3532

Website: les-coteaux.qc.ca/citoyens/loisirs-vie-communautaire

Email: dirloisirs@les-coteaux.qc.ca

Services: * Recreational, cultural and sporting activities. * Parks, playing fields, ice rinks. * Community gardens. * Events. * Day camp. * Hall rental.

Coverage area: Les Coteaux

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

NOTRE-DAME-DE-L'ÎLE-PERROT - COMMUNITY SERVICES

1300 Don-Quichotte Boulevard, Notre-Dame-de-l'Île-Perrot, Montérégie, QC, J7V 9E2

514 453-4128 Fax: 514 453-8961

Website: www.ndip.org/en

Email: loisirs@ndip.org

Services: * Sports and recreational activities. * Swimming pools, arenas, nautical centre, parks and sports fields. * Summer day camp. * Room rental. * Events and parties.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

PINCOURT - RECREATION AND CULTURE

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6

514 453-8981 option 6 Fax: 514 453-1839

Website: villepincourt.qc.ca/en/home

Email: loisirs@villepincourt.qc.ca

Services: * Community, sociocultural and sports activities. * Ice rinks, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer and spring break day camps. * Room rental. * Events.

Coverage area: Pincourt

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

Fees: variable

Financing: municipal

Legal status: municipal agency

POINTE-DES-CASCADES - LEISURE, CULTURE AND CITIZEN LIFE

52 du Fleuve Road, Pointe-des-Cascades, Montérégie, QC, J0P 1M0

450 455-3414 Fax: 450 455-9671

Website: pointe-des-cascades.com

Email: loisirs@pointe-des-cascades.com

Services: * Sports and recreational activities. * Community centre, swimming pool, sports fields, parks. * Room rental. * Parties.

Coverage area: Pointe-des-Cascades

Fees: variable

Financing: municipal

Legal status: municipal agency

RIGAUD - LEISURE, CULTURE AND COMMUNITY LIFE

65 Saint-Pierre Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 238

Website: www.ville.rigaud.qc.ca

Services: * Recreational and sports activities. * Parks, sports fields, ice rink. * Day camp. * Room rental. * Events.

Coverage area: Rigaud

Financing: municipal

Legal status: municipal agency

RIVIÈRE-BEAUDETTE - LEISURE AND CULTURE

600 Léger Street, Rivière-Beaudette, Montérégie, QC, J0P 1R0

450 269-2931

Website: riviere-beaudette.com

Email: loisirs@riviere-beaudette.com

Services: * Recreational and sporting activities. * Ice rink, parks, sports fields. * Day camp.

Coverage area: Rivière-Beaudette

Financing: municipal

Legal status: municipal agency

SAINT-CLET - LEISURE

4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3363 Fax: 450 456-3879

Website: st-clet.com

Email: loisirs@st-clet.com

Services: * Recreational and sports activities. * Ice rink, parks and playgrounds. * Summer day camp. * Events.

Coverage area: Saint-Clet

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-LAZARE - LEISURE AND COMMUNITY LIFE

1301 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 220 Fax: 450 424-3246

Website: ville.saint-lazare.qc.ca/en/bienvenue

Email: loisirs@ville.saint-lazare.qc.ca

Services: * Sporting and recreational activities. * Community centre, parks, sports fields, swimming pool, sports complex and outdoor ice rinks. * Summer day camp. * Adapted leisure: day camp, activities. * Hall rental. * Ado'zone: activities and dances for youth. * Parties, shows and events.

Eligibility: adapted day camp: children 5 to 12 years old living with a psychical or intellectual disability, adapted activities: youth 6 to 17 years old living with a psychical or intellectual disability

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-POLYCARPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

1263 Élie-Auclair Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3777 ext. 223

Website: stpolycarpe.ca/loisir-culture-et-vie-communautaire

Email: loisirs@stpolycarpe.ca

Services: * Recreational and sporting activities. * Playgrounds, ice rink, parks. * Hall rental. * Assistance with sporting fees. * Events.

Coverage area: Saint-Polycarpe

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-TÉLESPHORE - LOISIRS

1425 340 Road, Saint-Télesphore, Montérégie, QC, J0P 1Y0

450 269-2999

Website: saint-telesphore.com

Email: loisirs@st-telesphore.ca

Services: * Parks, hiking trails, ice rink, community centre. * Summer day camp.

Coverage area: Saint-Télesphore

Financing: municipal

Legal status: municipal agency

SAINT-ZOTIQUE - LOISIRS

1250 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 4

Website: www.st-zotique.com

Email: loisirs@st-zotique.com

Services: * Recreational and sporting activities. * Sprots fields, ice rinks, parks, citizen hall. * Hall rental. * Summer and spring break day camps. * Events.

Coverage area: Saint-Zotique

Financing: municipal

Legal status: municipal agency

SAINTE-JUSTINE-DE-NEWTON - LOISIRS ET VIE COMMUNAUTAIRE

2842 Principale Street, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0

450 764-3573 ext. 221

Website: www.sainte-justine-de-newton.ca/loisirs

Email: administration@sainte-justine-de-newton.ca

Services: * Community, socio-cultural and sports activities. * Swimming pool, skating rink and parks. * Coordination with local community organizations. * Summer day camp. * Events and celebrations.

Coverage area: Sainte-Justine-de-Newton

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-MARTHE - LOISIRS

776 des Loisirs Street, Sainte-Marthe, Montérégie, QC, J0P 1W0

450 459-4284

Website: www.sainte-marthe.ca

Email: loisirs@sainte-marthe.ca

Services: * Recreational and sporting activities. * Parks, ice rink, sports fields. * Events.

Coverage area: Sainte-Marthe

Financing: municipal

Legal status: municipal agency

TERRASSE-VAUDREUIL - RECREATION AND COMMUNITY SERVICES

74 7th Avenue, Terrasse-Vaudreuil, Montérégie, QC, J7V 3M9

514 453-8120 Fax: 514 453-1180

Website: www.terrasse-vaudreuil.ca

Email: info@terrasse-vaudreuil.ca

Services: * Sporting and recreational activities. * Community centre, swimming pool, ice rink, sports fields. * Summer day camp. * Hall rental.

Coverage area: Terrasse-Vaudreuil

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

Fees: variable

Financing: municipal

Legal status: municipal agency

TRÈS-SAINT-RÉDEMPTEUR - LOISIRS

769 Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1

450 451-5203

Website: tressaintredempteur.ca

Email: recep@tressaintredempteur.ca

Services: * Community centre, parks, playgrounds. * Library. * Recreational and sporting activities. * Events.

Coverage area: Très-Saint-Rédempteur

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

Financing: municipal

Legal status: municipal agency

VAUDREUIL-DORION - RECREATION AND CULTURE

3093 de la Gare Boulevard, Suite B-230, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-3371 Fax: 450 424-3270

Website: www.ville.vaudreuil-dorion.qc.ca/en

Email: loisirsculture@ville.vaudreuil-dorion.qc.ca

Services: * Community, sociocultural and sporting activities. * Multisports centre, arena, swimming pools, parks, ice rinks and playgrounds. * Library. * Coordination with community organizations. * Summer day camp. * Shows and events. * Hall rental.

Coverage area: Vaudreuil-Dorion

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

Fees: variable

Financing: municipal

Legal status: municipal agency

VAUDREUIL-SUR-LE-LAC - RECREATION AND COMMUNITY SERVICES

44 de l'Église Street, L'Île-Cadieux, Montérégie, QC, J7V 8P3

450 455-1133 ext. 6 Fax: 450 455-8614

Website: www.vsl.ca

Email: loisirs@vsl.ca

Services: * Sporting and recreational activities. * Community centre, parks, sports fields. * Summer day camp. * Hall rental. * Parties and events.

Coverage area: Vaudreuil-sur-le-Lac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

Sport

CENTRE D'ACTION BÉNÉVOLE SOULANGES

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Training of volunteers. * Monthly food assistance. * Clothing donations. * Collective cooking classes. * Christmas baskets. * Thrift store. * On-site collection of new and used items: clothing, dishes, toys, books, small electronics, sports equipment, personal hygiene products, various household items. * Friendly visits. * Loan of crutches and wheelchairs. * Assistance with government documents. * Training courses. * Tax clinic.

Eligibility: seniors, people in need, thrift store: general public

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday, Wednesday, and Friday 9h30 to 17h00, Thursday 9h30 to 20h00, Saturday 10h00 to 15h00

Fees: food assistance: 5\$ per adults

Financing: donations, grants, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)

96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 451-0422

Email: mdjderigaud@bell.net

Services: Place for meeting, services and referral. * Listening and counselling. * Recreational, sporting, outdoor and cultural activities. * Volunteering. * Music and arts workshops. * Nutrition workshops. * Prevention. * Homework assistance. * Job search assistance. * Political and civic education. * Loan of sports and recreational equipment. * Loan of board games. * Reference books for parents of teenagers. * Youth library.

Eligibility: youth 12 to 18 years old

Capacity: 30

Coverage area: Rigaud and surroundings

Hours: Wednesday to Friday 17h00 to 20h00, pedagogical days: 13h00 to 17h00, phone reception: Tuesday to Thursday 13h00 to 16h00

Fees: none

Financing: provincial, Centraide du Sud-Ouest, municipal, federal, foundations

Legal status: non-profit organization

PRENATAL AND YOUNG FAMILY CENTRE

640A Chicoin Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4

450 424-7867

Website: centrepjf.org/en/home

Email: info@centrepjf.org

Services: Support for future parents and families. * Birth support, pediatric and family osteopathy. * Workshops and conferences: babywearing, perinatal care, co-parenting, etc. * Preschool and parent-child workshops. * Musical, reading and writing workshops. * Prenatal and postnatal yoga. * Prenatal meetings. * Prenatal classes. * Drop-in center: 3-hour block. * Support groups. * Breastfeeding support with Nourri-Source. * Training: CPR/AED. * Les Relevailles service: home visits by a perinatal assistant.

Eligibility: parents of children 0 to 5 years old, future parents, families, Les Relevailles service: new parents with a baby under 12 months of age, Drop-in service: children 0 to 18 months of age

Capacity: 16 people

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h00 to 15h30

Fees: none

Financing: self-financing

Legal status: non-profit organization

SAINT-POLYCARPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

1263 Élie-Auclair Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3777 ext. 223

Website: stpolycarpe.ca/loisir-culture-et-vie-communautaire

Email: loisirs@stpolycarpe.ca

Services: * Recreational and sporting activities. * Playgrounds, ice rink, parks. * Hall rental. * Assistance with sporting fees. * Events.

Coverage area: Saint-Polycarpe

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

Sports and recreation for people with a disability**ARC-EN-CIEL VAUDREUIL-SOULANGES**

60 de l'Église Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1W4

450 424-7006 Fax: 450 424-9684

Email: arcencielvs@gmail.com

Services: Mutual aid in mental health. * Short and long-term housing. * Social insertion program. * Support relationship. * Individual and group intervention. * Accompaniment. * Support to hospitalized members and members of the « Mi-Chemin » residence. * Personal growth workshops. * Art classes. * Sports and recreational activities. * Annual social activities.

Eligibility: people on a low income, people living with mental health issues, people in the process of social reintegration

Capacity: 5 residences with 5 to 9 apartments each

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: annual membership: \$5

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

PARRAINAGE CIVIQUE DE VAUDREUIL-SOULANGES

36-A Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2K5

450 455-8986 Fax: 450 455-1228

Website: parrainageciviquevs.ca

Email: pcvs@pcvs1982.ca

Services: Support for people living with an intellectual disability or autism spectrum disorder. * Civic support: accompaniment in activities of daily living for home support (grocery store, errands, etc.). * Day activity centre and supervision service. * Saturday respite. * Pairing. * Adult ASD club: meetings, outings, board games, etc. * Leisure, socialization and integration activities. * Summer day camp. * Information evenings for parents.

Eligibility: people 4 years and over living with a developmental disability or an autism spectrum disorder, with or without a physical disability, pairing, leisure, club, civic support: people 18 years and over, day centre and supervision: people 21 years and over, respite: parents of young 4 to 21 years old

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: \$15 per year

Financing: provincial, membership fees, donations

Legal status: non-profit organization

SAINT-LAZARE - LEISURE AND COMMUNITY LIFE

1301 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 220 Fax: 450 424-3246

Website: ville.saint-lazare.qc.ca/en/bienvenue

Email: loisirs@ville.saint-lazare.qc.ca

Services: * Sporting and recreational activities. * Community centre, parks, sports fields, swimming pool, sports complex and outdoor ice rinks. * Summer day camp. * Adapted leisure: day camp, activities. * Hall rental. * Ado'zone: activities and dances for youth. * Parties, shows and events.

Eligibility: adapted day camp: children 5 to 12 years old living with a psychical or intellectual disability, adapted activities: youth 6 to 17 years old living with a psychical or intellectual disability

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-POLYCARPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

1263 Élie-Auclair Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3777 ext. 223

Website: stpolycarpe.ca/loisir-culture-et-vie-communautaire

Email: loisirs@stpolycarpe.ca

Services: * Recreational and sporting activities. * Playgrounds, ice rink, parks. * Hall rental. * Assistance with sporting fees. * Events.

Coverage area: Saint-Polycarpe

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SOCIÉTÉ ALZHEIMER DU SUROÎT - POINT DE SERVICE DE VAUDREUIL-DORION

100 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1X9

450 455-3373 Fax: 450 373-0388

Website: www.alzheimer.ca/en/suroit

Email: info@alzheimersuroit.com

Services: * Telephone consultations. * Individual and family consultations. * Post-diagnosis reception and support. * Information and support groups and training for caregivers * Information and support groups and training for people affected. * Brunch meetings for couples and families. * Music and artistic activities. * Respite care at home. * Group respite at the Myosotis activity centres. * Documentation centre. * Information sessions, public conferences, kiosks * Training for health care professionals and workers. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: services to individuals and families: free, services to professionals and practitioners: variable

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

Clothing

AIGUILLAGE (L')

536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

1 877 373-1072 Fax: 450 218-6419

Website: www.aiguillage.ca

Email: info@aiguillage.ca

Services: * Emergency support and referral. * Helping relationship. * Emergency shelter with meals for a period of 24 hours. * Street work. * Emergency food and clothing. * Intervention for runaways or suicidal youth. * Residential stability: accompaniment and support for permanent housing search and social integration. * Regional consultation on homelessness. * Naloxone kits distribution.

Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages

Capacity: 23 beds

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 9h00 to 16h30, outreach work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days

Fees: none

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance with possibility of delivery for seniors 65 years and over. * Baby food assistance. * Collective kitchens. * Clothing bank. * Thrift store: housewares, books and clothing for the whole family. * Assistance with filling out forms. * Friendly visits. * SécuriCAB: automated safety and medication reminder phone calls. * Tax clinic. * Development and promotion of volunteer action.

Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Coverage area: SécuriCAB program: MRC Vaudreuil-Soulanges, other services: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Monday to Friday 8h30 to 16h30, Thrift store: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 18h30, Saturday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food assistance: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Training of volunteers. * Monthly food assistance. * Clothing donations. * Collective cooking classes. * Christmas baskets. * Thrift store. * On-site collection of new and used items: clothing, dishes, toys, books, small electronics, sports equipment, personal hygiene products, various household items. * Friendly visits. * Loan of crutches and wheelchairs. * Assistance with government documents. * Training courses. * Tax clinic.

Eligibility: seniors, people in need, thrift store: general public

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday, Wednesday, and Friday 9h30 to 17h00, Thursday 9h30 to 20h00, Saturday 10h00 to 15h00

Fees: food assistance: 5\$ per adults

Financing: donations, grants, self-financing

Legal status: non-profit organization

DORION DREAM CENTER

490 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 455-4532

Website: www.doriondreamcenter.com

Services: * Food bank. * Community suppers. * Clothing, school supplies and furniture donations. * Diapers, strollers and maternity clothing donations. * Summer camp. * Recovery of non-perishable food items and diapers. * Christmas baskets.

Eligibility: children, families, clothing and furniture donations: newly arrived immigrants, diapers, strollers and maternity clothing donations: pregnant women

Capacity: 75 à 90 familles par semaine

Coverage area: L'Île-Perrot, Vaudreuil-Dorion, Les Cèdres, Coteau-du-Lac, Les Coteaux, Rivière-Beaudette

Hours: food distribution: Thursday 12h30 to 14h30, community supper: Thursday, donations recovery: by appointment

Fees: food baskets: \$2 per week, summer camp: variable

Financing: donations, provincial, federal

Legal status: non-profit organization

Donation pick-ups

CARREFOUR DE L'ESPOIR SAINT-MICHEL

235 Saint-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1Z9

450 218-3100

Website: carrefourdelespoir.typepad.com

Email: lecarrefourdelespoir@videotron.ca

Services: Thrift shop. * Furniture, appliances, household items, computer equipment, office furniture, mattresses, books and bicycles. * On-site and at-home collection.

Coverage area: MRC Vaudreuil-Soulanges

Hours: Tuesday to Saturday 8h00 to 15h00

Fees: recovery: free, delivery: variable

Financing: donations, self-financing

Legal status: non-profit organization

School supplies

FONDATION DES ENFANTS DE VAUDREUIL-SOULANGES

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171 ext. 70662

Website: fevs.ca/en

Email: agente_administrative@fevs.ca

Services: Contributes to the educational and social success of children. * Financial assistance for day and vacation camps. * Ton sac d'école comme tout le monde program: distributions of sneakers, snowsuits and school supplies. * Club des dîneurs: distribution of snacks in school. * Financing the OLO service offered by the CLSC.

Eligibility: children in situation of vulnerability

Coverage area: MRC Vaudreuil-Soulanges

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Thrift Stores

CARREFOUR DE L'ESPOIR SAINT-MICHEL

235 Saint-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1Z9

450 218-3100

Website: carrefourdelespoir.typepad.com

Email: lecarrefourdelespoir@videotron.ca

Services: Thrift shop. * Furniture, appliances, household items, computer equipment, office furniture, mattresses, books and bicycles. * On-site and at-home collection.

Coverage area: MRC Vaudreuil-Soulanges

Hours: Tuesday to Saturday 8h00 to 15h00

Fees: recovery: free, delivery: variable

Financing: donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance with possibility of delivery for seniors 65 years and over. * Baby food assistance. * Collective kitchens. * Clothing bank. * Thrift store: housewares, books and clothing for the whole family. * Assistance with filling out forms. * Friendly visits. * SécuriCAB: automated safety and medication reminder phone calls. * Tax clinic. * Development and promotion of volunteer action.

Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Coverage area: SécuriCAB program: MRC Vaudreuil-Soulanges, other services: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac

Hours: Monday to Friday 8h30 to 16h30, Thrift store: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 18h30, Saturday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food assistance: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Training of volunteers. * Monthly food assistance. * Clothing donations. * Collective cooking classes. * Christmas baskets. * Thrift store. * On-site collection of new and used items: clothing, dishes, toys, books, small electronics, sports equipment, personal hygiene products, various household items. * Friendly visits. * Loan of crutches and wheelchairs. * Assistance with government documents. * Training courses. * Tax clinic.

Eligibility: seniors, people in need, thrift store: general public

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday, Wednesday, and Friday 9h30 to 17h00, Thursday 9h30 to 20h00, Saturday 10h00 to 15h00

Fees: food assistance: 5\$ per adults

Financing: donations, grants, self-financing

Legal status: non-profit organization

COMPTOIR FAMILIAL LES CÈDRES

138 Valade Street, Les Cèdres, Montérégie, QC, J7T 1C1

450 200-0788

Website: www.paroisestjoseph.org/communaute/comptoirs-d-entraide

Services: * Thrift store. * Recovery of used items on site: clothing, shoes, kitchenware, bedding, books, trinkets, jewelry, toys, small objects.

Eligibility: open to everyone

Coverage area: Les Cèdres

Hours: Monday 9h00 to 15h00, Wednesday 9h00 to 14h00, first Saturday of the month: 10h00 to 14h00, special sales days in addition

Fees: thrift store: variable

Financing: donations

Legal status: non-profit organization

COMPTOIR NOTRE-DAME-DE-LORETTE

33 Lussier Avenue, Pincourt, Montérégie, QC, J7V 5B1

514 453-5662 ext. 223

Email: info@ndlorette.ca

Services: * Food bank. * Thrift shop: general clothing, baby clothing, kitchens, small items, etc. * Christmas hampers.

Eligibility: people on a low income

Coverage area: Pincourt, Notre-Dame-de-l'Île-Perrot, L'Île-Perrot

Hours: Wednesday 12h30 to 16h30

Fees: variable according to the items, food bank: free

Financing: donations, self-financing

Legal status: non-profit organization

COMPTOIR SAINTE-ROSE-DE-LIMA

300 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-5662 Fax: 514 453-7919

Website: www.paroissesjc.org

Email: eglisesrl@paroissesjc.org

Services: * Recovery and sale of used items: clothing, toys, small household items, books. * Food assistance. * Christmas baskets.

Eligibility: people in need

Capacity: food assistance: 30

Coverage area: Île-Perrot, Notre-Dame-de-l'Île-Perrot

Hours: sale of used items: Wednesday and Saturday 8h00 to 15h00, food assistance: 3rd Wednesday of the month

Fees: free, sale of used items: variable

Financing: donations, self-financing

Legal status: non-profit organization

OUVROIR SAINT-VINCENT

4 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 451-5173

Services: * Sale of used items: clothing, kitchen items, bedding, household items, etc.

Eligibility: open to everyone

Coverage area: Rigaud and surroundings

Hours: Thursday 9h30 to 17h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

RENAISSANCE - ÎLE-PERROT BOOKSTORE

106 Don-Quichotte Boulevard, L'Île-Perrot, Montérégie, QC, J7V 6L7

514 901-0606

Website: renaissancequebec.ca/en

Email: information@renaissancequebec.ca

Services: Sale of books, CDs, vinyls, DVDs and videocassettes. * Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books, CDs, vinyls, DVDs, videocassettes and bicycles.

Coverage area: L'Île-Perrot

Hours: Monday to Wednesday, Saturday and Sunday 8h00 to 18h00, Thursday and Friday 8h00 to 21h00

Financing: self-financing

Legal status: non-profit organization

SOURCE D'ENTRAIDE INC. (LA)

2252 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 2H5

450 455-8000

Website: sourcedentraide.org

Email: info@sourcedentraide.org

Services: * Thrift store: used clothing and household items. * Food aid. * Community food pantry. * Emergency meals in schools and day camps. * Sewing workshop. * Christmas baskets.

Eligibility: boutique: general population, community services: vulnerable people

Coverage area: Saint-Lazare

Hours: Tuesday 9h00 to 15h00, Thursday 9h00 to 15h00 and 19h00 to 20h30, Saturday 9h00 to 12h00, food assistance: by appointment

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

Transportation**ACCOMPANIED TRANSPORT****ACCOMPANIED TRANSPORT FOR MEDICAL REASONS****PUBLIC TRANSPORTATION**

Accompanied transport

AIDE MOMENTANÉE POUR LES URGENCES RIGAUDIENNES - ACCOMPANIMENT-TRANSPORTATION

Confidential Address

514 771-4746

Email: amurrigaud@gmail.com

Services: * Medical accompaniment and transportation by volunteers.

Eligibility: autonomous people on a low income, autonomous seniors

Coverage area: Pointe-Fortune, Rigaud, Très-Saint-Rédempteur

Hours: Monday to Friday 9h00 to 18h00

Fees: \$0.47 per km

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL - ACCOMPANIMENT-TRANSPORTATION

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Medical accompaniment and transportation by volunteers.

Eligibility: people 65 years and over, with a loss of autonomy or convalescent

Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac, appointments: neighbouring regions (Montréal, South Shore) according to needs

Hours: day, evening and weekend according to availabilities

Fees: from \$8 to \$60 according to the destination

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES - ACCOMPANIMENT-TRANSPORTATION

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Accompaniment for errands and medical transportation by volunteers.

Eligibility: seniors over 65 years old, people in need

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Sainte-Justine-de-Newton, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, appointments: surrounding regions (Longueuil, Montréal) according to needs

Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities

Fees: welfare recipients: minimum \$5, \$0.50 per km

Financing: donations, grants, self-financing

Legal status: non-profit organization

Accompanied transport for medical reasons

AIDE MOMENTANÉE POUR LES URGENCES RIGAUDIENNES - ACCOMPANIMENT-TRANSPORTATION

Confidential Address

514 771-4746

Email: amurrigaud@gmail.com

Services: * Medical accompaniment and transportation by volunteers.

Eligibility: autonomous people on a low income, autonomous seniors

Coverage area: Pointe-Fortune, Rigaud, Très-Saint-Rédempteur

Hours: Monday to Friday 9h00 to 18h00

Fees: \$0.47 per km

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL - ACCOMPANIMENT-TRANSPORTATION

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Medical accompaniment and transportation by volunteers.

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Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Les Cèdres, Notre-Dame-de-l'Île-Perrot, Pincourt, Pointe-des-Cascades, Saint-Lazare, Terrasse-Vaudreuil, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac, appointments: neighbouring regions (Montréal, South Shore) according to needs

Hours: day, evening and weekend according to availabilities

Fees: from \$8 to \$60 according to the destination

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES - ACCOMPANIMENT-TRANSPORTATION

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: cabsoulanges.com

Email: dg@cabsoulanges.com

Services: * Accompaniment for errands and medical transportation by volunteers.

Eligibility: seniors over 65 years old, people in need

Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Sainte-Justine-de-Newton, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, appointments: surrounding regions (Longueuil, Montréal) according to needs

Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities

Fees: welfare recipients: minimum \$5, \$0.50 per km

Financing: donations, grants, self-financing

Legal status: non-profit organization

Public Transportation

ZÈBRE ROUGE (LE)

115 De Lotbinière Road, Vaudreuil-Dorion, Montérégie, QC, J7V 2T7

450 424-2422

Website: www.zebrerouge.org

Email: info@zebrerouge.org

Services: Socio-professional integration enterprise. * Sale and repair of bicycles. * Vélo/Cité: daily bike rental.

Eligibility: socio-professional integration: young adults living with mental health problems or physical or intellectual disabilities

Coverage area: MRC Vaudreuil-Soulanges and surroundings

Hours: winter: Tuesday to Friday 9h00 to 16h00, summer: Tuesday and Wednesday 9h00 to 17h00, Thursday and Friday 10h00 to 19h00, Saturday 10h00 to 16h00

Fees: bike rental: \$10 per day, sale and repair of bicycles: variable

Financing: self-financing, donations, Centraide Sud-Ouest, provincial

Legal status: non-profit organization

Violence and abuse

ELDER ABUSE

SUPPORT FOR VICTIMS AND THEIR FAMILIES

THERAPY AND COUNSELLING

Elder abuse

CARREFOUR BIENVEILLANCE 50 +

418 Saint-Charles Avenue, Suite 303, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 844 424-0111 Fax: 450 218-1971

Website: www.legraves.com

Email: centredereferences@carrefourbienveillance.org

Services: Support and accompaniment for seniors. * Information, referrals and accompaniment in different procedures. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Information and awareness workshops to counter elder abuse. * Promotion of benevolent care for seniors and their families. * Facilitation and co-hosting of meetings related to the issue of abuse. * Informative website on elder abuse: <https://maltraitance.org>. * Free psychosocial intervention service for caregivers of seniors.

Eligibility: people 50 years and over

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 9h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Support for victims and their families

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutrisac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Therapy and counselling

ARC-EN-CIEL VAUDREUIL-SOULANGES

60 de l'Église Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1W4

450 424-7006 Fax: 450 424-9684

Email: arcencielvs@gmail.com

Services: Mutual aid in mental health. * Short and long-term housing. * Social insertion program. * Support relationship. * Individual and group intervention. * Accompaniment. * Support to hospitalized members and members of the « Mi-Chemin » residence. * Personal growth workshops. * Art classes. * Sports and recreational activities. * Annual social activities.

Eligibility: people on a low income, people living with mental health issues, people in the process of social reintegration

Capacity: 5 residences with 5 to 9 apartments each

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: annual membership: \$5

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

CENTRE DES FEMMES LA MOISSON

321 Grand Boulevard, L'Île-Perrot, Montérégie, QC, J7V 4X3

514 453-8720

Website: www.centredefemmeslamoisson.com/en

Email: info@centredefemmeslamoisson.com

Services: * One-to-one helping relationship. * Growth and mutual aid groups. * Coffee-chats and conferences.

Eligibility: women 18 years old and over

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CLSC DE VAUDREUIL-DORION - PAROLES AUX ANGES

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171 ext. 70345 Fax: 450 424-8218

Services: * Bi-monthly support groups for bereaved parents by an incomplete pregnancy or post-natal mortality. * Possibility of individual follow-up.

Eligibility: parents who have experienced a miscarriage, termination of pregnancy after the discovery of an abnormality, ectopic pregnancy, stillbirth or death of the child in the days or weeks after birth

Coverage area: Greater Montréal, individual follow-up: CISSS Montérégie-Ouest

Hours: support groups: 4th Thursday of the month 19h00 to 21h30, 2nd Wednesday of the month 19h00 to 21h30 at CLSC Kateri

Fees: none

Financing: provincial

Legal status: parapublic organization

JONATHAN DE SOULANGES (LES)

1 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonathan_soul@videotron.ca

Services: Day centre for people living with a physical or intellectual disability. * Defense of rights. * Animation and supervision. * Literacy workshops. * Workshops: oil painting on canvas, ceramics, crafts. * Coffee-meetings. * Technical help and active listening. * Friendly calls. * Social and educational outings. * Weekly community meal.

Eligibility: people 18 years old and over living with a physical or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

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